



Sedbergh  
SCHOOL

# SPORTS REPORT

27 JANUARY - 02 FEBRUARY 2025

# SPORTS RESULTS

## **Brown Blazers**

**Hockey: Millie J-P & Hattie N**

## **Colours Awarded:**

**Hockey: Mrs Zappulla-Annett**

**Fives: Ollie G & Pheonix O-R**

## **Running**

### **King Henry VIII Relays – Wednesday 29th January 2025**

#### **Memorial Park, Coventry**

A team of 24 runners made the long journey south from Sedbergh to Coventry for one of the most prestigious relay events in the school calendar—the King Henry VIII Relays. This historic fixture, dating back to 1972, has seen the likes of Olympic champions Alistair Brownlee, Helen Glover, and Lord Coe grace its course. With teams battling it out over a challenging loop of Memorial Park, mixing paths with muddy woodland trails, the stage was set for another thrilling race.

#### **Boys' Race: A Blistering Start but Tough Finish**

The boys' race, contested over six legs, got off to a flying start for Sedbergh thanks to Hugo B (11SH), who stormed home in 4th place on the opening leg. His time placed him 8th on the all-time Sedbergh leaderboard—a testament to his exceptional form. George M (10H) then powered through the second leg, lifting the team into 2nd place with a run that ranked as the third-fastest ever by a Sedbergh Year 10, only trailing school legend Fraser Sproul (Wilson Run record holder) and Hugo B himself.

George D (13SH) produced a solid third leg, keeping Sedbergh in 4th, but from that point, the team found itself gradually slipping down the rankings. Despite determined efforts from Harry S (10S), Ollie I (11SH), and Bruno F (13P), Sedbergh ultimately finished 14th out of 52 teams. While the depth of the field proved a challenge, the early performances showed the huge potential within the squad.

#### **Girls' Race: A Strong Showing Despite Key Absence**

The girls' race, which set off five minutes after the boys, was harder to track as they were mixed into the field. Without star runner Lucia C (9R), who was sidelined with illness, the Sedbergh Girls A team stepped up admirably.

Julia F (10L) ran a sensational opening leg, recording the fastest time ever by a Sedbergh Year 10 girl and handing over in 11th place. Her sister Daisy F (11L) took over next, followed by Olivia B (12R), with Betsy H (10L) running the final leg. The team finished 9th out of a record 42 girls' teams.

The Girls B team also showed great promise, featuring emerging talents such as Minnie R (9C), Sophie N (10L), and Grace G (9L). Their performances highlight the exciting potential of Sedbergh's girls' running programme, setting the foundation for future success.

## **Looking Ahead**

While the boys' team couldn't maintain its electric start, individual performances from Hugo and George M showcased the school's front-running talent. Meanwhile, the girls' squad is growing in strength, with young runners gaining valuable experience at a high level.

With key championship races ahead, the King Henry VIII Relays provided a perfect benchmark, and Sedbergh's runners will take the lessons learned into the remainder of the season. The future looks bright for both teams!



## Fives

### Northern Schools Fives Tournament

The Sedbergh School Fives team travelled to the University of Durham Fives Courts to play in the Northern Schools Fives Tournament. It was a full day of matches in the Under 18 and Under 16 categories, with medals awarded for singles and doubles matches. It was particularly pleasing to take two young boys who had never played in a Fives tournament.

In the under 16s category, there were some strong matches played, resulting in a titanic final between Toby F and Durham's top player. Toby was losing 6 – 1 but then turned it around to win 11 – 9 and with it, take the Northern Schools Under 16s Singles title.

In the under 18s category, Phoenix O-R (E) battled hard in his side of the draw, falling to Manchester's top player in the semifinal. Ollie G (H) made it to the final, and although throwing the proverbial kitchen sink at the match was eventually out classed, finishing with a very respectable runners up medal.

