



Sedbergh
SCHOOL

SPORTS REPORT

24 February - 02 March 2025

SPORTS RESULTS

Rugby

Boys U18A v Sedbergh 7s Triangular (H) Won

In tough and slippery playing conditions under foot, Sedbergh welcomed Gosforth and Myerscough to BH1 for some early season sevens matches. Straight from the first whistle Sedbergh looked comfortable, and it was great to see all fifteen players in the extended squad contribute on both sides of the ball throughout the afternoon. Myerscough were the better of the two opposition and were very patient on the ball with some long and very valuable defensive sets for Sedbergh. Four from four wins followed as we now look forward to defending our back-to-back titles at the NOE 7s on Sunday.

Boys U16A v Woodhouse Grove School 7s (A) Plate Winners

Al Travelled to Woodhouse on the back of winning the Durham U16 7's before half term, determined to learn and grow as a team and indeed retain the cup from last year.

In a first game against St Peter's York, the momentum looked promising with four tries being scored in the first half but then a more physical second half meant a 40-21 win for the Brown.

The second group game was against a well drilled Hymers side that came out the blocks fast and at half time were 3 tries to 1 up. To make matters worse Al were down to 6 players after a yellow card. The second half was better for the Brown, outscoring Hymers 2 tries to 1 but it was Al that made too many errors and indeed took too much contact which meant a 26-19 win for Hymers.

Into the third pool game, and with something to prove after a disappointing performance against Hymers, the Brown outscored MSM five tries to none winning 27-0 and proving their worth.

The final pool game was against a physical Rodillian side that defended strongly. At half time the score was 10-7 to the Brown. A second half with more possession then led to Al taking control and finished 29-12 winners.

Owing to the fact that there were now 3 pools of 5, only the 1st placed team went through to a pool of 3 in the cup, and as Hymers were unbeaten they progressed there. Al were then up against hosts Woodhouse and QEGS in the plate pool matches, with Sedbergh drawn to play there first two games back to back.

Al played their best game of the day against Woodhouse, winning 38-7 and showed they can keep the ball out of contact when needed. A learning for Saturdays home tournament. Al's final game – which was then the Plate final against QEGS ended 28-17 to Sedbergh and whilst very tired bodies, still plenty to take from the game, as well as the Plate trophy. This weekend we host our own U16 tournament.

Played 6 games, won 5, lost 1

Scored 29 tries, conceded 13

181 points scored to 83 conceded.

7 different try scorers (McComb x10 and Lythe x8)

Boys U16A v Sedbergh 7s Tournament (H) A1 Winners of Cup competition and A2 lost in Cup Quarter Finals

A1 and A2 hosted their own U16 7's tournament on Saturday and with 25 boys involved, it was great to see the high quality of Sevens on show.

A1 were in fine form, bouncing back from a deflated Woodhouse tournament, only bringing back the Plate, witnessed a dominant display in the Group stages, just conceding one try.

A2 plying down on Riverside, caused an upset beating Kirkham A's as well as Stonyhurst A's before running out of steam and losing to Barnard Castle in their final pool game. A2 progressed to a Cup quarter final pool game against a physical GSAL side, losing by 3 tries. A final game in the quarter final pool against Rodillion was much more competitive, though the visiting A team just had too much for Sedbergh B, losing 12-7. Overall a brilliant day for captain Ramsey Souetter and his men.

A1 were full of confidence, winning their quarter final well, and took on the GSAL side that had beaten A2. The game was a physical one, but A1 held their nerve and kept the ball alive well, being patient on the ball, and went on to score 4 good team tries, before a consolation try for GSAL. Final score 28-7.

Into the final, and with a point to prove from Wednesdays Woodhouse tournament, A1 came out of the blocks in fine fashion, scoring 4 unanswered tries in the first half against a Barnard Castle side that were on their feet. A relentless second half by A1 ensured the Cup was retained with the winning score 36-0 to A1.

Next weekend, A1 travel down to Warwick in which is chance to play the southern sides in England ahead of Rosslyn Park.

