

# SPORTS REPORT



SEDBERGH  
SCHOOL

FOUNDED 1525

26 FEBRUARY - 03 MARCH 2024



*“ALL IT TAKES IS  
ALL YOU’VE GOT.”*



@SEDBERGHGIRLS



@SEDBERGHSPORT

# SPORTS RESULTS

## Special Mentions

H. Follett (1st VII captain) received her Netball colours. She has been a fantastic captain this year and set a real example to not only her teammates but all the other netballers in school. Her achievements both in school but also with Manchester Thunder netball have been outstanding and a reward for all the hard work she has put in over the years and continues to put in. Thoroughly deserving of her netball colours.



## Girls' Hockey

### Sedbergh HC v Wigton | Won 3-2

As another exeat rolled around the girls turned out for a brilliant display against a dogged Wigton team, who at times showed some signs of want ing to play hockey. Indeed they took the lead from almost the first play of the game as Sedbergh appeared to still be n the changing rooms. Soon after though the girls began to click. Captain Bea controlled the centre of the park while Miss Parker demonstrated a virtuoso display of hard graft. The first half attack so very left side bias as sisters Harriet and Elsie combined to great effect. Hattie and Izzy led with purpose up front while Liv continues to shine and lead just behind the front two. After seeing a number of shots saved by the Wigton keeper, Liv turned neatly 10 meters out before smashing the ball into the bottom left for 1-1. 10 minutes later Harriet again linked up with her sister on the left, this time she carried on dribbling beating three Wigton players before passing the ball neatly beyond the Wigton keeper for the lead. After the break Wigton pressed hard but Charlotte, Millie and Robyn all made great tackles to keep them out while Hannah made several smart saves in goal. Then the move of the game as some nice passing found the ball high on the right with Hattie her strong run into the D was followed by a pin-point cut back to Izzy at the top, her first time slap shot going straight through the Wigton keeper. 3-1. Wigton tried hard to get back into it and with two minutes remaining found a goal from a penalty corner. Sedbergh held on for an excellent win.

## **U14 Boys Northwest Tier 2 Competition (A) Lost Final 1-0**

The U14 boys can count themselves extremely unlucky not to have progressed through to the National Finals after experiencing heartbreak in the final at Timplerley this week. Playing some excellent hockey the boys firstly dispatched Bolton School 4-0, moving the ball well and finding space and room to run. The second match was a tighter scoreline 1-0 against Kings Macclesfield, however, that had more to do with the Kings Macc keeper who made numerous saves while Seymour remained untested for the second game straight. On to the semi-final and Sandbach school. This was the high water mark for the boys, playing fast, unselfish (simple) hockey they torn Sandbach apart. 1-0 at half time turned into 4 by the end as the wave after wave of Sedbergh attacks rained down on a hapless Sandbach defence.

And so the final against a physically strong and tough Wirral Grammar team. Sedbergh started the game a little nervous with a few boy guilty of over carrying into contact. From one such turnover Wirral broke fast, Rowley and Gawthorpe scrabbled in defence but a cruel deflection from the shot took the ball beyond Seymour. Heads down for the first time in the day Sedbergh needed to rally. At half time Miss Zappulla gave words of motivation and the boys came out firing. Again, they pressed and pressed, Captain Birkbeck tried, then Gawthorpe from a corner, Bentley had a 1v1 with the Wirral keeper who saved well. Hetherington went close, Thompson just missed, Dinkin, who was everywhere just couldn't find space enough in a packed Wirral D to shoot. Occasional Wirral counter attacks were delt with by Smith, Morgan and Oakes. Sewell tried everything in the middle to find space, but time just ran out. These boys have played some fantastic hockey this term and as a group they have huge potential. Not to be this year, but watch this space as in future years this team will on the rise.

## **Netball**

### **U14B v Settlebeck (H) Won**

On Tuesday that U14 B netball team played a match against Settlebeck. We started off strong with lots of passes and we were managing to get many successful shots. This stops us in good ground. The team had good communication and all round we played very well. The player of the match was Amelia Lyle. Well played Sedbergh!

### **U14C v Settlebeck (H) Won 29-1**

On Tuesday the u14c had a great game against Settlebeck with great shooting from Ana and Savansha. Our defence turned over lots of ball and worked well with the mid court to move the ball down to our shooters. It was a really good game and lots of fun had by the whole team. The final score being 29-1.

