



# Sedbergh

SCHOOL

# SPORTS REPORT

03 February - 09 February 2025

# SPORTS RESULTS

## Target Shooting

### Mixed U18A British Shooting Air Rifle National Final (A) Won

Our team of three consisting of Irene Estebanez Hoyos, Zainab Isa, and Gwen Griffiths qualified for the British Shooting Schools' National Air Rifle Final which they competed in this week, with Irene and Zainab both qualifying as individuals too. The team won the schools final, defending their title from last year. With all three putting in fantastic shoots, Irene came home 25th, Gwen 29th and Zainab 33rd best shots in the country, respectively in what was a very busy and hotly contested final.

## Swimming

### Mixed U18 & U15 v BGS, SBSJ and SIL (A)

We had 23 swimmers representing Sedbergh in this swim meet in 2 age groups: U18's and U15's at Bradford Grammar School. There were some outstanding performances in both relays and individual events. The boys were 1st in both age groups in the freestyle and medley relays with Adam and Alex doing a phenomenal legs. The girls came 2nd in their medley relays. The mixed gender medley team were also victorious.

Individual performances worthy of mention were Oli Stubbs who gained a PB in 50 Fly. Angus' starts showed excellent reaction times for backstroke. The last canon event was a nailbiting finish. The fastest length of the day was Alex S with 11.95secs for front crawl over 25 metres (rapid).

Overall Sedbergh came 2nd out of 4 teams. The winners were BGS with 219 points to Sedbergh's 184 points. The next placed team gained 90 points. A competitive fixture swum in good spirits.

## Basketball

### Boys U18A v QEGS Penrith (H) Won 54-26

A new team was put out with Konstantin K stepping up to VC, and Robin P who has been at the school for less than 10 days, making his debut for the 1st team. Both Konstantin and our ever-elusive Captain J Mulligan were superb throughout putting in a defensive shift as well as exploiting the holes with mazy runs and scoring points galore. P Otten, Felix N, H Traill, all did their part for the team, and Aryan C, just returned from the USA, added his bit to help the team win. At half time we held a slender 22 - 17 lead, but my word we switched it on in the second half, and particularly in the second quarter where we scored 18 unanswered points. The player of the match was W Barrett who was simply immense; he scored lots of points, defended superbly, and controlled the game so well the the opposition coach singled him out for praise after the match.

A strong win against physical opposition, a trip to Stonyhurst is next up.

## **Football**

### **Boys U18A v Giggleswick School (A) Won 5-2**

The 1XI took the relatively short journey to Giggleswick, looking to get back to winning ways. The match began in a lively fashion with both teams looking to break quickly on the counter-attack, and it was Sedbergh who broke the deadlock after 15 mins with Jamie Taylor finishing calmly after the goalkeeper saved his initial shot.

Giggleswick soon equalised but Lukas Winkler gave the visitors the lead again, running from the half-way line, past two defenders to blast past the onrushing keeper. This saw a period of domination for Sedbergh with Rocco Cockcroft adding a well deserved third, and Winkler doubling his tally to extend our lead to 4-1. On the stroke of half time Giggleswick's dangerous striker, pulled a goal back to finish the first half at 4-2.

The second half was far more of a cagey affair, with a couple of tactical changes negating both teams' attacking strengths, however, Man of the Match, Lukas Winkler completed his hat trick. By now, Giggleswick defenders were becoming increasingly frustrated in their attempts to stop Winkler, and he was hauled down inside the box for a clear penalty. Unfortunately, the spot kick crashed against the cross bar but it was inconsequential as the final result finished in a 5-2 victory to Sedbergh.

## **Hockey**

### **Boys u15A v Bradford Grammar School (H) Lost 1-0**

An extremely closely fought match with two even sides. This game was a pleasure to watch as both sides showed great endeavour. Sedbergh looked strong on the counter with speed and desire. Bradford had a couple of very strong ball carries. The game was end to end, Sewell had moments in midfield, Dunkin too looked composed on the ball. Up front, Hetherington, Bentley and Birkbeck all had chances. Bentley cruelly hitting the post. Bradford also hit the woodwork before with just 4 minutes left they scored the only goal from a well taken corner.

Sedbergh will now face Manchester Grammar School in the plate.

### **Boys U18A v QEGS Wakefield (A) Won 4-3**

On Wednesday the 1st team boys travelled to QEGS for a National Plate game. The start of what would be a string of must win games for the boys. QEGS looked a strong side and again started better than us. QEGS went 1-0 up in the first 5 minutes, capitalising on a Sedbergh mistake. The Sedbergh boys then absorbed a lot of pressure for the next 10 minutes before Harry scored an equalising volley. Momentum swung massively after this and shortly after the first Louis managed to tap in our second and then a third after that.