Boys U15A v Barnard Castle 7s Tournament (A)

Played:5

Won:4

Lost:1

In the first 2 games were some of the best rugby the team has played all season changing the point of attack consistently placing the opposition under constant pressure we then face Barnard castle for top spot with a back and forth game Barnard castle handled the situation better and just came on top but a massively big step as a whole team in the right direction.

Hockey

Boys U18 v Merchant Taylor's School Crosby (H) Won 7-4

On Monday the 1st team Hockey boys had a National Plate knockout game against Merchant Taylor's. The start of the game hinted that this was going to be a close match up from 2 good sides. However, once settled the Sedbergh boys were unstoppable for the rest of the half. Some top quality goals put Sedbergh up 4-0 at half time. Merchant Taylor's came back strong in the second half, and the Sedbergh boys struggled to find their first half form. Finishing 7-4 to Sedbergh the boys moved through to the next round.

Boys U15A v Manchester Grammar School (H) Lost 2-0

Sedbergh and Manchester Grammar School played out an exciting and hard fought game which at points could have gone either way. Sedbergh started the stronger moving the ball well and finding space behind the MGS defence. Dunkin was in control in midfield while Gawthorpe confidently marshalled the defence.

This early dominance saw Sedbergh create a number of scoring opportunities, however, the MGS goalie was in good form.

0-0 at half time and Sedbergh were confident of pushing on for the win. Unfortunately MGS scored quickly and then sat back to defend their lead. Sedbergh tried to break this down but as they got more desperate they began to over carry and turn possession over. MGS scored again. Sedbergh pushed on a should have scored but for another top save from the Manchester keeper.

Sedbergh HC v Kirkby Stephens 3s (H) Won 6-0

Sedbergh HC delivered a fantastic performance against Kirkby Stephen 3s on Wednesday night. They started strong, with Foxton opening the scoring within the first six minutes. By halftime, Sedbergh had secured a 3-0 lead with goals from Milbourn, Harling, and Foxton. In the second half, Sorensen made an impact with two quick goals. In the final three minutes, Sedbergh earned a short corner, and Bayston sealed the game with an outstanding goal. An incredible effort from the team, especially those who had competed in the qualifiers just hours before!

Girls U16A v Kingston Grammar School (H) Lost 1-0

Wednesday saw the U16A Girls play their National Plate semi-final. With a goal to end up playing the Finals in Lee Valley the girls were roaring to go. As were Kingston, who managed to cap off their strong start with a short corner goal. The rest of the first half was pretty even, with chances for both sides. Sedbergh started the second half with real intent. Creating many chances and shutting down any Kingston threat. Unfortunately, the Kingston keeper stood strong and kept our girls out for the rest of the game. A tough 1-0 loss for the U16's after being the more dominant team but a great season and effort to get to the semi-final!

Boys U16A North West Finals (H)

Sedbergh hosted this competition for the first time and played some entertaining if not erratic hockey across the day.

Playing Wellington school in their first game the boys were disjointed and individual. The game was tight and with the score of 1-1. The last minute it looked like the win was gone only for Bentley to sprint to a ball that seemed to be lost, he smashed the ball into the D, Birkbeck then did the same to somehow get the ball across goal and Sewell tapped in for the winner, made in Y10.

Sedbergh's second game was against St Anselms College. Not one for the purist, 0-0 with little to report other than Seymour's excellent keeping to ensure the required point was secured to progress as group winners.

The semifinal against Wirral Grammar saw Sedbergh's best performance. Captain Bentley controlled the game from the back while Coke and Kelsall linked well now the left. Bentley opened the scoring with an excellent back hand shot from a penalty corner. Into the second half and quick thinking from Holden led to another corner and subsequent second goal. This proved enough to get through to the final.

In the final the boys met Sandbach Grammar who were by a distance the strongest team in the competition. The boys fought bravely, and Seymour particularly pulled out numerous great saves to keep Sedbergh in the match. The final score of 0-3 was about right.



Sedbergh HC v Wigton 2's (H) Won 7-1

Sedbergh HC carried their momentum from the previous game, determined to secure another win against Wigton 2s. Aware of the challenge ahead, as Wigton 2s ranked higher on the fixture table, Sedbergh came out strong. McClarty set the tone early, scoring just three minutes into the match, giving the team a confidence boost. By halftime, Sedbergh had established a 3-0 lead with goals from Smith, Foxton, and McClarty.