Results:

Northern Schools Under 16s Singles Champion: Toby F (H)

Northern Schools Under 18s Singles Runner up: Ollie G (H)



## **Rugby**

### **Boys U17A v Dollar Academy (H) Won 2 matches lost 1**

In beautiful winter playing conditions on Busk 1, the JBS squad hosted Dollar Academy U17As in three 25-minute matches.

In the first match Sedbergh were very dominant, putting together some outstanding passages of play particularly on attack where the execution of patience and decision making on the ball was impressive and just what we were looking for. The second match was a great contest as we traded scores before finishing very strong with some brilliant tries against a tiring Dollar defence. In the third match after again swapping scores early, Dollar pulled away with some great attacking rugby against a more inexperienced JBS group who tried very hard and kept competing until the end. I was very proud of the third group and the way they played against a more physical and organised Dollar opposition. Overall, a great day on Busk with lots of positive experiences.

## **Hockey**

### **Boys U18A v The King's School Chester (H) Lost 10-5**

On Monday the boys started a busy week against King's Chester in the National Cup. A fast start from King's saw the Sedbergh boys make 3 early mistakes that were punished by the King's forwards. The game settled a bit however King's continued to show their quality and we went into the halftime break 6-0 down. The Sedbergh boys picked up their standards and focussed a little harder on the basics to start a fight back in the second half. Winning the second half 5-4, our boys showed some awesome progression from the first half. A final score of 10-5 to King's made the game seem further out of reach than it actually was.

### **Boys U18A v Wirral Grammar School for Boys (A) Won 9-0**

Wednesday saw the boys travel to Wirral. With not much time allowed for a warmup the boys took 15 minutes to find their stride. However once found, the boys did not step off the gas. Playing some scintillating 1 and 2 touch hockey the boys went into the half 4-0 up. The goal for the second half was to play more controlled and built up hockey. Strictly followed by the boys we managed to score another 5 to end the game 9-0. Goals all over the pitch but braces for Harry, Jamie, and Tom B on his debut for the first team. Will S made a save to keep a clean sheet on his debut too.

### **Boys U18B v Wirral Grammar School for Boys (A) Won 10-1**

It was a convincing 10-1 victory for the 2nd XI away at Wirral Grammar. In a solid performance from the whole squad, the boys created lots of chances and hardly let the opposition into the final quarter. Man of the match Matthew M scored 3 goals and was tireless in his running. Casper F also grabbed a hat trick with some clinical finishing. It was great to see the hard work and improvements the team has made in training cross over into the game.

### **Girls U18A v GSAL (H) Drew 2-2**

The girls 1st played their final home game of the season against a spirited GSAL team. Sedbergh controlled the tempo of the game and quickly took the lead when a fast break from Goodhart found Gresswell in the D to finish first time. GSAL had some good players and were always looking threatening. Just before halftime a backhand shot found it ways past Conrad's for 1-1.

In the second half the girls again started strongly. They consistently kept GSAL on the back foot. Jones-Perrott looked electric on the right while in the middle Newman and Hearld completely dominated the physical battle.

Gresswell received the ball in the S found space and crashed the ball on the backhand past the Leeds keeper. That should have been the game as Sedbergh were dominate however, GSAL had one last attack with the ball being cruelly deflected by a defenders stick into the goal.

### **Girls U15A v Bromsgrove School (H) Lost 2-0**

The U15 girls had their all important Independent Schools Cup Quarterfinal on Thursday, against a formidable Bromsgrove side. Grateful for the support of the school, the girls were excited to make the school proud. Bromsgrove showed some great technical skill and had a couple great players, however our girls were definitely not outmatched. 2-0 down at half time the Sedbergh girls knew they needed to get the ball higher up the pitch and create some pressure of their own. They succeeded in this however the nerves of being in that game hindered our basics. Lottie and Sophie stepped up to create some chances and momentum for our girls, whilst Heidi was having the game of her life at the other end. The girls continued to fight and push but unfortunately could not get the final touch, losing the quarterfinal 2-0. Still an amazing achievement for these girls, finishing within the top 8 in the country.

