



Sedbergh
SCHOOL

SPORTS REPORT

08 September - 14 September 2025

SPORTS RESULTS

Running

British & Irish Junior Mountain Running Championships

Lucia C (10R), representing Scotland, and George M (11H), representing England, made their international debuts at the British & Irish Junior Mountain Running Championships in Caernarfon. It was a historic day for Sedbergh School, with two athletes lining up in the same race for different nations – a feat rarely, if ever, achieved before.

The setting was as low-key as it was dramatic. From the tiny hamlet of Upper Llandwrog, where sheep outnumbered spectators, the best junior mountain runners from across the five home nations gathered to contest national honours. With only four athletes per team, the fields were small but packed with quality.

The U17 race set off under cool skies and threatening storm clouds. From the roadside climb, past a disused quarry and through narrow sheep fields, the 6.5km course demanded strength, pacing and resilience rather than mountain craft. Both Sedbergh runners passed the first viewing point mid-pack and looking focused.

George ran strongly throughout, committing fully to finish 16th, helping England to silver in the team standings behind a victorious Scotland. Lucia delivered the performance of her life, storming home in third place against older competition, an achievement made even more impressive as she is still a year young at this level. Her efforts helped Scotland claim team silver behind England.

Both athletes were delighted with their runs. “I couldn’t have given any more,” George reflected afterwards, while Lucia was thrilled to step onto the international podium at the first attempt. For Sedbergh, the double debut was a moment of pride and inspiration. With the English Schools Fell Running Championships coming to Sedbergh on Sunday 5th October, their performances will give the whole team belief and momentum heading into the next challenges.



Running

Hoad Hill Monument 5km Road Race

On a storm-lashed evening in Ulverston, twenty members of Sedbergh School Running Club braved the elements to contest the Hoad Hill Harriers Monument 5k. What is usually a friendly, fast road race was turned into a test of nerve and resilience as rain poured down and gusting winds threatened to knock runners off balance. With puddles merging into pot-holes along the flat but treacherous course, careful footwork became as important as speed.

Eighteen pupils were joined by staff runners Mr Wells and Mr Goligher, the Sedbergh contingent standing out as one of the largest club entries of the night. Teamwork was evident as Sedbergh athletes worked together to shelter from the wind, showing both tactical nous and camaraderie.

There were standout performances across the board. Hugo B (12Sc) stormed to 3rd place overall in 16:29, also taking the prize for 1st U18 Man. Making her debut, Juliet P-L (12L) impressed with 19:45 to finish 4th lady and claim 1st U18 Lady, while Julia F (11L) took the 1st U16 Girl prize. Team Captain Fleur H (12L) produced a strong run that helped secure the Ladies' Team prize for Sedbergh. Among the staff, Mr Wells battled the conditions to win the V55 category.

Beyond the individual prizes, the night was about more than times and placings. For new runners like Juliet, Tilda E (12L) and Bertie C (12L), it was an introduction to racing in Sedbergh colours, while for the squad as a whole it was a welcome chance to reconnect after the summer break. The race also served as the perfect season opener ahead of the Northern Relays in Leigh Valley Park later this month.

Despite the wild weather, Sedbergh left Ulverston with trophies, new recruits, and a renewed sense of momentum. If this was the marker for the season ahead, there is plenty to look forward to.

Football

Boys U14A v Settlebeck School (H) Won 7-0

The Year 9s progressed comfortably into the next round of the County Cup, with a dominant display against our closest neighbours.

Attacking down 'the hill' at Lupton Field, Sedbergh opened the scoring with a well taken goal from Stephenson after 10 mins. This saw a period of constant pressure where we raced into a five goal lead at half time, with further strikes from Firth, Norris, Horncastle and Stephenson doubling his personal tally.

With a plethora of substitutions, and the hill to contend with, the second half was more evenly contested. However, Dawson and Griffin-Booth deservedly increased the lead to 7, by the final whistle.

MoM - H Coke - a captain's performance, in the heart of midfield



Netball

Girls U18B v Rossall School (H) Won 25-10

This week I was proud and genuinely excited to begin the season coaching the Senior 2nds in the first round of the 'Sisters n Sport' Competition. It was made even more special to be working with several players I have coached previously - the squad were enthusiastic, energetic, and unified throughout.

