



Sedbergh  
SCHOOL

# SPORTS REPORT

10 November - 16 November 2025

# SPORTS RESULTS

## Rugby

### **Boys U18C v Prince Henry's Grammar School U18A (A) Won 31-7**

The 3rds conceded far too many penalties against a big physical Henry's side who played the conditions better than the Brown. No excuses the 3rds were beaten by the better team on the day on a pitch that suited their game plan.

### **Boys U18E v Kirkbie Kendal School U18A (H) Lost 10-38**

With the 4th XV having only narrowly beaten Kirkbie Kendal 1st XV it was always going to be a long shot for the 5th XV to do the same. The difference in the standard quickly became apparent with Kirby running in successive tries as our defensive line progressively broke down under pressure. We rallied briefly towards the end of the half and were able to play 10 minutes without conceding further points. Even so at half time it was nil - 33. Kirkbie substituted their five key players, and this evened out the second half somewhat, Coulthard was able to muscle over from close range to at least secure five points on the board.

With belief that we could compete slightly restored a good 10 minutes of rugby ensued, culminating Bannister scoring the best try of the game. With both sides tiring a phase of attritional play took place typified by handling errors and scrums from both teams, unfortunately we weren't able to keep a clean sheet and the game finished with Kirkbie recording another score. The boys were however able to leave the pitch proud that they had won the second half and really the only difference between them and the opposition we're a few of outstanding players who could have challenged for a place in our 2ndXV. Well done

### **Boys U14A v Prince Henry's Grammar School (A) Won 31-7**

The U14s travelled to Prince Henry's in the back of 3 defeats to Blackrock, NSB and Warwick. The performances in all games had been strong but the team came out on the wrong side of these games. The team was therefore determined to ensure their performance secured them a win they thoroughly deserved.

The team started brightly with an early try and conversion. They was followed by a prolonged period of pressure from Prince Henry's. Strong defence held them out until just before half time. A second Sedbergh try made the score 12-7 at the break.

The second half saw the Sedbergh team play some of its best rugby of the season and showed the developments made as a squad. With 20 players taking to the field and a number taking part in Cross Country it is pleasing to see this depth developing. The final score of 31-7 is a fair reflection for both teams and credit must be given to Prince Henry's for their improvement and pushing Sedbergh to play to their potential.

### **Boys U18B v Dame Allan's School U18A (H) Won 42-22**

Sedbergh started the game with real intent, opening the scoring through a well-executed set-piece move. From there, they took firm control of the match, producing several well-worked tries and building an impressive 26-point lead.

However, the momentum shifted in the final 10 minutes of the first half. Dame Allan's found their rhythm and put together some excellent passages of play, scoring three quick tries to pull themselves right back into the contest. The halftime score stood at 26-22, with Sedbergh still narrowly ahead.

The second half was a tight and gritty affair, with both sides struggling to convert their opportunities. Eventually, Sedbergh broke the deadlock by sticking to the basics and finishing another well-constructed try, swinging the momentum back in their favour. They continued to apply pressure, adding further points and taking firm control of the game.

Perhaps the most impressive aspect of the second half was Sedbergh's defence: they did not concede a single point after the break, closing out the match with discipline and composure. The final scoreline, 42-22, reflected a strong all-round performance and a particularly resilient defensive effort in the final 35 minutes.

## **Hockey**

### **Girls U18A v Manchester High School for Girls (A) Lost 1-3**

The girls suffered a difficult defeat to a tough and talented MHGS team who took their chances well while Sedbergh struggled to find the cohesion and fluidity which had been their trademark so far this year.

MHGS took the lead after 20 minutes of even play from a penalty corner. This seemed to really impact Sedbergh and as the away side confidence grew Sedbergh seemed to shrink. A second goal just before half time gave Sedbergh a mountain to climb. Although they managed to get the game back to 2-1 through an excellent strike from Glover, Sedbergh were not unified in their efforts, leaving gaps and MHGS found a third with a couple of minutes left.

