

Sedbergh
SCHOOL

Sports Report

02 - 08 November 2026

SPORTS RESULTS

Hockey

Girls U18A v Dean Close (H) Lost 2-0

On the first day back after the half-term break, Sedbergh welcomed Dean Close from Cheltenham as part of the visitors' northern tour. Facing high-quality opposition was always going to provide a valuable test, and although there were understandable signs of rustiness, Sedbergh produced a competitive performance in a closely fought encounter.
The opening quarter was evenly matched, with both sides looking to establish control. Sedbergh created a couple of promising opportunities which, had they been converted, might have changed the early momentum of the game.

Dean Close began to take greater control during the second quarter, demonstrating good structure and composure in possession. A decisive six-minute spell saw the visitors score twice and establish a 2–0 advantage. To Sedbergh's credit, the girls regrouped well and created further opportunities before half-time, ensuring the contest remained very much alive.
The second half followed a similar pattern. Dean Close continued to edge the territorial battle and looked slightly more cohesive in their structure, while Sedbergh became increasingly dangerous on the counterattack. The home side regularly found opportunities to transition forward with pace but lacked the final piece of cohesion in the attacking third to turn promising positions into clear-cut chances.

That began to change in the final quarter, when Sedbergh produced their best attacking spell of the match and created several opportunities to get themselves back into the contest. A goal at that stage would have set up a fascinating finish and potentially given the girls an opportunity to force a draw, but the Dean Close defence held firm.
Despite the 2–0 defeat, this was an extremely worthwhile fixture for Sedbergh. After time away from school and hockey, it provided exactly the sort of competitive challenge the girls needed to rediscover their rhythm and intensity. There were certainly areas to sharpen, particularly around cohesion and decision-making in the final third, but plenty of positives too.
A valuable tune-up against strong opposition, and an important step in preparing the group for the bigger challenges that lie ahead.

Girls U15A v Withington Girls School (A) Won 3-0

A great game on Tuesday against Withington Girls School, winning 3-0! Everyone played really well and worked hard as a team. Well done to Sasha, Bronte and Betsy for scoring the goals! A brilliant team effort and a well-deserved win!

Girls U18A v Withington Girls School (A) Won 9-0
U19 Independent Schools Plate, Round 1

Sedbergh travelled to Manchester on Wednesday for the opening round of the U19 Independent Schools Plate and produced a clinical, disciplined performance to secure a convincing 9–0 victory over Withington Girls.

From the opening stages, Sedbergh established control, moving the ball quickly and playing with real pace and power. The girls were rewarded almost immediately, with Evans, Luckin and Neesham all finding the net early as Sedbergh asserted their dominance.

With the result rarely in doubt, the challenge quickly became less about the scoreboard and more about the quality of the performance. Sedbergh focused on playing with clear patterns, maintaining speed in possession and communicating effectively to make the pitch as big as possible. The girls showed good discipline in continuing to move the ball rather than forcing individual opportunities, using the fixture as a valuable chance to develop combinations and understanding across the team.

Playing with such width inevitably gave Withington occasional opportunities to break into the spaces left behind. However, Sedbergh's counter-defence was excellent, with players reacting quickly to turnovers and working hard to prevent attacks from developing. As a result, Withington rarely managed to threaten Benham's goal, with the Sedbergh goalkeeper called into meaningful action only once throughout the game.

Further goals followed as Sedbergh continued to play with purpose, eventually completing a comprehensive 9–0 victory and comfortably securing their place in the next round.
While the fixture did not provide the competitive challenge of some recent encounters, it proved a useful contrast to Monday's much tougher performance. Most importantly, Sedbergh maintained their standards, used the ball intelligently and demonstrated the importance of structure, communication and collective play regardless of the opposition.

A professional performance and a positive first step in this year's Plate competition.

Girls U18A v Denstone College (H) Won 4-0

Saturday saw Denstone College visit Sedbergh for what proved to be a fiercely contested and thoroughly enjoyable fixture. Although Sedbergh looked the stronger and more physically dominant side for much of the game, Denstone possessed a number of talented individuals who regularly threatened on the counterattack and ensured the home side had to remain disciplined throughout.

Sedbergh made an excellent start, scoring twice in the opening quarter. Harrison opened the scoring after a superb run, finishing brilliantly into the bottom right-hand corner. Captain Gresswell soon doubled the advantage, finishing calmly and cleanly from a penalty corner to give Sedbergh a deserved 2–0 lead.

