



Sedbergh

SCHOOL

SPORTS REPORT

25 NOVEMBER - 01 DECEMBER 2024

SPORTS RESULTS

RUNNING

South Lakes District Schools Cross Country Championships

On a crisp and bright morning, the Sedbergh running team traveled to the charming village of Cartmel, famed for its sticky toffee pudding, for the South Lakes District Schools Cross Country Championships. The scenic course delivered a true Lakeland experience, weaving past the horse racecourse, through sun-dappled woods, over stone bridges spanning bubbling streams, and culminating in a challenging uphill finish.

While results are still pending, 16 runners from each age group will advance to represent the South Lakes District team at the Cumbria Schools XC Championships on 15th January. The Sedbergh squad returned with high hopes, bolstered by strong individual performances.

Junior Girls (Year 8/9)

Lucia C (9R) continued her streak of dominance, surging into the lead from the start and winning with a commanding margin. Minnie R (9C) and Honor H (9R) delivered solid performances, with Honor making an impressive debut at this level.

Junior Boys (Year 8/9)

Arthur H (9E) showcased his strength in a fiercely competitive race, putting himself in contention for a spot in the next round.

Intermediate Boys (Year 10/11)

Fresh from competing at the national level in Liverpool, Hugo B (11SH) cruised to victory, leading the field from start to finish. Harry S (10S) delivered another strong performance, while William T (10S), making his debut, ran a tactically sound race that exceeded expectations, making him a strong candidate for progression.

Intermediate Girls (Year 10/11) & Senior Girls (Year 12/13)

In a combined race for the Intermediate and Senior girls, Julia F (10L) was the first Sedbergh runner to cross the line, closely followed by her sister Daisy F (11L). Although the final standings remain unclear, many Sedbergh girls are expected to have qualified.

Senior Boys (Year 12/13)

Joe H (12P) was the first Sedbergh finisher in a small but competitive field. Several others are also likely to secure spots, with allowances for known athletes who missed the race due to valid reasons like exams.

Awaiting Results

The team eagerly awaits confirmation of how many runners will progress to the next stage of this prestigious competition. Regardless, Sedbergh's athletes can take pride in their performances on a course that combined natural beauty with the grit of cross-country racing.



BASKETBALL

U18A v St Peter's School York (H) Won 43-24

This was an exciting match between two good sides, both playing a high tempo end to end game. We were honoured last year to play in St Peters' first ever basketball fixture, and where we won fairly comfortably then, this was a different prospect. St Peters came out blazing and scored the first 6 points unanswered, and by half time the scores were pretty close but with a slender Sedbergh lead. However, after a few strong words from Captain J Mulligan and VC Paidi R, our team clicked, and the 3rd quarter was an immense performance from Sedbergh as we scored on almost every attack; even Ash M and P Otten scored a 3 pointer each! The 4th quarter of the match was another even contest, but the damage had already been done, Sedbergh had a clear lead and held it.

Man of the match was a returning squad member, W Barrett; he was like Spiderman: jumping everywhere, flying through the air claiming rebound after rebound, and popping up behind their defence as if he'd just dropped off his Spidey web to surprise them, he was brilliant.

St Peters were gracious in defeat, and our boys were equally gracious in their victory. We look forward to playing them again next term.

NETBALL

Girls U16A v Egglecliffe School (A) Lost 74-19

On Monday, we saw an incredible matchup between Sedbergh School girls U16(A) and Egglecliffe School (A). There was no doubt that this was going to be a showdown from the start. There was some excellent attack and defensive plays throughout the entire match. Bella, Daniela, Ava and Martha had made some impressive attack strategies, however, the defence from Egglecliffe was too strong and this led to quite a bit of turnovers.

It resulted in the girls having to make several resets and rotations. So too, did we have to make rotations at the defensive ends in order to hold off the attack on the other end. It was extremely hard work. Despite injuries, the girls were determined to finish the match, and this showed their resilience and determination. The final score was 74-19 to Egglecliffe. The girl chosen as player of the match was Daniela. A superb job on her part and excellent showing as captain

Girls U14A v North Chadderton School (A) Won 32-22

As this was the final-16 round of the national competition, we knew that this match was going to be tough. The girls played brilliantly and fought hard, finishing the first quarter with a three-goal lead. The battle continued and with some excellent intercepts from Penny, shooting from Bella and Lara and feeds from Ursula and Caitlin, we were able to retain our lead heading into half time.

