

Sedbergh
SCHOOL

Sports Report

28 September - 04 October

SPORTS RESULTS

Netball

Girls U18A v Scarisbrick Hall School (A) Lost 49-27

Sedbergh opened their SIS Cup campaign with Round 1 against a very well-drilled Scarisbrick side. With new combinations across the Sedbergh team, it was always going to take some time to settle, and a slow start allowed Scarisbrick to establish an early advantage. As the match progressed, Sedbergh began to find more flow and showed some promising passages of play, with the team starting to build connections and confidence.

Scarisbrick were clinical throughout the court and made the most of every opportunity presented to them. Some crucial errors began to creep into Sedbergh's play through court which gave Scarisbrick the upper hand and allowing them to take the win. Despite the result, there were positives to take from a new-look Sedbergh side, with plenty to build on as the team continues to develop their combinations and consistency.

POM - Molly, OPOM - Dani, CPOM - Molly

Girls U18A v St Peter's York Super 7s (A)

Sedbergh enjoyed a fantastic tournament, which proved to be a great opportunity for four players, Caitlin, Edie, Tilly and Rose to make their 1st Team debuts. The aim for the day was to enjoy the competition while giving the girls valuable court time and the opportunity to experience different combinations. During the group stages, it took some time for the team to find their feet and build connections, but they finished strongly with two wins, securing their place in the plate competition.

The girls came out with real intent in the plate, producing some of their best netball of the day to secure a strong win against RGS. They continued that momentum, finishing the competition with two further victories and a narrow one-goal defeat. Overall, it was a really positive and enjoyable day for the girls, with some excellent individual performances throughout. The four debutants particularly stepped up to the challenge and showed great composure and confidence on court, a brilliant experience and plenty of positives to take forward.

POM - Tilly, CPOM - Betsy

Girls U16A v Harrogate Grammar School (A) Won 36-31

What a way to start our U16s' first cup campaign! The girls travelled away to face Harrogate Grammar and put in an absolutely outstanding performance, coming away with a brilliant 36–31 win. We started a little slowly, finishing the first quarter three goals down, but the maturity and determination the girls showed to turn the game around was incredible.

From there, they really found their rhythm and played their socks off. The work through court was superb, our attacking end made it look effortless at times, and the work from our defensive end was phenomenal. What was particularly impressive was that interceptions were coming from right across the court, including our attacking end, which showed just how hard every single player worked for each other. It was a true full-team performance from start to finish.

Our standout player was Ursula, who had a fantastic game and was deservedly awarded both Players' Player and Coaches' Player. It's such an exciting time for this group, and I can't wait to see how we can build on this performance as the cup campaign continues.

Girls U18A v St Peter's York (A) Lost 50-40

Sedbergh's 1st Team finished a busy week with a highly competitive fixture against St Peter's. The game started goal for goal, with both teams showing patience and composure as neither wanted to give away early opportunities. St Peter's defensive pressure gradually began to have an impact, forcing a few Sedbergh errors and allowing them to establish a lead heading into half time.

Sedbergh responded strongly in the third quarter, increasing the intensity and creating some key turnovers which were converted at the shooting end to bring the game back into contention. The final quarter was once again tightly contested, but St Peter's defensive pressure forced a couple of crucial Sedbergh errors which they capitalised on to secure the win at the final whistle. Another fantastic contest between the two sides, and a good end to what has been a very busy week for the 1st Team.

POM - Molly

Hockey

Girls U18A v Kirkham Grammar School (H) Won 8-0

On a sunny but decidedly blustery Tuesday afternoon, Sedbergh were looking for the perfect response to last week's narrow defeat to Repton. What followed was about as emphatic a response as you could ask for. From the first whistle, the girls played with all the usual Sedbergh ingredients: power, pace, aggression and an enormous appetite to win the ball back. Kirkham simply weren't allowed to settle, as wave after wave of brown shirts headed towards their circle. It took 12 minutes for the pressure to tell. Neesham finished off an excellent attacking move with a beautifully delicate reverse-stick dink underneath the advancing goalkeeper. Not necessarily the finish you would associate with the word 'Sedbergh', but we'll certainly take it. 1–0.

From there, Sedbergh took almost complete control. Cosgrove was pulling the strings in midfield, while Pattison continued her excellent form at fullback, casually spraying passes far and wide and repeatedly launching the next attack. The only frustration was that the scoreboard wasn't quite reflecting the dominance. That changed in the 28th minute. After the Kirkham goalkeeper produced an excellent double save, B. Church was exactly where a good forward should be, reacting quickest and neatly tucking away the rebound. 2–0 at half-time, although the feeling among the Sedbergh ranks was very much that it could, and perhaps should, have been more.

