



Sedbergh

SCHOOL

SPORTS REPORT

03 March - 09 March 2025

SPORTS RESULTS

Running

Senior, Inter and Junior Boys and Girls v ECC Inter counties XC Championships (A)

Two of Sedbergh's rising cross-country stars laced up their spikes to represent their counties at the prestigious UK Inter-Counties Cross Country Championships in Nottingham. The event, featuring the best young runners from across the country, provided a tough test against elite competition on a challenging, undulating course.

George M (10H) toed the line for Cumbria in the U15 Boys race, hoping to build on his recent strong performances. Despite a determined effort, George finished mid-pack and admitted feeling disappointed with his run. However, every race is a learning experience, and George will have a chance for redemption when he represents Cumbria Schools at the upcoming English Schools XC Championships.

Meanwhile, Lucia C (9R) had a sensational day representing Scotland East. She stormed to an outstanding 24th place finish, securing crucial points as the 2nd counter for her team, who went on to claim a silver medal. This achievement reflects Lucia's dedication and tireless work throughout the season, and she'll head into the National Schools XC Champs brimming with confidence.

Result: 24th place (2nd team counter)

Team Result: 2nd (Silver Medal)

Both George and Lucia will be joined by their Sedbergh teammates at the National Schools Cross Country Championships, held at Ardingly Showground, West Sussex, on Saturday, 15th March.

Sedbergh Runners Competing:

Hugo B (11SH), George M (10H), George D (13SH), Julia F (10L), Daisy F (11L), Lucia C (9R)

With valuable experience gained at the Inter-Counties, Sedbergh's runners are ready to take on the country's best at the biggest schools cross country event of the year.





Target Rifle

Mixed U18A v Imperial College London (A)

This weekend Sedbergh competed in a friendly fullbore match against Imperial College London. We joined forces with a couple of the prep school students who were also on tour to compete against a very strong Imperial team that consisted partially of Sedbergh Alumni. In what was a very closely fought competition, we ended up losing by 16 points out of a possible 350. Irene Estebanez Hoyos came out as Sedbergh's top shot scoring 45.2 of a possible 50 points! Special mention must also go to India Ogilvie Robertson who shot 44.2 despite a major technical failure at the start and for coaching many of the team members. Akira Nishikawa came home with a solid 42.2 and had plenty of opportunity to network with potential classmates.

Equestrian

National Schools Grassroots & County Qualifier

Fifteen Sedbergh Prep and Senior riders took part in the National Schools Grassroots and County Qualifier on Saturday near Carlisle in the beautiful sunshine. Equestrian sport at Sedbergh fosters strong connections between Prep and Senior riders, with our youngest competitor in Year 3 and our oldest in Year 12 on the day. It was also encouraging to see a strong male contingent coming through the ranks.

All riders, regardless of age, gave their absolute best, pushing themselves to new limits. Most importantly, they had fun and shared these moments with their teammates, making the experience even more special. We all know that working with horses means things don't always go to plan in the ring, but the camaraderie and support among riders is strong through the good and also challenging times. These riders demonstrate true courage, determination, resilience, and unwavering teamwork every step of the way.

For our younger riders, this event marked the beginning of their competitive journey, and they gained invaluable experience in an encouraging environment. Many pushed themselves beyond their comfort zones and were thrilled with their achievements on new ponies. Even for the older riders, every round provided an opportunity to learn and grow with their horses. Our Grassroots team delivered outstanding performances, earning numerous rosette placings. Congratulations to the following riders: Robyn Sapsford, Thea Crabtree, Sam Wild, Harry Milburn, Bethany Sapsford, Lottie Dinsdale, Will Wild, and Annabelle Khan (Co-Captain), who stayed until the end to support every rider.

