

# SPORTS REPORT



SEDBERGH  
SCHOOL

FOUNDED 1525

11 SEPTEMBER - 17 SEPTEMBER 2023



*"ALL IT TAKES IS  
ALL YOU'VE GOT."*



@SEDBERGHGIRLS



@SEDBERGHSPORT

# SPORTS RESULTS

## Girls' Hockey

### 1st XI v RGS Newcastle (H) | Won 2-1

The 1st XI put in another improved performance against our gritty north-eastern rivals. Playing good, connected hockey the ball moves quickly around Newfield 1. Herring and Parish continued to grow in confidence as a centre back pairing while upfront, Dunkin and Broderick led by example with tireless pressing, leading and energy. However, the RGS keeper was having a great day, denying Sinclair-Bruce, Thompson and Goodhart.

0-0 at the break, Sedbergh weren't satisfied with the care and accuracy of their play. Coming out after the break they visibly stepped up the tempo and slickness of their play. Peart showed real intent to get ahead from right back and when Captain Lindsey found her with a perfect pass Peart delivered the perfect, hard cross for Dunkin to turn in from close range.

In truth the girls in Brown were in control at this point and should have increased their lead. However, a moment of sloppiness led to RGS equalising. This didn't stop Sedbergh and they show calmness and resolve as they went through the gears again with Sinclair-Bruce's initial shot saved it was Goodhart who turn in the rebound to cap a great personal performance and a good win for the team.

Without a doubt this new team are building nicely with all the girls looking stronger and more confident every game.



## **2nd XI vs RGS Newcastle (H) | Drew 2-2**

Despite taking a 2-goal lead half way through the third quarter thanks to goals from Hannah M and Evie R, Sedbergh were unable to cement the victory after conceding two late goals.

The first quarter saw Sedbergh dominate possession and territory but a lack of precision in the D meant that they failed to score despite several good opportunities. During the second quarter RGS came back into the game as Sedbergh tried to force the ball through the packed central areas of the pitch. Scout H, Olivia G and Issy G worked hard in the midfield but a lack of height in the forwards meant that the RGS defence was not stretched and play became scrappy. Sedbergh corrected this in the third quarter and Evie R and Hannah M finally beat the impressive RGS goalkeeper from close range after excellent balls into the D from Annie K and Scout H. Sedbergh continued to press with Olivia B and Amelia O controlling play in the central midfield whilst wingbacks Anna H and Jemima H found space down the sides.

Unfortunately for the home team, the fourth quarter saw RGS score from a short corner before a late break saw the visitors equalise to earn an unlikely draw. Sedbergh will feel disappointed after dominating much of the game and creating lots of scoring opportunities whilst the visitors had less than ten D entries in the game. However as with all games the performance highlighted the strengths of the team and a number of key areas to work on ahead of Wednesday's game at Chester.

## **3rd XI vs RGS Newcastle (A) | Won 3-0**

The 3rd XI travelled to Newcastle on Saturday and came away with a convincing win. Bea M captained the squad with confidence, and the girls worked really well together, especially considering they hadn't yet played as one team. There was some lovely play from the girls and the first goal came when Elif made an excellent run down the wing, crossing to Robyn on the top of the circle.

Robyn took a one-touch strike and sank the ball into the net. It was a fantastic opening goal! Towards the end of the 2nd half, Fran made use of a quick self-pass from a long corner and scored her first goal for Sedbergh School. She played excellently throughout the match and showed grit and determination throughout. The team agreed at half time to make some structural changes to make the most of the width on the pitch.

This worked really well and a third goal came from a fantastic strike from Tilly, after some well-worked team play to get the ball into the circle. Sedbergh we're unlucky not to convert a couple more chances, when Kitty put her body on the line to go for goal. This was a solid performance from the team and provides an exciting prospect moving forwards for the rest of the season. The girls agreed we need to work on improving communication and maintaining width in their training sessions this week.

## **U14B vs RGS Newcastle A's (A) | Lost 5-0**

The under 14b hockey team competed against RGS U14A team on Saturday. After an unsteady start to the game, Sedbergh took control after 10 minutes but narrowly missed scoring. In the second half, the team improved their communication and positioning, and Emily Rycroft, our goalkeeper, was stopping shots from all angles. Lyle deserves special mention for her outstanding defending, which earned her player of the match. All players gave it their all in a difficult fixture against their A team, with the score line not reflect their efforts.