In the second half, the focus shifted to team performance, ball pace, and maintaining a strong attacking and defensive structure. This approach paid off, as Sedbergh stepped up their game even further, netting four more goals, two from McClarty, along with strikes from Herring and Pattison. The match ended with an impressive 7-1 victory. A fantastic effort from the entire team, well done to everyone for their hard work and determination!

Netball

U18A Tournament (H)

As part of our 500 years of Sedbergh school celebrations we hosted our senior netball tournament to celebrate the netball here at Sedbergh along with some other great schools who came to join us.

Spirits were high and the girls were ready to get underway with match 1. This saw us take on Bury Grammar and the girls showed their determined spirits as they took an early lead in the game. With some fresh legs at half time the lead did not falter in the second half. They took the win and were off to a great start.

Second match they faced St Peter's York 2 and despite a slow start, the girls built some momentum and were in the lead at half time. They continued to work and as a team were able to force lots of turnovers giving us more opportunities at goal which led to another victory.

The 3rd pool match we faced Queen Ethelburga's 2 which saw us fall behind in the early stages after some uncharacteristic errors. The determination was still there and after a quick team talk at half time, the girls took control of the match and started to work the ball through court with some fluency and precision. The shooters were on form converting our turnovers into goal which led to the third win in the pool stages.

Next up was the semi-final and we knew this was going to be tough against St Peter's, having previously lost to them earlier in the season. The girls were determined to re-write the previous match and get the win and they took to court ready for a challenge. The game went as expected, with the first half the teams going goal for goal. Half time and we were 1 goal down but the girls knew it only needed one turnover but was going to take a huge team effort. St Peter's had the momentum until a vital turnover from defence and a great centre pass play saw us take the lead with a minute to go. Another goal from them meant we had to have composure and control on the ball, knowing we needed to score this one. Just as they have done all day the girls worked the ball seamlessly and a goal and final whistle saw us take the win and into the final.

In the final we faced Queen Ethelburga's who had not put a foot wrong all day. Both teams came out firing trying to take control of the match and gain momentum, but it was QE who took an early lead. The Sedbergh girls kept in touch with them the first half but were down at half time. In true Sedbergh spirit the girls knew the game was not done and they could turn this one around but they had to dig deep. Despite a valiant effort, QE did not falter and ultimately took the win and won the tournament. A great effort from our girls in the final, showing moments of some great through court play.

The tournament was a great showcase of netball for all the teams that attended. Specifically for our Sedbergh girls, it was great to have so many of our players being a part of this celebration and showing what netball is like here at Sedbergh. A huge thank you to the parents and supports who came to watch and join in with the celebrations.

A special mention to our 1st team co captains Liz and Sadie who were awarded their Netball Colours for their contribution to netball over the last couple of years. Huge well done to you both, so well deserved.



U18B Tournament (H)

It was great for Sedbergh 2nd team to experience some tough opposition in such a prestigious event on Wednesday. After a few weeks of no netball fixtures, the girls had an exceptional first game against St Peter's 1st team only narrowly losing by a few goals. They battled hard throughout the two halves. Jemima Phillips Sonia Gattward and Eleanor Hanson turned a large number of balls over in defence and linked up well with the attacking players to convert their intercepts.

The second game saw the 2's face Scarisbrick who were a strong, well-rehearsed side. Despite Sedbergh's brilliant first game, they ran out of steam for their second match, sadly coming up short and losing. There was some excellent shooting by Alice Eddleston, Fen Harper and Sophie Riddle in this match.

The next game the 2's played was against the overall winners of the tournament; Queen Ethelburga's 1's. Despite the girls having played three first teams in their pool, they never gave up and didn't stop believing in their abilities. To be able to give those teams a good contested game was a testament to their skills and progress in netball this year. The midcourt displayed some brilliant set play, with successful figures coming from their 1st phase and 2nd phase centre pass. Daisy Cross and Francesca Gordon both took charge in the midcourt and helped to link up all the play.