Our Senior Riders—Lily Whalley, Harriet Barker, Sophie Luckin, Nina Jane Rippon, Sophie Lupton, Olivia McMullen, and Elsie Barker—competed with great determination, aiming for qualifications for the National Finals at Hickstead while gaining valuable competitive experience. Their hard work paid off as they won the 80cm Team and 90cm Team competitions, securing the title of County Champions. Additionally, Elsie Barker triumphed in the 80cm class, while Harriet Barker claimed victory in the 1m class.

A heartfelt thank you to our incredible parents and support team, whose encouragement and energy contributed to the success of the day. The smiles on everyone's faces truly made it a qualifier to remember!



Swimming

Mixed U18A Bath and Otter Cup (A)

8 senior swimmers travelled to London for Sedbergh's first ever invite to the prestigious Bath and Otter competition featuring 90 UK Independent Schools.

Ahead of the relay competitions, we met 9 other Schools travelling to London ahead of the relay competition on Friday, at Whitgift for a warmup gala where the swimmers competed both individually and as relay teams. This was a great opportunity to practice our starts and turn overs ahead of Friday's races. Highlights were Francesca Gordon's 33sec PB in the 50m fly and Oliver Stubbs' 100m back stroke.

Friday started with our freestyle relays where the girls placed 28th having knocked an impressive 15 seconds off Thursday's time. Highlights were Oliver Irwin and Oliver Stubbs 1.02 min in the 100m free relay, which took us into 1st place in their first leg of the relay. In the afternoon we competed in the medley relay event, where the girls were more than able to hold their own in a tough heat, placing 6th overall and the boys team came 3rd in their heat.

An incredibly tough competition, with a hugely strong field that we are thrilled to have been a part of and are already making plans for the squad for next year.

Squash

Mixed U18A v Barnard Castle School (A) Won 203-278

Mixed U18A Travelled away to Barnard Castle with 10 players of varying ability but equal enthusiasm. Played a 2 round format with the first rounded seeded two games to 11. Frank Carroll (capt) played 2 brilliant games against their no. 1 seed, winning one and lost one, narrowly losing on points, whilst Otis won his game against their strong no. 2 seed. Next up were Luca and Zeri, with Luca running his opposition to wire with narrow 11-10 losses in both games. Zeri stepped up with a convincing win, whilst showing great sportsmanship throughout. Alistair and Will were next to play.

Alistair played two wonderful games, showing true skill and tactics throughout which were praised by his team and opposition alike, and came away with the win. Will showed that his tennis skills are indeed transferrable with a convincing win. Next, our newest squash players Grace and Xanthe, who showing true Sedbergh ambition with some very positive play throughout, with Grace narrowly losing out by 1 point. Finally, we had Robbie and Fernando up against their respective players. Robbie won a hard fought game against their no.4 seed, whilst Fernando, another strong tennis player, proved that skill often trumps power in squash.

All players then played a second round against a different opposition. Overall Sedbergh won a closely fought fixture 203-278, with some brilliant sportsmanship on show from both teams.

Hockey

Boys U18A v King Edwards School, Birmingham (H) Won 4-1

The 1st team boys took on King Edward's School in their latest National Plate fixture. A hard first 20 minutes for Sedbergh as they had to absorb tons of pressure from a talented KES team. The Sedbergh boys managed to create some breakaway chances and ended up putting one away midway through the first half. Momentum changed slightly but KES were still slightly more dominant. Another breakaway goal saw Sedbergh go 2-0 up just before half time. KES started well again and scored to make it to 2-1. The Sedbergh boys didn't let this affect the way they played and managed to score 2 more goals to win 4-1.

Boys U18A v Scarborough College (A) Lost 5-3

On Wednesday the 1st team boys travelled to Scarborough for an Independent Schools Cup Game. Another hard game ahead for Sedbergh as we absorbed lots of pressure at the start of the game. The Sedbergh boys managed to win a short corner, fantastically put away by Tom B. Scarborough scored almost immediately after that, and again after that to go 2-1 up.