A measured start saw Sedbergh edge ahead 6-4 at the first break, built on clear communication, confident possession, and relentless work-rate. In the second quarter the team found their rhythm and gelled superbly: passing was crisper, chances were taken, and sustained pressure on the opposition saw the team extend the lead to 15-4 at half-time. The third quarter brought the expected early-season wobble as tired legs and less favourable rotations tested our composure. Credit to the squad's resilience, digging in and managing the game intelligently to maintain control and move the score to 18-7.

With momentum restored, the final quarter saw Sedbergh pull away decisively to seal a deserved victory.

Standout performances included Eleanor H, who had a storming second and third quarter and finished as Top Interceptor, Players' Player, and the Opposition's Player of the Match. In centre court, Fran provided calm authority, linking attack and defence, and dictating tempo to earn Coach's Player. A special mention to Sophie, our top goal scorer, for her composure under the post.

Quarter scores: Q1 6-4 | HT 15-4 | Q3 18-7 | FT 25-10

My thanks to the entire squad for their positivity, hard work, and excellent team spirit; you were a pleasure to coach. Thanks also to our opponents and the match officials. This performance provides a strong platform for the season ahead.



Girls U16A v Harrogate Grammar School (H) Won 32-30

On Friday 12th September, the U16A netball team played the first round of the cup. The pressure was on against Harrogate Grammar School who played a highly competitive game and heavily challenged Sedbergh's side. Sedbergh did however pull away reaching double figures in the first quarter whilst HGS still in single. But by half time HGS had brought it back bringing us to equal scores. The girls rotated around new positions and combos and practiced getting used to each other in their first fixture of the year. Stand out performances from tenacious midcourters kept us in the game. Bea, Betsy and Sophie played exceptional netball and dug deep to keep going throughout the whole game. In the final half Sedbergh dug deep and put in 100% resulting in a win of 32-30. Let's bring on round 2 and hope to progress to further rounds. Congratulations to Vicky for getting OPOM and Betsy for getting CPOM. Well done girls!

Hockey

Girls U18A v Liverpool University 1 (H) Lost 3-1

The girls continued their early season preparations with a tough test against an experienced Liverpool first team. The girls matched their older opponents. The game was in the balance when Liverpool broke clear to open the scoring. Sedbergh fought back, Gresswell and Neesham put shot just past the post.

In the second half Sedbergh pressed for an equaliser, unfortunately Liverpool made the most of a stray pass to break again and double their lead. Undeterred Sedbergh fought on, and Carnochan found space in the D to fire home and bring the girls back into the game. As Sedbergh pressed for an equaliser gaps appeared further back, and Liverpool took advantage to take the game away from Sedbergh. This was a great test, and in both the number of chances created and the manor of their defence the team can take a lot into the rest of the season.

Girls U18B v Liverpool University 2nds (A) Lost 2-1

A good performance against a strong team saw Sedbergh almost snatch a draw at the end. Looking more organised as the season goes on the defence held firm against the experienced opposition only conceding two goal in the first half.

A change of shape at half time, pushing more girls forward, created some more chances and a penalty flick brought a goal back. Unfortunately a flurry of late shots couldn't find the equalizer but it was a strong performance.

Girls U18C v Liverpool University (A) Lost 5-1

This was an excellent performance for the teams first outing together, made even more satisfying given that it came against Liverpool University, a squad of experienced players.

There were several standout performances on the day, with D Fielding, N Biker, E Mannion and E Johnson-Westwood particularly impressive in their contributions. That said, every member of the team played with determination and commitment, giving their full effort from start to finish. The team displayed strong communication, worked well together, and showed promising cohesion that will only improve as the season goes on.

Overall, it was a very encouraging start and a performance the team can be proud of.

Girls U18A v RGS Newcastle (A) Won 3-0

Away in Newcastle for the second week on the trot for some of the girls. This was a great performance against our first School opposition of the year. We started brightly and the pace and power of our forward line, matched with the speed and passing capacity of the midfield was too much for Newcastle. Gresswell opened the scoring finishing a fine move. In the second quarter it was Gresswell again on the scoresheet after excellent work from Barker to turnover the ball and set an attack down the left.