To finish off the pool stage, the girls played one of their own... the Sedbergh 3's. It was great for the 2's to get a thoroughly deserved win and try some new combinations. Lileah Gregory and Bella Smith stood out in this fixture due to their countless turnovers from the back. The girls played smooth, confident netball which was great to watch.

Finally, after a tough pool the girls were in for the 7th, 8th play off vs St Peters 2's. The game was tense, going goal for goal for the full 14 minutes. Sadly, Sedbergh fell short at the final whistle, losing by one goal. This result, however, does not reflect the standard of netball the girls put out onto court. Fighting for every loose ball and staying patient in attack to find a way through St Peters defensive unit.



U18C Tournament (H)

The mighty 3rd team played superbly in all 4 of their matches in this high-level tournament. The team were drafted in to play against 1st and 2nd teams from strong netball schools, but they managed to hold their own, successfully scoring against a number of League and England players.

Although the score lines were at times sizeable, the netball exhibited on court was seriously impressive. Stand out defence from Bella Renison, fast play from Ava Hassan in centre court and superb attacking from Dani Brighetti meant that each match was a pleasure to watch. The team never gave up and worked positively together. They were a pleasure to coach!



U18A v Rugby School Tournament (A)

Rugby: Won 31-22

The 1st Team Netball had 2 brilliant games against Rugby and Oundle away at Rugby School. The first game saw them face Rugby, in what proved to be a close contest in the first half. Both teams applied the defensive pressure, making each other have to work for every goal. Sedbergh however started to gel and created more turn overs and opportunities to goal. With some excellent shooting the girls opened up a gap and looked to sustain this lead in the last quarter. Spirits were high and the girls went out for the last quarter ready to push on and take the win. Some great through court play to goal and the girls showing good connections on court, was enough for the girls to take a great win in game number 1.

Oundle: Won 26-21

The second game against Oundle did not start how we had hoped, with the girls falling slightly behind by the end of the first quarter. Determined to close the gap and wanting to back up their win in the first game, the girls came out firing and started to find the connections from the previous game. Oundle did not make it easy as the girls had to work hard in attack for every goal, but they showed patience and control as they worked the ball around, ensuring the feeds into the circle were accurate. Another great game and the girls came out on top with a win. Well played to all the girls.

U18B v Rugby School Tournament (A)

Rugby: Won 32-24

After a long bus journey and two key players down, it took the 2nd team a quarter to get stuck into the game. Sedbergh were one goal down after the first quarter but were full of optimism and determination to win the game. Special mention must go to Francesca Gordon and Daisy Cross for their outstanding efforts throughout the two fixtures working tirelessly in the midcourt where we lacked some of our usual options. The girls had a particularly impressive 3rd quarter gaining an 8 goal lead. Both Fen and Alice shot excellently with a solid and consistent performance. Overall, the team played well and kept resilient throughout with Fen being awarded OPOM. It was great to see the 2's play so confidently and positively with some great team camaraderie.

OPOM: Fen Harper

CPOM: Sophie Riddle

Oundle: Won 34-23

The game started slightly slower than anticipated and with periods of unorganised, messy play. However, considering the girls had just played a full game with only 8 players they gave it their all. The team worked tirelessly to recover the momentum of the game and showcased some fantastic discipline to win it back over in the second half. Sonia Gattward was awarded player of the match after a fantastic performance. The girls should be extremely proud of themselves after their efforts in the triangular fixture. They played some unbelievable netball.

OPOM: Sonia Gattward

CPOM: Sophie Riddle

U16A v Rugby School Tournament (A)

Rugby: Lost 35-11

The Under 16s first game was against Rugby, and although the scoreline finished in Rugby's favor (35-11), there was many positives to take from the match. From the start, Rugby's taller players gave them a significant advantage, with their height allowing them to dominate possession. Despite this, the girls didn't let the scoreboard affect their spirit. They fought hard from the first whistle, keeping their heads up and never losing their enthusiasm. Early on, the team struggled to pass around the opposition, often attempting to throw over the top, which allowed Rugby to maintain their lead. However, as the game progressed, the girls began adapting and showed real growth in their play. They started to focus on quick, sharp passes, working the ball around their opponents rather than trying to force it over them. This shift brought them into the game much more effectively. A few players tried new positions, Darcey had an excellent quarter at Centre, Poppy stepped up to take on the challenging position of Goal Defence, and Martha P tried Wing Attack. It was exciting to see their potential in different positions, and they clearly enjoyed the opportunity to try something new. A special mention must go to the shooters, Dani and Martha, who were outstanding in their shooting from the top of the D.

