



# Sedbergh

SCHOOL

# SPORTS REPORT

02 March - 08 March 2026

# SPORTS RESULTS

## Colours

**Swimming:** E Hanson, O Irwin and P Rajanikanth - For outstanding performances under pressure and for dedication and commitment over the years.

**Netball:** R Scott and E Stanford

## House competition

### Basketball Winners:

**Girls:** Lupton House

**Boys:** School House

### Badminton Winners

#### Seniors:

**Boys:** Powell

**Girls:** Lupton

#### Juniors:

**Boys:** Hart

**Girls:** Robertson

## Rugby

### **Boys U14A v Northampton School for Boys National Cup Semi Final (A) Lost 17-0**

The U14 Sedbergh team bowed out of the National Cup in the semi-final stage after a hard-fought 17–0 defeat to a strong Northampton School for Boys (NSB) side. Although the result did not fall in Sedbergh's favour, the performance, character, and journey of this group deserve nothing but admiration.

From the first whistle, Sedbergh showed real intent, matching NSB physically and defensively through long passages of the game. The early exchanges were fiercely contested, with Sedbergh's line speed and resilience keeping NSB under pressure and forcing errors. Despite defending courageously for extended periods, Sedbergh eventually conceded two well-worked tries before half-time.

The second half followed a similar pattern: determined, disciplined defence and moments of promising attack that just couldn't quite break through a well-organised NSB defensive line. A late score for NSB sealed the result, but not without Sedbergh making them work exceptionally hard for every metre gained.

While the scoreboard showed defeat, the wider picture tells a different story. This semi-final appearance is the culmination of months of progress, graft, and togetherness. The squad has grown tremendously—technically, tactically, and in maturity—and their run to the final four of a national competition is testament to their commitment and collective spirit.

The players should be immensely proud of how far they have come. Reaching this stage places them among the very best schoolboy teams in the country for their age group, and the experience will serve as a foundation for even greater success in the years ahead.

A huge well done to every member of the squad for an exceptional season and a memorable cup journey.

### **Boys U16A v Woodhouse Grove (A)**

The A1 Sevens side headed to the outskirts of Bradford to take part in their first Sevens tournament in preparation for the Nationals at Rosslyn Park at the end of the month.

A physical first game against a strong Rodillion side witnessed an encouraging 31-26 win. Next up a more comprehensive performance v Cheadle Hulme 31-17 and then a final pool game win against Hymers 31-10. This took the A1 side into the quarter finals of the main cup competition against RGS Newcastle.

A good show of running rugby against RGS witnessed the A1 side win 43-14. The semi final against a much fancied Hill House side, immediately after the quarters pushed the fitness levels of the Brown though some good interlinking play meant a 31-12 win and a spot in the final against Barnard Castle.

Alas the A1 side did not step up the challenge as had wished and the strong start from Barnard Castle blew the A1 side away - conceding four tries in the first half. A spirited second half was unfortunately not enough to pull the result back.

A disappointing end to a good first tournament. Plenty to build upon for sure, and much to debate and improve upon.

### **Boys U18A TSC 7s (A)**

Sedbergh travelled to Worcester for the annual TSC Sevens tournament, competing across two days against a strong field of schools from across the country.

The boys began the tournament in excellent form on day one, producing three highly impressive performances. Sedbergh opened the campaign with a convincing 34-14 victory over Oaklands, playing with real tempo and intent from the outset. This momentum carried into the second match where the team delivered a very controlled display to defeat Seaford 22-0, combining strong defensive organisation with clinical finishing.

The final match of the day saw Sedbergh take on Kirkham, where the side continued their impressive run, securing a 29-7 win. Across the opening day the team played with confidence, moved the ball well, and showed a real attacking threat, finishing the day unbeaten and full of belief.

Day two proved to be more challenging as the boys faced a strong Whitchurch side in their opening fixture. In a closely contested match, Sedbergh were narrowly defeated 19-14, despite showing plenty of resilience and fight throughout.