Second half and Sedbergh's third goal was a glorious move. Breaking the Newcastle press from left back Neesham cut in field to find Gresswell accelerating down the right, her Crossfield pass split the RGS defence and Gresswell carried hard into the D, committing the defence in the process. She then unselfishly squared the ball to Glover who finished well.

Sedbergh might had a couple more goals, but with Cooke going the whole game with out a shot against her the girls will feel satisfied with a job well done.

Girls U18B v RGS Newcastle (A) Lost 3-2

A real game of two halves that saw a disappointing collapse in the second half due to poor game management. Two goals up at half time ,due to a dominant performance that was probably the best of the season so far, the girls should have been another couple of goals ahead and had the game killed off.

Early in the second half RGS broke away as Sedbergh over committed and got the first goal back. Not learning from that frustratingly it happened again later in the half and the game was all square. With just 30 seconds to go and Sedbergh pushing to regain the lead lightning struck from a 3rd time and the Girls found themselves behind with no time to pull a goal back. Positives can be taken from the first half and the attacking hockey on display, if we can learn from the second half it could help us grow as a team going forwards.

Sedbergh HC v Carlisle 2 (A) Won 4-2

On Saturday, Sedbergh took on Carlisle in a competitive match full of energy and determination. Carlisle struck early with a quick goal, forcing Sedbergh to react. The team responded with excellent collective play, winning a short corner that Sabie converted brilliantly to bring the score level.

Carlisle kept up the pressure and managed to regain the lead, but Sedbergh showed resilience. Matilda found the net with a well-taken goal to make it 2-2 before half-time.

In the second half, Sedbergh came out stronger and more dynamic. Their attacking play paid off with another short corner, which was finished clinically to give them a 3-2 advantage. The defence held firm, blocking Carlisle's attempts to break through and controlling the game from the back.

Betsy then capped off the performance with a superb solo effort, scoring Sedbergh's fourth and securing a 4-2 victory.

It was a well-deserved win, showing both the team's collective spirit and individual talent.

Girls U15A v RGS Newcastle (H) Lost 5-0

The U15A team played an incredibly competitive and hard-fought match against RGS Newcastle. While the final score may not have reflected the level of effort and determination shown on the pitch, every player gave their all from start to finish. The girls went into the game fully aware that it would be a challenging fixture, and despite the result not going our way, they remained committed and worked tirelessly throughout.

There were plenty of positives to take from the performance, as well as key areas to build on in training. The team is now focused on using these lessons to prepare for their next match against Dame Allan's School, determined to come back stronger

Girls U15B v RGS Newcastle (H) Won 3-2

What an exciting game of hockey displayed from our girls.

We started the game really well with winning a short corner within the first two minutes of the game, unfortunately we didn't stop the ball outside the D and took a shot on goal which we actually scored but was disallowed.

We started to make errors and RGS scored twice in very short succession. Our tackles weren't strong enough and was relying on the next person to do our job. Half time score was 0-2 to RGS. After a firm team chat by Flor and myself, our girls started the second half with a bang scoring in the first five minutes making it 2-1. Our girls increased their ball speed, tackling and moving into space creating so many chances and winning short corners on the regular. We scored another two goals making the score 3-2 to Sedbergh. That is how the game ended with a fantastic comeback victory.

I'm so proud of our girls on how resilient they were and realised what happens when we give our 110%, showing each other, anything is possible no matter what the situation/circumstance we find ourselves in.

Girls U14A v RGS Newcastle (H) Won 6-1

Saturday saw our U14A girls play their first home match of the season. The girls had a strong start, Georgie putting us 1-0 up in the first 10 minutes. RGS grew into the game and managed to equalise. An even first half was topped off by a second goal for Sedbergh, a great team goal moving the ball 70 meters in 3 passes. The Sedbergh girls flew into the second half - scoring 3 goals in 6 minutes. RGS created a couple chances of their own, Millie, Cait and Evie standing strong before Bronte scored our 6th of the day. A great step up from last week!

