

# SPORTS REPORT



SEDBERGH  
SCHOOL

FOUNDED 1525

08 JANUARY - 14 JANUARY 2024



*“ALL IT TAKES IS  
ALL YOU’VE GOT.”*



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# SPORTS RESULTS

## **Netball | Pre-season Tour**

The 1st VII and U16A travelled down south to play Hurstpierpoint, Sevenoaks and Caterham in some competitive netball fixtures in preparation for the season ahead. It was a great opportunity for both coaches to try different combinations of players and help the teams get used to playing with each other on court and return to Sedbergh ready for more exciting and competitive netball.

### **1st VII vs Hurstpierpoint - lost 45-31**

The first day of fixtures of our pre season tour took place against Hurstpierpoint where we played 8x7 minutes to give us lots of opportunities to try out some new combinations. The girls started well leading after the first 3 rounds with some familiar but new line ups tried. As the game went on Hurstpierpoint found their rhythm and took the lead, opening up a gap. Lots of changes meant the girls had to find their feet but they showed some good passages of play which we can take away and build upon over the next few weeks during training.

Despite the loss of 45-31, it was a great opportunity for the girls to blow off the Christmas cobwebs and get back into their netball. We look forward to playing Caterham tomorrow on our last day of tour!

OPOM went to Liz and CPOM went to Libby

### **1st VII vs Caterham - Won 25-18**

On our final day of pre season we travelled to Caterham in our last matches of tour. A slow start saw meant the first 7 minutes ended up 4-3 to Caterham. Very quickly the girls started to find their feet and began to work well in their units and started to pull away gradually taking the lead. A strong unit in defence saw Hannah Libby and Amber apply the pressure in the circle to force turnover balls, showing some great pairings in the defence circle. The pressure continued through court with Kaia, Sadie and Maddie getting turnovers of their own, backing up the defence end. Into attack we had some good circle edge feeds from Pippa and some strong drives into pocket and top from Ella being the ball through into attack. Heather and Liz continued to build upon their circle rotations, backed up by some accurate shooting throughout the game.

After a great team effort and a good display of netball, we took the win 25-18!

OPOM went to Hannah and CPOM went to Ella.

### **U16A v Hurstpierpoint - Lost 23-8**

In the first of 4 x 7-minute quarters we took on Hurstpierpoint College, our defense worked tersely to close down Hurstpierpoint's attack, but despite several great defensive plays we struggled to link to the attack and convert proportionally. Eleanor and Lileah made some excellent mid court interceptions, forcing the opposition to the side lines, but it was Daisy who secured POM for some great through court links and plays into the D.

### **U16A v Sevenoaks - Lost 28-8**

The second round of 4 x 7minutes saw us take on Seven Oaks, we started strong, matching the oppositions possession on the ball however but our ability to penetrate our own attack and get the ball to goal was proving tricky. We had a stronger second quarter narrowing the gap, but tiredness, timing and accuracy prevented us from closing the gap further. Alice worked tirelessly to get in front of her player to secure top scorer for the day, but it was Sonia who gain POM for her relentless pursuit of the ball and willingness to give 100% in all that she did.

## U16A v Caterham - Lost 16-26

Day two of pre-season saw us travel to Caterham, the team started strong and although the score line didn't quite match the effort and individual successes seen on court the girls adjusted better to rotations, navigated some tough contests, and overcame a 4-8 loss in the second quarter to win 5-4 in the last. Fran worked hard to get free on centers and hit top and pocket to create space in attack. Katie too created some lovely through court plays and navigated the D well to both drive and hold for space, Ruby acted on advice, growing in confidence, and working hard to dominate the circle scoring 9 of the 16 goals of the day to take top scorer of the match. It was however Sonia in defence who gained POM for the second match running, her effort and persistence on court made it difficult for the opposition to navigate space and extend their lead.

The team worked hard in some tough fixtures, trust, confidence, and familiarity takes time to master, but in just 3 games this team have made some great progress in all areas. Well done and best of luck for the season ahead.



## **Rugby**

### **JBS B v Tynemet (A) U18A Lost 14-0**

The Junior Bigside "B" squad performed superbly to go toe-to-toe with a physical TyneMet U18 side who have played together since September. The effort and intensity was excellent throughout and there were many positive passages of play in both attack and defence, showing great promise for the remainder of the JBS season.

### **JBS A v Gosforth Academy (A) Won 37-14**

On the artificial pitch at Kingston Park the Junior Bigside A team came together extremely well after just two days of training together. Playing at a high tempo and with excellent skills on display, Sedbergh were clear winners over a well organised Gosforth side.