In the dying minutes of the half we managed to win another short corner as Tom B bagged his second of the game. This made it 2-2 at half time. Early into the second half Sedbergh won a third short corner and this time Harry put it away from money. 3-2 up the Sedbergh boys knew the pressure was going to continue from Scarborough. Unfortunately their pressure and quality managed to break us down as the scored 3 quick goals and finish the game 5-3 to Scarborough

Sedbergh HC v Carlisle 2 (A) Lost 3-2

It was a fantastic day for a hockey match against Carlisle 2s, made even better by the sunshine. Sedbergh HC started strong, taking a 1-0 lead in the first half with a goal from Pattison. The momentum continued into the second half as Foxtan added another goal. However, playing the full 70 minutes with one player down took its toll, and despite their best efforts, Sedbergh HC narrowly lost 3-2 to Carlisle. Nevertheless, it was an incredible performance, and the team should be extremely proud of their determination and hard work.

Netball

Girls U18A v St Peters York (A) Lost 41-29

The 1st team travelled away on Wednesday to St Peter's York in what is always a close fought contest between these two teams. A few changes to the team saw 3 second team players stepping up to play in the 1st team, including second team captain Jemima, along with Sonia and Alice. We knew this would be a tough match and we had a slow start with St Peter's scoring a run of goals. The Sedbergh girls however were determined to show they can come back from a slow start, which they did by winning the second quarter through some excellent defensive pressure from Kaia and Amber in the circle, backed up by Jemima and Maddie in the mid court. Pippa stepped up to GA, a bib she has not played in over a year, but showing she still has the skill set scoring 100% across Q2 and 3, backed up by some great shooting from Ruby. Despite not being able to claw back enough goals, the girls really showed some true team spirit and backed each other up on court after some passages of great play. A really good game from all of the girls and a huge well done to those who stepped up to the 1st team.

Amber came away with opposition POM and Pippa and Jemima received Coaches POM.

Girls U18B v St Peters York (A) Lost 37-50

Wednesday saw Sedbergh face St Peter's 2nd team. Although Sedbergh 2nd team had a very mixed group with 16's and 3rd team players on the team, they played cohesively and with structure. A special mention must go to Lileah Gregory, who just arrived straight back from a choral competition. Jumped straight onto the netball bus and captained the 2's. She provided strength and confidence at the back of the court, taking many lifted balls and fly's and delivering them down the court. The game was fairly close throughout with St Peters ahead at half time by only 6 goals. Izzy Foxtan made a big impact at WD providing a lot of pressure and gaining tips on second phase. There was also some excellent shooting, timing and attacking movement from both Daniela Brighetti and Sophie Bateson The final score did not reflect the impressive game that the 2's had. There is lots to look forward to next year with this squad.

OPOM: Daniela Brighetti

CPOM: Sophie Bateson

Rugby

Boys U14A v St Peter's 7s Tournament (A) Cup runners up

Colts C kicked off their tournament at St Peter's, York with a superb victory over Prince Henry's Grammar School in the opening pool game. Sedbergh squeezed Prince Henry's in defence and were ruthless with ball in hand, racking up the tries quickly and making an early statement. Two more victories against Hymers College and Dame Allan's School followed which saw Sedbergh progress to the pool winners' pool, fighting it out for 1st to 5th place.

As expected, the degree of challenge increased, but Sedbergh successfully navigated their way past QEGS Wakefield, Hill House and RGS Newcastle before facing Woodhouse Grove in a shoot-out for the tournament title. Brown started brightly, crossing the try line within the first minute, but unfortunately also crossed the dead ball line and the score was disallowed. Sedbergh did take the lead but never got far enough ahead of a strong Woodhouse side, who successfully reeled in Sedbergh and crossed with the final play of the game to claim the victory.

After a long day of sevens rugby it was a challenging defeat, but Sedbergh can be proud of their progress throughout the day and have no doubt even more motivation to claim their first tournament title in the future.