The squad responded positively in the following match, producing one of the performances of the weekend with a dominant 49-0 victory over Ipswich. The team played with real energy and accuracy, scoring a number of well-worked tries and controlling the game from start to finish. In the final match of the tournament Sedbergh faced Wellington, who proved to be a strong and well-organised side. Despite moments of promise, Sedbergh were ultimately defeated 27-12, bringing the tournament to a close.

Overall, it was a weekend that showcased the squad's attacking potential and the exciting brand of rugby they are capable of playing. While day two presented a few challenges, the experience will no doubt prove valuable as the group continues to build towards the upcoming Rosslyn Park Sevens.

## **Boys U18B TSC 7s (A)**

The Sedbergh 2nd VII travelled to the TSC Sevens in Worcester with confidence and ambition, embracing the challenge of competing against strong opposition across two demanding days of rugby. The squad demonstrated quality, resilience, and exceptional togetherness throughout the tournament.

### **Day One:**

The opening fixture saw Sedbergh narrowly edged out by a strong RGS Worcester side. Despite the result, the boys showed glimpses of the fluid attack and determined defence that would characterise their weekend. They responded superbly in Game 2, producing a composed and clinical performance to beat NSB 2nd VII. Their work at the breakdown and accuracy in possession proved the difference as Sedbergh took control early and maintained it throughout. Game 3 saw another impressive display, this time overcoming Hartpury 2nd VII. Sedbergh's fitness, decision-making, and organisation shone through, closing out the day with back-to-back wins and real momentum heading into Sunday.

### **Day Two:**

Due to a late withdrawal from the Trophy competition, the 2nd VII were asked to step in — a challenge they accepted without hesitation. However, with injuries limiting the squad to only nine players at the start of the day, and eventually just seven for the final match, the group faced an enormous physical and mental test. Despite this, they delivered a day of rugby that embodied everything Sedbergh stands for. The highlight came in a fiercely contested draw against Oaklands, where Sedbergh defended relentlessly, played intelligently with limited resources, and showed immense heart to earn a superb result. As the injuries mounted, the boys continued to dig deep. With only seven fit players remaining, they faced St Benedict's and then Hartpury 1st VII — two extremely tough fixtures. Yet in both games they showed extraordinary determination, bravery in defence, and a refusal to back down, even as fatigue set in.

Across the two days, every member of the 2nd VII squad demonstrated humility, ambition, resilience, and kindness — the very values we strive for in all our teams.

Stepping into the Trophy competition, competing with a reduced bench, and finishing the final match with just seven players is a testament to this group's character. They represented Sedbergh with pride, grit, and togetherness, and should be immensely proud of their efforts.

A superb weekend of rugby and a credit to the school.

## **A1 Warwick Sevens Tournament - RUNNERS UP**

A1 travelled down to Warwick at the weekend to take on some strong opposition at the renowned Warwick Sevens. With many lessons learnt from their experiences at Woodhouse Grove, the A1 Sevens side were determined to show an improvement.

24 Tries scored in their 6 six games was impressive as they battled their way to a second Cup Final in a few days.

Strong wins in their group games against KES Birmingham 41-5, Hampton 19-0, Solihull 26-5 and a robust welsh side 31-26.....meant immediately into a Semi Final against Kirkham Grammar school, who had also played 4 and won 4, winning their group.

In one of their best performances to date, the A1 side played with maturity and patience to beat a strong Kirkham side 28-14.

Into the final against Millfield who had been impressive all day. The team in green and maroon hoops showed their class early on and scored two well worked scores which knocked the Browns focus. However, some resilient work at the breakdown witnessed the A1 captain George Massey snipe from 30 metres and bringing the score back to 12-7. However, some weak ball security meant the Millfield turning over ball from the kick off and scoring before half time. The half time score -17-7.