### **Girls U18A v Oakham School (A) Lost 2-1**

The girls travelled down to Oakham to play a vital T1 game. With a crowd of at least 500 pupils watching under the lights the girls really were in for a battle. After the disappointment of Monday's performance the girls were determined to put in a better showing against a side that are unbeaten this year. And they really did, fast, strong and totally committed, Sedbergh were playing some very impressive hockey with the whole squad contributing. Oakham too looked dangerous and Cooke in goal had to be alert. The game changed half way through the second quarter when to the confusion of all the umpire awarded a penalty stroke to the home side. 1-0 at the break, Sedbergh were really in this and up-front Glover led the way, chasing, pressing and working tirelessly. She got her reward when a loose pass found her with one defender to beat which she did and calmly slotted home to tie the game.

Sedbergh then had more chances to go into the lead, while Cooke, Hope and Pattinson all made vital defensive contributions. Frustratingly, Sedbergh conceded from penalty corner. And despite continued pressure in the final minutes, they couldn't find another equaliser.

Overall, the girls left the pitch with their heads held high having delivered a performance that they can be proud of even if the result just went against them.

## **Netball**

### **Girls U18A v St Peter's School (A) Lost 45-42**

The 1st team travelled away to St Peter's in what is always a very closely contested match between the two sides.

St Peter's started strong and took an early lead but Sedbergh soon composed themselves and pulled some of the goals back. However some mistakes made at crucial times meant Peter's always maintained a small lead.

Half time and there was 5 goals in it and with another half to play Sedbergh were still in the contest. They started quarter 3 well and got some early turnover but Peter's were quick to react and took back control of the game. Both teams contained to apply the pressure in defence with every ball being contested.

The girls were 4 goals down going into the last one and they came out fighting, scoring 3 on the bounce to pull the game back to within 1. A lack of composure however gave Peter's 2 turnovers and although the girls tried to claw back the lead Peter's held on for the win.

A great game that was well contested by both teams. Thanks to St.Peters for hosting us.



### Girls U16A County Cup (H)

The U16A netballers had a fantastic day at the county tournament on Wednesday 12th November. The girls went unbeaten in their group, winning 4/4 matches with some extremely strong scorelines. There was some brilliant passages of play through court from Edie and Bea who helped link the defence and attack together for a smooth transition to goal. Supported by the defenders who turned over countless ball. Sophie and Poppy had some excellent games sticking man on man relentlessly and holding up the opposition to prevent them getting in the D. Some brilliant tactical play from all the defenders held together by Nicole in the circle who turned over lots of ariel ball in the D.

Going into the semi- final the girls had a lot of pressure to win the game in order to qualify for regionals. After a shaky first few minutes, the girls regrouped and brought back control with the excellence of Betsy turning over an impressive number of balls and feeding lovely balls into the depth of the attacking end which allowed for an extended lead. The girls beat Ulverston in the semi-final 15-5 to qualify for the regional round.

Finally, we faced Kirby Stephen in the final, a long standing rivalry, this was always going to be a contested game. The shooters displayed some fantastic statistics across the tournament with Ruby, Harriet and Mariella all contributing to some brilliant shooting performances, which remained consistent in the final. Sadly however, the girls fell short in the final to a strong Kirby side. Despite the scoreline, the girls should be proud of themselves for winning 5/6 games and making it to the regional round!

## **Girls U14A v The King's School, Chester (H) Lost**

The U14 A team hosted Kings Chester in the SIS Plate competition and the girls were excited for a home fixture.

The game started off strong with both teams going goal for goal in the first quarter. We had some lovely through court in attack and our defence contained to apply the pressure.

The first half the girls were in the game but the second half King's Chester took the edge and with some speed through court they start to open up a lead. Our girls contained to play their game though and despite a valiant effort from them, King's Chester proved too strong and they took the win.

Lots of learning for our girls though to take with them into training.