Minnie came on at half time, making an immediate impact at Centre. Ursula also tried out her shooting for the first time in a full match and her accuracy was excellent. Bella and Ursula worked well together. All of this came together to end with a 32-22 win and a place in the quarter finals, which are due to be played in the next couple of weeks. Minnie was player of the match and coach's player is Ursula for her excellent effort and shooting.

HOCKEY

Girls U14A v RGS Newcastle (A) Lost 8-0

The U14 girls faced a tough challenge against RGS and, despite a strong effort, unfortunately ended up losing.

The team showed great determination and resilience throughout the match, fighting hard until the final whistle. Freya had a busy time in goal, making several important saves and handling the pressure well, but RGS' attacking force made it difficult to keep them at bay. Defensively, the girls were solid, working hard to limit RGS' chances, but connecting with the forwards proved difficult, and they struggled to create enough opportunities up front. RGS were a strong side, playing with intensity and testing the girls at every turn. Even though the result wasn't in our favor, the team's commitment and hard work never wavered. It was a valuable experience, and the girls will take away important lessons from this tough but rewarding challenge.

Girls U18A v Scarborough College (A) Lost 3-2

Sedbergh played out an amazing game against rivals Scarborough in what was the very definition of a game of two halves. Scarborough were quick out of the traps, pressing high and placing the Sedbergh defence under pressure. Initially Sedbergh struggled to match the home side intensity, and it was only thanks to keeper Conrads that the first 10 minutes were goalless. However, Scarborough eventually broke through when a well taken penalty corner forced an unlucky deflection into the Sedbergh goal.

More pressure from Scarborough and Sedbergh were on the back foot. Some brave defending from Herring, Hawson and Renison kept them at bay. Slowly though Sedbergh began click. Goodhart and Gresswell found some space and Pattison making her debut looked strong. With a few minutes to go before half-time a real blow when Scarborough scored again, a very good piece of solo skill.

The second half began and Sedbergh were a changed team. Jones-Perrott found space on the right, Newman began to find her passes in the centre while Renison look a constant threat on the left. Sedbergh won their first penalty corner of the game and Newman placed her flick perfectly into the left-hand side netting. 2-1 and back in the game. Sedbergh pressed once more with the home side visibly rocked. Then disaster, a speculative through ball caught Conrads in two minds with a miss-trap from the Scarborough forward sending the ball agonisingly past her. Not to be deterred Sedbergh pressed on. Herring getting forward from the back was dangerous. Another penalty corner and this time Gresswell stepped up to smash home a great shot. 3-2 with 9 minutes left Sedbergh had all the ball but just couldn't find the final touch.

I very tough day, with some very dissapointted players at the end. However, they now know how they need to play from the first minute of every game. I am sure that when we return to Scarborough after Christmas in the league the girls will reverse this result.

Wolf of the day - R Herring

Girls U18B v Scarborough College (A) Drew 2-2

On Saturday, the U18B team faced Scarborough in a challenging and thrilling away match, ending in a 2-2 draw. After trailing 1-0 at halftime, we fought back with determination, maintaining high intensity and aggression, which ultimately paid off. The first goal came from a brilliant setup by Violet, finished off by Kitty, while Ginny secured the second goal as a testament to our hard work. Daisy F delivered an outstanding performance on the wing, complemented by Penny's excellent leadership up front.





Sedbergh HC v Kirkby Stephen 3's (A) Won 2-1

Sedbergh HC played an excellent match against Kirkby Stephen 3's on Saturday, showcasing their dominance from the outset. They controlled the majority of possession and created numerous opportunities, though converting chances into goals proved challenging. The game ended with a well deserved 2-1 victory for Sedbergh HC, with goals scored by Gaskin and Smith. It was an exciting and competitive performance.