The boys went into the half 3-1 up. Again, QEGS started strong and scored early on in the second half. 3-2 but still no show of folding from Sedbergh. James managed to put away a scrappy 4th as Sedbergh regained a 2-goal lead. QEGS scored another but Sedbergh managed to absorb more pressure to win the game 4-3. An amazing performance to show some real improvement from the boys.

### **Girls U18A v Repton School (A) Lost 5-1**

A scoreline that although maybe suggests the possession stats for the match it certainly does not do justice to the passion and fight that Sedbergh demonstrated throughout the match. Conrads was excellent in goal, while the entire team defended brilliantly. Jones-Perrott on the right combined with Herring and Newman in front of her while Pringle made numerous interceptions. Repton scored from a penalty corner to go one up at half time.

The game was lost in the first 10 minutes of the second half. The home side started quicker and 1-0 soon became four. From here Sedbergh were struggling to stay in the game, but a great team move saw Glover through on goal, although her initial shot could only be parried by the keeper up towards the on rushing Goodhart who smashed the volley into the net.

This season the girls have at times played some brilliant hockey full of pace, energy and desire to score. Although they haven't managed to reach the quarter finals, they can all be proud of the efforts and dedication they have shown throughout the year.



## Netball

### Girls U15A v Stockport Grammar school (H) Lost 20-39

The U15 netball team delivered a stellar performance in the Sisters in Sport semi-final against Stockport Grammar. From the first whistle, the squad showcased their teamwork, determination, and tactical awareness, overcoming a strong Stockport side with a composed and disciplined display.

The opening quarter set the tone for the match, with Mariella and Ruby displaying superb cohesion in the shooting circle. Their sharp movement and precise finishing ensured an early lead, while Nicole's exceptional through-court support provided the necessary link between defence and attack, keeping the team's momentum high. The team worked tirelessly to control possession, creating early chances that tested the Stockport defence. Despite the pressure, Stockport remained resolute and countered with pace, edging forward, and securing a 7-4 lead by the end of the first quarter.

In the second quarter, Stockport fought hard with increased intensity, but Vicky proved to be a defensive powerhouse, making flying intercepts and crucial rebounds to deny the opposition valuable scoring opportunities and extend their lead further.

The third quarter was a testament to the team's resilience, with Betsy showing immense grit and determination to disrupt Stockport's attacking flow. Meanwhile, Poppy's tight marking and perfectly timed movements onto the ball ensured crucial turnovers, creating attacking opportunities that kept Sedbergh in the driving seat.

With a strong lead Stockport had the upper hand and Sedbergh knew they had to consolidate their efforts to see out the game. Weeks of practise and strategies all came together in the final quarter. Harriet proved her versatility and lead the team with positivity, Sophie and Betsy executed seamless transitions from defence to attack, while Nicole and Poppy executed well-timed interceptions, and Ruby and Mariella secured the deal with clinical finishing, together the squad confidently closed out the match, securing a 10-5 victory and a well-deserved final quarter win.

A fantastic team performance, built on discipline, determination, and teamwork. The squad now looks ahead to the remainder of the season, ready to bring the same intensity and focus on their pursuit of success in the games to come. Well, done, team!

### **Girls U15A v Bradford Grammar School (A) Won 23-14**

Sedbergh U15A marked a significant milestone in their netball journey, securing their first-ever win against Bradford Grammar with an impressive 23-14 victory in a hard-fought friendly fixture.

The match started with high intensity, as both teams showcased strong attacking play. Sedbergh settled into their rhythm early, with sharp passing and clinical finishing helping them gain an early lead. The defensive unit of Poppy, Nicole and Harriet worked tirelessly to intercept passes and disrupt Bradford's flow, ensuring Sedbergh maintained control. As the game progressed, Sedbergh's confidence grew. The mid-court partnership of Betsy, Harriet and Sophie were instrumental in linking defence to attack, allowing the shooters to convert opportunities efficiently. A standout performance from the team's attacking players Mariella and Ruby saw Sedbergh extend their lead, despite determined efforts from Bradford to close the gap.

Going into the final quarter, Sedbergh held a comfortable lead 15-10 but continued to apply pressure, demonstrating excellent teamwork and composure under pressure. Their disciplined play and well-structured defence ensured that they maintained their advantage, sealing a 23-14 victory. The players can take great pride in their performance, with their commitment, skill, and teamwork shining through in what was an exciting and competitive match. Well played to all involved! But special mention to Betsy for receiving player of the match and to Poppy for receiving coach's player.

