



Sedbergh  
SCHOOL

# SPORTS REPORT

07 - 13 September 2026

# SPORTS RESULTS

## Colours

George M: Running Colours and Headmasters Colours: England international vest 12 months ago, is a regularly outstanding competitor for the school and a great role model for the rest of the runners in the team.

Lucia C: Running Colours and Headmasters Colours: Multiple Scotland vests and now an international medallist.

## Special Mention

Lucia C: Bronze medal in Under 18 Women's race at Junior Home International in Northern Ireland, as well as a team gold.



## **Rugby**

### **Boys U18C v Lancaster RGS (A) Won 31-0**

A good start to the season for the 3rds who travelled to Lancaster with a large squad. After a close first half, scrum half Maxwell made a huge impact from the bench creating one try and scoring another. Lancaster eventually tired and the 3rds took full advantage to run out comfortable winners.

### **Boys U16A v Rodillian Academy (H) Won 50-0**

Sedbergh A1 began their season with a convincing 50–0 victory over Rodillian U16/17. Sedbergh had to work hard for their opening score, showing excellent patience and composure in attack before eventually creating an opportunity to cross the line. The same pattern continued throughout the first half, with Sedbergh building pressure through multiple phases and making good decisions to move the ball into space. Their persistence was rewarded as they continued to build their advantage and went into half-time with a convincing lead.

The second half saw Sedbergh increase the tempo considerably. Sedbergh moved the ball into space quickly and created a number of opportunities, with Sedbergh adding to their score throughout the half.

There were strong performances across the team, with James H and Ted M standing out for their exceptional work rate in both attack and defence. Their willingness to continually reload, support teammates and make defensive efforts set a strong standard for the group.

A positive start to the season for Sedbergh A1, who will now turn their attention to their next challenge against Prince Henry GS.

### **Boys U16B v Lancaster RGD (A) Won 31-19**

A good first outing for the under 16B team against a competitive Lancaster Grammar school side. In the first half there were lots of errors from both teams, and Lancaster capitalised to go two scores ahead, one through an interception try.

Sedbergh responded as half time approached with a well worked try involving both the forwards and the backs, going into halftime 14-5 down. We made a number of changes at halftime, and the team responded well to the advice given scoring three tries early in the second-half. Lancaster looked to fight their way back into the game, but there was some excellent defence from the Sedbergh boys, and in particular Nick, Rocco and Lucas. Finn M, Milo and Joe carried the ball well, and our scrum half Finn D linked well with the backs to exploit the gaps in the Lancaster defence.

Harry scored an excellent opportunistic try from a kick off showing great anticipation, and we ran out 31-19 winners at full time. Lots of positives to take from the first game of the season, ready for our next match against Dame Allan's School.

### **Boys B1 v Rodillian (H) Won 48-10**

B1 opened their season with an encouraging, albeit at times scrappy, performance against a spirited Rodillian side. Given the privilege of playing on Busk 1 the intention was to play with width, a plan that came to fruition with two early scores on the right wing for Senna. The side started to play with good structure and scored 4 tries in each half, split evenly between the backs and forwards.



### **Boys U14A v Rodillian Academy (H) Drew 12-12**

The first game of the season is always exciting for any squad but even more so for the Colts C as they represent the SSFC for the first time as members of the Senior School. This fixture took place after the squad had completed only three training sessions, but we are never afraid of a challenge.

The squad start brightly with strong carries and defence work right across the group. Edward M scores the first try of the 2026-27 season for the to make the score 5-0 after 15 minutes. This was quickly followed up by a try from Benji S and conversion from Seb H.

The second half saw the visiting team come more into the game and their strong running and rugby league background severed up a great challenge to the team. The visitors scored two second d half try's to leave the game drawn at 12-12 at the final whistle. This was a superb first putting with lots of positives for this young and developing side. The boys and coaches will take a lot from the experience and build on it into the season.

### **Boys U18A v Denstone College (A) Won 49-7**

Sedbergh's 1st XV continued their season with a 49-7 victory over Denstone College, but the afternoon was ultimately defined by the significant improvement in performance from the first half to the second.

The opening 35 minutes proved a frustrating and disjointed affair. A combination of penalties, handling errors and stoppages prevented Sedbergh from establishing any sustained rhythm or building pressure through multiple phases. There were positive moments, particularly in the physical exchanges, but a lack of accuracy meant opportunities were regularly lost before they could be converted into points.

As a result, Sedbergh went into half-time with a narrow 7-0 lead, knowing that considerably more accuracy and discipline would be required after the break.

The second half was a completely different story.