Despite the early advantage, Denstone continued to pose a threat. They capitalised on several turnovers in midfield, counterattacking quickly and asking plenty of questions of the Sedbergh defence. Barker, Pattison and Luckin responded superbly, making a number of excellent tackles and timely interventions to ensure the visitors were unable to find a way through.
At the heart of the Sedbergh performance was Vincent, the outstanding player on the pitch. Playing with energy, composure and real clarity of thought, she seemed to be everywhere. Her ability to link effectively with the defenders behind her, her midfield partners alongside her and the forwards ahead of her gave Sedbergh an important connection through the middle of the pitch.

Her influence was rewarded with two second-half goals. The first came at the end of an excellent flowing team move which forced a difficult initial save, with Vincent reacting quickest to convert the rebound. Her second was considerably more spectacular. Attacking the ball with complete commitment, Vincent produced a brilliant diving finish, sending the ball at head height, powering it into the roof of the net to leave the Denstone goalkeeper and recovering defenders with little chance.

At 4–0 the game was secure, but the final quarter remained fiercely competitive. Sedbergh continued to place a high value on protecting their circle, defending with determination and refusing to give Denstone an easy route to goal. When the visitors did find a way through, Cooke produced a number of quality saves to preserve another well-earned clean sheet.
The final scoreline perhaps disguises how competitive the fixture was. Denstone provided a genuine threat and forced Sedbergh to defend with real commitment, but the home side's ability to take their chances at one end and protect their circle at the other ultimately proved decisive.

A strong team performance, another clean sheet and, in Vincent, an outstanding individual display at the heart of a deserved 4–0 victory.





Girls U18B v Denstone College (H) Drew 1-1

A competitive game of hockey today between two evenly matched sides ended in a 1-1 draw. The Sedbergh team looked a little out of sorts for the first 20 minutes after not playing together for the best part of 3 weeks. It was an excellent counter attacking goal however against the run of play scored by Bella S that gave the girls a 1-0 lead at half time.

Sedbergh played their best hockey after the break and could have extended their lead with lots of pressure on the Denstone goal. Unfortunately, a late equaliser brought the scores level and girls had to settle for a draw. 10 out of 10 for effort as always, a little bit of work to do in the week to be more clinical next time out.

Girls U18C v Denstone College (H) Drew 2-2

The final game of Saturday saw the 3rd XIs of Sedbergh and Denstone College go head-to-head in another highly competitive and entertaining fixture.
Sedbergh started the brighter of the two sides, playing with plenty of energy and purpose in a fast-paced, end-to-end opening half. The girls attacked positively and made the most of their opportunities, reaching the half-time break with a deserved 2–0 lead and looking in a strong position.

Denstone, however, emerged for the second half reinvigorated, introducing fresh legs and immediately increasing the pressure on the Sedbergh defence. What followed was a period of determined defending from the home side, with Strobel outstanding in goal and producing a series of important saves to frustrate the visitors.

Goligher, Wase-Rodgers and the Chapman twins were equally impressive in front of her, making numerous tackles and interventions as Denstone pushed hard to find a way back into the contest. Eventually, after a sustained spell of pressure, the Sedbergh defence was breached and Denstone reduced the deficit to 2–1.

Rather than retreat, Sedbergh responded positively and went in search of a third. Bastille, Manion and Sorensen brought tremendous energy to the midfield, helping the girls transition quickly from defence into attack. Further forward, Massey-Ford, Cook and Inglis continued to create opportunities and ask questions of the Denstone defence.

As both teams pushed for the next goal, the game became increasingly stretched, with play moving rapidly from one end of the pitch to the other. With just two and a half minutes remaining, Denstone finally found the equaliser to level the match at 2–2.

Sedbergh threw everything forward in the closing moments in search of a winner, but despite one final push, there was simply not enough time to find the decisive goal.

There was understandable disappointment at surrendering a two-goal advantage so late in the game, but this was nevertheless a performance with plenty of positives. The girls showed real attacking intent, enormous resilience under pressure and an excellent willingness to work for one another. A fiercely contested 2–2 draw and another very encouraging performance from the Sedbergh 3rd XI.

