

Sedbergh
SCHOOL

Sports Report

05 October - 11 October 2026

SPORTS RESULTS

Netball

Girls U14A South Lakes Tournament (H)

What a fantastic afternoon of netball for our U14 A girls at the South Lakes Tournament! The girls were absolutely outstanding from start to finish, coming away with a clean sweep of wins and being crowned champions!

The standard of netball was incredibly high throughout, and the girls showed fantastic determination, teamwork and consistency, never letting their standards drop. It was a real full-team performance, with every single girl playing her part and shining in her own right. The work rate, connections on court and support for one another were brilliant to see! A special mention has to go to our two standout performers, Peps and Maggie, who were both exceptional throughout the afternoon! So proud of the whole squad, not just for the results but for the quality of netball they produced and the way they worked together as a team.

An unbeaten afternoon and a thoroughly deserved tournament win! Well done, girls!

Rugby

Boys U16B v QES Kirkby Lonsdale (H)

U16B beat QES. The game was competitive in the first half but Sedbergh were too strong in attack. QES were able to put in some good attacking play themselves and score some good tries. All the bench players for a Sedbergh made positive impacts to finish the game strong.

1st XV v Kirkham (N) Won 22-20

Sedbergh's 1st XV secured another significant victory against Kirkham on Wednesday, demonstrating resilience, physicality and composure to find a way through a challenging contest and emerge with a hard earned 22–20 win.

The game began in a tense fashion, with both sides struggling to find fluency and committing several unforced errors. Unfortunately, Sedbergh's first major mistake proved costly. An attacking opportunity broke down following a pass to the floor, allowing Kirkham to gather possession and capitalise to score. A further period of sustained pressure eventually resulted in another Kirkham try, despite a tremendous defensive effort from Sedbergh. The side defended resolutely for large periods, meeting Kirkham's physical challenge head on and producing several significant collisions to keep their opponents at bay.

Sedbergh responded with a promising attacking sequence, drawing Kirkham in before exploiting space out wide. However, a penalty against the run of play allowed Kirkham to extend their advantage, leaving Sedbergh facing a challenging 7–17 deficit at half time.

The response after the break was outstanding. Recognising the challenge ahead, Sedbergh rolled up their sleeves, embraced the physical contest and began to take control of the key areas of the game. Their intensity increased, their decision making improved and they started to impose themselves on Kirkham, both physically and tactically.

Two crucial scores followed, reflecting the team's determination and ability to execute under pressure, as Sedbergh fought their way back into the contest and moved two points ahead. A lapse in discipline then allowed Kirkham to regain the lead, setting up a tense final period. However, rather than panic, Sedbergh continued to apply pressure, forcing Kirkham into further difficulties and earning a well-deserved penalty to move back in front at 22–20.

From there, Sedbergh managed the closing stages superbly, showing maturity, composure and a collective determination to see out the result.
This was another significant result for the 1st XV, not simply because of the scoreline, but because of the lessons it offered. The ability to respond to adversity, maintain belief and find a way to win when momentum is against you is an important characteristic of any successful team.

Boys U18E v QEGS/ UCC Penrith (H) Lost 67-0

Whilst we didn't play particularly well in the first half demonstrating both positional naivety and a lack of match practise it would be fair to say that we were simply outclassed physically by the opposition who were a composite side of two schools in Penrith, largely therefore boys who already play club rugby together.

We did step up in the second half in terms of our defence and there were even moments that saw us enter the opposition half of the pitch, although it never looked likely that we were going to score. Tough day for the boys.

Boys U15A v Bradford Grammar School National Cup Round 1 (H) Won 57-7

B1 opened their National Cup campaign with a victory against a spirited Bradford side on Busk 1. Unfortunately we were not at our best in the first half, and a string of unforced errors made it difficult to play with any real fluency.

It was a Bradford try at the start of the second half which took the score to 14-7 that seemed to provide the much-needed wakeup call and eventually we started to keep possession and play with width and fluency which resulted in 7 second half tries, including a hat-trick for Luke H.

Sedbergh 47-7 Scarbrough College – School Sports Magazine Cup Round 2

The U14A team produced an excellent performance away at Scarborough College, securing an impressive 47–7 victory and demonstrating just how much they had learned from the previous week's fixture. From the outset, Sedbergh played with confidence and intensity, showing real improvement in both decision-making and execution. Strong, direct running consistently put Scarborough under pressure, while slick handling and intelligent support play allowed the team to move the ball effectively and create opportunities across the pitch.