### **JBS B v Northampton SB (A) Lost 19-5**

In a very competitive fixture Northampton edged out the JBS B team in a great match. Down 14-0 Sedbergh came back strong in the second half with some impressive play to close the gap but the home side then scored late on to seal the victory. Some great progress made for Sedbergh against strong opposition.

### **JBS A v Northampton SB (A) Won 61-12**

In dry playing conditions Sedbergh proved too strong against a talented Northampton side at home in a very impressive performance. Sedbergh's speed, power and accuracy on both sides of the ball paved the way for a great victory. We now very much look forward to our traditional fixture v Bablake at Lymm RFC on Friday.

## **Boys' Hockey**

### **1st XI v Bradford GS (A) Won 3-0**

The first team returned to action this week as they took on Bradford GS. A cagey first quarter saw Sedbergh move the ball well but quality in the final third alluded them as they failed to convert the plethora of chance. A formation change to a 2-2-3-2 in the second quarter provided increased pressure and proved decisive in when an interception and well worked move down the baseline provided Harry W with a tap in on the P-spot. Bradford GS were unable to match Sedbergh's intensity and some fantastic transitional play saw Sedbergh find the net two more times in the second. A strong start to the season for the 1st team but plenty to work on in the final third!

### **U14A v Bradford GS (A) 2-2 Draw**

The U14's showed great resilience coming back from 2-0 down away to Bradford Grammar School. After the early setback they dominated the game almost scoring a winner in the final minutes. With several players unavailable due to other commitments, it was a good display.

### **2nd XI v Giggleswick 1st XI (H) Lost 4-1**

The Second team kicked off their term with a tough match against Giggleswick 1's! A sign of the strength in Sedbergh Boy's Hockey that even with JBS and Running fixtures our boys 2's took on a Gigg first team and gave them a good game. Gigg had some talented players had taken the lead immediately, however, Sedbergh settled and started to move the ball quickly around the field. Captain Croft was full of energy and was on hand midway through the half to find an equaliser. Only for Gigg to take the lead again just before half time. Stephenson's heroics at penalty corner defence and some great saves from Mulligan ensured Gigg's lead was only a single goal. The second half started much the same as the last, by conceding early. More battling, from Sloss, Bentley, Hoskinson and Mounsey ensured that Sedbergh were always competitive and playing a lot of the 'proper hockey' while Gigg seemed to rely on a couple of talented individuals. A solid start and much more to come.



## **Netball**

### **2nd VII v Stonyhurst 1st VII (H) - Lost 32-22**

The 2nd VII faced a tough match up playing Stonyhurst 1st VII. Sedbergh were slow to get going in the 1st quarter, with the Christmas break evident as the girl's went 11-4 down after the first 10 minutes. However, the middle two quarters of the game the Sedbergh team switched on and played some brilliant netball.

The centre court and defensive players made countless interceptions in the second quarter and reached the halfway mark 11-19, only losing the second quarter 8-7. Building on this, the focus of the third quarter was to value possession and slow play down, especially following interceptions, so we could make the turnovers count. This was by far the best quarter of netball, with the whole team reading the game well, and the feeds into the shooting circle weighted well. We won that quarter 9-6, bringing us within 5 of the Stonyhurst 1st VII. The gap slipped in the final quarter with Stonyhurst reading out attacking plays well and defending our shooters out of the game, but it was an excellent contest and a good start to the 2nd VII's Lent term netball season.

### **3rd VII v Stonyhurst 3rd VII (H) Lost 19-18**

A competitive match for the 3rd team was held on a fresh Busk on Saturday. It was great to get the squad back out there and it was lovely to have a few new faces in the team.

End to end play kept the competition alive and saw our 3rd team winning at half time. A few changes on the Stonyhurst side, meant that they started to pull a few shots back, narrowly stealing the win from us in the last few minutes. Great performances from Bella H and Bella S led to them being chosen as Players of the Match.



### U16A v Stonyhurst 2nd VII (H)

Off the back of a tough weekend down in London for a preseason tour, the u16 girls knew they had to come out with fire and energy to secure the first win of the season against stonyhurst. Playing their second team, we knew this would be an increase in standard and intensity. The sedbergh girls started strong and came on top with a win. With great attacking purpose from Ruby S, Daisy C, Katie W and Emilia S the goals were ticking along. With few goals conceded with the defence unit of Annie C, Sonia G, and Eleanor H, the ball was nicely flowing through the court with help from Fran G and Lileah G with great intercepts from them too. Well done girls!