The final score was 5-0 to RGS, although Sedbergh played incredibly well and remained competitive the entire time.



### **U15A vs RGS Newcastle (H) | Won 4-0** (Match report written by Daisy and Ruby, Year 10)

On Saturday, the under 15 A's won 4-0 against RGS Newcastle. We played really strongly in the first half, gaining possession of the ball for the majority of the time. The whistle blew and our forwards were already in RGS's D. The defence, by Bella, Hettie, Martha, Daisy and Lili transferred the ball well and always dropped back, strongly defending our side. Ruby, Ginny, Darcy and Penny carried strongly in the middle of the pitch, using the widths well and acting as key pivotal players. At the front the forwards, Lucy, Violet and Daniela played really well, creating lots of shots at goal. We scored 2 goals in the first half, a great deflection off Lucy creating our first goal, and a drive across the D with a powerful hit from Ruby for the second.

The whistle blew and the second half began. We went off strongly, attacking with enthusiasm. A brilliant cross from Ruby to Lucy and then Penny secured our third goal. Lucy did not stop there, bringing the score up to 4-0. Hannah had an quiet match in goal as the ball didn't reach our D, but instead instructed us brilliantly from the back. The team played really well and were pleased with the win, although after some reflection we decided that we didn't play to our absolute best and are aiming to focus on our intensity and making the pitch as big as possible in our match on Wednesday. Well played to RGS Newcastle and thank you for the great game. A special shout out to their goalie and to Ruby C for receiving player of the match.

### **U15B/U14A vs RGS Newcastle (H) | Drew 1-1**

Unfortunately, RGS Newcastle didn't bring their U15B team that were due to be playing a triangular against our U15B and U14A teams. However, their U15A team agreed to play again to still give our girls a fixture. The first half was a combination of U15B players, topped up with some U14 players. The girls were under pressure from the initial whistle, and it took a few moments for the team to click, but once the girls starting communicating on the pitch, they defended well, marking the opposition and cutting off passing options for the ball carrier. Sedbergh had a few breaks with some early pace from the forwards which helped stretch the pitch.

In the second half, the U14A team played their first 11-a-side fixture. This group were incredibly enthusiastic and worked hard on the pitch both getting back to defend and attacking higher up the pitch as a team. It was exciting to see this team begin to gel, making positive connections on the pitch and attacking with pace. In terms of structure and positional awareness, this team learnt a lot from their first fixture and I'm sure they'll have an exciting season ahead.



## Netball

### 1st VII vs Bradford Grammar (A) | Won 40-17

(Match report written by Hannah and Heather)

A strong start for the 1st VII with having only trained together for just over a week, came out with a score of 40-17 taking the win against Bradford Grammar. It was game with lots of different combinations put out on court which we look to build upon in the coming weeks. The defensive end looked strong, turning lots of ball and forcing errors as the game went on. Some good through court play and connections from our mid-court gave our shooters lots of opportunities for goals. The accuracy of the shooters rounded up a great team performance.

Excellent play from Ella lead her to get player of the match, with coaches player of the match going to Heather for some great accuracy under the post.

### 2nd VII vs Bradford Grammar (A) | Won 40-9

(Match report written by Millie)

We started the season with a win of 40-9 against Bradford Grammar. The game started well with a flurry of goals from some great partnership between Evie and Lily, with Emily coming on later and making a key impact with her movement in the circle. Defence worked well with many key interceptions from Bea and Jemima meaning we turned over the majority of the centre passes. The centre court worked fluently through the court to transfer the ball through to the shooters. Overall, it was a great first time playing with this team with a few things to improve on as the season progresses.

## U16A vs Bradford Grammar (A) | Won 42-12 (Match report written by Annie)

It was U16A girls first game of the season away at Bradford Grammar School.

We had a great warmup and the girls had lots of energy as we went into our first game. The U16s girls didn't concede a goal in the first quarter and went into quarter time 10-0 up. The second quarter was equally as great with the shooting end moving around the shooting circle well and getting their shots in, and it ended 20-6. With a burst of speed from the mid court, the girls finished the 3rd quarter 29-11. With great defence and great on court positivity, the girls finished their first game of the season 42-12. Well done girls. POM - Katie W and Coaches Player - Emilia.