Girls U15A v Denstone College (A) Won 5-0

On Saturday 7th Sedbergh's U15A team travelled away to play Denstone College's U15A team. Sedbergh started strong with lots of quick attacks up the pitch which lead to Sedbergh creating many chances on goal in dangerous areas. With Sedbergh's first goal coming from a great deflection by Bronte K, Sedbergh began to dominate the midfield, which lead to even more scoring opportunities. In quick succession Martha W was able to score two goals, one by a deflection from the post and the other by dragging the ball away from the keeper, shooting into the bottom corner.

This meant by half time Sedbergh were 0-3 up. Sedbergh continued this positive attacking play into the second half and were soon scoring again. India J scored a skilful goal by moving the ball around the keeper, as well as scoring another goal from a deflection earlier in the second half. This meant the final score ended 5-0. This was a great win for the U15A's and proves that their hard work and dedication throughout the season in paying off.

Girls U15B v Denstone College (A) Won 4-3
Sedbergh 15Bs secured a well-deserved 4-3 victory against Denstone in an exciting and closely contested match.

The forwards had an excellent game, putting pressure on Denstone with some positive attacking play creating good opportunities. With Tilly, Bea and Esme contributing to the four goals scored.

Tilly captained the side well, showing positive leadership throughout. A special mention goes to Bea, who had an excellent game at left wing, her work to create opportunities, and attacking intent had a significant contribution on the teams win.

It was a strong team performance and a well-deserved 4-3 win for Sedbergh. Well done girls!

Girls U14A v Denstone College (A) Won 3-1
U14A played against Denstone and put in a really good performance. The team worked hard, supported each other and made some great decisions throughout the game.

Well done to Jess M, Betsy and Maggie for scoring some brilliant goals! There was some great teamwork and passing, with everyone giving their best. A special well done to Maggie, who was deservedly named Player of the Match! A great effort from the whole team!

Sedbergh HC v Kendal HC (A) Lost 6-3
Sedbergh put in a spirited performance against Kendal in one of the most competitive matches of the league season so far. Kendal showed their quality throughout and played some excellent hockey, but Sedbergh gave them a real battle and competed strongly from start to finish. In the end, Kendal deserved the 6-3 victory, though Sedbergh can take plenty of positives from a hard-fought contest.

Netball
Girls U18A v Birkenhead School (H) Lost
Sedbergh faced Birkenhead in the SIS competition, with a nervous and tense start seeing a number of uncharacteristic errors creep into their play during the opening quarter. Birkenhead proved to be a strong and well-drilled opposition, applying consistent pressure across the court and capitalising on Sedbergh's mistakes to establish a six-goal lead by half time.

Sedbergh responded positively after the break, showing greater composure and beginning to find more flow through court. Improved connections in attack and some stronger passages of play helped to close the gap, but the early errors meant Sedbergh were left chasing the game. Despite a much-improved second half, they were unable to overturn the deficit, with Birkenhead taking the win. A tough contest, but plenty of lessons and areas to build on as the season progresses.

Player of the match - Lucy
Coaches player of the match - Betsy
Opposition player of the match - Ruby

Girls U16A v Yarm School (A)

A great effort from the girls this week as our Under 16s travelled to take on Yarm in a tough cup fixture. We started a little slowly, and unfortunately the first quarter slipped away from us. However, the girls settled into the game and improved massively across the second, third and fourth quarters, playing some really lovely netball and showing some fantastic passages of play. Unfortunately, Yarm proved too strong on the day and the score difference remained significant, so credit to them for a well-deserved win.

There are still plenty of positives to take away, and with a little more training and a focus on consistency, I'm confident we can make those standout phases of play happen more regularly. My standout player this week was Ella, who covered Wing Defence, Goal Defence and Goalkeeper, taking everything thrown at her in her stride and showing great versatility and determination. Lots to build on and plenty of positives to take into our next game!

Girls U15A v Queen Mary's School (H) Won 37-10

Only their second game of the season, and with hockey taking priority on the astro this term, the U15s produced a cup performance well beyond their time on court together. A 37-10 win over Queen Mary's sends them through to the next round.

The first quarter was a chance to find our feet. Queen Mary's came out strongly, and although we had plenty of possession, a few early errors kept the score in single figures. True to their instructions, the team chased down every loose ball and worked it back to the circle to keep the lead 8-5 at the end of the first quarter.

As the pace settled in the second quarter, our play began to flow and the players started to work as one. They found their positions, worked out their opponents and began to trust each other. Drives became sharp and purposeful, the defence turned strategic, and the pressure on Queen Mary's grew with every pass. Their errors became our goals, and we went in at half time 19-8 up.