### **Girls U15B v Bradford Grammar School (A) Won 19-6**

The U15B team had an excellent fixture against Bradford Grammar School. Every girl took to court and helped contribute to the score line. Sedbergh turned over lots of ball in the defensive end and worked the ball well through court. The main aim for the girls was to reduce silly errors. Which they achieved with ease. The shooters also had an impressive game with lots of different shooting rotations trialled. The girls were in high spirits throughout the game and created a positive environment for the team to succeed. I look forward to seeing the girls progress in the rest of the season.

CPOM: Matilda Harling

OPOM: Octavia Farnsworth



## Netball

### Girls U14A v Bradford Grammar School (A) Won 33 -12

The match today against Bradford grammar was a good takeaway for this season coming out with a win. A strength of our game was our passing of the ball through court, passing into space to increase the goals. The second half we opened up a lead which gave us chance to practice reducing our minor mistakes in our general play.

We were able to practice our through court attack and getting some depth. As a team we tried to focus on not rushing and keeping the ball moving around in our attacking end. We were able to try some of our set plays and looked at the WA receiving the ball out of the centre pass and the defence being more back options than us losing possession. Overall i think this match was really good game for us and has given us some confidence for the second half of netball term and that being a team helps get the win.

Match report written by Lottie

### Girls U14B v Bradford Grammar School (A) Won 17-13

It was an intense and evenly matched game for the U14B Netball team, with each quarter ending in a draw. The girls showed great determination and skill throughout the match, but it was in the final quarter that they truly came out fighting. With strong focus and teamwork, the team secured a 17-13 victory, and I couldn't be prouder of their performance.

Our shooters, Tilly and Lulu, faced a tough challenge with some tall defenders, but they adapted well, learning to position themselves in front of their defenders to avoid the overhead ball. Their hard work in attack was instrumental in pushing the team to victory.

In defence, Daisy and Abi were exceptional, securing multiple turnovers and providing crucial support for the team throughout the match. Their quick reactions and strong positioning helped limit the opposition's scoring opportunities.

The mid-court players worked tirelessly to transition the ball from defence to attack, battling hard to get the ball to our shooters. Their effort and commitment were vital in maintaining the flow of the game.

Ella was named Man of the Match for her outstanding performance on the court. Her composure under pressure was key to the team's success.

### **Girls U14C v Bradford Grammar School (A) (Won 20-13)**

The Sedbergh School Under 14 C team triumphed with a convincing victory over Bradford Grammar School in a thrilling match. Sedbergh dominated the game from the outset, showcasing exceptional teamwork and skill.

Isla, named Player of the Match, led the team with her agility and precision. Further mention must go to Ryleigh, who was outstanding in defence, thwarting Bradford's attempts with ease. Grace Thornton's impeccable shooting further secured Sedbergh's lead, consistently finding the net with remarkable accuracy.

The final whistle confirmed Sedbergh's dominance, reflecting their hard work and confident play.

## **Running**

### **Senior, Inter and Junior Boys and Girls English Schools Northern Inter County XC (A)**

A squad of 13 Sedbergh runners joined 107 of Cumbria's best school athletes to compete in the Northern Schools' Inter-County Cross Country Championships at Stewarts Park, Middlesbrough. The event, featuring five counties—Northumberland, Cumbria, Durham, North Yorkshire, and Cleveland—served as both a regional battle and a selection race for the National Finals.

With firm conditions underfoot and cool, drizzly weather creating ideal cross-country conditions, the stage was set for a day of thrilling racing across eight age-group events. Cumbria delivered an exceptional performance, winning five team titles and finishing third overall behind a dominant Northumberland squad.

### **Minor Races (Year 7) – Cumbria Dominate**

Both Minor Boys and Minor Girls stormed to team victories, showcasing Cumbria's strength at the younger age groups.

Pupils from Sedbergh Prep played a key role in the girls' success, with Ella C (3rd), Maggie R (6th), and Gabriella F (9th) all finishing in the top 10 to help the team to a commanding win.

### **Intermediate Boys (Year 10/11) – Hugo B's Sensational Comeback Victory**

Without question, the performance of the day came in the Intermediate Boys race, where Hugo B (11SH) produced a breathtaking late surge to claim the title of Northern Inter-Counties Champion.

Over the three-lap course, a lead group of four quickly established themselves, with George M (10H) holding firm in the chasing pack. As the final lap began, Alfie Cook (Northumberland) surged ahead, seemingly breaking away from Zander Gribbon (Cleveland) and a fading Hugo. With 800m to go, Cook looked unbeatable, holding a 30-metre lead as the runners approached the final climb before a fast downhill finish.