## **Target Sports**

### **Scottish Schools' Tour**

Last weekend our target shooting squad travelled north for a three-day tour, beginning with a shoulder-to-shoulder fixture against George Watson's College in Edinburgh. Despite facing a highly seasoned side, we saw exceptional individual displays. Year 9 shooter Wyomia produced the highest Sedbergh score of the match, surpassing even our Sixth formers - a trend which we saw through the weekend, while Kitty, Wyomia, Jack, and Jamie all made impressive debuts in their first shoulder to shoulder competitions for the school. The team showed real composure to keep the result tight against experienced opposition, though narrowly missed out on the win.

Our next stop was Glenalmond College, where we competed against both Glenalmond and Ardvreck before taking part in a friendly archery contest and a running ourselves short training camp. Sedbergh claimed victories over both schools, with Wyomia once again finishing as top shot. Strong performances and improvements from Jamie, Tobias, George, Jack, and Harry ensured that all came away from Saturday stronger shooters than when the day began, and in the archery event Kitty secured top shot honours.

On Sunday we travelled to Glasgow for a new challenge: sporter rifle and pistol, disciplines in which we had never previously competed. The squad adapted quickly, earning medals and valuable experience. Tobias took top shot in pistol, while Wyomia, Lizzy, and Freddie all collected medals in the sporter rifle category. Although we were narrowly defeated by The Glasgow Academy in our inaugural match, the team took to the challenge of a completely new discipline admirably and we are looking forward to the return match.

Overall, the tour showcased our adaptability, resilience, and a series of outstanding individual achievements. The squad represented Sedbergh with distinction, demonstrating both competitive spirit and all came away with valuable competition experience ahead of what looks to be a good year of shoulder to shoulder competition.

## **Running**

### **English Schools Cross Country Cup Regional Round (H)**

Sensational Team Performance Sees Four Sedbergh Teams Qualify for National XC Cup Finals  
Sedbergh School delivered a superb all-round display on home turf at the English Schools XC Cup – Northwest Regional Finals on Wednesday 12th November, with four of the six Sedbergh teams securing their place at the National Finals at Princethorpe College, Rugby on Saturday 6th December.

With over 400 runners from 34 schools across Cumbria, Lancashire, Merseyside and Greater Manchester descending on Sedbergh, the atmosphere around the undulating, multi-terrain course was electric. Despite days of torrential rain beforehand, conditions on the day were remarkably favourable: cool, dry, and still. Underfoot, however, was a different story. The famed Sedbergh course — expertly prepared by Groundsman Fergus Ogilvie — offered punchy climbs, fast sweeping descents, technical muddy sections, stream crossings and, of course, the ever-popular water jump, which runners of all ages attacked with enthusiasm. Several athletes emerged plastered head-to-toe in mud, a handful lost a shoe in the swamplier sections, and one brave runner even began the second lap completely barefoot.

Alongside the spectacle, more than 30 Sedbergh pupils lined the course as marshals, guiding and encouraging runners with courtesy and energy that drew praise from visiting schools. Numerous teachers and parents dotted the route too, generating a superb buzz throughout the afternoon.

#### **Junior Girls – 1st Place – Qualified**

The Junior Girls from Sedbergh Prep set the tone for the day with the most dominant team performance of the event. Maggie R (3rd) and Gabriella F (4th) worked superbly together at the front, supported by teammates who packed closely inside the top 15. It was a commanding victory and a confident statement ahead of the National Finals.

#### **Junior Boys – 4th Place**

In the most agonising finish of the day, the Junior Boys missed qualification by the narrowest of margins. Will G battled strongly to 10th, and Sedbergh's scoring runners grouped tightly in 17th, 21st and 23rd — an admirable effort, but just outside the top three teams needed to progress.

