



Sedburgh
SCHOOL

SPORTS REPORT

19 January - 25 January 2026

SPORTS RESULTS

Hockey

Boys U18A v Barnard Castle (A) Won 5-1

The 1st team boys were away to Barnard for their first game of the term, a knockout cup game. The boys started strong and put early pressure on Barnard Castle. Matthew, George and Freddie G-S each managed to score in the first half. The second half was more of the same from the Sedbergh boys, making loads of chances. Freddie H and Hamish managed to bag a goal each after Barnard showed some intent scoring their goal. A good stepping stone for the fixtures coming up.

Sedbergh HC v Carlisle 3 (A) Won 10-0

Sedbergh put on a brilliant display against Carlisle, scoring ten goals in a dominant performance. Even with a few new international players coming into the side over Exeat weekend, the team clicked straight away. Sedbergh were in control from start to finish, dominating possession and setting the pace throughout the game. A really impressive performance and a clear statement of intent.

Girls U16A v Stonyhurst College (H) Won 22-13

It was a great start to the netball season for our U16A girls. They had a very dominant game displaying high levels of tenacity and determination. The game was closely contested throughout but the countless intercepts from the defensive end of court contributed significantly to the final scoreline of 22-13.

The shooters played well, putting up numerous shots with high accuracy and attempting different forms of circle play. The feeders adapted well to the different shooting rotations and the through-court attack leading from the defensive end was clinical to the team's success. Congratulations girls on a brilliant first game.

Netball

Girls U18B v Lancaster Royal Grammar School (H) Won 35-19

Sedbergh's 2nd team delivered a composed and disciplined performance to secure a convincing 35-19 home victory over LRGS in a physical and unpredictable contest. The opening quarter was played at a frantic pace, with momentum shifting frequently and emotions running high. Despite struggling to settle into their usual rhythm, Sedbergh showed focus and determination to edge ahead 10-5. LRGS responded strongly in the second quarter, applying sustained pressure to reduce the deficit to three goals at half time (12-9).

Sedbergh began to assert greater control in the third quarter, maintaining possession and converting key opportunities to extend their lead to 21-15. Defensive efforts from Darcie, Player of the Match Eleanor and Imo were instrumental in limiting LRGS's scoring chances and halting their momentum.

The final quarter showcased Sedbergh's experience, fitness, and familiarity with their own game. With increased composure and patience, they dictated the tempo and dominated possession, scoring 14 goals to LRGS's 4 to close out the match. Eleanor's defensive work continued to deny LRGS opportunities at goal, while Daisy and Sophie's precise ball placement allowed shooters Martha and Coaches' Player Alice to capitalise consistently.

Elsie-May and Imo, stepping up from the 3rd team, impressed with their determination, reliability, and composure under pressure.

An excellent team performance and a well-earned victory for the Sedbergh 2nd team, backed by fantastic support from peers and family.

Player of the Match - Eleanor H

Players' Player - Darcy G

Coaches' Player - Alice E

Girls U18C v Lancaster Royal Grammar School (H) Lost 22-14

A tough match for the 3rds, against a solid LRGS second team.

Superb commitment was demonstrated from the squad with considerable skill shown across the court. Speed and accuracy from Myla and Chloe plus outstanding defence from Harriet, Stella, Robyn and Mabel made this a great game to watch.

It was lively to see so many senior girls representing the school.

POM Stella

CPOM Elsie B

Rugby

Boys U17A v Stonyhurst College (A) Won 24-5

Sedbergh's JBS side produced an outstanding performance on Wednesday, securing a deserved 24-5 victory over Stonyhurst in what was a highly physical contest played in challenging weather conditions.

With this group very much focused on taking the next step in their development, the fixture provided an excellent benchmark. Facing a strong Stonyhurst team that included several U18 players preparing for their Lancashire Cup Final the following week, Sedbergh rose impressively to the occasion. Despite difficult conditions, the attacking flow and cohesion were significantly improved. The boys demonstrated patience, clarity, and ambition with ball in hand, creating space effectively and finishing opportunities with confidence.

The quality of decision-making and support play was particularly pleasing, allowing Sedbergh to consistently build pressure and convert it into points.

Defensively, the performance was exceptional. The mindset and physicality shown in the collision area set the tone from the outset, with players repeatedly fronting up against a larger and more experienced opposition. Line speed, tackle dominance, and collective work rate were all outstanding, ensuring Stonyhurst were given very little time or space throughout the contest.

This was a hugely encouraging display from a young squad, highlighting the progress being made both individually and collectively. Performances of this nature provide a strong foundation as the group continues to grow in confidence and cohesion.

With plenty more rugby still to come, this result represents an important step forward in the development of this exciting JBS squad.

Badminton

Mixed U18A v Stonyhurst College (H) Lost 13-17

The badminton fixture started very even with the first round of doubles being shared 2-2. The top seed doubles saw Will & Nick fight for a 22-20 win in a very impressive game of badminton.