Girls U14B v RGS Newcastle (H) Won 3-1

The U14 girls delivered an outstanding performance in their 3-1 victory against RGS Newcastle, showcasing excellent communication and upbeat energy right from the start. Their teamwork and communication created a positive atmosphere that set the tone for the match.

All three goals were executed brilliantly, with captain B Birkbeck's strike during a short corner being a particular highlight, assisted by F Cheape, pushing it into play. However, all players made a huge impact throughout the game showing determination in both attack and defence, with everyone contributing meaningfully.

It was a complete team effort and a well-deserved win – a great display of high spirits and togetherness.



Rugby

Boys U18C v Lancaster Royal Grammar School (H) 50-7

After an even first twenty minutes with the score 7-7 the 3rds clicked into gear and broke away from RGS. The forwards in particular Garcia Tapetado, Dowson and Martin consistently broke tackles and gained ground allowing the backs to finish things off. A good start to the season by the 3rds but plenty of things to work on, with stiffer opposition ahead.

Boys U18D v Lancaster Royal Grammar School U18C (H) Won 39-0

We created our own pressure in the first half with silly errors around the breakdown resulting in a prestigious penalty count. It was hard to build any continuity when we had to keep returning the ball to the opposition. We scrambled our way through to half time 12-0 up with tries from Massey-Ford and Gijbels.

Our discipline significantly improved in the second half, and we started to show some real potential. Coulthard capitalised on the well-built series phases to power over the line and probably had the best game of his 4thXV career. Cameron stepped through minutes later for another as their defensive structure started to fall apart. Clayton had a powerful 40m individual try down the left wing bouncing several tackles and was quickly followed by contributions from Mortimer and Scarff.

A performance to build from for the season, but some very promising moments that the boys can be proud of.

Boys U16A v Sale Sharks U16 (A) Won 20-15

In the annual U16 fixture with Sale Sharks it was the Brown who took the spoils against the Academy side.

Played at Manchester Met sports ground under floodlights, the first ten minutes were all Sale, but with Sedbergh digging deep and brave in the tackle it was A1 that scored first. The hosts rallied and scored an equaliser but it was Sedbergh that ended the first half in the lead with a great score before the break.

The second half was a physical affair but some excellent transition play from defence into attack. The Brown went up 3 tries to 1, for Sale to score again to make it 15-10. A1 stepped up another gear and scored a fourth fir again Sale to get their third try.

It was the resilience to fight and hold their lead which made the game so special for the Brown. 20-15 the final score .

Boys U16B v Lancaster Royal Grammar School (H) Won 19-12

A2 defended with real commitment and determination for the majority of the game. Lancaster had most of the possession but were frustrated by the ferocity of A2's defence. A2 will be pleased that the set piece was strong, but their discipline and ball handling hampered their performance. Tries came from individual skill rather than team build-up, and there is still much to do in terms of overall performance. However, the grit they showed makes them an exciting prospect for the rest of the season.

Boys U15A v Rodillian Academy (H) Won 43-10

T: Lucas M, Jelani I, Ben B (2), Leon M A, Rorke A, Jake G

C: Francisco P H (4)

Colts B's first home game of the season was played on Buskholme 1, an honour normally reserved for a later fixture in the term but an exciting opportunity to play with width and pace and put into practice the past two and a half weeks of work since preseason began. Regrettably, the performance did not match the stage and Sedbergh made more than 30 handling errors across the game and also coughed up possession in contact a further 10 times. Whilst there were glimpses of the side's potential, a stronger opposition would have punished Sedbergh more harshly and the squad must make rapid progress if they are to compete with their upcoming opponents.

Two more positive aspects were Sedbergh's individual tackling with a number of thunderous hits made and, also, an impressive number of turnovers won at the breakdown due to effective counter rucking.

Boys U15B v Kirkbie Kendal U15A (H) Won 50-14

A simple game plan for the 1st game of the season was executed really well by the boys.

We got on the front foot early and scored points at regular intervals.

Set plays were executed well and a couple of pieces of brilliant team play resulted in an excellent length of the field try.