## U15A vs Bradford Grammar (A) | Lost 25-44

The U15's started the season with the "Sister in Sport" Competition drawing Bradford Grammar away in round 1. The team of eight were nervous when faced with a strong, tall, and cohesive opposition. Having just a year under their belts to Bradfords three and with just one training session to rekindle their passion Sedbergh adapted well to playing positions and team dynamics. Special mention to Bella R. who utilised her front drives and spatial awareness to manoeuvre herself from GS to WA. Martha P. partnered well with Daniela B. in the shooting circle to score vital goals, despite being under considerable pressure from a tall and agile defence. The defensive duo of Lucy. H and Stella. M held back a precise set of shooters to a 6-goal difference at half time, however a difficult 3rd quarter saw the Bradford duo accelerate their lead beyond retrieval. The centre court trio brought balance to the court and fought tirelessly for every ball, Emma B. stayed with her player throughout the whole game never letting her out of site, Ava H. too adapted well throughout showing great strength through mid-court linking attacking and defence with enthusiasm, but it was our very own center Ruby C. who was awarded player of the match for her well-timed drives, support, and vision through the court. From start to the finish there was a considerable improvement not only in play, but also in attitude, self-belief and confidence does wonders for a team's success. As a season opener this is a game to be proud of, there were moments of brilliance that the girls can be proud of, but the learning journey has just started and with an enthusiastic and excited team ready to improve together, we have a challenging, yet successful year lay before us.



## **U14A vs Bradford Grammar (A) | Lost 13-28**

**(Match report written by Betsy and Ruby)**

We played against Bradford Grammar who were a tough side but we played really well as a team for our first game. Our passing, shooting and marking was good. We also were very good at pressuring the opposition. Betsy, Nicole, Harriet A and Emily did some amazing interceptions. Harriet B, Sophie, Mariella and Ruby also did some brilliant shooting and attacking. We unfortunately lost 28-13 but considering we hadn't played together we did so well. In the third and fourth quarters, we only lost by 2 so we are already improving. Well done!

## **U16B vs Settlebeck (A) | Won 25-9**

**(Match report written by Harriet)**

In the first quarter we had a good start with Alice as Goal Attack and Francesca as Goal Shooter. We made some good interceptions and control of the ball finishing the first quarter 13-2 to Sedbergh. During the second quarter, Settlebeck only had 5 players and so we showed great sportsmanship as two of our team played with the opposition and still put in their full effort to keep the game competitive, and at half time it was 18-4. A more even third quarter, with two new Sedbergh girls playing for the opposition, and we ended the final quarter winning 25-9. Despite the opposition having fewer numbers, the team still played excellent netball, attacking with pace and using the circle edge well to create lots of shooting opportunities. Well done to Hattie for getting player of the match.

## **U15B vs Settlebeck (A) | Won 18-7**

**(Match report written by Olivia)**

The game started strong for Sedbergh with Lucy B scoring goals. Sedbergh's defence held strong with Settlebeck attack driving in. After a well fought first half the score was 14-2 to Sedbergh. Settlebeck came into the third and fourth Quarters with determination to gain some goals. But Sedbergh showed excellent perseverance with Emily H and Macarena L defending the circle well. Also with Gala H adding some more goals to make the final score ending 18-6 to Sedbergh. The team showed great sportsmanship with each of our subs playing for the opposition when they needed another player! A great start to the season!

## **U15A vs Barnard Castle (A) – ISNC 1st Round | Lost 28-25**

The U15's started the season with 11 players and in the space of four days we lost 4, one to a training injury, two to the start of term virus and one to a riding competition so with just 6 players on the morning of the competition we rallied around and were rescued by the amazing duo of Lili B. and Macarena.

So as we set off for Barnard Castle with a newly formed team we were not to know what an amazing match would be waiting for us when we arrived. With music blasting and an intense warm up underway, the opposition were greeted with a team that was ready to give 110%. When the whistle blew everyone burst to life, both teams capitalising on their opportunities to score and neither team giving way for the other! In the first quarter Sedbergh conducted the game with energy and enthusiasm, the ball switching from side to side and neither team knowing which way the game would go. With the first quarter ending 6:6 it was clear this was going to be a tough game. Macarena started in the second and a new tactical approach to shut down the shooters had immediate effect. Both teams were keen for possession and everyone on the team was pushing relentlessly for the ball.