POM : Katie W and Fran G

Written by Annie C

### U15A/B v Stonyhurst A (H) - Won 40-18

The U15A mixed team had a more competitive start with a 7-7 draw at quarter time. As we progressed through the game our through court passages of play, front drives and pre-lims gave us the edge over Stonyhurst. Darcie G. shone in defence winning interceptor of the match whilst it was Lili B., who was an asset in attack! However, it was the trio of shooter game to shine, Danny B., Bella R., and Martha P. were brilliant, their circle rotations and familiarity of each other is what gave them the edge! Well done to Martha P. For receiving POM and to the team for a superb win 40-18.

### U15B/C v Stonyhurst B(H) - Won 19-8

The U15B mixed team played demonstrated some excellent passages of play, Liv M. was a reliable connective player at Center demonstrating steady hands and effective drives. Nina was the master of rebounds while it was Ava V. or took the most incepts in Center court. Well done to Alara C. who receive POM for her superb shooting. A convincing first win 19-8 for the U15B's.



### U14A v Stonyhurst (H) - Won 22-18

For the first match back, the girls did really well. They played a fast-paced match and initially Stonyhurst were caught off guard. There was some excellent defensive play from Emily and Nicole as well as some very accurate shooting from Annabel, Mariella and Ruby. The mid-court players did well at controlling the game and gave lots of options. There were great signs for future matches and regionals in two weeks time.



### U14B v Stonyhurst (H) - Won 27-7

The first quarter they were slightly out of sync as a team with passes being missed and a few miscommunications which left them losing into the first break. However, the team quickly found their rhythm and some excellent goals from Poppy, Daisy and India put us back into the lead. There was some great centre court play from Octavia, Georgie and Julia who made some great interceptions and were clever with finding open space to pass the ball down court. Lily and Amelia were confident in defence and aggressive in retrieving rebounds off the post. Congratulations to Matilda who received player of the match - she brought high levels of energy to her role as WA and made herself available at every pass - particularly to our shooters on the edge of the D. Well done team!

### U14C v Stonyhurst (H) - Won 25-9

The mighty U14 C's had just 7 players, so all girls played a full match. The team scored the first 2 goals to set the scene and they never looked back. This might have been their first game, but they worked on eradicating basic errors and strung lovely passages of play together to work the ball from one end of the court to the other, often finishing with a well earned goal. The 3rd quarter was a strong attacking quarter with 9 goals scored and they only conceded 1 goal in each of the 1st two quarters. Captain Ella and Izzy were fantastic in attack, showing great movement and accuracy. Arabella was dominant in defence with the twins Ines and Ana showing a feistiness on the court as they fought for every ball. Sophie and Daisy also linked up well in centre court to feed the and Izzy was the Coaches choice as best player with Sophie as the opposition's choice. Really well done to these girls on their first win of the season!

## **Squash**

### **1st & 2nd Team v Barnard Castle (H) Won**

The first squash fixture of the season took place on Saturday against Barnard Castle school, and involved pupils from Year 9 to Year 13. 36 games were played during the course of the afternoon, of which Sedbergh won 30, although many of them were hard fought, and came down to the final points.

Special mention should go to Frank in Year 9, making his first team debut, who beat Barnard Castle no. 2 seed in both of their games, and battled hard against the number 1 seed who was in Year 13. A great afternoon with many examples of good sportsmanship, and played in excellent spirit. Well done to Oli for being a brilliant captain for the afternoon.

## **Boys' Football**

### **1st XI v Barnard Castle (H) 2-2 Draw**

Game 1 of the season and the first true test for the new look 2024 team lands on home turf.

Players were fired up and in good spirits and we started as we'd planned, in complete control and it wasn't 5 minutes before shocking the away end as Joe Davis danced around the keeper slotting Sedberghs first of the season into the back of their net. As time passed Barnard began acknowledging our danger men and stuck with them like Velcro trying to shut us down. Having a fair number of half chances themselves, Castle managed to fire one strongly from mid-range through a sea of players in front of Glanville, who had been literally flying through the air, shot stopping, time and again not letting anything near his net until 10min from the half.

(1-1 half time) A slight change of formation to try and free up the 4 musketeers Davis, Hopkins, Mason and Coad and off we went again. Again they stuck to us, slowly gaining confidence and 10 mins into the second, they scored a low drive with force, sneaking just under our keeper.