#### **Intermediate Girls – 3rd Place – Qualified**

Another standout Sedbergh story unfolded in the Intermediate Girls race. Expectations were high for Lucia C (10R), and although she spent most of the race closing down a flying Bolton School athlete, she produced a determined run to finish 2nd. Behind her, Sedbergh's relatively inexperienced supporting cast fought for every place in a large, tightly packed field: Minnie R (10C) 19th, Grace G (10L) 32nd, and Georgie T (9R) 44th. Their collective effort was enough to secure a brilliant and hard-earned qualification.

#### **Intermediate Boys – 8th Place**

The Intermediate Boys faced a gruelling 4,100m race, and the heavy ground made it a stern test for a team short on racing experience. Harri T (10Sc) led the way with a strong 17th-place finish, but the remainder of the squad, despite giving everything, sat mid-pack and could not threaten the qualification spots. A valuable learning day.

#### **Senior Girls – 2nd Place – Qualified**

The Senior Girls once again demonstrated their class with a polished and composed performance. Juliet P-L (12L) ran superbly for 5th, with Julia F (11L) (10th), Fleur H (13L) (16th), and Daisy F (12L) (19th) making up a high-quality scoring quartet. It was also a particularly pleasing run from Team Captain Fleur, who has occasionally been slow to get going in previous races. This time she was competitive from the gun, running her most complete race of the season.

### **Senior Boys – 2nd Place – Qualified**

In the final race of the day, Sedbergh's Senior Boys delivered another powerful team showing. Hugo B (12Sc) returned impressively from injury to claim 2nd place, with George M (11H) right behind in 3rd after attacking the long climbs confidently and descending with real purpose. Harry S (11S) (15th) and Henry P (12Sc) (23rd) completed the scoring team, securing a comfortable qualification.

### **A Triumph of Depth, Spirit, and Home Strength**

Remarkably, none of Sedbergh's runners won their individual race — yet four teams qualified for Nationals, matching the achievement of only one other school in the entire country, Grey Court School (Middlesex). Only three other schools managed to qualify all three girls' teams. It was not a day defined by star performers alone but by collective grit, tactical intelligence, and squad depth, all lifted by a supportive home crowd and the unmistakable energy of Sedbergh's cross-country spirit.

The stage is now set for Princethorpe College on 6th December, where Sedbergh will take on the very best schools in the country in pursuit of national honours.

### **Girls U14A v Denstone College (H) Won 6-1**

The U14A girls looked to start the new half term well in a National Plate Quarter Final against Denstone. We started exceptionally with Sasha scoring 2 early goals. Sedbergh dominated the rest of the first half but did not manage to score again. Almost a carbon copy start to the second half as Sedbergh managed to score more quick goals, this time through Florrie and Martha. Sasha managed to complete her hat-trick to put us 5-0 up. Denstone managed to slow us down and put us under pressure for the last 15 minutes, scoring a goal of their own. Bronte managed to get in on the goal scoring action to put us 6-1 up and confirm our spot in the next round. A great performance from the girls.

### **Sedbergh HC v Kirkby Stephen HC 2 (A) Won 4-3**

An intense and exciting match unfolded on Saturday afternoon as Sedbergh faced Kirkby Stephen 2.

KS struck early with a well-taken goal to take the lead, but Sedbergh reacted quickly. A perfectly executed penalty corner from Sabie brought the scores level.

Finding their rhythm, Sedbergh continued to press forward and netted a second goal, gaining confidence as the first half progressed. By the break, Sedbergh were in control with a 3-1 lead. In the second half, KS came out stronger, fighting back to score two more goals and bring the game to a tense 3-3 draw.

With just two minutes remaining, Sedbergh produced a brilliant team move to secure the winning goal, sealing a dramatic 4-3 victory and moving to the top of the league.

## **Netball**

### **Girls U18A County Finals (H) Won**

On Tuesday we hosted the U19 County Tournament, involving Sedbergh, QES, QEGS and Keswick. The format was played where by everyone played in a round robin and the top 2 teams will go through to the regional Round.

The girls started strong with a win over QEGS, playing with some good consistency and fluency through the court.