Boys U14A v Rodillian Academy (H) Won 31-12

The U14A team made a superb start to their Sedbergh rugby careers with a match against Rodillian Academy. The visitors arrived with an impressive win already under their belts against Woodhouse Grove earlier in the season and with a number of very athletic players.

Sedbergh started brightly and although defending for the open stages a thunderous tackle from Number 8 Jody D set the tone for the rest of the squad. A turn over from this defence saw the team move the ball quickly to the wing and a try for Monty F after an excellent chip and chase. The match followed a similar format for a lot of the first half with Sedbergh defending strong running opposition and forcing a turnover, which they then capitalised on. This saw further scores for Adam H and Haruto K. Ben R-G kicked one of the three conversions in difficult conditions to leave the score 17-0 at half time.

The second half saw Rodillian come back into the game and Sedbergh's defence fall away slightly. Something the team highlighted themselves as a work on over the next few weeks. While the visitors scored twice to make the score 17-12 it always felt as though Sedbergh were in control. A further two tries from Adam H and conversions from Ben R-G took them game away from the visitors.

The final score of 31-12 was a fair reflection of the game and showed the style of play the U14s are striving to play even in difficult conditions. The team and coaches were happy with the result but know there will be tougher tests to come.

Boys U14B v Kirkbie Kendal U14A (H) Won 32-19

A good first run out for the C2 squad against an athletic Kirkbie Kendal Under 14A's. This was the first time that many of the players had stepped on to the same pitch together, but the side impressed with some great passages of play, and some tenacious tackling in the face of some strong strike runners from the Kendal side. The team tried to minimise the number of mistakes, despite some players being in new positions, and very slippery conditions.

Towards the end of the game there were some very promising phases of play, where the team linked well between the forwards and backs, keeping the ball alive, and demonstrating excellent patience to break down a resolute defence.



Boys U18A v Denstone College (H) Won 50-12

The second week of the season saw Sedbergh host Denstone in front of a strong home crowd, and the team delivered a commanding performance to secure a 50–12 victory.

From the outset, Sedbergh imposed themselves physically and tactically, demonstrating the same high-tempo approach that had proved so effective in the opening round. The continuity in attack, combined with sharp decision-making, allowed the side to establish control early and sustain pressure throughout the contest.

What was most pleasing was the way the group transferred key learnings from the Whitgift fixture just a week earlier. Adjustments in discipline, game management, and tactical execution were clearly evident, underlining the side's growing maturity and ability to respond to challenges.

A special mention must go to O. Ashton, who made his long-awaited return to the field after 10 months out following shoulder surgery. His presence and resilience provided a timely boost and was warmly acknowledged by both teammates and supporters.

While the scoreboard reflected Sedbergh's dominance, the true value of the performance lay in the balance between ambition and control.

The group are beginning to build strong momentum, and attention now turns to next Sunday's fixture against Clifton—one of the most significant challenges in the calendar.

Boys U18C v Denstone College U18B (H) Won 35-14

3rds came across a strong physical Denstone team who started well on Busk. On the stroke of half time Martin broke off a rolling maul to score near the posts making it 14-7 at half time to the Brown. Just after the break a fantastic team try finished by Ogilvy gave the 3rds a 14 point lead which gave them the confidence to be more expansive and score a further two tries to secure a well deserved win.

Boys U16A v Denstone College (A) Won 45-17

A1 travelled down to Denstone in buoyant mood after their win over Sale Sharks in the week. Played on the 1st XV pitch at Denstone it was the hosts that started the better side and deserved their 7-0 lead after 5 minutes. However, as with the midweek game against Sale, A1 bounced back and scored two very good tries before the break, both finished well by Outside centre Carrs. Half time 12-7.

The second half was more Sedbergh in control, with five tries being scored by Ashton, Taylor, a third for Carss, Hutchinson and Barne. Fly half Keith kicking 4/5 conversions. Denstone did rally and scored two tries in the second half but mostly owing to Sedbergh mistakes.

The end score of 45-17 was pleasing though much to work on ahead of a tough week with Prince Henry's and the Clifton away next weekend.

Boys U16B v Dame Allan's U16A (A) Won 31-29

Sedbergh A2 produced a spirited performance against a strong Dame Allan's U16A side, narrowly missing out in a thrilling 31–29 contest.