### **1st VII v Ashville (H) Won 63-31**

Wednesday saw us take to court against Ashville College in our last home match of the term. The game started off strong with both teams putting together some good passages of play and we know this game was going to be well contested. We took the lead after the first quarter but only by 6 goals and we knew we need to push on and turn over some ball. This is what we did as we took to court again, with lots of defensive pressure being applied by the mid court which meant our defenders were able to fly out and take the interceptions. The attack looked strong building some really good connections down court and into the goal circle.

We wanted to make sure we kept possession of the ball and worked the ball around to not force it into the circle and it was a big positive of our game. The shooters had found their form which some very accurate shooting throughout the game and lots of confidence to take the shots from further out.

Overall, the game was very well contested with both teams being made to work for their goals but we managed to capitalise on our turnovers and take the win. A great performance from everyone which we look to take forward into our tournament next week at Ampleforth.



### **2nd VII v Ashville (H) Won**

The match started off strong with some good defence from Sedbergh and competitive attack from Ashville in the centre court causing the score to be 13-8 after the first quarter. With some excellent centre court attack and defence from Daisy, Amelia and Sonia who stepped up to play from under 16's, it caused Sedbergh to dominate the second quarter making the score 31-11. After multiple amazing intercepts from the defence of Liv, Val and Bea Ashville only scored 4 goals. The team started working even better together transitioning from defence to attack by moving towards the ball causing the shooters of Eve, Emily and Ruby to make the final score 55-18 to Sedbergh.

Written by Bea P

### **3rd VII v Ashville (H) Won 35-17**

A brilliant game played in the drizzle. A slippery court led to some cautious play but the girls adapted with skill. Confident feeds from a number of Year 11 players, allowed Grace and Fran to score shot after shot. Old timers Kitty and Indi showed the newbies the ropes and a great game was had by all.

### **Rugby 7s**

#### **1st & 2nd VII 7s Quadrangular (H) v Myerscough and Gosforth Academy (Won all matches)**

In wet and difficult conditions on Busk, both of Sedbergh's 1st & 2nd VII squad proved too strong for Myerscough and Gosforth with some strong team performances.



### **A1 VII at Woodhouse Grove 7's (A) Won The Tournament**

A1 continued to grow in Sevens and came away with their second trophy in two tournaments, with a strong performance at Woodhouse Grove.

243 points scored in six games, with 34 tries being scored during the tournament was pleasing, but there will be tougher tests to come, but the growth of the squad is promising.

Captain and scorer of 9 tries during the day Adam Jacques led by the front, with his brother Tom and Oliver Ashton also scoring 4 tries a piece each.

A focus on defence and adaptability is needed against stronger southern sides as the A1 side aim high.

### **A1 VII at Warwick 7s (A) Won The Tournament**

A1 for the second-year running retained the Warwick Sevens Cup in fine fashion. Backing up their midweek performance at Woodhouse Grove they continued to improve and in their six games at Warwick on the way to lifting the trophy, they amassed 273 points and 41 tries. Each of the squad of 12 played their part and everyone adding to the scoresheet during the day. Special mention to Ben Jewsbury with 8 tries and Tom Jacques with 6.

Momentum builds and we now look forward to next Saturday when we host the Sedbergh Sevens.

### **C1 VII at Warwick 7s (A) Lost final to Millfield**

The boys started well in the group stage going three for three and then meeting two further strong opponents in the quarter and semifinals, the most impressive part to watch was the development of our 7s team getting stronger and stronger with each game we played. Unfortunately losing to a physical YDA team in the final. Even though the boys weren't able to get the Cup win the promise and learning experience this gives the young team will be invaluable going forward.

## Running

### Evans and Lupton Triumph in 10 Mile Relays

The Sedbergh School 10 Mile Relays witnessed an exhilarating display of talent and determination as Evans shocked School House to claim victory in the boys' race, while Lupton lived up to expectations to secure the win in the girls' competition.

Evans Upset School House Dominance in Boys' Relay In a surprising turn of events, Evans emerged victorious in the boys' 10 Mile Relay, stunning the hot favorites, School House, who had clinched the title in twelve out of the past thirteen years. Despite an impressive anchor leg run by Hugo B of School House, which clocked the joint fastest time of the day, it wasn't enough to catch the relentless Evans team. Evans sealed their victory with a collective effort, showcasing exceptional teamwork and determination.

Boys' Results: 1st Evans - 1:18:33 2nd School - 1:19:24 3rd Sedgwick - 1:19:34 4th Hart - 1:22:21 5th Winder - 1:24:22 6th Powell - 1:26:17 Winning Evans team: Rufus F, Thomas J, Oliver D, Henry H, Jonah I, Hamish H, Matthew H, Adam J, Alfie S, Luke C

#### Notable Performances:

Junior Fastest Time: George M (9H) - 7:09

Intermediate Fastest Time: Hugo B (10Sc) - 7:05

Senior Fastest Time: George D (12Sc) - 7:05

Lupton Dominates Girls' Race As expected, Lupton demonstrated their strength in depth in the girls' race, gradually pulling away from their competitors to secure a comfortable victory. A standout performance came from Julia F of Lupton, who delivered a remarkable run on the last leg, outpacing her competitors by an impressive margin.