The second half showed the real strength of this squad. Several key players stepped off court so we could try new combinations, and the players who came on rose to the challenge with confidence. In attack, the team held possession and closed down space to keep the ball in our attack. In defence, they covered the front ball, stayed tight on their players and punched up for interceptions in mid court. Queen Mary's scored only two goals after half time - a superb effort from a changed line-up.

Player of the Match: Evie was pivotal at GA and a powerful centre.
Players' Player: Indi displayed dynamic drives, leaping intercepts and pinpoint passing.
Coach's Player: Bev showed relentless tracking at GD, with four intercepts in the final quarter alone.

Well done to every player on an outstanding performance. Bring on the next round!

Rugby

Boys U18D v Ermysted's Grammar School (H) Lost 35-17

Sedbergh 4th XV suffered a 17–35 defeat against a physical Ermysted's side in a fiercely contested encounter.

The size and physicality of Ermysted's second rows and back row proved decisive, allowing the visitors to dominate the forward exchanges and make life difficult for Sedbergh at the breakdown. As a result, Sedbergh struggled to generate the quick ball needed to release their backs, despite having the greater quality and attacking threat out wide.

Ultimately, Sedbergh were unable to impose themselves physically and allowed Ermysted's to dictate the terms of the contest. There was an element of mentality about the performance, with Sedbergh allowing themselves to be outcompeted in the forwards rather than matching the visitors' physical intensity.

There are plenty of positives to take from the attacking ability on show, but the team must learn that physical commitment and mentality are just as important as technical ability. A much-improved forward effort will be required in the next fixture.

Boys U15A v Audenshaw School (H)Won 13-12

B1 struggled to find fluency in their first game back after the half-term break and were somewhat fortunate to scrape through against a big and committed Audenshaw outfit.

We had plenty of early possession and created a number of scoring chances but the last pass often went astray and frustration started to build. Jody D eventually crashed over but Audenshaw struck back quickly to lead 7-5 at half-time.

The visitors also scored first in the second half and B1 were left needing to score twice in the final quarter to stay in the cup. Fortunately, we held our nerve and sent Hugo over in the corner before Henry C slotted a late penalty to send us through by the slimmest of margins.

Boys U18A v Warwick School (A) Won 31-14

Sedbergh returned to action against Warwick in a fiercely contested encounter that demonstrated some of the side's best attacking rugby of the season, alongside areas for continued improvement in game management.

The opening exchanges were competitive, with both sides trading early scores. While Sedbergh struggled at times to manage key moments and maintain control, the physicality in contact and clinical execution in attack were among the most impressive we have produced this season.

With 20 minutes remaining, Sedbergh held a 31–12 advantage and looked capable of taking the game beyond Warwick's reach. One further score felt as though it could open the floodgates, and the boys came agonisingly close. However, a turnover at a crucial moment shifted the momentum, with a subsequent loss of patience and unnecessary penalties allowing Warwick back into the contest, reducing the deficit to 31–14.

The final 15 minutes became a real defensive battle, with Warwick applying sustained pressure. Sedbergh showed tremendous resilience, physicality and determination to protect their lead, ensuring the scoreline remained unchanged until the final whistle.

Ultimately, a pleasing victory built on some outstanding attacking moments and a committed defensive effort. The challenge moving forward is to develop greater composure and accuracy in key moments, ensuring we turn periods of dominance into complete performances against quality opposition.

Boys U18B v Warwick School (A) Won 59-7

Sedbergh 2nd XV started the fixture strongly, putting together some promising phases of attacking rugby and applying early pressure to the Warwick defence. However, despite creating several opportunities, a number of moments of poor judgement and decision-making prevented Sedbergh from initially converting their pressure into points.

Following a huge defensive effort, which demonstrated the physicality and commitment of the team, Sedbergh eventually opened the scoring. This proved to be the turning point in the half, with Sedbergh building attacking momentum and continuing to put Warwick under pressure. With a combination of strong ball carrying, controlled possession and effective attacking phases, Sedbergh continued to add to the scoreboard, heading into half-time with a commanding 31–0 lead.

The second half continued in much the same fashion, with Sedbergh demonstrating good control of possession and continuing to build pressure through their attacking phases. The team's ability to maintain attacking momentum was complemented by some powerful and well-organised defensive work, limiting Warwick's opportunities and ensuring Sedbergh remained firmly in control of the contest.