Girls U15A v Scarborough College (A) Won 4-0

The U15s played Scarborough which was a strong performance from Sedbergh winning 4-0. It was a very good team performance with lots of great pass connections giving us goals in return. Betsy bagged all 4 goals, with a couple awesome assists from Sophie. Improvements could be made with our tackling, but a solid performance kept Scarborough to only 1 shot on target. Scarborough made us work hard but we managed to control ourselves and play our own game.

Girls U14A v Scarborough College (A) Won 6-0

The U14 girls had a fantastic game.

Right from the start, the team played well together, passing the ball around with ease and communicating brilliantly. Bella kicked things off with two goals in the first half, putting us 2-0 up at halftime.

In the second half, we kept up the strong play, holding possession and moving the ball smoothly, especially from the back. Lara, Izzy, Hetty, and Lottie each scored a goal, bringing the final score to 6-0.

Overall, it was a great team performance with everyone contributing to the win.

RUGBY

Boys U15A v Hymers College (A) Lost 12-32

B1 made the long journey to Hull to take on a highly rated Hymers outfit in the last 16 of the National Cup. We started brightly but Hymers soaked up our early pressure and then responded with a penalty and a try to go into a 10-0 lead. However, B1 gradually got a foothold in the game and tries either side of half-time by centres George Massy and Rueben Carrs took us into a 12-10 lead with 25 minutes to go. Unfortunately, discipline then let us down and a series of penalties enabled Hymers to establish good field position on a regular basis and we found it difficult to live with their powerful forwards and eventually succumbed to a 12-32 defeat.

Boys U14A v Prince Henry's Grammar School (H) Won 27-5

This was C1's best performance of the season showing a significant improvement from the previous week against Wellington but also since the earlier C1/2 fixture with PHGS in September. Sedbergh had chances in the first half and put together some cohesive periods of play but were unable to capitalise on these. Prince Henry's were a physical side and made the most of their possession inside the Sedbergh 22 to lead 5-0 at half-time.

The feeling amongst Colts C at half-time was that they had played some good rugby and that chances would continue to come. It was therefore extremely pleasing that Sedbergh ran in five unanswered tries to dominate the second period, playing with pace and width.

Jake Goodhart scored two superb solo efforts, gliding silkily through the opposition defence. Teddy Wilson converted a period of Sedbergh pressure with a short-range burst before Rorke Anderson received a kick off and set off with intent, leaving defenders in his wake. Finally, a perfectly executed cross field kick from Goodhart found Ben Burton in space who raced away to score, finishing well.

This was an excellent team performance and Colts C know that they will have to reproduce or improve upon this further to challenge Millfield next week.

Boys U18C v Newcastle School for Boys U18A (H) Won 29-24

The 3rds had the majority of possession on busk against a lively NSB team but failed to accumulate points when on top. Two breakaway tries kept NSB in the hunt to the end but the 3rds eventually hung on for a deserved win.

4thXV v Stamford 0-0

4thXV v Oakham 12-8 win

We knew the game against Stanford was going to be tough when the opposition coach declared that for the sake of transparency four of the 3XV would be playing as they wanted their last game for their school to be against Sedbergh. An unusual reflection of the power of the brown shirt!

An interesting approach to the breakdown saw us struggle to obtain any possession in the first half, although the sheer intensity with which the boys played defence meant the opposition were frequently driven back by line speed alone.

We had two chances to win the game the first a penalty on the 22, only for us to realise we did not to have a kicker on the field at the time, and the second a last pass handling error 5 yards from the line. A nil all draw was not a fair reflection of the contest but unfortunately preserved Stanford's unbeaten season. It did prove we need to be more ruthless in executing opportunities in the short game format.

The second fixture against Oakham saw us very much the dominant side, although we managed to apply pressure to ourselves by allowing them back in it through a sequence of five missed tackles. Sumner scored a fantastic eight pick up try to put us back ahead, quickly followed by Kelly crossing the line only to have his try disallowed as 'not seen'.

We again nearly threw it away by opting to kick for a lineout on a penalty that had been declared as being the last play, a frantic three-minute defence ensued when we then fluffed the throw in. Game awareness has not been our strong point this season, we can only hope that making the mistakes along the way saves us from repeating them at Millfield.

Colours were awarded to P Osmond (captain), J Kelly and M Wilson (two years stalwart service to the 4ths forwards)



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