Girls' Results: 1st Lupton - 1:31:20 2nd Carus - 1:37:34 3rd Robertson - 1:38:13 Winning Lupton Team: Daisy F, Pru L, Abi C, Jemima H, Scarlett H, Elsie B, Lucy H, Joely H, Sophie N, Julia F

#### Notable Performances:

Junior Fastest Time: Julia F (9L) - 8:16

Intermediate Fastest Time: Daisy F (10L) - 8:48

Senior Fastest Time: Pru L (13L) - 8:46





### **Wilson Run Qualifiers Surge as Pupils Brave Baugh Fell Challenges**

Under clearing skies and a respite from the unrelenting rain, Sedbergh School witnessed the second Wilson Run Qualifier, where pupils tackled the rugged terrain of Baugh Fell with determination and grit. Following last week's run to Cautley and back, this qualifier presented a new set of challenges, testing the mettle of both seasoned and novice runners alike.

Successful Qualifiers Reach Impressive Numbers Despite the daunting nature of the course, 61 pupils successfully conquered the Wilson Run Qualifier, earning their place in the prestigious event. Combined with the 78 runners who qualified in the previous week's qualifier, the total number of qualifiers now stands at an impressive 139. With two more opportunities to qualify, the school is on track to surpass participation records.

**Baugh Fell: A Test of Endurance** For many participants, running over Baugh Fell was a new and challenging experience, marked by unexpected twists and turns along the course. However, the pupils rose to the occasion, displaying admirable resilience and determination in the face of the mountainous terrain.

**Headmaster Sets Participation Challenge** The Headmaster has set a lofty challenge for the Sixth Form, urging them to achieve 200 qualifiers and break last year's participation record of 197. This call to action underscores the spirit of camaraderie and determination ingrained within the Sedbergh community.

**Countdown to the 140th Wilson Run** With the 140th Wilson Run scheduled for Tuesday, March 19th, anticipation is mounting as qualifiers gear up for the ultimate test of endurance and determination.



### **Sedbergh School Sixth Formers Embark on Epic Charity Run for Young Minds**

In a remarkable display of determination and altruism, eight intrepid Sixth Form runners from Sedbergh School embarked on an epic journey to raise funds for the charity Young Minds. With hearts full of purpose and feet ready to conquer new distances, these students set off on their longest runs yet, covering an amazing 25 kilometres from Gearstones back to Sedbergh.

#### **A Noble Cause: Supporting Young Minds**

The Young Minds charity, dedicated to children's mental health, served as the driving force behind this awe-inspiring endeavour. The students recognised the importance of mental health awareness and rallied together to make a tangible difference in the lives of young people.

#### **A Test of Endurance and Determination**

As the eight runners traversed the challenging terrain, they encountered physical and mental obstacles along the way. Despite the grueling nature of the journey, their determination remained unwavering, fueled by the knowledge that their efforts would benefit those in need.

#### **An Epic Conclusion: Conquering Winder**

But their challenge did not end with the 25-kilometre run. In a testament to their endurance and resilience, the students concluded their epic journey by conquering the formidable Winder, running up and down its slopes to mark the culmination of their extraordinary feat.

#### **Community Support and Generosity**

As the exhausted yet triumphant students returned to Sedbergh, they were met with a warm and congratulatory reception from a crowd of supporters gathered in the Cloisters. Their remarkable efforts had not gone unnoticed, with the Sedbergh community rallying behind them in solidarity.

#### **Remarkable Achievement: £5,700 Raised**

The students' dedication and determination bore fruit in more ways than one, as they succeeded in raising over £5,700 for the Young Minds charity. This remarkable achievement stands as a testament to their commitment to making a positive impact on the lives of others.

## Conclusion: Inspiring Acts of Kindness

The Young Minds Charity Run epitomises the spirit of compassion, resilience, and community that defines Sedbergh School. Through their selfless actions, these students have not only raised vital funds for a worthy cause but have also inspired others to join them in their mission to support mental health awareness and well-being.

You can watch the highlights from their day by clicking [HERE](#)





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**FOUNDED 1525**

**Admissions@sedberghschool.org  
015396 20535**

**WWW.SEDBERGHSCHOOL.ORG**