The second half of the final was a disappointing one for the Brown. Up against a strong Millfield side the confidence of the Brown VII was sapped away with missed tackles and the floodgates opened for the team from Somerset.

At the final whistle, a dejected A1 side. Hats off to Millfield, they played with precision and pace which the Brown could not find an answer for.

Two finals and two runners up spots..... a pat on the back for getting to two finals in four days, but questions asked re how to tackle A final.

Next up in 10 days time - The Sedbergh Sevens.

### **Boys U15A Warwick 7s Tournament (A)**

Sedbergh U15s began their sevens season with a trip to Warwick for their first tournament of the year.

The opening pool game brought a challenging start against RGS Worcester, a repeat of last year's Warwick final. Sedbergh were slow out of the blocks and conceded early, but soon began to settle. A score out wide from Rorke A sparked Sedbergh into life, with his pace and finishing proving a constant threat throughout the day. In a tight and physical contest, Sedbergh had to work hard for momentum, with James H providing strong leadership in difficult moments of the match. His composure helped guide the team through key moments of the game as Sedbergh edged an entertaining encounter 26-19.

With a bye in the next round of fixtures, Sedbergh faced a long wait before their second pool match against St Joseph's College. The time off did little to disrupt their rhythm as Sedbergh produced some outstanding rugby. The ball was moved quickly from width to width, with excellent shape and movement off the ball to create space across the field. Jake G and Francisco PH were key in linking play and maintaining tempo, while Jelani I and Rorke A were a constant danger from kick offs, repeatedly pressuring the opposition and regaining possession. It was an impressive all-round performance that saw Sedbergh run out 42-14 winners.

Sedbergh's final pool game came against a powerful Ysgol Dyffryn Aman side. In what proved to be a tough and physical contest, Sedbergh had to show resilience, particularly in defence. The team dug in during several periods of pressure and demonstrated excellent character to hold firm. When opportunities came, Sedbergh took them well, securing a hard-fought 25-12 victory and progression into the Cup competition.

The Cup semi-final brought Sedbergh up against Kirkham, who had finished top of their pool. Encounters between the two schools are always fiercely contested, and Sedbergh knew a strong start would be crucial. However, a nervy opening allowed Kirkham to take an early lead, and they quickly capitalised on the momentum to extend their advantage. Kirkham's well-organised defence made it difficult for Sedbergh to find their usual attacking rhythm, forcing errors and limiting space out wide. Despite their efforts to fight back, Sedbergh were unable to close the gap, with Kirkham deserving their victory.

While the day ended in disappointment, there were plenty of positives to take from Sedbergh U15s' first tournament of the sevens season. With clear areas for improvement and valuable experience gained, the team will look forward to building on this performance in their upcoming tournaments at Ampleforth on Wednesday and at King's Macclesfield on Saturday.

## **Boys U14A Warwick 7s Tournament (A)**

C1 produced an impressive display of attacking rugby at the Warwick 7s tournament, progressing all the way to the final after a strong run through the group stages and semi-final.

The opening match against Wimbledon College saw a slightly slow start from C1. While the team managed to put points on the board consistently, their defensive structure wasn't at its sharpest early on, allowing the opposition to stay in the contest. Despite that, C1's attacking ability proved decisive as they secured a 33–28 victory to begin the day.

C1 found their rhythm in the second match against The King's School Worcester, delivering a dominant performance. Moving the ball quickly and exploiting space well, they controlled the game from start to finish and ran out convincing 41–7 winners. The team looked far more settled and confident with both ball in hand and in defence.

The final group match against The King's School Macclesfield saw another strong showing. Playing with freedom and pace, C1 produced some excellent passages of rugby and secured a comfortable 28–7 win. By this stage, the side looked in full control and, remarkably, still not out of second gear as they topped their group.