Sedbergh returned with far greater clarity and purpose, beginning to play within a much more structured attacking shape. Improved skill execution and decision-making allowed the team to generate quicker ball, while greater accuracy around the contact area provided the platform to play with significantly more tempo.

Most pleasing was the way Sedbergh began to recognise and exploit space. Rather than forcing opportunities, the side showed patience through their shape, earning the right to move the ball before being clinical when opportunities appeared on the edge.

With momentum building, the pressure became increasingly difficult for Denstone to contain. Sedbergh continued to convert opportunities, producing a dominant second-half performance to eventually secure a 49-7 victory.

While the final scoreline was pleasing, the greatest positive was the response after half-time. Moving from a fragmented opening period to a composed, accurate and increasingly clinical second half demonstrated the ability of the group to recognise problems, adapt and find solutions within the game.

There remains plenty to improve as the season develops, with a stern test of Clifton away on Sunday.

### **Boys U18C v Denstone College (A) Won 14-5**

The 3rds produced a fantastic performance at Denstone where for most of the game they were under tremendous pressure. The back row of Broadhurst, Massey- Ford and Rowley were outstanding repelling wave after wave of Denstone attacks. Discipline was a major issue with the 3rds stacking up a high penalty count. Eventually though with the last play of the game the 3rds broke down the right hand side of the pitch and Jackson scored in the corner to secure the win.

### **Boys U18D v Denstone College (A) Won 19-12**

Sedbergh's 4th XV secured a hard-fought 19-12 victory over a physical Denstone 3rd XV in a tightly contested encounter

From the outset, Denstone demonstrated the strength of their pack, carrying with real physicality and making life difficult for the Sedbergh forwards. Sedbergh were nevertheless able to disrupt their opponents effectively at set-piece, with a number of important lineout steals providing valuable possession and relieving pressure at key moments.

In the backs, Sedbergh possessed the greater attacking threat and looked capable of causing Denstone problems whenever they were able to create space. Charlie H at scrum-half and Will T at fly-half stood out for Sedbergh, providing energy and attacking intent from the half-back positions. Their ability to move the ball and exploit opportunities was a key feature of Sedbergh's attacking play.

However, a number of handling errors and lapses in execution prevented Sedbergh from turning their superiority into the number of tries their attacking play arguably deserved. The eventual victory owed more to moments of individual brilliance than to a sustained, cohesive attacking performance. Nevertheless, there were plenty of encouraging signs. Most impressive was the team's resilience without the ball. Against a Denstone side containing several considerably bigger players, Sedbergh defended with real grit and determination, repeatedly holding their line and refusing to be overwhelmed by the physical challenge.

While there is clearly work to do in developing greater cohesion and accuracy in attack, the performance demonstrated considerable potential. The ability to compete physically, disrupt Denstone's set-piece and defend resolutely against a powerful opposition provides an excellent foundation on which this group can build.

A deserved 19-12 victory and, importantly, a performance that showed plenty of character.

### **B1 v Denstone (H) Won 45-7**

B1 had their second run out on Busk 1 in a week and took significant steps forward in terms of structure and ball retention against a reasonable Denstone outfit. Early scores from Ben Rees-Gay and Adam Horncastle suggested that it might be one way traffic, but ill-discipline and too many penalties enabled Denstone to come back strongly and force us to produce some strong defensive sets. With 5 minutes to go in the first half we won a penalty on our own line and moved the ball wide quickly which resulted in Horncastle going in from distance to complete a great team try.

Denstone started the second half strongly and got on the score board but B1 responded positively and scored 4 further tries, with Ben Rees-Gay and Frankie Hogarth also bagging a brace each.

### **Boys U15B v Denstone College (H) Won 50-0**

A pleasing first match of the season for B2. They started well and were a dominant force in the 1st half which they finished with a 40 point lead. Credit to Denstone who started the 2nd half well forcing us to defend well, before we wrestled back control and scored some really good long range tries. A really good team effort with everyone doing their job and contributing.

Special mention to James for his hat trick running some great lines.

### **Boys U14A v Denstone College (H) Won 50-5**

The C1 squad took to the field for the second time in a week and after lots of positives from their first fixture. They had the opportunity to add some more facets to their game and understand the game plan / principles of play for the season. This was immediately evident from how the team started the game. The whole group looked full of confidence and scored several tries across the course of the first half.

The second half followed a similar pattern but the coaching team challenged the boys with a variety of positional changes and numerous conditions on their game plan. The whole group took on these constraints and showed they are a very coachable and bright group of rugby players. While tougher tests will follow the group have set a high marker for the coming months and years ahead.