Stonyhurst proved a very strong opponent and took the second round of doubles 3-1 giving them a 5-3 lead before moving to the singles. After two rounds of competitive singles matches, Stonyhurst took the win with 13-7 match wins.

Basketball

Boys U18A v Stonyhurst College (H) Won 44-14

1st quarter

The boys set up well, put in a strong defensive effort, and got into the game, scoring and holding the away team to just 8 points. With great defensive efforts from Lucian, Will and Nico. The team was then rotated with around 2 minutes left in the quarter, bringing in Ludwig for Robin to focus on defensive rebounding.

2nd quarter

The same intensity remained on the defensive end, keeping Stonyhurst scoreless in the second quarter. Sasha was brought on to help spread the floor and handle the ball. More emphasis was placed on turning defensive efforts into points on the offensive end, getting the boys to send players to their weaker hand to help prevent them from getting into the paint, stealing the ball, and then getting easy fast-break lay-ups. Outside shooting was remarkable from Nico, starting this quarter with a massive 3-point bomb, shooting 1/2 in this quarter.

3rd quarter

Starters were brought back on to deliver the final blow and push the boys over the line to seal the victory. This seemed to annoy the Stonyhurst boys, who started fouling more frequently, and some shoving broke out on both sides. The ref was also addressed with some rather colourful language. The opposing coach came and apologised, and made the child say sorry as well. Scoring-wise, the boys moved the ball very well, creating some great scoring opportunities with their passing; however, they frequently missed lay-ups at the end of the play. The defensive effort was also high, holding their opponents to just 3 points in the 3rd. Notably, Lucian had a great quarter, leading the team in steals and sealing the quarter with a great buzzer-beating layup.

4th quarter

The starters came off, and the bench came on for extra minutes, all except Will, who was kept on the court for composure. He led from the front, bringing the ball up the court and finding his teammates well. He was later subbed in for Nico, who finished with about 6 steals in the span of 4 minutes by putting pressure on passing lanes and coming up with easy steals, but struggled to finish them off. The final score was 44-14, with the Sedbergh boys dominant in their win and showing great energy from tip-off. Notable performances came from Nico, Will and Lucian, who all showed great ability and fought tooth and nail till the very end, even when the game was put to bed.

Golf

Mixed U18A v Stonyhurst College (H) Won 5-2

A January fixture is something of a rarity, but Sedbergh Golf Course was presented in immaculate condition and provided an excellent setting for the match. The team featured a healthy blend of established First Team players alongside several younger pupils making their debuts.

Captain Zach led by example with an extremely steady performance to secure our opening point. Debutants Lachlan, Hamish and Tom all rose impressively to the occasion, each recording well-earned victories in their first appearances.

Not every round goes to plan, and unfortunately Charlie and Hugo endured one of those days on the golf course we would all rather forget - an experience familiar to even the most seasoned golfers.

Player of the Match honours went to Archie, who was in scintillating form, shooting +1 through nine holes and playing some outstanding golf throughout.

Overall, it was a thoroughly enjoyable afternoon against a talented, competitive and spirited Stonyhurst side.

Running

Cumbria Schools Cross Country Championships (A)

A group of Sedbergh School runners represented the South Lakes District at the Cumbria Schools Cross Country Championships at Cartmel Racecourse. The event brought together competitors from across the county, with places at the Northern Inter-Counties Schools Championships awarded to the first sixteen finishers in each race.

The day was cool, with a biting wind and intermittent drizzle, while conditions underfoot were firm around the racecourse circuit. As is often the case at this point in the season, several selected runners were unavailable on the day, but those who did compete did so with commitment and professionalism.

Sedbergh Qualifiers

The following Sedbergh runners finished within the qualifying positions and have been selected to represent Cumbria at the Northern Inter-Counties Schools Cross Country Championships, to be held in Sedbergh on Saturday 7th February.

Senior Girls

Jemima H (13L)

Tilda E (12L)

Intermediate Girls

Minnie R (10C)

Betsy H (11L)

Junior Girls

Gabriella F (Prep)

Maggie R (Prep)

Ella C (Prep)

Minor Girls

Sophia C (Prep)

Cecily K (Prep)

Senior Boys

Hugo B (12SH)

Henry P (12SH)

Intermediate Boys

George M (11H)

Junior Boys

Harri T (9H)

Minor Boys

Will G (Prep)

Thomas S (Prep)

Xavier S (Prep)

Ellis S (Prep)

Attention now turns to Saturday 7th February, when Sedbergh School will host the Northern Inter-Counties Schools Cross Country Championships for the first time. The event will see the strongest school runners from Northumberland, Cleveland, Durham, North Yorkshire and Cumbria compete on the Sedbergh course, marking a significant occasion both for the school and for cross country running in the region.

Sedbergh's qualifiers will look forward to racing on home ground against the very best from the North of England.



EST. 1525

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