Boys U18A v Ampleforth College 7s Tournament (A) Lost at Quarter Final

Sedbergh's Second VII travelled to Ampleforth for a Sevens tournament that proved to be an excellent opportunity for some of the boys to showcase their skills in a well-rotated side, following some late changes to the squad. Despite a mix of experience and new faces on the field, Sedbergh delivered some exciting rugby.

The day began with a solid performance against a strong team from Hymers School, securing a 28-17 win. In their second game, the Seconds faced Barnard Castle in what proved to be a more challenging encounter. Despite some brilliant moments of play, a few lapses in concentration in defence allowed Barnard Castle to build pressure, and Sedbergh ultimately fell short, losing 31-21.

The final game of the group was against Pocklington School. Sedbergh played some good attacking rugby, securing a 41-12 win. The team looked dangerous in attack, scoring several well-worked tries.

The quarter-final draw of the cup saw Sedbergh face the hosts, Ampleforth, in a tense and closely contested match. The game was largely dominated by Ampleforth's patient and controlled play, which forced Sedbergh into prolonged periods of defending. Despite this, the team showed great resilience in defence, although a few lapses allowed Ampleforth to extend their lead. As the game progressed, Sedbergh struggled to turn the ball over and, with time running out, the score was starting to run away from them. However, Sedbergh responded positively and scored a well worked try following a brilliant attacking phase of play towards the end of the game.

Unfortunately, it was too late, and the final score was 24-14 to Ampleforth.

Despite the defeat, it was a brilliant learning experience for some of the Sedbergh boys and there were a number of excellent individual performances



Boys U15A v Ampleforth College 7s Tournament (A) Cup Winners

B1 won the Ampleforth sevens tournament. It was a competitive tournament with strong performances by QEGs Wakefield and RGS Newcastle that challenged Sedbergh.

The final was won on golden points which made for a dramatic finish. Strong performances from Reuben Carrs and Fred Taylor helped B1 bring home the cup again.

Boys U16A v Warwick 7s Tournament (A) Cup Winners

A1 played 6 games, won 6 games - 31 tries scored- 12 conceded. 199 points scored.

A1 went into the Warwick sevens keen to retain the trophy for the third successive year. Having won the Durham and Sedbergh U16 7's, plate winners of the Woodhouse 7's it was A1 who had the thirst for another tournament victory.

The Brown played well on their group games, beating RGS High Wycombe 24-0. Solihull 49-12 and scrapped past a physical Shiplake side 31-28.

Into the knockout rounds, and a good win over RGS Worcester 31-0 meant a tough semi final against much favoured Hampton. At half time Hampton led 14-12, but with composure and resilience A1 upped their game and won superbly 29-14.

Into the final against Millfield and again down at half time 19-14, three second half tries to one meant the A1 side bringing the cup back for a third successive year, much to the happiness of coaches Coke and Mahon.



Boys U15A v Warwick 7s Tournament (A)

The day started well with a draw in the first match against the team we lost to last year in the final. We then won all other matches in the group finishing top of the table, on to the quarters we then just won with both teams score 3 tries each however with all our tries being under the post we were able to take all kicks and win 21-15.

Into the semi finals we took a strong lead however with a strong comeback Ipswich we were able to see it though to get to the finals, the final was a good game however we did couldn't get over a strong energetic Warwick.

Boys U14A v Warwick 7s Tournament (A) Cup Winners

Colts C claimed their first ever piece of silverware in Brown at the Warwick School 7s, coming through a challenging pool stage and winning three tight encounters in the knockout stages.

Sedbergh started the day somewhat sluggishly against Bishop Wordsworth's School but held out for a 21-19 victory. There was progress against RGS, High Wycombe with a 26-7 win, but more importantly a second half defensive period with a player in the sin-bin that started to set the tone for the defensive effort and determination that would underpin Brown's tournament victory.