Our two defenders Lucy and Stella worked the center court to cease any opportunity to get the ball to goal, whilst shooters Bella R. and Dani B. popped in shots one after the other, it was however Ruby. C who dominated the attack bringing the ball seamlessly through court passing onto our super attacker Martha P. to feeding into the D. Another close quarter ended the first half 14:14.

Lili B. came on in the third bringing new energy and enthusiasm to the court, the team worked hard to get gain a 3 goal lead but they were quick to responded and in three centers were matching us goal for goal! With no rest for 6/7 girls on court energy was dropping, faces were turning red and muscles and lung were working harder than ever; but with sheer determination the bench support the team pushed on to finish the quarter 20:20.

Going into the last quarter although tired the team did not lack the enthusiasm and energy needed to put out a winning performance. They fought hard, ran fast and challenged well but ultimately they got tired, brains were fuzzy, and decision making compromised. The last five minutes were a true test of will power, the team gave it their all until the last whistle, but despite coming back from 6 goals down to within three they were disappointed to find out they had lost 25:28 .

The team blew us all away with their Sedbergh values; they were supportive of each other in moments of victory and defeat, were resilient in times when decisions went against them and were ambitious in their pursuit for success and humble in the knowledge of a loss. The take aways today were not simply skill and tactical work on's more important than this they learnt about each other and how as a team we will grow stronger.

Thank you to Barnard Castle for their hospitality and to everyone that watched this riveting match, it is definitely one for the memory book.



## **RUGBY**

### **3rd XV v RGS Lancaster 2nd XV (H) Won 41-7**

3rds struggled to find any rhythm through the first half against a competitive RGS team. Two tries by H Sanders though either side of the break broke the deadlock, and the 3rds ran away to be comfortable winners in the end.

### **4th XV v RGS Lancaster 3rd XV (H) Won 50-0**

The 4th XV squad were too strong for Lancaster in the visitors first match of the season.

### **U16B v Rodillian U16A (H) Lost 50-0**

A2 faced a strong and physical A side on Powell. Lots of positive moments and some good individual tackling – but ultimately Rodillian were too good on the day.

### **U15A v Rodillian (H) Won 20-0**

A good performance at home from B1 in a very competitive fixture.

### **U14A v Rodillian (H) Won 17-15**

In an exciting finish, C1 came from behind in the final minutes to secure a late win with a well taken try.

### **U16A v Sale Sharks U16 (A) Won 47-28**

A very encouraging performance from A1 against Sale Academy at Platt Lane, Manchester on Wednesday evening. A ferocious first 2/3 mins where the Brown battled hard to prevent a physically big Sale XV from getting any front foot ball, eventually led to Sedbergh moving the ball around and scoring some great team tries. Four tries to nil in the first twenty minutes witnessed some clinical finishing.

The second and third twenties were also pleasing with much to take away and learn from. Co-captain Will B and centre Oliver A looked really sharp.

### **U15B v RGS Lancaster U15B (A) Lost 14-30**

B2 played some good rugby against powerful opposition. Two late tries sealed the victory for Lancaster in a very close and competitive encounter.

### **U14B v RGS Lancaster U14B (A) Won 31-12**

C2 put in an impressive all-round display in their first match of the season against good opposition away from home.

### **1st XV v Denstone College (H) Won 38-12**

Another good second half performance from Sedbergh ultimately proved too much for our opposition in a comfortable victory on Busk. Lots of positives and lots of great learning will come from this match as we now look forward to hosting Dollar Academy on BHI this Friday.

### **3rd XV v Denstone College 2nd XV (H) Won 43-10**

The thirds started slowly against a well organised Denstone team who kicked off with a strong wind in their favour. After going behind to a penalty kick the 3rds bounced back with a fine individual try from R Eyres. As the game went on Denstone playing their first game, tired and the 3rds ran out easy winners.

### **4th XV v Denstone College 3rd XV (H) Won 50-0**

The 4ths strength and depth proved far too strong for Denstone in a big win on Powell pitch.

### **U16A v Dame Allans (A) Won 62-0**

Buoyed by their midweek win over Sale Sharks academy, A1 travelled to Newcastle to take on a determined Dame Allan's XV.