### **Boys U18A v Yarm School (A) Lost 6-0**

Friday saw the last game of a busy but good week for the first boys. Another slower start for the boys saw Yarm go 2-0 up very early in the game. The boys then found their form and began to control the ball and game really well. Tom B, Will T and Seb J controlled the ball around the back and found players in space a lot.

The quality of Yarm continued to show as they scored 2 top quality goals to end the first half 4-0 up. Another strong second half performance and lots of play through out midfield ,of Oliver, Rory, Jack, Fergus and Hamish, saw our Sedbergh boys creating more chances and more problems for Yarm. . Unfortunately, Yarm were just too good and managed to finish the game 6-0. A special mention to Charles who had an incredible week in a new position.

### **Boys U16A v Rossall School (A) Won 2-1**

The Sedbergh boys put on a strong performance in their late Friday fixture against Rossall, securing a well-earned 2-1 victory. From the outset, the team showed great composure, with solid play building from the back through Gawthorpe and transitioning smoothly through the midfield by Sewell.

Despite a determined defensive effort, Rossall managed to find a way past Seymour. However, the boys showed great resilience, with both Bentley and Bellamy finding the back of the net resulting in the win. A great display of teamwork and determination ensured Sedbergh came away with the victory.

(Goals: Charlie B, Tom B)

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### **Boys U14A v Rossall School (A) Won 3-0**

A comfortable and well-deserved win for this talented side. They quite possibly left a few goals on the pitch as their speed of play, stick skills and energy levels were too much for Rossall. Laycock opened the scoring in the first half after excellent work from Goodhart.

In the second half Laycock scored again before White smashed in a third. All the boys played well with Ferguson again shining in the middle and Morris proved every reliable in defence.

### **Sedbergh HC v Ambleside 1 (A) Won 7-1**

Sedbergh HC delivered an outstanding performance against Ambleside 1 on Saturday. They started strong, dominating the first half with a 5-0 lead, thanks to goals from Foxtan (3), Smith (1), and Sorensen (1). In the second half, the team focused on ball movement, transferring play across the pitch, and using the remainder of the match as an opportunity to refine their skills. This was arguably the best hockey the team has played together. Seymour and Smith capitalized on penalty corners, each adding a goal to secure a final 7-1 victory.

### **Netball**

#### **Girls U18C v Windermere School (A) Won 43-7**

A superb match for the impressive 3rd team, maintaining their unbeaten season. Beautiful play from all of the team, with standout performances from Ava H and superb shooting from Anya C and Sophie B. Defence from Lilly D and Charlotte P was fantastic, ensuring that Windermere never threatened. It is a pleasure to coach this excellent squad.

#### **Girls U18A Regionals (A)**

A win against the hosts Stonyhurst got them off to a good start and gave them confidence to carry into game number 2. A closer game against Upton, due to some errors made by the girls, but they showed they could hold their nerve and pushed on in the second half of the match to pull away and take the win. Game 3 saw them face Birkenhead and with a close first half the girls knew they needed to push on for this win. The half time talk gave them chance to regroup and focus and the girls went back onto court with the confidence and some great feeds into the circle saw them take their 3rd win. One game left in the pool matches and the girls knew it would be their toughest match yet as they faced Cheadle Hulme. Our girls were not going to give up knowing how important this game was. They went back onto court in the second half and found another gear and start to pull back the goals and close the gap. With such short games though, only 7 minutes each way, the girls ran out of time and lost by 1 goal but they had secured their place in the semi-final.

The semi-final match against Sir John Dean was going to be the biggest and toughest challenge of the day, after they had gone unbeaten in the pool matches. However, the girls showed confidence in each other and were going to give it everything they had to try and win this match. The first half showed just how much they wanted it, with the score 7-7 at half time and the girls knew they had every chance to take this win. The second half however Sir John Dean came out the blocks fast and took the lead and despite our girls putting up a challenge the second half, they fell short and had missed out on a place at nationals.