RGS Worcester had looked strong in their two preceding victories and the pool decider was a nail-biting affair, ending with a 21-21 draw. This was a significant step-up in intensity and was the first real sign that Sedbergh could launch a serious challenge for the title. Progressing as runners up in the pool due to inferior points difference, Sedbergh faced pool winners Warwick in the quarter final. A 26-19 victory saw Sedbergh play Kirkham Grammar School in the semi final, and a 22-12 win set up a rematch with RGS Worcester in the final.

Worcester's physical approach again challenged Sedbergh but the battle-hardened boys in Brown managed to produce their best performance of the day. Again, it was the Sedbergh defence and doggedness that shone through. With the scores level one minute before half time, Sedbergh attacked patiently before Rorke Anderson produced a moment of magic with a behind the back offload to create space and unlock the Worcester defence. This key moment gave Sedbergh the momentum to further increase their lead in the second half, finishing with a 22-10 scoreline and a well-deserved cup victory.

Whilst this was a superb squad effort, captain Jake Goodhart was exceptional all day in both attack and defence, with many lung-busting efforts. The moment of the day however was Hamish Fergusson tracking back in defence over 40 metres to complete a tackle and slow down the ball, before five more Brown shirts beat the next opponent to the ensuing play. The really exciting reflection is that this team has a lot of progress still to make, but the foundations are beginning to look extremely solid.





Boys U18A (1st VII) v TSC 7s Tournament (A) Won Final v Millfield 38-0

In a much anticipated and hugely competitive two-day tournament at Sixways in Worcester, Sedbergh topped their group on day one with impressive victories over Hartpury, Mill Hill & NSB. Day two saw us paired with Seaford, Bromsgrove and Wellington. Sedbergh's patience and execution on the ball was getting better and better with every minute together on what was a very fast 4G surface that favoured teams on the ball and who consistently won the possession battle.

Defensively it was tough going, and we continued to work hard as a group and squeezed opposition into long periods of phase play. Seaford struggled with our intensity and a much-fancied Bromsgrove side were then beaten 34-14 in a very impressive display. Wellington pushed us all the way and late composure saw us secure the victory in the dying minutes. The winners of group B were Millfield in a match and experience we wanted against a very good side. In a simply outstanding display Sedbergh's intensity was relentless as we scored three brilliant first half tries, with the third after an exhausting D set that lasted over two mins which forced a turnover to present Ash firth with an 80-metre solo effort.

The second half was all Sedbergh again as we put in incredible defensive display which led to further pressure and opportunity on the ball. Another three sensational tries followed as we won a famous 38-0 victory. This was a whole squad display with all players giving their all and adding (I can't just name individuals as this was a special final performance).

Boys U18B v TSC 7s Tournament (A)

The Sedbergh 2nd VII travelled to Worcester for the TSC tournament, where they faced some tough competition on the first day, going up against several first-team sides. The day began with a challenging loss to Llandoverly College, but the team quickly bounced back with a hard-fought 19-12 victory over RGS Worcester. Sedbergh showed how dangerous they can be in attack, with tries from Ash F, Rory D, and Lucas R, as they moved the ball with width and speed, making the most of their opportunities.

Next up was a game against Wellington 1st VII, where Sedbergh ran them close in a tightly contested match. Sedbergh looked dangerous every time they attacked with pace, but a late try from Wellington ultimately decided the game in their favour, ending Sedbergh's strong challenge.

The second day of the tournament saw Sedbergh pushing Whitgift and Mill Hill to the limit, losing both games narrowly by just two points. Despite being a squad of only nine players, the Sedbergh team showed great spirit and fight, playing through the heat, and giving everything they had against two very strong sides.

In their final match, Sedbergh took an early lead against Clifton 1st team but ultimately ran out of steam as the game wore on. Despite this, it was a fantastic weekend overall for the Sedbergh 2nd VII. The boys can be incredibly proud of their performances, pushing some of the best teams at the tournament to their limits.





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