But Hugo B is a runner who thrives on adversity. As Gribbon began to falter, Hugo sensed an opportunity and began to claw back ground. The deficit shrunk from 30 metres to 20, then 10, and with 300m to go, he flew past Gribbon and set his sights on Cook. The crowd erupted as Hugo, now sprinting at full tilt, reeled in the long-time leader. With just metres to go, he surged past a stunned Cook to take a dramatic and unforgettable victory.

George M (10H) finished an excellent 11th (& 4th Cumbria counter), securing his place at Nationals with another display of incredible maturity, while Harry S (10S) battled hard to finish 41st.

### **Intermediate Girls (Year 10/11) – Sedbergh help secure Cumbria's Victory**

Cumbria's Intermediate Girls clinched the team title, led by Daisy Woodcock in 1st place.

Sedbergh's Julia F (10L) ran superbly, finishing 8th to earn automatic selection for Nationals. Daisy F (11L) placed 22nd, securing the vital sixth counting place to help Cumbria win by just 6 points. Sophie N (10L) also ran well to finish 41st.

### **Senior Boys (Year 12/13) – Tough Day for Cumbria**

In a competitive race, Cumbria's Senior Boys had a tough outing, finishing 3rd overall.

George D (13SH) placed 29th, while Bruno F (13P) came home in 58th.

### **Senior Girls (Year 12/13) – Another Cumbria Victory**

Cumbria's Senior Girls packed well at the front, delivering a team win.

Sedbergh's Elsie B (12L) finished 31st, with Elif S (12R) just behind in 33rd.

### **Sedbergh Runners Qualifying for Nationals**

National Primary Schools Cross Country Championships – 22nd March, Shuckburgh Estate, Northampton

Ella C (Sedbergh Prep)

Maggie R (Sedbergh Prep)

Gabriella F (Sedbergh Prep)

National Schools Cross Country Championships – 15th March, Ardingly Showground, West Sussex

Hugo B (11SH) – Northern Inter-Counties Intermediate Boys Champion

George M (10H) – 11th place finisher

Julia F (10L) – 8th place finisher

Also in contention for selection:

Daisy F (11L)

Lucia C (9R) - Cumbria Schools XC Champion

### **Final Thoughts – A Banner Day for Sedbergh**

With a Northern Schools' Inter-County Champion (Hugo B), a dramatic last-lap comeback victory, and three automatic qualifiers for Nationals, Sedbergh's athletes once again proved they belong among the very best in the North.

Attention now turns to the National Championships in March, where Sedbergh's finest will take on the best runners in the country.

## Athletics

### England Athletics Age Group Indoor Championships, EIS Sheffield

Just 24 hours after his heroics at the English Schools' Northern Inter County Cross Country Championships in Middlesbrough, Hugo was lacing up his track spikes at English Institute of Sport (EIS) in Sheffield in the final of the 1500m at the England Athletics Age Group Indoor Championships.

From the gun, Hugo showed his intentions as he placed himself on the shoulder of the leader, Rowe (Havering AC), as the race got off to a fast start. Less than a minute into the race, the runners were stretched out and running in single-file, with Hugo tucked behind the leader and following him stride for stride.

At the halfway point, the top 3 athletes in the field, Rowe, Hugo & Bacon (Rotherham Harriers) began to breakaway and made their bid for the medals. Rowe continued to push the pace at the front, with Hugo and Bacon tucked in behind as the race entered its conclusion. With 400m (2 laps) to go, Bacon made his move, accelerating past both Hugo and longtime race leader, Rowe. Down the back straight, both Rowe and Hugo responded and surged back past Bacon and rounded the bend into the final lap of the race.

Rowe checked over his right shoulder as he continued to push away from Hugo and Bacon, extending his lead over a valiant, but now tiring, Hugo. Rowe rounded the final bend with a clear lead and raised his arm as he approached the line to claim a hard-earned but fully deserved victory. Behind him, Hugo and Bacon battled all the way to the line and with a last ditch effort, Bacon pipped Hugo with a well-timed dip to claim silver, with Hugo taking bronze.

The calibre of the event speaks for itself, with both Rowe and Bacon running personal bests to take gold and silver, and just a day after an intense battle round the cross country course, Hugo clocked a time of 4:01.49, just a second off his personal best which he set outdoors last summer.

You can watch the race in full by clicking [HERE](#)



EST. 1525

# Sedbergh

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