The first five minutes started as they had finished on Wednesday night against Sale, playing some superb running rugby and scoring in 4 phases from the kick off through left Wing Thompstone.

From the receiving kick off, again some good patience and awareness of space left out wide meant the Browns outside backs took the attack into the Dame Allans 22. Some good link up play saw Tighthead Spencer hit a good hard line to score under the posts. A further four tries were scored by Jacques A, Moore, Marshall and Ashton. 38-0 at half time.

The second half became more competitive, though A1 were ruthless in their attack when in the oppositions third. Four further tries were scored Thompstone adding to more, to score his hatrick Kirby and a second for Jacques A.

### U16B v Denstone College U16A (A) Lost 50-0

A2 battled hard but were beaten in a good overall performance from Denstone.

### U15A v Denstone College (A) Won 43-12

B1 started brightly against a spirited Denstone side. An early try by C Lythe began a run of 20 minutes where B1 had lots of possession, chances to score and managed to execute on plenty of these chances. Denstone got their tails up with a pre half time try from a quick tap and go. The second half was more stop start with B1 scoring 2 tries to Denstones' 1.

### U15B v Denstone College (A) Won 24-0

After a disjointed 1st half, B2 had a better 2nd half showing good control and structure to finish with two impressive tries to take the win.

### U14A v Denstone College (A) Lost 24-5

C1 started the game slowly, turning over too much early possession and conceded 2 early tries as a result. As the first half progressed, we started to get a foothold in the game and a good period of play led to a score in the corner for Fred T. However, a loss of concentration immediately after allowed Denstone to restore their two-score advantage just before halftime. The second half was evenly contested but Denstone managed a final score to seal victory. C1 showed some flashes but will need to look after the ball better and be prepared to go through the phases if they are to create more opportunities in future outings.

### U14B v Denstone College (A) Won 53-3

C2 proved too good for Denstone in a strong performance. Sedbergh's speed and exciting skill set paved the way for some great running rugby.

## Swimming

### Windermere Mile Swim

On Saturday 15th September we had 4 pupils who competed in challenging conditions in the Epic Windermere mile swim. It was extremely choppy and windy so the course was changed to 2 laps of a shorter course. Daisy M was our fastest finisher in 26.53 which placed her as 13th female and 28th overall. Next came Sophia T in 28.19 and she was the 17th female and 39th place overall. Not far behind, Guy B and Flo B finished neck and neck in 29.45 and 29.46 with Guy the 26th male swimmer, 46th overall and an impressive 3rd in the skins category, swimming without a wetsuit. Flo was 21st female and 48th overall. With a field of 185 swimmers, they all did well to finish in the top 50 and swim PB's.





## Running

### Hoad Hill Monument 5k Road Race (Ulverston)

On the opening fixture of the 2023-2024 running calendar, three Year 9 pupils made sensational debuts. Julia F (9L) ran wonderfully 19:37 and fought hard to hold off her excellent sister Daisy F (10L) to win the U18 female prize. Emily R (9R) was close on their heels with a new PB of 20:10. The hugely impressive George M (9H) kicked off his Sedbergh running career with a sparkling 17:46.

31 pupils plus 6 staff and parents made the journey to Ulverston on the evening of Wednesday (13th Sept). Everyone ran hard in a competitive field on the flat 5k course with 11 pupils (& 2 staff) running under 20 mins. There were lots of PBs and it was pleasing to see Hugo B (10Sc) had retained his fitness over the summer (17:14) after his exceptional second place in the English Schools 1500m at the beginning of the summer.

However, the standout performance of the day came from, the still relatively inexperienced, Dan D (13S) who has only been running competitively for 18 months. Dan broke 16 minutes for the first time and finished second overall with a new PB of 15:50.

We look forward to an exciting season ahead.

11 pupils ran under 20 minutes for 5km

Dan D (13S) 15:50 – Second place  
Hugo B (10Sc) 17:14  
George M (9H) 17:46  
Joe D (13H) 18:18  
Bruno F (12P) 18:36  
Sasha M (10W) 19:29  
Joe H (11H) 19:31  
Henry P (10Sc) 19:33  
Julia F (9L) 19:37 – First U18 Female  
Alfie S (13E) 19:41  
Daisy F (10L) 19:54



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