Despite Warwick managing to get on the scoreboard in the second half, Sedbergh continued to dominate proceedings and convert their attacking opportunities, eventually securing an impressive 59–7 victory.

Overall, this was a strong team performance, with controlled attacking rugby and a powerful defensive effort providing the foundations for the win. While some early decision-making and execution remain areas for improvement, the ability to build momentum and maintain control throughout the match was particularly pleasing.

Boys U18C v Warwick School (A) Won 50-7

Sedbergh 3rds secured a convincing 50–7 victory over Warwick 3rds after pulling away in an entertaining contest that was much more evenly balanced in the first half.

The opening exchanges saw both sides compete strongly, with Warwick working hard to stay in touch and Sedbergh having to earn their opportunities. However, as the game progressed, Sedbergh began to take control, with their strength in depth proving a decisive factor.

The introduction of the replacements brought fresh energy, increased tempo and a more direct approach to Sedbergh's attacking play. Warwick struggled to contain the increased intensity, allowing Sedbergh to take advantage and extend their lead in the second half.

Broadhurst and Rowley were particularly influential throughout, consistently causing problems for the Warwick defence with powerful, direct running and an ability to break through tackles and put the opposition on the back foot.

Ultimately, Sedbergh's superior depth and attacking intensity proved too much for Warwick, as they turned a competitive first-half encounter into a comfortable 50–7 win.

Boys U18D v Warwick School (A) Won 5-50

Sedbergh 4th XV bounced back from two consecutive defeats with their most convincing performance of the season, running in an emphatic 50–5 victory away at Warwick.

The introduction of O Firth and F Westmorland provided a significant boost, while an outstanding contribution from the forwards, particularly S Redburn, M Hetherington and I Standing, laid the foundations for the victory. Their work ensured Sedbergh consistently secured front-foot ball from the Sharks and Hammers, allowing the backs to play with confidence and exploit gaps in the Warwick defence.

Warwick were considerably more competitive during the first two-thirds of the match than the final scoreline suggests, but as Sedbergh began to dominate possession and territory, the gaps started to appear and the fourth team took full advantage.

This was an excellent all-round performance, demonstrating what the team is capable of when their physicality, intensity and attacking ability come together. Having put two disappointing results behind them, this is a fantastic victory from which to build momentum ahead of some hugely important fixtures in the remainder of the season.

Boys U16A v Warwick School (H) Won 48-14

Sedbergh welcomed Warwick to Busk Pitch in what proved to be an exciting but challenging contest against a well-organised opposition.

Sedbergh started slowly out of the blocks, allowing Warwick to capitalise and establish a 7-0 lead within the opening five minutes. Momentum then shifted following an excellent intercept from Frankie S, who moved the ball to Ben B to finish in the corner, with Jake G adding the conversion to bring the scores level at 7-7. Sedbergh gradually grew into the first half, putting together some promising attacking sets but were unable to fully capitalise on their opportunities. The teams went into half-time all square at 7-7, with the game firmly in the balance.

Sedbergh knew the importance of scoring first in the second half and came out of the blocks with real intent. A brilliant ten-minute spell saw Sedbergh score a number of tries, playing with excellent pace, patience and attacking ambition. They moved the ball well into wider spaces and Warwick struggled to deal with the pressure. and Sedbergh's excellent attacking rugby,

Warwick responded towards the latter stages of the second half, enjoying a spell of possession in Sedbergh's half and forcing the home side to defend a number of consecutive sets. Sedbergh struggled to get out of their own half and eventually Warwick capitalised with a score of their own. However, Sedbergh finished strongly, continuing to hunt for further opportunities. A late try from Ben B sealed an impressive 48-14 victory.

There were several notable individual performances. James H was a real presence in both attack and defence, driving the team's energy throughout. Ted M also deserves recognition for his relentless work rate, contributing in attack while producing several crucial turnovers in defence.

Man of the Match went to Frankie S, who drove the energy and tempo for Sedbergh, particularly in the second half. His decision-making was excellent throughout, including the crucial first-half intercept, alongside some intelligent decisions when identifying opportunities to attack the space around the breakdown.