The second match against QES the girls continued to build, taking another win with the girls really showing the connections they have been working on.

The final game the girls focus was on being more clinical to goal, which they achieved with great success and the help of the defensive pressure to turn over ball.

After the 3 matches the girls came 1st, putting them through to the regional round along with runners up QES. Well done girls.

### **Girls U16A v Yarm School (A) Lost**

On Friday 7 November, The U16A netball team played the second round of the cup the pressure was on up against a very strong side, Yarm School. We played well throughout the match with great connections through court and successfully turned over many balls giving us more goal scoring opportunities. Unfortunately we came out with a loss but the team didn't give up and gave 100% throughout the match! Well done girls!

### **Girls U18A v Bury Grammar School (A) Won 55-41**

On Saturday the girls travelled away to Bury Grammar. We knew this would be a good match up but was a great opportunity for us to put into practice what we had been working on in training. We played 6x8 minutes which gave us chance to try out a range of different combinations.

After the first 2 rounds the score was pretty close with both teams making minimal errors and taking ball to goal. The 3rd round we stepped up our defensive pressure and started to turn over ball that our shooters converted into goals. This opened up a lead.

A few changes and some newer combinations in the next two saw our error count increase and Bury made us work for every goal. But the girls dug deep and continued to work hard and look after ball giving us a 10 goal lead going into the last 8 minutes. A flurry of goals towards the end saw the girls win 55-41, a great game for all the girls gaining some good court time and chance to see what work ons we can take into next week and build upon the connections growing. A great game against Bury who made us work hard for every goal and pushed us all the way.

Well done to Sonia for OPOM.

## **Basketball**

### **Boys U18A v Lancaster RGS (H) Won 43-38**

After the first quarter where we ended up with a healthy lead, it looked as if Sedbergh would romp away with an easy win. But in the second quarter that all changed. Lancaster changed their tactics and went on a scoring spree to almost completely dominate proceedings. At half time Sedbergh held a small lead 26-24, by the end of the 3rd quarter we were tied 32-32.

In the final quarter our captain Lucien D (filling in for Will M who was ill) turned on the glam and started playing some great passes. Nikolas F was strong and slotted a few points, Tom D was great under pressure, and Paul O slotted a superb 3 pointer to help the scoreboard tick over. But it was the man of the match Robin P who was instrumental to our win; He scored crucial points when it mattered, defended superbly reclaiming the ball against opponents far taller than him, and his dribbling was exceptional. The team did enough to pull away from our determined opposition and take a deserved win against a strong Lancaster team.

## **Running**

### **British Athletics Cross Challenge Series – Round 1, Cardiff**

The opening round of the British Athletics Cross Challenge Series, held at Llandaff Fields in Cardiff, marked the first major national test of the cross-country season. As the UK's premier XC series, it brings together the strongest athletes from across the country — and often, from overseas — to compete at the highest level.

Representing Sedbergh were Lucia C (10R) and Ben Harrison, who made the long trip south while the rest of the school team prepared for the English Schools XC Cup Regional Championships in Sedbergh later in the week.

In the U15 Girls race, Lucia once again showed her trademark consistency and composure. Against a fiercely competitive field of national-level athletes, she ran with intelligence and strength, working her way steadily through the pack to finish an outstanding 7th place. It was another assured performance from an athlete who continues to impress wherever she races. In the Senior Men's race, Sedbergh's Athlete in Residence Ben Harrison found himself lining up against an elite international field.

With three Kenyan athletes taking the top spots, the race was of the highest calibre. Ben started assertively, endured a challenging middle section, but finished strongly to claim 39th place — a solid result and valuable early-season test.

The British Cross Challenge Series continues with Round 2 in Liverpool on 22nd November, before moving to London (7th February 2026) and Nottingham (7th March 2026) — each providing world-class competition and opportunities for Sedbergh's runners to test themselves on the national stage.



EST. 1525

# Sedbergh

---

SCHOOL

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

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