### **Boys U14B v Denstone College (H) Won 50-0**

It was a great start to the season with the C2 side working well as a team after only four training sessions. The attack was particularly standout with Forest Rowley leading at 10; Dallas, scoring 3 tries from the fullback position, put in some outstanding runs. Ben tallied 5 conversions with poise.

Denstone defended well in the second half and challenged our defensive structure. James was the stand-out player on a C2 side that shows real promise for the season.

## **Hockey**

### **Girls U18A Triangular v Longridge Ladies HC & Kirkby Stephen HC (H)**

On Wednesday evening, the 1st XI took part in two valuable fixtures against Kirkby Stephen Hockey Club and Longridge Ladies Hockey Club, providing an excellent opportunity to continue building momentum following a productive pre-season programme.

The opening match against Kirkby Stephen was a competitive contest in which several players switched teams across different quarters. This proved to be an invaluable learning experience, allowing a larger squad to gain meaningful pitch time while giving the coaching staff the opportunity to explore a variety of combinations and partnerships across the field. The flexibility shown by the players and their willingness to adapt to different roles and teammates provided important insights as preparations continue for the season ahead.

The second fixture against Longridge Ladies was noticeably more settled, with the group demonstrating a clearer understanding of their individual responsibilities and the collective game plan. As a result, the connections throughout the team were significantly stronger, enabling the ball to move effectively through the pitch and creating a number of promising attacking opportunities. Particularly pleasing was the improvement in our man-to-man defensive structure, with players showing greater discipline, communication and commitment to their defensive duties.

The girls were rewarded for their performance with a well-deserved 2-0 victory. More importantly, however, the evening highlighted the considerable progress that has been made during pre-season. There was clear evidence of the hard work undertaken in recent weeks, with the squad demonstrating greater cohesion, understanding and confidence in both possession and defence. Overall, it was a highly encouraging evening and one in which the players successfully embedded many of the key principles and behaviours that have been a central focus of our pre-season preparations.



## Girls U18A v RGS Newcastle (H) Lost 4-2

Independent Schools Hockey Cup | Sedbergh School vs RGS Newcastle

On Saturday, the 1st XI travelled to face RGS Newcastle in the opening round of the Independent Schools Hockey Cup. With a long-standing history of fiercely contested encounters between the two schools, the stage was set for another high-quality and closely fought match, and the game certainly lived up to expectations.

Sedbergh settled quickly and made an encouraging start, moving the ball with pace and purpose while using the full width of the pitch to stretch the opposition. The girls showed real intent in possession, looking to penetrate the RGS defence at every opportunity. Their positive approach was rewarded when a high turnover deep inside the RGS 23 led to Evans calmly rounding the goalkeeper and finishing confidently to give Sedbergh an early lead.

Unfortunately, the advantage was short-lived, with RGS drawing level just minutes later. A brief lapse in defensive organisation allowed their England international midfielder a small pocket of space inside the circle, and she finished clinically to restore parity.

The remainder of the first half was played at an exceptionally high standard, with both sides creating opportunities and competing fiercely across the pitch. The midfield battle was particularly impressive, with Cosgrave, Neesham, Vincent and Keune providing an outstanding platform for Sedbergh's attacking play through their work rate, composure and defensive contributions. Despite much of the play being evenly shared, RGS edged ahead before the break when their influential midfielder once again found space at the top of the circle and finished accurately into the bottom corner.

Sedbergh responded superbly after half-time. Determined and composed, they immediately put RGS under pressure and were rewarded when Jones finished off an excellent attacking move to level the scores once more. What followed was a captivating spell of hockey, with both teams continuing to attack despite the physical demands of the contest. Chances came at both ends, and it felt as though a single moment could decide the outcome.

Frustratingly for Sedbergh, that decisive moment fell RGS's way. Their standout midfielder completed her hat-trick before adding a fourth goal later in the game to give the visitors a crucial advantage. To the credit of the Sedbergh players, heads never dropped. Chasing the game in the closing stages, they courageously committed to playing with eleven outfield players for the final six minutes. The tactical gamble created sustained pressure, with Sedbergh winning possession high up the pitch and forcing several entries into the attacking circle. However, they were unable to find a way past a resilient and well-organised RGS defence.

While the result ultimately did not fall Sedbergh's way, there were numerous positives to take from an excellent performance against strong opposition. The team's structure, defensive discipline and understanding of individual responsibilities represented a significant step forward from earlier performances. Equally pleasing was the quality of communication, resilience and positive mindset shown throughout the match.

