

SPORTS REPORT



SEDBERGH
SCHOOL

FOUNDED 1525

22 JANUARY - 28 JANUARY 2024



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ALL YOU'VE GOT."*



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SPORTS RESULTS

Running

Morgan Run

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Girls Hockey

U16A v Dean Close (EH Last 16) (A) - Won 2-1

The U16's girls hockey team made the long journey down to Dean Close to face off in the knockout stages of the tier 1 cup. Inspired by the GB's women's Olympic qualification last weekend a fired up Sedbergh team started well. Captain Olivia B set the standard from the outset. That of intensity, resilience and relentlessness. Sedbergh seized the opportunity this big game presented when a double team tackle from midfielders Jemima H and Ruby C freed Ginnie P on the shoulder of the D who calmly played a bobbling ball which has deflected home by Olivia B.

Sedbergh did not have it all their way. A high Dean Close press asked Sedbergh several questions. Centre backs Freyja H and Bella R showed real class and composure at the back, whilst Daisy F, Anna H and Elsie B provided outstanding options on outlet and showed bravery defensively. Alice B, in Goal, showed herself to be up to the occasion when called upon at critical times either side of half time.

Sedbergh's second goal came when a slick, small unit play on the right-hand side unlocked the Dean Close defence and a long ball found Darcie G who beat a player on the baseline before linking with Penny V who made no mistake with the finish. This was arguable move of the season to date! Sedbergh were able to hold on and a 2-0 win. It would be unfair not to mention Izzy F who absolutely embodies this team's values and whose quiet determination and pressing encompassed everything this team is built upon!

Netball

U15A v QES U16A (H) - Lost 24-17

The U15A team took on QES regional qualifying team in a friendly at home on Tuesday 23rd January. What we lacked in height we certainly made up for in grit and determination, with a fiercely fought first quarter we matched the oppositions score goal for goal with superb shooting from Danny B. and exceptional feeds from Bella R. at centre finishing the quarter 5-5.

In the second our passage of play into attack were too easily cut off and opportunities on goal limited. We struggled to disrupt their well drilled attack and with too many penalties going in their favour QES took a 4-goal lead at a half time. In the Third we matched QES with superb defence from Lucy H. and Darcie G. and accurate shooting from Bella R. but with limited opportunities on goal in the fourth and with mid court passages of play too easily intercepted QES extended their lead further. Having never played a team who stood a foot taller than even our tallest player and contested the ball so fiercely we should be proud of our performance and the opportunity we had to learn from the experience, what stood out was the level of maturity and personal growth the team showed.

It was a privilege to have coached them through a difficult match physically and mentally – the team were determined and positive throughout which in itself was a team victory. Special well done to Bella R. who remained on court throughout competing in all 3 areas and was awarded POM.



U16A and U16B v Prince Henrys A (H) - Sedbergh Won 41-31

With less than a week to go before Regional Rounds, any chance of game play we have we need to use it wisely. It was a combined team of the U16 A & B and we were not sure of how the game would go. The U16A started off to a bit of a slow start, and the opposition were fast and skillful, with a strong cohesive shooting circle. With great interceptions and anticipation from Annie C, few balls got to the shooting circle before being turned over. Great speed and ball placement from Katie W and Emilia S saw the ball work fluently into Ruby S and Alice E who had great rotations and a successful shooting rate. Well done girls! POM - Emilia S, Coaches POM - Annie C

It was time for the U16B to take the court, and after watching 7 minutes of the oppositions play, they knew what they had to do. Short, fast drives from Elif S and Hattie S saw the ball work smoothly down court, with Elif S adding the extras. Great defensive pressure from Harriet D, Ayira B, and Robyn S saw Prince Henry's become flustered and lots of great interceptions came Sedbergh's way. It was a great display of netball from both team's and a great game in preparation for Saturday. Well done all! POM- Hattie S, Coaches POM - Elif S

U14A v Prince Henry's (H) - Lost 20-32

From the start of this match, we knew it was going to be a challenge. Prince Henry's got off to a great start but we managed to stay within two, finishing the first two lots of 7 minutes at 11-13. Following that, they pulled away slightly with their centre making some excellent plays. Emily and Nicole worked hard at the defensive end, making some great interceptions. In the final 7 minutes, Mariella made some great feeds into Ruby and Ruby was able to put them away. Overall, there was some really promising play in advance of regionals on Saturday. POM: Emily A, Coach's player: Mariella M

1st Team Regional Finals – 5th Place

Regionals were held at Stonyhurst this year and our 1st VII were ready and raring to go. The first game was against Stonyhurst and the girls were looking to start strong and settle any nerves they, especially with the games only being 7 minutes each way. A good start they got and after a solid first 7 minutes, the girls began to build into the game and pulled away with the score ending up 14-4 to Sedbergh.