A very quick turnaround and after an emotional loss for some of the girls, they had one more match to play in the 3rd and 4th place play off. Despite the tough loss that had just gone, the girls were determined to show what they were made of and wanted to give their all in one last match against Holy Cross. Both teams showed some good netball and after what had been a tough loss to take, the girls came up short but finished a very respectable 4th place.

Although not the result that we had hoped, the girls played some amazing netball throughout the day and not only did the school and their parents proud, but they did themselves proud. They showed what a great team they are, continuing to support and back each other up both on and off the court not only at this tournament but throughout the year so far. With lots still to come this netball term, the girls are determined to see how far they can push on as a team and what they can achieve.

## **Girls U16A Regionals (A)**

The U16 squad stepped up to the challenge in the regional round of the National Schools Netball Tournament, showcasing determination, perseverance, and significant improvements across the day. The opening game against Withington High School proved to be a tough contest, with the opposition applying relentless pressure from start to finish. Despite the loss against the eventual tournament winners, the team fought for every interception with tenacity, with Darcy producing some standout moments to create crucial scoring opportunities. It was however Betsy's versatility in the second half that proved to be vital to disrupting the opposition's key passages of play.

Our second game against Clitheroe saw a much-improved performance, with increased through-court pressure and improved communication - lifting the team's intensity and spirit. Betsy played a key role in defence, securing two vital interceptions in the first half, while Harriet stepped up in the second, netting a critical goal that lifted the squad further. The highlight of the match though came from Bella, who stunned everyone with an exceptional long-range shot from outside the D - unfortunately disallowed, but an incredible moment that showcased her skill.

In the third match the U16's faced Fallibroome the team that would go on to finish second in the tournament. We delivered our best performance so far and despite a third loss, the girls unsettled their opponents, disrupting their rhythm and creating numerous scoring opportunities. Bella made a strong impact in defence with two interceptions in the first half, while Martha E forced errors and made a key tip in the second half. Harriet continued her fine form, finishing as top goal scorer for the second consecutive match.

The U16's saved their best for last in their final pool match against Birkenhead - they put in a fantastic effort, showcasing their growing confidence and teamwork. Harriet retained her title as top goal scorer, while Darcy was a defensive powerhouse, making six brilliant interceptions. The attacking combination of Sophie, Betsy, Harriet, and Ruby proved to be the perfect mix, helping the team edge a narrow second-half battle, finishing 6-5.

Like a fine wine the U16's improved with time - rising to the challenge with each game. In their final match of the tournament against local Rivals Kirby Stephen the squad's sharp timing, ball presentation, and instincts were evident in their strongest display yet, securing a well-earned 5-5 draw in the second half.

The team's development throughout the tournament was exceptional, and their final performance leaves plenty to build on for the second half of the season. Congratulations to all the players for their efforts and determination we look forward to seeing what you achieve next half term!

## **Girls U14A Regionals (A)**

Despite some tough opposition, the team played brilliantly, led by Penny and Annabel. In all group games, there were moments where we were leading but unfortunately the balance tipped the other way. In the final game, where we were playing Kirkby Stephen for 9th and 10th play off, the girls showed how much we have improved as a team since the county rounds and won convincingly 13-2. Overall it was an excellent day and great to see them going from strength to strength.

## **Football**

### **Boys U18A v Lancaster Royal Grammar School (H) Drew 3-3**

Lancaster's record has been impressive this season, so the chance to test ourselves again was well welcomed. Sedbergh settled well, with a tight back line and midfield moving nicely it wasn't long before Rocco beat the keeper at the edge of his box and sent the first goal home from a near impossible angle 7 min in and 1-0 to Sedbergh. A good period of back and forth and we were rewarded again, 2-0 up after a bit goal box pinball eventually won by Ash in the end to chip it over the line.

Winkler well deserved his goal after being a true workhorse up front by and Sedbergh were comfortably 3-0 up a couple of minutes into the second half.