Although disappointed to exit the competition, the girls can take great confidence from a display that demonstrated just how much progress has been made during the pre-season period. The foundations are firmly in place, and if this performance is anything to go by, there is plenty to look forward to as the season develops.

### **Girls U18B v RGS Newcastle (H) Won 4-2**

A brilliant team performance saw the girls come away with a 4-2 win against RGS Newcastle. Bella Stodard and Izzy Holland both scored twice, with the team working hard in both attack and defence. 2-2 at half time was a fair result, the girls kept their composure throughout the second half and finished the match strongly with two unanswered goals, a great result to start the year.

### **Girls U15A v RGS Newcastle (A) Lost 2-8**

The U15A girls hockey team travelled to RGS Newcastle on Saturday 12th September for their first match of the season. It was a tough start for them with the first half resulting in a 5-0 loss, however spirits were still high pushing into the second half. Two excellent goals were scored by S Whitehead with the help from the supporting forwards, with the second half being much stronger than the first. Despite resulting in a 8-2 loss, all of the girls battled hard in a difficult first match, but should all be proud of their efforts and teamwork. Much to improve on throughout the season.

### **Girls U15B v RGS Newcastle (A) Won 3-0**

On Saturday the 12th of September the U15B team travelled to Newcastle to take on RGS Newcastle's U15B team. Sedbergh started the match with lots of great attacking play and many shots at goal. Around 10 minutes into the first half the ball fell to T MacDonald on the edge of D, T MacDonald's stunning hit of the ball landed in the back of the goal and it was 1-0 to Sedbergh. The game was going Sedbergh's way and 5 minutes after the first goal, the ball was slipped into the goal again, this time by A Haywood making the score 2-0 at the end of the first half. The second half started much the same, with amazing distribution from I Gladstone at centre midfield to the wingers, creating many chances. Deep into the second half E Whalley was able to cross the ball across to E Lorimer, who slipped it into the goal to make it 3-0 to Sedbergh. This was an excellent win for Sedbergh's U15B team with lots of positives to take away from this match and we look forward to them playing again soon!

### **Girls U14A v RGS Newcastle (A) Lost 7-0**

A tough first game for the U15A against a strong RGS Newcastle side. Sedbergh did well to move the ball around and showed plenty of positive moments. However, RGS Newcastle's strong attack and defence proved too much for us. There were lots of good things to take from the game, but also plenty to learn from as we look to improve in our next match.

### **Girls U14B v RGS Newcastle (A) Lost 2-0**

A great effort from our U14 B team against RGS Newcastle, with the girls showing plenty of determination, teamwork and commitment throughout the game, despite coming up against a strong opposition

Olivia S had an excellent game in goal, making some impressive saves to keep the game in contention and giving the team confidence at the back. The defensive unit also worked hard to put pressure on RGS Newcastle and limit their opportunities, while the team continued to look for chances to move the ball forward and create attacking opportunities of their own. Despite their efforts RGS Newcastle finished the game 2-0. Nevertheless, there was plenty to take away from the game, especially their teamwork and resilience.

A great effort from the team, with special recognition for Olivia S and Anna F receiving player of the match, for some excellent performances.



## Running

**Hoad Hill 5K Road Race – Wednesday 9th September 2026**

**British & Irish Junior International Mountain Running Championships – Saturday 12th September 2026**

Sedbergh running began the new school year in impressive fashion, with success ranging from the roads of Ulverston to the mountains of Northern Ireland.

The standout performance came on Saturday 12th September from Lucia C (11R), who once again pulled on the Scotland vest at the British & Irish Junior International Mountain Running Championships in Donard Forest, Newcastle, County Down. Competing in the U18 Women's race against some of the best young mountain runners from across Britain and Ireland, Lucia produced a superb performance to claim the individual bronze medal.

This was Lucia's second consecutive appearance for Scotland at these championships, having made her international debut last year. Twelve months on, she returned a stronger and more experienced athlete and demonstrated that progress with a place on the podium. Her performance also helped Scotland win the U18 Women's team competition and contributed to Scotland claiming the overall British & Irish team title. Lucia's achievements are all the more remarkable given that she is still only 15 years old, competing in the U18 age category. It was a tremendous performance and an outstanding way to begin the new season.

Three days earlier, on Wednesday 9th September, a combined team of twenty runners from Sedbergh School and Sedbergh Prep had travelled to Ulverston for the Hoad Hill Harriers 5K Road Race. On a mild September evening, staff and pupils lined up together at 18:45 in a large field of more than 400 runners before setting off around the flat and fast course on the back roads of Ulverston.