A great first game for them. The second game saw them take on Wirral and the girls knew possession and patience were going to be key in this game to get the win. Despite a couple of errors in the first half the girls were leading 8-3 at half time. They knew the job was not done and anything could happen, and they took to court determined to push ahead. With some great defensive pressure and control in attack the win was in sight. A great team effort from everyone saw they take their second win of the day.

Going into the 3rd match of the day the girls were faced with Cheadle Hulme who we knew were a clinical team. From the first whistle it was clear this game was going to be tough and goal for goal was the story of the first half, with both teams maintaining possession and working the ball with control to goal. With 1 goal in the game at half time the girls knew they had to work hard for the next 7 minutes to get this win. Despite their best efforts, Cheadle showed what a strong side they were and pulled away with the win. A tough one for the girls to take after going goal for goal and knowing they had the belief to take this one.

The final group match was against Sir John Dean who had proved to be the dominant side in this pool winning 3 from 3. This was a must win game and the girls had the belief and the determination to give it all they had. Another goal for goal match saw both teams working the ball around with care to ensure no mistakes were made, knowing the importance of the match. Half time saw only 1 goal in the match so the pressure was on for our girls to dig deep and get this win. They gave it their all but 1 or 2 errors crept in and Sir John Dean were clinical in turning them into goals, resulting in a loss for Sedbergh. Another hard one to take but the girls gave it their all. Not the play-off game we had hoped for, but the girls knew they had to pick themselves up to make sure they left on a win as they took to court in the 5th/6th place play off.

Determined they were and after a full team effort they took a convincing win 16-5 over Birkenhead, giving them a much-needed lift. A tough day for the girls knowing how close they could have got with lots of reflections on the games and matches played. However, the girls gave it their all and did themselves and the school proud with their performances but also their teamwork and high spirits, showing what a great team, they are.

Results:

Win vs Stonyhurst 14-4

Win vs Wirral 14-7

Loss vs Cheadle 12-6

Loss vs Sir John Dean 13-7

Win vs Birkenhead 16-5



U15A South Lakes Tournament - Winners

Our U15 A team headed to QES to take part in the South Lakes Tournament. They arrived in high spirits and full of energy, ready to take to the court. They hoped to settle into the game and start to build some connections and that they did, with a good win over Cartmel and every player getting some court time in the first game to settle everyone's nerves. The second game the girls looked to build from their first match and try some different combinations. The girls focused on working the ball through court with control and despite a couple of errors, took their second win of the day.

QES were our next opponents, and we knew this was going to be a close game. Starting off very tentative, both teams applied lots of defensive pressure resulting in turnovers for both. The game went goal for goal throughout and proved an evenly matched game with a final score of 5-5. The last match of the pool games saw the girls determined for a win after the draw. The connections on court were starting to show with some great feeds into the circle from the mid court, which was rewarded by some very accurate shooting from our shooters, resulting in a win for Sedbergh. That meant the girls were through to the semi final and knew they needed to keep the momentum and take it into the next game. That they did with some great interceptions from our defence end giving our attackers an extra boost who were controlled and worked the ball into the circle nicely.

Another win meant the girls were through to the final where they would face QES again and looked to go one better than a draw from their earlier pool game. Patience was going to be key in this game to minimise the errors and be clinical when we had the ball. Everyone knew they had to do their job and work as a team and their team spirit really showed in this game, through backing each other up and lots of encouragement from the bench. The game was neck and neck until the final few minutes with 2 key turnovers from Sedbergh saw them gain a slight lead. They held on and took the win 10-7 in a very well contested game and great performances from both teams. Some awesome netball played from everyone and lots of smiling and happy faces when they received their medals after a great afternoon of netball.

U16A Regional Finals - 9th Place

It was time for the U16A Netball team to take the court for the Regional Netball Rounds at Stonyhurst School. A lot of hard work and preparation has gone into the past few weeks and the girls were pumped. We knew we had a lot of work to do coming up against other strong teams, so the girls were ready to hit the court. It was a strongly contested first game against a fast St Aidan's team, and the Sedbergh team went into the half time 6-4 up.