In the semi-final against Hampton School, C1 started superbly, scoring early tries and playing some of their best rugby of the day. Quick ball movement and clinical finishing put them firmly in command. Although a brief lapse in concentration allowed Hampton to score two late tries, C1 remained comfortable winners with a 31–14 victory to book their place in the final.

The final proved to be a tense and closely contested affair. C1 once again produced several excellent moments of attacking rugby and looked dangerous throughout. However, despite creating opportunities, they were unable to convert some key chances. The match eventually went to golden try, where the opposition edged the decisive score, leaving C1 to finish as runners-up.

Despite the narrow defeat in the final, it was a very strong tournament performance from C1. The team showed attacking quality, resilience, and the ability to control games, highlighting plenty of positives to build on moving forward.

## **Basketball**

### **Boys U16A v Keswick School (H) Won 35-26**

This was the first ever U16 fixture for the school which provided a good experience for the boys who never get a chance to play for the 1st U18 team. Max M captained the team with Robin P as vice captain and they provided the driving force behind our first ever win. Biff H, Billy Y and Charlie B put in good performances too along with debuts from three year 10 boys too.



## Football

### Boys U18A v Bolton School U18B (A) Won 5-1

The 1XI returned to winning ways with arguably the best performance of the season. Having had a disappointing performance in their last games the players were determined to return back to Sedbergh with a win under their belts.

In an even first half, the better chances fell to Sedbergh, with Oscar F unlucky not to have bagged two. One that was cleared off the line, and another skyed over the bar when it looked easier to score.

The deadlock was finally broken just before the end of the first half. A good pass from Jamie T set Ramsay S off down the inside right channel, and good interplay with Oscar F saw Ramsay score from close range, to end the half 1-0 up.

A positive start to the second half saw us double our lead. A clever chipped ball from Will D, saw the ball bounce over the out rushing goalkeeper and a composed Oscar F drilled the ball past the recovering defender for a well deserved goal to put us 2-0 up.

Buoyed by this stroke of good luck, Sedbergh took control and it wasn't long before Ramsay had his second of the match, blasting low past the keeper after a clever pass from Nicolaus F, 3-0.

Bolton rallied and managed to scramble a goal back, and looked dangerous for a few minutes until Sedbergh caught them on the break. Another clever pass inside from Nicolaus, this time it was Rocco who benefitted from the German wingers unselfishness, and finished low past the keeper.

The match was rounded off by the dynamic Jamie T who took his chance well after the ball was pulled back from the byline to blast home for our fifth and final goal, to end the match as 5-1 winners.

### **Boys U15A v Central Lancaster High School (H) Lost 5-0**

After four wins on the bounce the U15's came unstuck against a strong Central Lancaster team. It was an even first half that Lancaster took a 1-0 lead in, a long ball over the defence and a good finish from the centre forward.

Sedbergh had some half chances too and at half time we were hopeful to get back in the game in the second half. Disaster struck straight after half time as we conceded a second goal through an error at the back, it was up hill from that moment on. The more we tried to get back into the game, the more open we became and the more Lancaster picked us off.

The right team won on the day, hopefully we learn from the experience and manage the game better next time we are in the same situation.

### **Boys U18A v St Peter's York (A) Lost 3-1**

Buoyed by recent results, we travelled to St Peter's full of confidence. However, after a long journey and a short warm up, we were sluggish and were out-competed from the first whistle.

Conceding early from a corner, we struggled to deal with another set piece and found ourselves 2-0 down at half time.

A slight tweak in personnel saw us improve, but a communication mix up saw St Peter's go three ahead. However, we never gave up and Will D scored his first goal of the season after a great flowing move.

Unfortunately, despite a few penalty claims, we couldn't add to our tally and the match finished in a 3-1 defeat.

### **Boys U18B v St Peter's York (A) Won 6-2**

Sedbergh 2nd XI produced an energetic and confident performance to secure an impressive 6-2 victory over St Peter's York. The lads made the perfect start, taking the lead after just two minutes when Bradfield reacted quickest to a cross and bundled the ball home.