Oundle: Lost 20-32

The Under 16s then faced a tough but closely contested game against Oundle in their second match of the day. The game was well-matched in the early stages, with both teams battling hard for possession. However, as the match went on, fatigue began to set in for the girls, and unfortunately, a few silly mistakes crept into their play. These errors allowed Oundle to take advantage and build a lead. Though the Under 16s were only a couple of goals down at the start, the gap gradually widened as the game progressed. Despite their best efforts, the girls struggled to maintain the intensity needed to keep up with Oundle's pace. By the final whistle, the score stood at 20-32 in favour of Oundle, but it wasn't for lack of trying. A special mention must go to Bella, who despite battling sore shins, never once let her discomfort show. She was a rock in defense, making some fantastic interceptions. Although the final score doesn't reflect it, the team's spirit and effort were clear. Under 16s will bounce back stronger in the coming games.

U15A v Rugby School Tournament (A)

Rugby: Lost 31-16

Sedbergh's U15A netball team travelled down to Rugby School for the annual triangular fixture against hosts Rugby and Oundle. In their opening match against Rugby, Sedbergh suffered an early setback with an injury in the opening minutes, prompting a swift reshuffle. Rugby capitalised on our distraction pushing out to an 11-1 lead by the end of the first quarter. Sedbergh regrouped impressively; Amelia and Betsy's aerial prowess created a series of crucial turnovers, and with Harriet and Ruby linking brilliantly in attack, Sedbergh won the third quarter 7-5. However, Rugby's advantage from the first quarter proved insurmountable, and despite the solid defensive efforts of Poppy and Nicole in the final stages, Rugby secured a 31-16 victory. Betsy was deservedly named Player of the Match, with Harriet and Amelia receiving Coaches' Player awards.

Oundle: Lost 26-21

Buoyed by a hard-fought first game, Sedbergh headed into their second fixture against Oundle with optimism. However, a somewhat flat start saw a series of missed scoring chances in the opening minutes, allowing Oundle to pull three goals ahead. Sedbergh sprang into life and levelled the scores at 4-4, however a brief lapse of concentration allowed Oundle to edge in front 7-4. Throughout the middle stages, Sedbergh repeatedly came within touching distance, even winning two in the final quarter, but each time we found it difficult to sustain momentum and convert promising passages of play into a decisive lead. In the closing minutes, Oundle's fresh legs proved decisive, pulling away for a 26-21 win. Betsy capped another outstanding performance with a second Player of the Match award, while Ruby and Bea were recognised with Coaches' Player accolades.

U14A v Rugby School Tournament (A)

Rugby: Lost 38-16

This game was tough and the team all did brilliantly to keep up their effort levels throughout. There were some excellent interceptions from Penny and Tamara as well as some great movement down court between Lottie, Annabel and Caitlin. The girls worked hard, improving every quarter, coming close to drawing with them in the final one due to some great shooting from Ursula and Emily-Pearl. Unfortunately by that point Rugby had pulled ahead significantly and we couldn't quite get it back. Player of the match was Penny.

Oundle: Lost 24-20

This was a really close game right from the start and the score was going with centre for most of the first quarter. In the second quarter we pulled it back so that we were drawing 11-11 at half time. The second quarter was tough and both teams came out focused and determined to win. Caitlin and Annabel both put in huge effort at centre, Bella played brilliantly at both GA and WA and she was deservedly awarded player of the match.