A few basic errors cost us the game and we came away losing 12-8. Next was our hardest game of the day, Withington Girls who were a strong, well drilled, and skilful Manchester team, and the Sedbergh girls struggled to get the ball to the circle edge to feed the shooters, coming away with a loss of 18-2. With our heads a bit down, it was time to work better as a team for the next game against Fallibroome, but it wasn't enough as it was a 12-6 loss but great partnerships in the midcourt. Our last pool game was against Wirral Grammar, and the girls went in with an abundance of confidence to try and come away from today with one win. This positivity paid off and the girls worked extremely hard in the defensive end to come out with a 6-3 win! It was time for play-offs, against our local team Queen Elizabeth School from Kirkby Lonsdale, and we finished our day off with another win, 11-5.

It was a great display of Netball, full of positivity and teamwork throughout the day and lots of improvements over the day from all attackers, midcourters, and defenders. Well done all on a very tough day of netball!

Coaches POM – Sonia G & Annie C

U14A Regional Finals - 9th Place

There was a tough lineup of matches facing us when we arrived for a big day ahead. After a quick warm up, we were ready to face our first opponents, Hodgson. The girls went out hard, scoring first and very much holding their own. It was 3-6 at halftime and we were ready to fight to pull it back in the second half. Unfortunately Bea was injured early in the second half and Ava had to come on as centre. She put in a great effort, playing out of position and we managed to keep their scoring to a minimum with some excellent defence from Betsy, Emily and Nicole, losing 5-13. In the second match, we played Bridgwater, where once again we were the first to score and with some excellent shooting from Ruby and Harriet, we were able to stay close, down 7-10 at half time. Unfortunately we also lost the second half by three, despite Annabel and Ruby continuing with some great shooting.

The overall result was a 13-19 loss. In the next game, we played Wirral, where Sophie, Bea and Betsy made a significant impact working hard in the centre court to support some brilliant defending from the opposition. Mariella also put some excellent shots in to result in an overall score of 7-14. In the final match, we faced Withington Girls' School, who were very strong and gave the defence a big challenge. They did well and limited them to 3-12 in the first half. In the second half, they continued to pull away, finishing at 3-24. This was a brilliant effort from the girls and despite the losses, they should feel pleased with how they have stood up to some of the best schools in the country.

Rugby

JBS (Mixed) v Kirkham U18/17 (H) Lost 26-17

In a game of two halves, it was the visitors that sneaked the win against a very much mixed JBS side on Busk. A first half strewn with errors and a lack of confidence witnessed the larger and more physical opponents score three tries and lead at the break 21-0. Time to re-gather, set simple targets and find that fire in the belly missing in the first half proved the ingredients to turn the game around and some excellent interlinking play from forward and back alike, witnessed two very good tries to pull the score back to 21-14. The visitors came back hard and with the aim of slowing the play down, they executed a well work try after some forward orientated play in the Sedbergh half. Not to be outdone in the final few minutes a third try to the brown followed some high tempo and fast back play.

JBS (Mixed) v RGS Newcastle (A) Won 60-7

Accompanying C1 across to Newcastle, this senior side had to work hard in the first half to create opportunities and pressure a youthful but tenacious home defence. Short channel chances combined with accurate line-out execution allowed the scoreboard to grow in Sedbergh's favour. Despite a raft of changes at half-time, the away side increased the tempo of the game alongside their accuracy in attack, allowing for plenty more try scoring opportunities, regularly created straight from receiving the next kick-off. A well-taken home side try kept the players on their toes however it was pleasing to not concede as many points as in previous fixtures this term.

U14A v RGS Newcastle (A) *National Cup Won 31-10

After conceding early and playing into a strong first half wind Sedbergh went into the break at 5-5 after scoring a great team try to draw level. The second half was then all Sedbergh as they played the conditions perfectly with some outstanding play. Relentless waves of attack and consistent field position built huge pressure on the home side as they struggled to get out of their 22. Sedbergh fed off this and executed brilliantly as a team. This was a very impressive away win.

Boys Hockey

1st XI v Ampleforth (A) Won 1-0

Sedbergh dominated possession throughout the game but were unable to find the clinical edge required to finish a host of chances that went begging. It looked that despite Sedbergh's superiority and best efforts they would be held to a goalless draw. That was until a short corner with three minutes on the clock was converted by Henry S on the rebound to finally open the Sedbergh account. The drama was far from over. Ampleforth were awarded a short corner as the final whistle blew. Some last-ditch defence and bravery on the line proved enough as a flying Tom N put the ball of the sideline. A valuable lesson in the importance of ruthlessness in the face of goal for this team moving forward as they prepare for the North-West finals.