Sedbergh continued to press and were rewarded again with around 20 minutes remaining in the half, when Mulligan was perfectly placed to tap in after a series of promising attacks had gone close. The pressure continued to build when Castle capped an excellent spell with a superb strike from distance on the right to make it 3-0, a scoreline that reflected Sedbergh's control as the teams went into half-time.

St Peter's pulled a goal back early in the second half, but Sedbergh responded instantly in style. A rapid break saw Yearsley deliver a powerful cross which Bradfield again converted to restore the three-goal advantage, before he completed an outstanding hat-trick with a confident finish from distance.

St Peter's managed a consolation second before a well-struck effort following a Mulligan-Sterne passage of play added another for the better team, an Sedbergh continued to create chances and sealed the win when Felix's cross found Yearsley waiting at the back post to finish clinically. Even a late missed penalty from the home side could not take away from a superb team performance, with every player contributing through tireless running, sharp passing, and determined tackling. While several players impressed, the man of the match accolade rightly goes to Bradfield for his excellent hat-trick in a thoroughly deserved Sedbergh victory.

## **Hockey**

### **Boys U14A North West Finals (H)**

Boys U14's played in the North West regional finals at Sedbergh. In a tough 24 hours for some meant Sedbergh started a bit slowly in their first game. They improved markedly over the day, collecting 3 draws, 2 losses and a win in the final match against Wirral Grammar.

There were a number of standout performances throughout the day. Lyle gave everything in midfield, tackling, passing carrying and more. Farnsworth and Collins both put in consistently strong performances.

Meanwhile Bristow in goal along with Hindle, Laird, Bett and Norris were excellent in defence.

### **Sedbergh HC v Kirkby Stephen 2 (H) Won 3-1**

The home side began the game looking slightly nervous after the long break, taking a few minutes to settle into their rhythm. However, after around ten minutes Sedbergh started to grow in confidence, and the breakthrough soon arrived. Izzy opened the scoring with a well-taken goal to give Sedbergh the lead.

Kirkby Stephen responded strongly, putting pressure on the Sedbergh defence. Their persistence paid off when they managed to equalise after finding themselves one-on-one with the goalkeeper, bringing the score to 1-1.

Determined to secure the win, Sedbergh stepped up the intensity and pushed forward in search of more goals. Their efforts were rewarded as Izzy found the net twice more, completing an excellent hat-trick and sealing a 3-1 victory.

It was a brilliant performance from Sedbergh, who now move a step closer to promotion.

## **Netball**

### **Girls U18B v Ampleforth College U18A (H) Won 39-25**

Sedbergh built an early four-goal cushion, but Ampleforth responded with intensity and physical pressure, disrupting flow, and forcing a spell errors. As Ampleforth dominated the latter stages of the quarter, the score was pulled back to 6 all. Crucially, Sedbergh stayed calm under pressure, and a late goal from Martha restored momentum to give Sedbergh a narrow 7-6 lead at the first break.

Connections started to build with more purposeful movement and precise ball placement, and the team showed patience to work the ball into high-percentage shooting opportunities. Daisy's feeds into the circle were consistently on point, delivered with excellent timing and accuracy, while Ruby converted confidently to keep the scoreboard ticking. Ampleforth matched Sedbergh's intensity in attack and kept the contest tight, but Sedbergh edged ahead to lead 14-13 at half time.

The third quarter is where Sedbergh came into their own. Betsy dominated through the centre court, lifting the tempo, and driving the team forward with relentless work rate. Tilda, Poppy, and Darcie applied sustained pressure to deny possession and restrict Ampleforth's attacking options, repeatedly forcing turnovers, and turning defence into attack. The understanding between Ruby, Betsy and Poppy was a key feature of the quarter, linking defensive gains to attacking outcomes seamlessly. With Martha and Ruby working effectively as a shooting unit, Sedbergh capitalised on their momentum and finished the quarter in a commanding position at 31-18.