Football

Boys U18 v Merchant Taylors School Crosby (A) Lost 2-4

Sedbergh first team football travelled to Merchant Taylor's School. Merchant Taylor's hosted the fixture on an unfamiliar 4G surface which the boys were lucky to play on. Sedbergh started slowly conceding an early 2 goals, but they soon began to work together forming a sequence of passing and playing better football. Early into the second half lead goal scorer Rocco scored reigniting the boys winning desire. They were very unfortunate to concede a third goal as the opposition countered off their own corner. 3-1 down Sedbergh didn't give up and were massively dominating possession of the football. Jamie Taylor managed to lob the Merchant Taylor's goalkeeper bringing the score to 4-2 shortly followed by the final whistle. There were many positives that the Sedbergh boys were able to walk away with in preparation for playing St Mary's Crosby this coming Wednesday.

Boys U16A v QES Kirkby Lonsdale (H) Won 4-1

A battling performance from the junior boys saw them run out 4-1 winners in a local derby match against QES Kirkby Lonsdale.

In very heavy conditions, it was the visitors who took an early league with a well placed free kick that left Biff Harper with no chance. Undeterred, the young Sedberghians used both wings to attack, with great effect.

A phase of one and two touch passing created a crossing opportunity which the keeper spilled, Tom Dugdale was on hand to roll the ball home into an empty net, for a deserved equaliser. QES fought back, determined to regain the lead, only to be thwarted by an incredible reaction save from Biff, low down to his right, to the dismay of the visitors.

Confidence restored, the next twenty minutes saw possession and territory dominated by Sedbergh, and it was no surprise when Teo Lopez Zapata and Abdula Abdurakhmanov extended our lead to 3-1 at half time with well taken goals.

In increasingly dire conditions, the pitch was making attractive football impossible, and both teams battled away, with Levi Berchtenbreiter and Maximillian Schott at the heart of midfield, dictating the tempo of the match. With the final whistle ready to be blown, Lewis Riley latched onto a through ball from midfield, held off the defender, and rolled the ball past the on-rushing goalkeeper, to complete the scoring.

Man of the match - Levi Berchtenbreiter - An all action performance from the captain

Cricket

Girls U15A Indoor National Cup (H) Won

Sedbergh U15 girls have progressed to the Northern area finals of the ECB indoor cricket cup competition. They won the Cumbria regional section in the Hirst centre on Friday, beating Dallam and Ulverston Victoria in the group stage before Ullswater Community College in the final.

Both group games were won by 40 runs before a convincing win in the final scoring 106-0 in reply to the oppositions 69-5. All 9 players in the squad contributed with either runs or wicket across the day and were led well by captain Harriett Barker.

Basketball

U18A v Stonyhurst (A) Drew 42-42

This was the final match of the season and also the best quality match of the season contested between two superb teams desperate for victory, who ultimately shared the honours. Sedbergh were 12 points up at half time, but Stonyhurst came back to make it 37 points apiece at the end of normal time. After 5 minutes of overtime the scores were tied at 40 points all, and at the end of over overtime, 42 points apiece. With our allotted time up, both teams shook hands and left with their heads held high after what can only be described as a fantastic spectacle of schoolboy basketball.

Man of the match was our captain J Mulligan whose usual dynamic dribbling was shut down by Stonyhurst, so he decided to become the 3 point king instead, scoring outrageous shots from long range, as well as a phenomenal spinning fading shot that raised cheers of appreciation even from the opposition. The squad of J Mulligan (C), Paidi R (VC), Konstantin K, P Otten, F Nowak, Ash M, W Barrett, Aryan C, F Taylor, H Traill, J Bulanauca, and I Robin P, are excellent ambassadors for Sedbergh who have shown fantastic dedication to the team all year, and finish the Season unbeaten, a fete that hasn't been repeated in recent memory. Their coach is extremely proud of all they have accomplished.



Badminton

Mixed U18A v Stonyhurst (A)

6 Boys and 2 girls travelled to Stonyhurst for some competitive Badminton. Each seeded pair played their opposite numbers to start, with Stonyhurst seeming to have the upper hand. The pairs then mixed and played each other seed, with a mix of results coming in. The girls played a different team of girls from Stonyhurst each time and stood strong each time. It was a good chance for the students to play some competitive Badminton and a chance for them to meet new friends. Well done to all!