The boys displayed excellent teamwork throughout, combining physicality with composure to control large periods of the game. Their ability to maintain possession, attack with width and capitalise on scoring chances was a particular highlight, resulting in a series of well-worked tries. Defensively, the team remained disciplined and committed, limiting the home side's opportunities and ensuring they maintained control of the contest. Perhaps most pleasing was the manner in which the squad responded after their previous outing against York. The lessons identified during the week were evident in the performance, with improved communication, sharper handling and greater accuracy across all areas of the game.

A convincing 47–7 scoreline was a deserved reward for a hardworking and committed display. The squad can take great confidence from this performance as attention now turns to the upcoming trip to Dublin, where they will face a strong challenge against Blackrock College. The boys will be eager to build on this momentum and continue their development on what promises to be an exciting match.

Boys U18B v Stonyhurst College U18A (H) Won 31-10

Sedbergh 2nds welcomed Stonyhurst 1st XV for a challenging home fixture in tricky weather conditions. Despite the difficult start, Sedbergh adapted well to the conditions and managed the game effectively, although a number of unforced errors and missed opportunities initially prevented us from fully capitalising on our attacking pressure.

Sedbergh eventually found their rhythm, scoring two well-worked tries through quick attacking play and good ball movement. By moving the ball with pace and putting the Stonyhurst defence under sustained pressure, we began to create space and turn our attacking opportunities into points. However, further handling errors allowed Stonyhurst to respond with a try of their own, before a penalty kick brought them to within four points at half-time.

The second half saw Sedbergh's defensive work really come to the forefront. The team demonstrated the progress they have been making in training, showing excellent resilience, organisation and commitment. Whatever Stonyhurst threw at us, Sedbergh were able to repel, consistently disrupting their attacking momentum and limiting their opportunities to get back into the game.

As the second half progressed, Sedbergh began to take control. Three excellent, well-worked tries demonstrated the quality of our attacking play and allowed us to pull away from Stonyhurst, turning a competitive contest into a convincing 31–10 victory.

Overall, this was a pleasing performance, particularly in the way the team responded defensively in the second half. While the unforced errors and missed opportunities in the first half remain areas for improvement, the resilience shown without the ball and the quality of the attacking play in the second half were real positives to take forward.

Boys U18D v Giggleswick School U18A (H) Won 21-12

Sedbergh's 4th XV produced an impressive performance to overcome Giggleswick's 1st XV in a tightly contested and fiercely physical encounter, showing real resilience, character and evidence of the progress made by so many of the squad.

Sedbergh made the stronger start, taking a 7–0 lead into the match before Giggleswick responded strongly after the break. With momentum shifting, Giggleswick fought their way into a 12–7 lead, putting Sedbergh under pressure and forcing the team to dig deep.

However, Sedbergh's pack rose to the challenge, fronting up physically and laying the platform for a comeback. Matthew H carried hard throughout, consistently taking the game to the opposition, while Isaac Clayton put in a tremendous shift in the engine room. Their efforts, combined with Jamie L and Will T pulling the strings and bringing composure and direction to the attack, helped Sedbergh regain control of the contest. The team's collective effort ultimately proved decisive as Sedbergh pulled away to secure a deserved 21–12 victory.

Perhaps the most pleasing aspect of the performance was the progress it represented. Many of the boys had faced the same opposition last year as members of the A2 side, on that occasion coming off second best. This time, they showed just how much they have developed, both individually and collectively. Their willingness to match Giggleswick physically, respond to adversity and find a way to win was a testament to their hard work and improvement.

It was a thoroughly deserved victory and an encouraging marker of the squad's development, with the boys demonstrating that determination, teamwork and belief can deliver results against strong opposition.

Boys U15A v Trafford School (H) Won 26-0

Trafford Schools provided B1 with a good test and the side had to work hard to maintain their unbeaten start to the season. Trafford defended well to begin with, but gaps started to open up as we kept the ball through a number of phases and three first half tries, including 2 for Hugo, gave us some breathing space at half time. Trafford came out strongly in the second half and B1 did well not to concede. The half remained scoreless until Henry manged to break through to secure a good win.