The final quarter was less dramatic than the third, but it demanded discipline as Sedbergh managed the game while dealing with moments of disruption. We continued to maintain the upper hand, converting opportunities, and working hard to minimise errors. Sophie produced a standout spell at wing defence, taking three interceptions in under five minutes and proving pivotal in shutting down Ampleforth's transition play. Sedbergh saw the match out professionally to secure a deserved 39-25 victory.

### **Girls U18C v Ampleforth College U18B (H) Lost 22-16**

A tough match for the third team, but happily bolstered by some new year 11s.

Brilliantly captained by first timer Chloe R, the team started well, delivering confident balls into the shooting end. Relaxed shooting from the ever accurate Mariella, ably paired by the dynamic Edie and reliable Akeelah meant we were off to a strong start.

Some slightly wayward passes meant that the opposition B team had time to capitalise and they took the win but it could have gone our way. It was lovely to see some new faces in the squad.

### **Girls U15A v Ampleforth College (H) Won 40-15**

The U15A netball team delivered an impressive performance on Wednesday, securing a decisive 40-15 victory. From the start, the team showed great teamwork and communication, dominating both attack and defense. Their accurate passes and strategic positioning kept the opposition on the back foot, allowing them to build a strong lead early on. They managed to stay composed and clinical throughout the match, ensuring few errors and turnovers going to goal.

### **Girls U15B v Ampleforth College (H) Won 24-9**

Sedbergh's U15B started strong going 10-2 up in the first half of the game. There was some clever play displayed by the shooters, utilising their midcourt to aid themselves closer to the post and also utilise a rotating circle. The midcourters did a great job of controlling the game in chaotic passages of play. They supported the defence in through court attack and fed the circle very well. The defenders also did a stellar job in turning over countless ball and also being successful on the majority of rebounds. Well done girls!

### **Girls U14A v Ampleforth College (H) Won 17-9**

The U14s produced a strong performance this week, securing a 17-9 win over Ampleforth on a lovely afternoon of netball in the sunshine.

A special mention goes to Sasha, who was awarded Opposition Player of the Match for her excellent performance, while Emilia was named Coaches' Player of the Match after a brilliant display and strong contribution to the team.

From the start, the girls showed great energy and intent across the court, settling into the game well and building momentum as the match progressed. It was fantastic to see the team growing in confidence and developing their connections as a unit.

The shooting circle worked really well together, showing good composure and accuracy to convert opportunities and keep the scoreboard ticking over. Through the centre court, Sedbergh were quick to react on turnovers, transitioning the ball down the court effectively.

In defence, the girls worked tirelessly to apply pressure and force mistakes, doing a great job of slowing the opposition's play and winning important ball back for the team. This allowed Sedbergh to move the ball with good flow through the court.

Overall, it was a great display of talent and teamwork from the squad. It was particularly nice to see the girls enjoying themselves out on court and embracing the chance to play some netball outside in the sunshine.

### **Girls U14B v Ampleforth College (H) Won 24-2**

The U14B's had a brilliant fixture vs Ampleforth with all 11 girls taking to court and showcasing some well-rehearsed passages of play. The shooting accuracy was high from all of Sedbergh's shooters and the midcourters did an excellent job of providing a back up to allow a rotating circle to avoid the glaring sun on what was a beautiful day outside. The defenders were relentless and highly successful in turning multiple balls over and assisting the through court play down to goal. Well done girls on a great win!

### **Girls U18A Rugby School Tournament (A)**

Sedbergh School vs Rugby School Win 28-25

Sedbergh School faced Rugby School in a tightly contested match that saw both sides produce some excellent netball. The game was goal for goal for much of the contest, with Sedbergh edging slightly ahead through composed attacking play. Adapting well to the space available, the girls moved the ball effectively with a shorter passing game around the outside, allowing them to maintain momentum in attack. Rugby responded strongly and capitalised on a few Sedbergh errors to close the gap late in the game, but the Sedbergh players kept their composure under pressure to see out a narrow 26-24 victory. It was a fantastic match between two well-matched sides and a great performance from both teams.