At the sharp end, Hugo B (13SH) and George M (12H) demonstrated the quality in the current Sedbergh squad. Hugo produced a scintillating 15:48 to finish third overall, with George just five seconds behind in 15:53 to take fourth. Two Sedbergh pupils inside 16 minutes for 5K was an excellent start to their seasons.

There was more success in the women's race. Juliet P-L (13L) ran strongly throughout to finish in 18:23 and take first place, earning £50 in prize vouchers for her evening's work. Perhaps equally encouraging was the strength of the younger runners. Will G (8W) was the third Sedbergh pupil home in an excellent 18:10, while Maia D (8L) also produced an impressive run alongside her Senior School counterparts. Gabriella F (9C) and Archie R (9W) made excellent debuts for the Senior School team, while new Prep School pupil Ida D (7R) completed her first ever 5K, accompanied by Deputy Head Nick Goligher.

That breadth neatly captured what the evening was about. At the front of the field, established Sedbergh runners were competing for victories and podium places; further back, younger and newer members of the club were taking their first steps into competitive road racing. All were wearing the same colours and sharing the same start line.

With Lucia adding an international bronze medal and two Scottish team titles just three days later, it has been quite a start to the new term. From a first 5K to an international podium, the opening week provided a fitting illustration of the breadth and ambition of running at Sedbergh.

## Golf

### Mixed U18A v Rossall School (A) Lost 3-0

3-0. The scoreline looks fairly brutal but what a great game!!

The Sedbergh team produced an excellent performance against a seriously strong Rossall side, who arrived with three players off plus handicaps. This was always going to be a rather sizeable hill to climb but, as ever, Sedbergh were more than ready for the challenge.

Captain Hamish set the tone from the very first tee, firing his opening shot to within one yard of the pin before calmly rolling in the birdie. Game on!! Then Ramsey and Lachlan both won their opening two holes, and suddenly Sedbergh found themselves 3-0 up after just five holes. Could this be one of those famous Sedbergh sporting stories that gets talked about for years? Sadly not.

Gradually, Rossall's exceptional class began to tell. Their ball striking was quite extraordinary, they were hitting Exocets. Their accuracy and precision were phenomenal and, despite some superb resistance from Sedbergh, Rossall gradually clawed their way back into the matches.

But credit where it is due; Sedbergh fought hard. There was no capitulation and no throwing in the towel. Every match was fiercely contested, and the boys pushed three outstanding Rossall players. Rossall were ultimately deserved winners. The good news is that Sedbergh now move into the handicap competition, where they should fare extremely well.

A tough result, but plenty to be proud of and definitely one to build on. simplify this and make it really short and write me highlights in a parahgraph for assembly annoucement.



## **Equestrian**

### **National Schools Qualifier at South View, Cheshire**

What a fantastic weekend for our Senior and Prep School equestrian team at the National Schools Qualifier at South View, Cheshire!

Six riders and nine horses travelled down to South View for both Saturday and Sunday, with the horses staying overnight. It was a huge team effort, with everyone supporting and encouraging one another throughout the weekend, led by our Co-Captain, Olivia and Vice Captain, Ava.

The team achieved a fantastic number of highly sought-after National Team and Individual qualifications, competing across heights from 70cm through to 1m10 in both Show Jumping and Jumping with Style. The team gained qualifications in the 80cm and 90cm Jumping with Style and the 80cm and 1m Show Jumping.

We also took the top individual places in every Show Jumping class from 70cm through to 1m, all of which were very fast and competitive! William took the 70cm, Eva won the 80cm, and Frankie claimed both the 90cm and 1m classes. These are exceptional results and a real testament to the talent, preparation and hard work of our riders and their horses.

We also enjoyed further success in the Saturday Jumping with Style classes, with Ava winning the 90cm and Ella taking the 1m10. William and Ella also gained individual National qualifications, with some stunning rounds and riding.

Away from the competition, the team enjoyed a lovely dinner together at a local pub on Saturday evening. It was a great opportunity to relax after a busy day and get to know some of the new faces on the team.

There was such a wonderful atmosphere from start to finish, and we are incredibly proud of the commitment, teamwork and sportsmanship shown by everyone involved. A huge well done to all our riders, horses, parents and supporters. There are always plenty of jobs to be done at an overnight show, and everyone got stuck in to help. It truly was a fantastic team effort, and we are now very much looking forward to the National Schools Championships in October.





[Admissions@sedberghschool.org](mailto:Admissions@sedberghschool.org)  
015396 20535

[WWW.SEDBERGHSCHOOL.ORG](http://WWW.SEDBERGHSCHOOL.ORG)