But it only took 5 mins for Ed Thompson put an end to that short lead, pouncing on the ball and bringing us back in the game from a Captains corner and a bit of pinball play inside the box.

The emphasis was now on the Sedbergh back four, the solid foundation of the team, workhorses Foster and Bousfield, framed by Cunningham and Marschall all had to be faultless in shutting the door to Castles forwards. They had been all game and they weren't going to stop now, as Castle kept on attacking.

Bowker was subbed into midfield 10min from time, to give the lads that had played their all, a last burst of fresh leg adrenaline in a non stop game, and both sides still continued to threaten and the match could have been absolutely anyones right up to the final whistle.

A draw in the first game of the season, that could have gone either way, is a fair result. We'll take it and march on!

Sedbergh 2 - 2 Barnard Castle. Man of match N.Glanville (keeper)

## Sailing

### 1st Team at NEYSA Team Racing Competition

Sedbergh's team racing squads travelled to Ripon to take part in the NEYSA Team racing competition. This was the first team racing event they have competed in and were met with unfavourable conditions and an experienced fleet. The weekend provided plenty of opportunity to learn and improve. Particular highlights included a win over Windermere school led by team captain Jamie who showed excellent hoiking out during the upwind legs of the race.

## RUNNING

### Sedbergh Stars Shine at Cumbria Club Championships in Keswick

Keswick - January 7, 2024

A small yet formidable team from Sedbergh School Running Club showcased their prowess at the Cumbria Club Championships in Keswick, making a successful trip a day before the start of the term.

**Hugo B (10Sc) Dominates to Claim U15 Boys County Title** Hugo B's (10Sc) performance was nothing short of spectacular, running a powerful race that saw him crowned the U15 Boys County Champion. The young athlete's determination and skill on the Keswick course set a high standard for his competitors.

**Isabelle B (13R) Grabs Silver in U20 Women's Race** In the U20 Women's race, Isabelle B (13R) demonstrated her prowess by securing a remarkable 2nd place. Her strong and consistent performance showcased her talent and dedication to the sport. Adding to the Sedbergh success in this category, Abbie C (13L) claimed a well-deserved 3rd place, contributing to the team's impressive medal tally.

**Alfie S (13E) Medals in U20 Men's Race** The U20 Men's race saw Sedbergh athletes continue their dominance. Alfie S (13E) ran a commendable race, clinching the 3rd spot and earning himself a spot on the podium. Not far behind, Luke C (13E) displayed his tenacity and skill, finishing in 4th place.

The Keswick event stands as a testament to the talent and dedication within Sedbergh School Running Club. As they return to school for the term, the memories of their success in Keswick will undoubtedly fuel the team's motivation for future competitions.

### Cumbria Schools County Championships, Sedbergh Pupils Shine Amidst Organizational Challenges

Carlisle - January 10, 2024

The Cumbria Schools County Championships in Carlisle on Wednesday provided a challenging backdrop for Sedbergh pupils as they navigated organisational hurdles to showcase their running prowess. Sedbergh athletes exhibited remarkable performances, earning themselves spots in the Northern Inter-counties XC Championships.

**Senior Boys Race Marred by Organisational Issues** The Senior Boys race, the first to face the poorly flagged and marshaled course, set the tone for the day's challenges. With last-minute changes to the original course routes, confusion reigned as runners struggled to determine the number of laps and distance covered. The chaos reached its peak when the first runners completed a lap early, possibly affecting the final results. As of now, the official results remain pending, adding an air of uncertainty to the competition.

**Junior Boys (Yr9) Race: George M Surprises the Field** Amidst the chaos, the Junior Boys race showed signs of improvement. George M (9H) emerged as a standout, running a mature race that left his competitors trailing. Harry S (9S) secured an 11th-place finish, navigating the challenging conditions to qualify.

**Junior Girls (Yr9) Shine: Julia F and Sophie N Qualify** In the Junior Girls race, Julia F (9L) and Sophie N (9L) showcased their running prowess, finishing in the top 16 to secure qualification amidst the challenging circumstances.

**Intermediate Girls and Senior Girls Dominate the Field** The Intermediate Girls (Yr10/11) race overlapped with the Senior Girls (Yr12/13) race, adding an additional layer of complexity. Despite this, Daisy F (10L) ran well and qualified, while Sedbergh pupils dominated the Senior Girls race, with numerous athletes expected to secure spots in the Cumbria team.