Sedbergh School vs Repton Win 26-24

Heading into their final match against Repton, the Sedbergh girls were in high spirits following their win over Rugby. They carried that momentum into the start of the game, taking an early lead thanks to sharp attacking play and important defensive turnovers. Repton, however, responded well and after a few unforced errors from Sedbergh worked their way back into the contest, reducing the deficit to just one goal in the third quarter. With this being the final match at Sedbergh for several of the players, the team showed tremendous determination. Putting everything into the closing stages in the brown dress, and embodying true Sedbergh spirit, the girls held their nerve in the final moments to secure another hard-fought 26-24 win — a fitting way to end with two memorable victories.

### **Girls U18B Rugby School Tournament (A)**

Loss v Rugby 36-18

A shaky first quarter allowed the Rugby team to take an early lead and we struggled to make it back.

Strong defence from Poppy, Eleanor and Alara created some turn over ball but at times we couldn't quite convert.

The second half saw much more confidence from the squad, and proved we were very evenly matched teams. There was only one goal between them based on the 2nd half scores.

Great communication from the Captain Eleanor and brilliant play from Juliet, Daisy and Elsie-May in centre court, allowed for an exciting match.

PoM Juliet

CPoM Sophie B

Win v Repton

22-13

A much more consistent game followed, where the team communicated brilliantly and some slick netball was played.

Centre court play was dominated brilliantly by Juliet who dictated the passages of play with skill, passing brilliant balls in to our confident shooting trio, Alice, Sophie and Martha.

### **Girls U16A Rugby School Tournament (A)**

U16A vs Kings High - Win 21-16

The girls played two well contested halves against Kings High. After a strong start the girls pulled ahead 10 goals to 5. The connections through court linked well with some great hustle from Bea and Betsy around the defensive circle. Nicole turned over countless balls and demonstrated some strong boxing out to capitalise on the rebound. The attack fed accurate balls into space for the shooters and got into an effective back up position to help the shooters get closer to post. Ruby shot extremely well during this game to help the girls finish the game off with a 21-16 win.

OPOM: Ruby

CPOM: Nicole

U16A vs Rugby - Win 24-22

Again, Sedbergh had a very strong half vs Rugby. Taking a quick 13- 5 lead. Mariella took confident shots from pressured positions in the circle which helped secure this advantageous lead. Edie and Harriet supported the defenders by taking the ball effortlessly into the attacking third and remaining calm under pressure as Rugby started to come back in the second half. Lola and Poppy played a strong man-to-man game in the circle, and they took crucial ball to ensure Sedbergh did not lose the match. Overall, the girls should be extremely proud of themselves for displaying such fluent, determined netball and taking the wins for the first time in their history of playing at this venue.

OPOM: Edie

### **Girls U15A Rugby School Tournament (A)**

The U15A netball squad faced a tough challenge on Saturday in their match against Rugby, resulting in a 30-14 defeat. Despite their best efforts, the team came up against a strong and physical Rugby side which meant they weren't able to perform with their usual composure. The game was closely contested in the first half where Rugby led by 7 goals but their solid defense and quick counterattacks created gaps that left us 15 goals down at the third quarter. The girls showed resilience and teamwork throughout and it was good for them to keep their competitive spirit as they went up against Repton not long after.

Coming off of their match against the Rugby, the girls were determined to get a win! The match was a balanced contest, with both teams demonstrating strong defensive efforts and creative attacking plays. The girls maintained focus and communicated well, which helped them build a one goal lead of 9-8 in the first half. After some deliberation at halftime, the girls were told that they had to push in the third quarter and make their countless turnovers worthwhile- this was evident in a 5 goal lead after Q3. It was a team effort marked by determination and sportsmanship, leaving the players proud of their 21-14 victory.