Boys U14B v Stonyhurst College U14A (A) Lost 17-15

It was a hard-fought game by Sedbergh after losing two key players within the first 10 minutes. However, after conceding 12 points, the team rallied in a massive defensive effort and scored 2 tries courtesy of Tom B. Exceptional forward work created spaces and our attack put the pressure on Stonyhurst. A third try scored, this time by Harry M, late in the second half made the scoreline 15-12 to Sedbergh.

Unfortunately, another player went down with an injury and we conceded in the final minute to make it a loss. Despite this, the team showed incredible heart and resilience to make it a tough win for the opposition. James M stood out as the team's top runner with the ball. Thanks for Stonyhurst for supplying a few players to make the game a fair one.

Basketball

Boys U18A v QES Kirkby Lonsdale (H) Won 40-29

Sedbergh secured a well-earned 40–29 victory over QES Kirkby Lonsdale in a competitive and physical basketball fixture.

From the opening whistle, Sedbergh showed good energy and intent, moving the ball effectively and working hard at both ends of the court. The team established an early advantage and, despite QES Kirkby Lonsdale putting together periods of pressure, Sedbergh remained composed and continued to build on their lead.

Defensively, Sedbergh worked hard as a unit, with good communication and a willingness to contest shots and rebounds. This defensive effort helped create opportunities at the other end, allowing Sedbergh to score consistently throughout the game.

The second half saw QES Kirkby Lonsdale attempt to close the gap, but Sedbergh responded well and maintained their intensity. The team demonstrated good discipline in possession and showed increasing confidence as the game progressed, eventually securing a 40–29 win. Captain Will M and Vice-Captain Sasha M led the team well, while the entire squad contributed positively to a strong team performance. Max M, Robin P, Zen I, Cornelius B, Johannes P, Theo K and Leonard R all played their part in helping Sedbergh control the game and see out the victory.

Overall, this was an encouraging performance from Sedbergh. The team showed good teamwork, defensive commitment and resilience, and can take plenty of positives from a deserved win.




REACTION
umbro
47

Boys U16A v QES Kirkby Lonsdale (H) Won 38-9

Sedbergh's U16s produced an impressive team performance to secure a convincing 38–9 victory over QES Kirkby Lonsdale U16s.

From the opening whistle, Sedbergh established control of the game with energetic defence, strong ball movement and a clear willingness to attack the basket. The team worked effectively together at both ends of the court, limiting QES' opportunities while creating plenty of chances to score.

Zen made an excellent contribution offensively, showing confidence around the basket and producing some great scoring plays throughout the game. His ability to convert opportunities helped Sedbergh maintain their momentum and build a comfortable lead.

There was also an encouraging debut for Zach T, playing his first game for the school. Zach did a great job of running the point, showing composure in possession and helping to organise the team's attack. His performance was particularly pleasing given the demands of playing the point in his first school fixture.

Captain Leonard R and Vice-Captain Cornelius B led the team well, providing energy and direction throughout the game. Jan, Archibald N and Adam L also contributed strongly, helping Sedbergh maintain their intensity and defensive pressure from start to finish.

Sedbergh continued to apply pressure as the game progressed, with the whole squad demonstrating good discipline and teamwork. The defensive effort was particularly impressive, restricting QES Kirkby Lonsdale to just nine points across the game.

Overall, this was an excellent performance from the U16s. The team showed strong defensive organisation, effective attacking play and excellent teamwork, while the contributions from Zen and Zach provided particular positives to build on going forward.

Hockey

Girls U18A v Dollar Academy (H) Won 2-0

Under the Friday Night Lights, Sedbergh welcomed Dollar Academy for their annual fixture in what proved to be an excellent contest between two well-organised and highly competitive sides. Both teams showed a real desire to attack, defended with discipline, and competed with passion throughout an entertaining encounter.

The opening quarter was surprisingly scrappy, with both teams guilty of forcing play and conceding possession too easily. Players frequently carried into contact when simpler options were available, preventing either side from establishing sustained control. While Sedbergh's defensive pressure and scramble defence were once again outstanding, the attacking unit struggled to find its usual rhythm. Opportunities were created, but in key moments the final touch or decision often let the side down. On a number of occasions, Sedbergh chose to shoot from tight angles rather than finding teammates in more advantageous positions inside the circle.

Despite this frustration, the breakthrough eventually arrived through a superbly worked move. Church threaded an excellent pass through the Dollar defence, which was collected by Evans. Showing great awareness, Evans squared the ball across goal where Harrison had timed her run perfectly to beat her marker to the back post and tap home the opening goal.