But Lancaster always had something about them, they pressed well until we gave away a penalty 10 minutes into the half that just beat just beat keeper David who was a walk in goal all game (3-1)

They kept coming, and unfortunately so did the goals 3-2 with only 5mins to play.

Some might say we had it won, but play continued and we play to the whistle. A literal last second thump from well outside the box by the visitors in a desperate attempt to get something from the match, a ball that didn't even dip till it hit the back of the net, and a whistle that blew for both the goal and simultaneously the end of game to the elation of the visitors (3-3) meant a draw that will feel like a win to the visitors and perhaps more of a loss to the home but one thing for certain, we're always on the scoresheet and there's definitely more wins than draws just round the corner!

MoM : L. Winkler

### **Boys U16A v Queen Ethelburga's (A) Lost 5-2**

A game of chances would probably be an apt description of our u16 fixture away at Queen Ethelburgas Collegiate. Chances taken and chances missed. The game started evenly with both teams having a similar amount of possession. Mid way through the first half Q.E. scored twice in quick succession. Undeterred, Sedbergh applied huge pressure on the hosts goal, which saw numerous clear cut chances squandered, or the opponents goalkeeper make some outstanding saves.

Having adjusted the formation, we started the second half asleep, immediately to find ourselves 3-0 down. We rallied again and finally Max S finally found the net with a low drive to reduce the deficit. Again, a mistake in defence gifted QE with a fourth goal but we roared back through Ramsay S, and had, what seemed, an obvious penalty waved away when Oscar F was brought down when through on goal.

Tiredness set in and QE scored a well taken 5th near the but at the final whistle we were left to rue what might have been if Abdula's and Tom S's shots had hit the net rather than the crossbar in the final few minutes.

## **Athletics**

### **Sheffield AC Indoor Open (A)**

The Athletics team competed in the Sheffield Harriers run, jump, throw event at the English Institute of Sport indoor stadium. The even saw Finton W, Isaac S and Ben H competing in their first indoor competitions, both achieving personal bests. ACaptain Sam C opened his season with a solid performance in shot putt. Strong performances from Huw G, Hannah S and Zak E built on previous competitions.

Daniel De Lannoy (H), achieved a PB, broke his own 60m school record, running 7.36s. Vicky Chapman(L), also broke her 60m record, running 7.98s and also achieved a PB of 5.31m In long jump which is a school record and national qualifier in a 4th event.

## Swimming

### Mixed U18A v Ampleforth College (H) Won

Sedbergh welcomed Ampleforth on Saturday afternoon. This was a clean sweep fixture with all events won by Sedbergh, albeit including some competitive races. Mathias swam his debut with a good performance in the backstroke. This represented a good opportunity to trial the relay teams who are heading soon to the world school games competition and they were all victorious. Captains Vardy for the boys and McClarty for the girls both led by example.

Impressive performances by Stubbs swimming up an age group with a sub 30 Front crawl time, and Smith on his second outing for Sedbergh stood out. Recent work in training sessions on tumble turns paid dividends leading to substantial gains. Overall, for U18 girls the score was Sedbergh 68 points and Ampleforth 50 points. Hannah Nowak with a PB in the front crawl. In the boys' competition the score was Sedbergh 60 points and Ampleforth 46 points.

## Squash

### Mixed U18A v Ampleforth College (H)

Sedbergh hosted Ampleforth School for the first Squash fixture of the season, and it was brilliant to see both boys and girls from every single year group represent the school. There was a good mix of abilities, with Frank C and Max M leading the way with outstanding displays against high quality opponents. A number of pupils who had never played a competitive Squash fixture for Sedbergh before took to the courts, and Fernando, Felix, Isabella and Robbie should be commended for their efforts during the games. The pupils played with brilliant spirit, and Luca and Otis demonstrated true Sedbergh values throughout the afternoon. Zeri played brilliantly too, and also looked after the visiting team, making sure that they felt welcome for the whole afternoon. A great afternoon and we look forward to the return fixture.







EST. 1525

# Sedbergh

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