CPOM went to Ursula and Lottie. Lottie's defensive pressure was outstanding and she was able to assist the transition of the ball through court while providing her team with consistent communication. Ursula's shooting accuracy was brilliant throughout both matches, she communicated well in the circle and was always able to provide great attacking options.

## **Girls U14A Rugby School Tournament (A)**

Yesterday the U14s travelled to Rugby School to face Rugby School and Repton School in a challenging afternoon of netball.

In the first match against Rugby, the girls worked hard against a very strong opposition. Rugby took control early and maintained their lead throughout the game. Despite some positive passages of play and great determination from Sedbergh, Rugby came away with the win 25-12.

Sasha had an outstanding performance, working tirelessly across the court and making a real impact on the game. She was deservedly awarded Player of the Match by the opposition, as well as Coaches' Player of the Match.

The second match against Repton was another tough test. The team showed great resilience and produced some really lovely passages of netball, continuing to fight for every ball and support each other throughout the game. Repton proved strong and secured the win 21-9.

Indya was awarded Opposition Player of the Match for her performance, while Brontë received Coaches' Player of the Match for her excellent effort and commitment on court.

Overall, it was a hard afternoon for the U14s against two very competitive teams. The girls put out a really positive display of netball and it was great to see them enjoying the challenge and embracing the afternoon.

There is still some work to do on our flow through the court and continuing to build our connections as a team, but we are improving week on week and it is really positive to see the trajectory of this squad developing.

All in all, it was a really enjoyable afternoon of netball with lots of positives to take forward.

## **Swimming**

### **Mixed U18A Bath & Otter Relays (A)**

Thursday saw us taking part in a gala with 11 other boys' teams and 5 girls' teams from Northern Ireland and the North of England. It was a tough competition, but we left with Oliver hitting a PB in his 100m free and strong performances from Eleanor and Ollie in the breast stroke.

On Friday was the Bath and Otter Cup meet at the Olympic Pool. There were 80 boys teams and 80 girls teams in total, with each team swimming a freestyle and a medley relay. Particular highlights on the day were Ollie and Oliver 1min.01sec time in the 100m free and Fran's 29sec 50m free. Overall the boys placed 20th in the medley relay and 23rd in the freestyle relay, and the girls were 25th in the freestyle relay and 24th in the medley relay. It was great to see every swimmer working their hardest and pushing themselves when up against an incredibly high standard of swimming.

For outstanding performances under pressure and for dedication and commitment over the years, swimming colours are awarded to Eleanor, Ollie and Praveen.

## **Sailing**

### **Mixed U18 v Windermere School (A)**

On Saturday the sailing team travelled to Windermere for a triangular against Windermere school and Coniston water sailing club. Met with light winds, the team performed well with Sedbergh A winning 100% of their races. Sedbergh B, despite losing will have learned a lot and developed their team racing skills significantly.

## **Fives**

### **Mixed U18A v Strathallan School (H) Lost 9-4**

As part of their North of England tour, Strathallan travelled to Durham and then on to Sedbergh and stayed the night in Powell House. The match took place on Sunday morning. First up was the singles matches. There were some terrific contests and good wins for Toby Follett, Charlie Lythe and Seb Massey - Ford. Battling hard were Fred Leslie and Hector Maclean who both earned valuable points from their ties.

In the doubles matches. Joe Hanley and Teddy Wilson formed a strong Winder House pairing and Robbie Stephen paired with Charlie Lythe tried valiantly but were overcome by stronger opponents.

After 3 hours on court, played in a friendly and positive way, Fives was certainly the winner and Strathallan.

Final Score: Sedbergh 4, Strathallan 9

In the staff match, Strathallan won. Comfortably. Again!





EST. 1525

# Sedbergh

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