Boys U16B v Warwick School (H) Won 61-21

An intense and competitive game against Warwick school saw Sedbergh run out 61-21 winners on a beautiful afternoon on Busk pitch. Sedbergh started strongly, moving the ball well, and exploiting the gaps out wide to bypass a strong Warwick midfield defence. The back line in particular had an excellent afternoon, running some great lines, and demonstrating excellent handling skills which Warwick had no answer for. The forwards dominated the scrummage and line out providing good quality ball from which to start our attacks. A great performance and we look forward to our trip to Macclesfield this Saturday to face the opposition 'A' team.

Boys U15A v Warwick School (H) Lost 22-0

B1 faced their toughest test of the season to date against a powerful and committed Warwick side who made the most of early penalties to establish good field position and drove over from a couple of lineouts. Warwick continued to take their chances well and added further first half tries to lead 22-0 at the break. B1 showed plenty of character in the second half and gradually got more of a foothold in the game. Both sides defended with immense passion and the half remained scoreless. This was a tough test and B1 can take much credit for the resilience and endeavour that they showed in the second half.

Boys U15B v Warwick School (H) Lost 41-0

The extra power that Warwick were able to deploy proved decisive in this encounter on Riverside.
Sedbergh didn't help themselves by straying from our structure and also not working hard enough post tackle to ensure quick ball was available.

A tough game against probably one of the best B2 teams we've played in recent years.

Boys U14A v Warwick School (A) Won 41-27

The U14 restarted their season after the host tyrant break with a tricky away trip to Warwick School. The team hoped their heroics away at Blackrock could be repeated and the standards they set themselves was now the new normal for the remainder of the season.

The first few minutes of the game suggested otherwise with the home team scoring from their first real attack. This however kick started the young Sedbergh team and after some readjustment of tactics the whole squad began to shift through the gears. Strong carries from the forwards and in particular Tom B & George M gave the squad the platform to then move the ball wide and score. At half time the score was finely posed at 19-10

The second half really saw the Sedbergh team push their attack play forward and they scored a number of almost full length tries. It was great to see all the players in the squad add something to the team and every man can be proud of his efforts. It was particularly pleasing to see Seb H return from injury as well as out half Geordie M-C score a superb individual effort with a chip and chase and pace to score under the sticks.

The final score was 41-27 in favour of Sedbergh who have not always had the best of results against Warwick in recent years. The boys will now use this momentum to take it into their Cup game on Tuesday against Pocklington.

Boys U14B v Warwick School (A) Lost 5-19

A tight game throughout with Sedbergh consistently strong in defence and particularly at the breakdown. The first half was heavily contested and our attack picked up dynamically after a slow start. The second half saw a tough outing in which Warwick dominated possession and territory. However, the boys played well as a team throughout. Player of the match was Fergus Gordon, who scored an exceptional individual try after chipping the ball through their defence.

Running

English School Cross Country Cup Regional (H)

Sedbergh School welcomed some of the strongest school cross-country teams from across the Northwest of England on Wednesday 4th November for the Regional Finals of the English Schools Cross Country Cup. With six Sedbergh teams competing and places at the National Finals at stake, it promised to be an exciting afternoon of racing on our magnificent home course.

The competition brought together the leading schools from Cumbria, Lancashire, Greater Manchester and Merseyside, all hoping to secure one of the coveted three qualifying places in each age category. Each team comprised six runners, with the finishing positions of the first four counting towards the team score. In such a competitive field, strength in depth would prove every bit as important as individual excellence.

Conditions could hardly have been better. Mild temperatures and overcast skies provided ideal racing weather, while a relatively dry autumn meant that the course was unusually firm underfoot. With this being the first competitive outing on the Sedbergh course this season, it looked magnificent in its autumn colours and provided a superb setting for six fiercely contested races.

There were some outstanding individual performances from Sedbergh runners, including another commanding victory for Lucia C (11R) and a thrilling Senior Boys race. However, the increased standard of competition exposed a lack of depth in several of our teams. Despite some excellent efforts, only the Junior Boys secured qualification for the National Finals.

Junior Boys – 2nd Equal (64 points)
The Sedbergh Prep boys produced an excellent team performance to secure their place at the National Finals.
Will G (8W) continued his impressive season with a superb third place, while Flynn E (7D) followed with an equally impressive sixth. Behind them, Tom S ran strongly to finish twentieth, with Xavier S completing the scoring quartet in thirty-fifth.
Their combined score of 64 points was enough to secure joint second place and, crucially, one of the three qualifying positions. It was a terrific achievement against some of the strongest Prep and Junior School teams in the region.