**Hugo B Shines in Intermediate Boys Race** In the Intermediate Boys race (Yr10/11), Hugo B (10Sh) delivered an impressive performance but finished second to a strong Yr11 runner from Barrow.

**Prospects for Cumbria Selection Await Official Results** As the dust settles, the exact list of Sedbergh pupils selected to represent Cumbria remains unclear until the official results are released. Despite the organizational challenges, an estimated 15 pupils from Sedbergh are anticipated to achieve this notable accolade.

The Cumbria Schools County Championships may have been marred by organisational shortcomings, but the resilience and skill displayed by Sedbergh pupils signal their readiness for the upcoming Northern Inter-counties XC Championships. The official results will unveil the full extent of their achievements and the individuals set to don the Cumbria vest in the next chapter of their cross-country journey.

## **Sedbergh Dominates Mid Lancs XC League in Blackpool with Outstanding Team Performances**

Blackpool - January 13, 2024

In a display of collective prowess and determination, Sedbergh's cross-country team descended upon Blackpool for the penultimate round of the Mid Lancs XC League. With a team of 38 athletes, the damp and overcast conditions did little to dampen their spirits, resulting in one of the most exceptional team performances of the season.

**U15 Girls** - 5th Place Daisy F led the charge for the U15 Girls, displaying resilience and determination. Supported closely by Ruby C, returning to running after an impressive hockey season, the team secured a commendable 5th place overall.

**U15 Boys** - 1st Place Fresh from a victory in the County Schools Championships, George M (9H) continued his winning streak by finishing 7th for Sedbergh. Henry P (10Sc) and Harry S (9S) provided crucial support, contributing to an outstanding 1st place finish for the U15 Boys team.

**U17 Girls** - 1st Place The U17 Robertson girls showcased exceptional team running, securing a 1st place finish. Elif S (11R) finished 5th, followed closely by Olivia B (11R) in 7th and Tilly H (12R) in 8th, displaying remarkable cohesion.

**U17 Boys** - 2nd Place The U17 Boys exhibited commendable teamwork, narrowly missing out on the top spot. Bruno F (12P) claimed 8th place, with Joe H (11P) securing 9th, and the inexperienced Valentin PdP (12E) impressively finishing 10th.

**U20 Women** - 1st Place In a small but formidable field, the U20 Women's team dominated. Heather B (13C) claimed 3rd place, followed closely by Hannah F (13C) in 4th and Abbie C (13L) in 5th, securing a well-deserved 1st place overall.

**U20 Men** - 1st Place A titanic battle unfolded in the U20 Men's category as Rufus F (13E) tracked Alfie S (13E) throughout the course, ultimately pipping him to the finish line. Their impressive 8th and 9th place finishes contributed to a 1st place team victory. Luke C (13E) led the Evans House team, showcasing the depth of talent within the squad. Notably, Oliver F (13P) made a stellar debut, proving it's never too late to contribute to a team's success.

The Blackpool event stands as a testament to Sedbergh's depth and prowess in cross-country, showcasing not only individual talent but also a remarkable team spirit. As the season progresses, the team's dedication and outstanding performances position them as formidable contenders in the Mid Lancs XC League.



### **Sedbergh's Hugo B Impresses in British Athletics Cross Challenge Series in Renfrew** Renfrew, Scotland - January 13, 2024

The third installment of the 2023/24 British Athletics Cross Challenge Series unfolded on Saturday at the King George V Playing Fields in Renfrew, Scotland.

**Hugo B (10Sh) Displays Tenacity in U15 Boys Race** Hugo B, known for his hard work and dedication, headed north seeking stiffer competition in the U15 Boys race. The challenging Scottish terrain proved to be a fitting battleground for the determined athlete. Running alongside the leaders, Hugo showcased his strength and skill, navigating the course with precision. In a frenetic dash for the finish line, Hugo narrowly missed out on the podium but secured a commendable 4th place, a testament to his resilience and commitment to the sport.

**Confidence Building for the Series Finale in London** As the Cross Challenge Series progresses, Hugo's impressive run in Renfrew sets the stage for the series finale in London on January 20. Bolstered by his performance in Scotland, the young athlete will approach the concluding race with newfound confidence, ready to showcase his talent on a broader stage.

Hugo B's journey in the British Athletics Cross Challenge Series exemplifies the spirit of competition and the determination to excel on the national scene. As the series inches closer to its conclusion, all eyes will be on Hugo as he aims to leave an enduring mark in the final race in London.





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