The remainder of the first half, and much of the second, followed a similar pattern. Sedbergh largely controlled territory and possession, defending resolutely whenever Dollar threatened. Cook was called into action on several occasions and produced a couple of outstanding saves when the visitors managed to break through the back line, while the defensive unit continued to impress with its organisation and determination.

In midfield, Sedbergh worked tirelessly to regain possession and drive the team forward, but in the final third the decisive pass continued to prove elusive. Nevertheless, the girls remained patient and committed to their game plan. Their persistence was rewarded when another strong pressing turnover created an opportunity inside the circle. Gresswell reacted quickly to win possession, drove into the D, and calmly squared the ball for Neesham, who applied the finishing touch to double Sedbergh's advantage.

While Sedbergh enjoyed the better of the play over the course of the 60 minutes, full credit must go to a talented Dollar Academy side that competed relentlessly and refused to give in until the final whistle. The visitors provided a far sterner challenge than many of Sedbergh's recent opponents and ensured the game remained fiercely contested throughout.
Ultimately, 2-0 felt a fair reflection of the contest. Although Sedbergh were unable to reproduce some of the attacking fluency seen in recent weeks, the girls demonstrated maturity, resilience and excellent defensive discipline against strong opposition. Victories earned through patience and hard work are often the most satisfying, and this was another positive step forward as the season continues.

Girls U18B v Stonyhurst College U18A (A) Won 2-1

A close fought games saw the Sedbergh girls come out victorious after a nervy finish. An end to end first half ended 0-0, Stonyhurst entering the D on plenty of occasions and failing to convert multiple short corners, Sedbergh with two goals chalked off.

Leni Keune opens the scoring from a short corner and Emma Beswick added a second in a much improved second half. The home team pulled a goal back in what was becoming an increasingly physical game, but the girls held out for a deserved 2-1 victory. Player of the match was Ilva Strobel after some fine saves that kept us in the game early on.

Girls U18C v Stonyhurst College U18B (A) Won 4-2

On Saturday 10th of October Sedbergh's U18C team travelled away to play Stonyhurst's U18B team. Sedbergh's strong attack dominated early and Evangelina MF was able to score a goal within the first 5 minutes of the game. Another great bit of attacking play lead to Ella L crossing the ball across the D to Polly W, who was able to deflect the ball into the goal. This lead to a scoreline of 2-0 at the end of half time.

During the second half, Sedbergh undertook some defensive pressure and conceded a goal. However, due to an amazing defensive effort and a quick counter-attack up the pitch, Evangelina MF was able to slot the ball into the goal again, making the score 3-1. Ella L also scored an impressive deflection off a short corner to make the final score 4-2. This was another excellent performance and win for the U18C team, with lots of positives to take forward into the rest of the season.

Girls U15A v Stonyhurst College (H) Drew 0-0

Playing on Station Road for the first time this season, the Sedbergh U15A side took another positive step forward in their development with an encouraging performance against a talented Stonyhurst team. While the match ultimately ended goalless, there was plenty to admire in a display that demonstrated growing confidence, composure, and understanding across the pitch.

From the opening whistle, Sedbergh moved the ball with purpose, consistently finding ways to eliminate opponents and progress into dangerous attacking areas. The girls earned numerous entries into the circle and looked capable of finding the breakthrough throughout. Unfortunately, they came up against a Stonyhurst goalkeeper in inspired form, who was determined to keep her side in the contest. Efforts from Killgren, Ferguson, and Thompson all tested the goalkeeper, but each was denied by a series of impressive saves.

In midfield, Joyce, Ferguson, and Whitfield were outstanding, controlling large periods of the game and providing the platform from which Sedbergh were able to build sustained attacks. Their work rate, movement, and ability to link defence and attack ensured the home side enjoyed much of the possession and territorial advantage.

Out wide, Whitehead continued to adapt impressively to her new role at right half, making several effective overlapping runs and providing real width down the flank. Defensively, Oliver was her dependable self, supported well by Graham-Campbell, with the pair helping to nullify Stonyhurst's attacking threats whenever they emerged.

Behind them, Beswetherick delivered another assured performance between the posts. Although she was not called into action as frequently as she had been in last week's fixture against St Peter's, she remained alert throughout and produced several important saves at key moments to preserve another clean sheet.