Running

Senior, Inter and Junior Boys and Girls Mid Lancs XC League (A)

Mid Lancs XC League – Skelmersdale – Saturday, 1st March 2025 Beacon Park, Skelmersdale

Twenty-seven Sedbergh runners made the journey down the M6 to compete in the final fixture of the Mid Lancs XC League season, held at Beacon Park, Skelmersdale. The event, combined with the Red Rose League, drew larger-than-expected fields, making for a competitive climax to the league campaign.

Despite the recent rain, the day itself brought bright sunshine and a mild 8-degree temperature, creating deceptively pleasant conditions. Underfoot, however, the course rapidly deteriorated as the day progressed — starting firm and fast for the younger runners before transforming into a muddy, slippery test of endurance for the older age groups.

U15 Girls – 3km

Julia F (10L) produced a superb performance, claiming 2nd place in a competitive field. She led the Sedbergh team to an impressive 2nd-place finish, alongside Sophie N (10L) and Minnie R (9C), both of whom handled the deteriorating conditions with determination.

2nd Individual: Julia F (10L)

2nd Team: Julia F (10L), Sophie N (10L), Minnie R (9C)



U15 Boys & U17 Women – 4km

In the U15 Boys race, George M (10H) continued his fine form, finishing 4th after battling hard in the final lap. He spearheaded the team to a 2nd-place finish, with Harry S (10S) and Daniel Y (10W) providing excellent support.

4th Individual: George M (10H)

2nd Team: George M (10H), Harry S (10S), Daniel Y (10W)

Meanwhile, in the U17 Women's race, Jemima H (12L) finished a strong 3rd, leading her team to 2nd place overall. Fleur H (12L) and Freyja H (13R) added valuable points in challenging conditions.

3rd Individual: Jemima H (12L)

2nd Team: Jemima H (12L), Fleur H (12L), Freyja H (13R)



U17 Men & U20 Women – 6km

The U17 Men's team showed resilience, with Henry P (11SH) finishing 8th and newcomers Ollie C (12SH) and Sean C (12S) making promising debuts. The team secured 2nd place against strong opposition.

8th Individual: Henry P (11SH)

2nd Team: Henry P (11SH), Joe H (12P), Edouard B (12SH)

In the U20 Women's race, Tilly H (13R) delivered an impressive 4th-place finish, driving the team to 2nd place alongside Scarlett H (13L) and Grace W (13C), who battled through the heavy mud to complete the scoring trio.

4th Individual: Tilly H (13R)

2nd Team: Tilly H (13R), Scarlett H (13L), Grace W (13C)

U20 Men – 9.5km

Running in a combined field with the Senior and Vet men, George D (13SH) delivered one of the standout performances of the day, finishing 2nd U20 and 11th overall out of over 150 runners.

With Bruno F (13P) and Phoenix O-R (13E) running gutsy races in the muddy conditions, the U20 Men's team took 2nd place, capping off an excellent team effort.

2nd Individual (U20): George D (13SH)

2nd Team: George D (13SH), Bruno F (13P), Phoenix O-R (13E)

Looking Ahead – National Events on the Horizon

With the league season wrapped up, attention now turns to two prestigious national events:

UK Inter-Counties XC Championships – Saturday, 8th March, Wollaton Park, Nottingham:

George M (10H), Grace W (13C), Lucia C (9R)

National Schools XC Championships – Saturday, 15th March, Ardingly Showground, West Sussex:

Hugo B (11SH), George M (10H), George D (13SH), Julia F (10L), Daisy F (11L), Lucia C (9R)

Final Reflections

The Mid Lancs XC finale at Skelmersdale provided a fittingly tough conclusion to the season, with Sedbergh runners rising to the challenge and delivering multiple podium finishes and team successes.

As they now prepare for National and Inter-County Championships, the athletes can draw confidence from their performances and look forward to testing themselves against the best runners in the country.

The resilience, teamwork, and grit shown at Skelmersdale suggest that Sedbergh's runners are ready for whatever challenges lie ahead.





EST. 1525

Sedbergh

SCHOOL

Admissions@sedberghschool.org
015396 20535

WWW.SEDBERGHSCHOOL.ORG