The opening half was all Dame Allan's. They capitalised on Sedbergh's slow start and clinical execution saw them surge into a commanding 20-point lead. Sedbergh's task was made even harder as they lost four key players to injury before the break, disrupting both rhythm and structure.

Yet, as so often with Sedbergh rugby, the response was nothing short of remarkable. After regrouping at half-time, every player lifted their game, tackling with ferocity and attacking with real ambition. Daniel C was the standout performer, running in four outstanding tries to spearhead the comeback. His finishing and determination kept Sedbergh firmly in the contest.

The second half belonged to Sedbergh, who threw everything at their opponents. The forwards worked tirelessly at the breakdown and in the tight exchanges, while the backs showed flair and bravery to exploit gaps in the Dame Allan's defence. As the clock ticked down, Sedbergh closed the gap to just two points, and for a moment it looked as though the comeback would be complete.

Ultimately, time ran out, and Dame Allan's held on for the win. But despite the defeat, Sedbergh A2 could be immensely proud of their fightback and the character they displayed, especially in the face of adversity. It was a performance that showed heart, skill, and resilience — leaving them just a whisker short of a famous turnaround.

Boys U15A v St Mary's College, Crosby (A) Won 55-5

T: Jelani I (2), Ben B (5), Rorke A, Jake G, Teddy W

C: Francisco P H (7)

Sedbergh progressed to the second round of the Continental Tyres Schools Cup after a comprehensive victory over St Mary's, Crosby. Colts B ran in 10 tries including 5 for Ben B. Sterner tests will come.

Boys U15B v Denstone College U15A (A) Lost 0-15

A long trip to Denstone to play another B1. Sedbergh made a good start to the game and had the better of play until a penalty put us on our own 5m line and Denstone crashed over from a short lineout play. The game became scrappy and we went away from our plan which despite some flashes of good play never allowed us onto the scoreboard.

Disappointing as it was a game that was winnable which the boys realise.

Boys U14A v Denstone College (A) Won 24-14

The U14A team travelled to Denstone College on Saturday, in what proved to be a tough but fruitful excursion. The coach trip added a new challenge for the squad and initially it looked to have affected the teams cohesion from earlier in the week. The team went 7-0 down in the opening minutes which was certainly not in the script.

It was however pleasing to see the team adapt and readjust to their first experience of being behind on the scoreboard. A try from Adam H, after strong carrying and quick rucking made the score 7-5 with the conversion missed. This proved to be the spark the team needed to click into action. The shape and speed of the team began to look more and more promising with Haruto K scoring his second try in as many games. A successful conversion left the score 7-12 to Sedbergh at half time.

The second half left the team frustrated due to poor positioning and ball placement at ruck time. When accurate the team flowed and scored two outstanding length of the field tries to make the score 7-24 with 10 minutes left on the clock. Another for Adam H, his fifth in two games, and a first of the season for Edwin R-R. Ben R-G converted one of these.

The last 10 minutes saw Denstone score and convert to make it 14-24. An important period of defence followed and in fact Sedbergh were unlucky not to score at least once more. Although that was not to be, a final score of 14-24 was left the team happy with their days work. The after-match team talk highlighted the strong start the team has made but the definite areas to be focused on during training sessions this week. Overall, it has been a strong start to all the U14 boys time at Sedbergh, and they have set a high standard for themselves going forward.

Boys U14B v Denstone College (A) Won 52-5

We travelled to Staffordshire for our first away game of the season and played on a very wide pitch which tested the players ability to organise themselves in defence. The game saw some powerful breaks from James M, Charles B and Mason M, getting beyond the gain line on numerous occasions and releasing other support runners. Austin G-B, Bertie L and Bob S linked well at 9-10-12 to set the backline in motion, and Jack I finished his try with brilliant footwork. Sam S again made a number of try saving tackles to counter attacks in the wider channels. A solid performance with on-pitch communication between the players improving all the time as they get to know each other.



EST. 1525

Sedbergh

SCHOOL

Admissions@sedberghschool.org
015396 20535

WWW.SEDBERGHSCHOOL.ORG