At the final whistle, there was understandable frustration that the team had not managed to find the winning goal their performance arguably deserved. However, this was another significant step forward for a developing group that continues to show improvement each week. The foundations are clearly being built, and with the girls steadily fitting more pieces of the jigsaw together, they will look forward to carrying this momentum into next week's fixture against Ampleforth.

Girls U14A v Stonyhurst College (H) Won 5-2

The U14A's had a brilliant game against Stonyhurst. In the run up to the Saturday fixture, the team had been focusing on positional understanding and team structure, both in and out of possession, and the progress throughout the week was clear during this game. The girls understood how to set up to outlet effectively from defence making some excellent connections through the pitch to challenge the Stonyhurst defence. Out of possession, the whole team bought into the press set-up and were able to apply pressure to win back the ball effectively. Stonyhurst still had opportunities to threaten the goal and at times, really challenged out marking and defending. However, the collective teamwork, passing play and work ethic shone through and the girls came away with a 5-2 victory

Sedbergh HC v Lancaster Nomads 1st (H) Won 6-3

A fantastic performance from Sedbergh, showing how the hard work in training is paying off on the pitch. Lancaster Nomads put our defence under pressure throughout, but the team showed great determination to secure a 6–3 win.

Special mention to Heidi for a great game!

Running

Mid Lancs Cross Country League (A)

It was a day of extraordinary autumnal weather as eleven members of Sedbergh School Running Club travelled to the Westmorland Showground for the opening fixture of the Mid Lancs Cross Country League season. One minute runners were battling driving rain and strong winds, the next they were basking in glorious sunshine. At times, it was difficult to decide whether being blinded by the rain or dazzled by the sunshine was worse! Fortunately, cross-country runners are a hardy bunch and such conditions are all part of the adventure.

With a busy weekend of school sport, Sedbergh fielded a relatively small squad, but there was plenty of enthusiasm and some encouraging performances. The familiar undulating Showground course was wet underfoot following recent rainfall, although surprisingly firm in places, providing reasonable racing conditions despite the unpredictable weather.

This was also the first opportunity to experience the new England Athletics age-group structure, with competition now organised around even-numbered categories (U14, U16, U18 and U20). For our younger runners, the move into the U16 category provided a fresh challenge. At this age, differences in physical development can be considerable, making it important for athletes to concentrate on running their own race rather than worrying too much about their competitors.

Libby E (10C) ran courageously in the U16 Girls race, while Archie R (9W) impressed in the boys' competition. Alex L (9P) made a welcome debut for the running team, gaining valuable experience in a competitive field.

The standout performance of the afternoon came from George M (12H), who produced an outstanding run in the U18 Men's 6.5km race. George settled into the leading group of eight runners on the opening lap, maintaining a strong pace as the field gradually began to stretch out. One by one, the leading contenders fell away until just George and a runner from Southport Waterloo remained at the front.

The pair battled throughout the race, with neither able to establish a decisive advantage until the final lap, when the Southport runner finally managed to pull clear. George continued to press hard all the way to the finish, securing an excellent second place at an impressive average pace of 3:25/km over the undulating course. Having raced against his rival on previous occasions, George was particularly pleased to have narrowed the gap between them, another encouraging indication of his continuing development.

New pupil Thomas D (12P) also made a promising debut. He committed himself fully to the race and ran strongly in the early stages before fading towards the finish. There is clearly plenty of potential there, and with more consistent training and racing experience, he will be an exciting addition to the squad. The U18 Men's team finished a creditable sixth overall.
In the senior races, Girls' Running Captain Bertie C (13L) demonstrated her customary determination to finish fifth U20 woman, while Henry P (13SH) produced a committed performance to take seventh U20 man in the Senior Men's race.

Although the small squad meant that Sedbergh was unable to field scoring teams in most age categories, the afternoon provided valuable competitive experience for everyone involved. Cross-country racing demands much more than simply running fast. Judging pace, responding to changes in terrain, managing difficult conditions and learning when to push are all skills developed through regular competition.

Attention now turns to the first round of the English Schools Cross Country Cup on Wednesday, when four Sedbergh teams of six runners will travel to Penrith. With team qualification at stake, it promises to be another exciting afternoon of racing as the cross-country season gathers momentum.

EST. 1525

Sedbergh

SCHOOL

Admissions@sedberghschool.org
015396 20535

WWW.SEDBERGHSCHOOL.ORG