Intermediate Boys – 10th (147 points)
The Intermediate Boys faced an exceptionally competitive field, with the step up from the District Round immediately apparent.
Rupert B-W (10E) was the first Sedbergh runner home, producing a determined performance to finish twenty-fifth. Despite the efforts of the whole team, Sedbergh finished tenth overall with 147 points.
Although qualification proved beyond their reach, the experience of racing against such strong opposition will be valuable as these younger athletes continue to develop.

Senior Boys – 4th (74 points)
The Senior Boys race was undoubtedly one of the highlights of the afternoon, with a breakaway group of seven athletes setting a blistering pace from the opening stages.
Hugo B (13SH) was immediately to the fore, taking the lead and driving the pace throughout the first lap. Alongside him, George M (12H) demonstrated his growing confidence and ability by staying with the leading group for the first lap and a half.
As the race progressed, the relentless pace began to take its toll. Hugo found himself with ground to make up on an England-vested runner from Loreto College and, despite producing his now customary powerful finish, had left himself just a little too much to do to catch his rival.

George also battled hard, eventually finishing an excellent sixth after remaining in contention with the leading athletes for much of the race. It was another highly encouraging performance against top-quality opposition.

Unfortunately, while the team's leading runners excelled, the third and fourth scorers finished too far down the field for Sedbergh to secure the points needed for qualification. The boys finished fourth overall with 74 points, narrowly missing out on a place at the National Finals.
It was a frustrating outcome, particularly given the quality of the performances at the front of the race, but an illustration of just how unforgiving team cross-country racing can be.

Junior Girls – 5th (97 points)
The Sedbergh Prep girls also encountered a significant increase in competition compared with the District Round.

Maia D (8L) produced an excellent run to finish sixth individually, once again demonstrating her ability to compete with some of the best young runners in the region.
The team battled hard throughout but ultimately finished fifth with 97 points, missing out on qualification. Nevertheless, the girls can take considerable encouragement from their performances and the experience gained against strong regional opposition.

Intermediate Girls – 6th Equal (103 points)
The Intermediate Girls faced another closely contested race, with Gabriella F (9C) leading the Sedbergh challenge.
Gabriella continued her encouraging start to Senior School running with a determined fifteenth-place finish. The remaining runners worked hard to support her, but the team finished joint sixth with 103 points.
Although the result was disappointing following their District Round victory, the competition provided another important opportunity for these developing athletes to test themselves against some of the strongest runners in the Northwest.

Senior Girls – 5th (76 points)
There was another outstanding individual performance from Lucia C (11R), who once again demonstrated her exceptional talent.
Despite the considerable step up in competition, Lucia took control of the Senior Girls race from the very first stride. Running with confidence and authority, she gradually extended her advantage over the chasing field to claim another emphatic victory.

Still only fifteen years old, Lucia continues to produce remarkable performances against older athletes, and this was another impressive demonstration of her class.

Unfortunately, the Senior Girls team was without three runners who had played important roles in the previous round. Despite the best efforts of those selected to represent Sedbergh, the team finished fifth with 76 points, just five points away from a qualifying position.
It was a particularly frustrating result given Lucia's individual victory, but once again demonstrated that even the strongest individual performances cannot compensate entirely for missing team members in a competition where four runners must score.

There was much to celebrate from an afternoon of high-quality racing. Lucia's commanding victory, the thrilling performances of Hugo and George in the Senior Boys race, and the excellent running of Will and Flynn in the Junior Boys competition were particular highlights. Nevertheless, the results provided a reminder of the importance of strength in depth. Having qualified all six teams from the District Round, we had hoped to progress more of them to the National Finals. At this level, however, it is not enough to have one or two outstanding runners. Four strong performances are essential, and the margins between qualification and elimination can be painfully small.

Our congratulations go to the Sedbergh Prep Junior Boys, who will now travel to Ratcliffe College on Saturday 5th December to compete in the National Finals of the English Schools Cross Country Cup. We wish them every success as they take on the best school teams in the country.

Finally, it was a pleasure to welcome so many visiting schools to Sedbergh and to showcase our wonderful cross-country course in such splendid autumn conditions.
The racing continues next Wednesday, 11th November, when Sedbergh runners will head to Cartmel for the South Lakes District Schools Cross Country Trial, with another opportunity to test themselves and earn selection for the next level of competition.



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