2nd XI v Ampleforth (A) Won 5-0

In a commanding performance, the second team secured a dominant 5-0 victory in their hockey match against Ampleforth college. Stellar teamwork, great ball pace, and clinical finishing were on display as they outplayed their opponents in every aspect. The defence remained resolute, with Monty S clearing the lines at every opportunity, thwarting any opposition attempts, while the offense showcased skilful plays, to secure a dominant win.

U15A v Ampleforth (A) Won 5-0

On Saturday Sedbergh U15 played against Ampleforth College. The u15 gave a fantastic performance. The team got off to a fast start in the first half, scoring twice in the first ten minutes. The defence kept up a strong line to stop numerous opportunities from Ampleforth. The final score was 5-0 to Sedbergh with 3 great goals scored by Oscar and 2 scored by Tom B. Excellent performance from the whole team!

U14A v Ampleforth (H) Lost 2-1

In a hotly fought contest the U14's slipped to a defeat which, seemed difficult to explain to anyone watching. For, although Sedbergh were a physically smaller team to Ampleforth the quality of much of their play and the clear intention to implement the passing style was evident to see, but also very difficult for Ampleforth to counter.

The home side created chance after chance in the opening 15 minutes only to see their efforts saved by the Ampleforth keeper, just go wide or evade that final touch at the back post. It was a cruel blow when, after 18 minutes Ampleforth managed their first entry into Sedbergh's D, won a corner and then scored (via a massive defensive deflection sending Seymour the wrong way) with their only shot of the half. Sedbergh pressed, Dunkin was relentless in midfield, Lawrence, Birkbeck, Bentley and Hetherington all had chances up front while Gawthorpe dominated defence.

In the second half the script was repeated, Sedbergh bossing possession and intention, Ampleforth looking dangerous on the break. After increasing their lead via a scrappy tap in Ampleforth, and again their keeper, soaked up everything Sedbergh could throw at them. Hetherington scored in the final minute but the game had gone. A day of learning and stoic reality for the 14 boys who created so much but were wasteful in front of goal.

Basketball

QEGS Penrith 22 - 45 Sedbergh

A new term and a new basketball squad, coupled with the size of some of their players (who rivalled our own 'Prinz') brought some nerves to the coach.

The match started as a stalemate with neither team scoring for almost the whole of the first quarter...it took a free throw to get our first point on the board! But as the fixture got going Sedbergh's fitness and ample training sessions started to pay dividends. Paidi R slotted a mammoth 3 pointer, Noah G (new to the team) dominated the opponents in defence, and Joseph D played an excellent all round game. The whole squad did well with everyone taking part in the fixture but man of the match was captain James M who singlehandedly scored 20 points alone.

A strong win, played in a good manner; the coach didn't need to be nervous. These boys play well, and importantly, play well as a team.

Badminton

1st Team v QEGS Penrith (A) Won 21-2

After initially losing the first 2 games, Sedbergh went on to win the next 21 games, which were a variety of singles, doubles, and mixed doubles games. It was great to see all members of the team playing with each other, and always being keen to play the next match. Every player was excellent, showing great effort, whilst also displaying great sportsmanship. A great day for the Badminton team!

Squash

1st & 2nd Team Squash v Lincoln Minster (H) Lost overall

Sedbergh played the second squash fixture against Lincoln Minster on Saturday with a strong team of 14 each side. A total of two rounds were played where best of three games decided the winner of each round. Although the matches started with a lower seed pair-up, Lincoln showcased a strong and aggressive start to the round by winning 12 out of 14 matches 2-0.

Sedbergh came back strong in the second round with excellent performances from Reggie, Ruby and Henry pushing their matches to the third game and Seth winning both of his matches 2-0. However, Sedbergh's great serves and effort to win the rallies were outplayed by Lincoln's unbeatable tactics. Overall, a fantastic fixture with some outstanding performances by both the teams.

Swimming

1st Team v Ampleforth (A) - Won 78-39

The swimming team had a very successful trip to Ampleforth on Saturday resulting in a convincing win for Sedbergh - 78 points to 39. Boys captain Isaac M led by example winning all of his races. Particularly impressive debut performances by Felix N, Angus G & Tom V secured a solid boys win. Daisy M dominated in the girls races, showing her depth by throwing herself into the 100m IM and winning by a clear margin. It was great to see Lucy B & Ruby A-B holding their own against senior girls - great practice for the World School games next term!





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