Just two minutes into the third quarter, Betsy Harrison found herself with that rarest of commodities inside a crowded D: time and space. She calmly rounded the goalkeeper before slotting into an empty net for 3–0. Evans was next, deciding that passing was temporarily overrated as she picked the ball up on the right, carried it into the circle herself and finished the job with a cheeky nutmeg through the Kirkham keeper. 4–0. Cosgrove then produced arguably the pass of the afternoon, showing superb skill before threading a pinpoint ball through to Neesham on the flick spot. Neesham rounded the goalkeeper and calmly rolled home her second. Bayston joined the party shortly afterwards with a wonderful mazy dribble and finish, before Gresswell once again demonstrated that her backhand is becoming a fairly serious weapon.

The eighth and final goal perhaps summed up the afternoon better than any of the others. Neesham could easily have gone searching for her hat-trick, but instead unselfishly squared the ball across goal for strike partner Evans to tap into an empty net. The scoreline was impressive, but arguably more pleasing was how Sedbergh went about their work. Thirty-four shots to Kirkham's one tells part of the story, but the statistics don't show the energy, positivity and togetherness that ran through the performance. After the disappointment of last week, this was a real step forward. The girls didn't sulk, dwell or feel sorry for themselves. They responded in the best possible way: together, on the pitch, and at full throttle.

Girls U14A v AKS Lytham Cup Fixture (H) Won on Shuffles

The U14A played their first cup game against AKS Lytham. We started the game well and went 1-0 up, with Betsy scoring and Betsy then scored again to make it 2-0 before half time. AKS Lytham came back strongly in the last 15 minutes and scored two goals to make it 2-2. The game went to shuffles, and Sedbergh kept their cool to win 3–2!

Player of the Match was Maggie, who had a fantastic game. A special mention to Betsy, Maggie, Gabi and Ella for stepping up and taking the shuffles under pressure.

A brilliant first cup game and a great win for the U14A!

Girls U18A v The Kings School, Chester (H) Won 7-0

Less than 24 hours after putting eight past Kirkham, the girls were back on the pitch on Wednesday for another tough fixture, this time against familiar rivals King's Chester. Recent history suggested this would be anything but straightforward. Last season's 2–2 draw had been a proper battle, and with some slightly tired legs after Tuesday's efforts, there was perhaps a little concern amongst the coaching staff that the turnaround might prove a step too far. From the opening whistle, the girls moved the ball with real pace and purpose, making the pitch enormous and asking King's Chester to defend every inch of it. There was a real maturity to the performance as Sedbergh switched the point of attack, moved the opposition around and then accelerated into the spaces they created.

At the heart of it all was Vincent, who produced an outstanding display in midfield. Her D-to-D running was relentless, seemingly popping up everywhere, and her performance was another reminder of just how far she has progressed this season. If anyone discovers where she keeps the spare set of lungs, the coaching staff would be interested to know. However, the headline act belonged to Jones. Having missed the previous two matches, she returned apparently determined to make up for lost time. A superb hat-trick followed, with Jones finding space, carrying aggressively and finishing from both forehand and backhand. It was an excellent all-round attacking display and a fairly convincing reminder of what the team had been missing. Gresswell, Evans and Neesham also continued their scoring form, ensuring that the goals were shared around the group and reinforcing much of the attacking work that has been done in training.

There was also a particularly pleasing moment for Cohen, who scored her first goal in Sedbergh colours. Attacking from wing-back, she showed exactly what a threat she can become, arriving high up the pitch before providing the sort of calm finish that suggested she quite fancied doing it again. By the final whistle it was 7–0, completing two victories, 15 goals scored and none conceded across a pretty productive 24 hours.

More importantly, this was another performance full of confidence, energy and togetherness. The ball is moving quicker, the connections across the pitch are growing and individuals are increasingly understanding how they can influence the game within the team. There is, of course, plenty still to work on. There always is. But this feels like a group that is growing, learning and beginning to enjoy just how good they can be together.

Girls U16A v Oakham School (H) Lost 6-0

On Wednesday the 30th September, Sedbergh U16s played at home against Oakham. During the first quarter Oakham started strong. Although Sedbergh defended well it was not enough to breakdown Oakham's attack.

The second half was a lot more positive with an excellent pass through the defenders from Bella C which ended with a promising shot on goal from Polly W. Throughout the final quarter our attacking play was at its best with lots of quick passing and great runs made by Minnie R. However, Oakham's defence was very solid and final score ended 6-0. Despite the score line the girls played well and gave all their energy up to the final whistle. There are many positives to take away from the match including great team spirit and captaincy from Bella C.

Girls U18A v St Peter's York (A) Won 9-0

A slightly different match preparation for the Brown today. After arriving a little later than planned, the girls had approximately five minutes to get themselves onto the pitch and ready to play, fuelled by enthusiasm, team spirit and, perhaps most importantly. High-performance sport at its finest.

Despite the unconventional build-up, Sedbergh settled immediately. From the opening whistle the girls worked brilliantly as a team, moving the ball quickly, playing with confidence and causing St Peter's problems all over the pitch. At the heart of the attacking display were Darcie and Lydia, who dominated inside the D with some seriously techy dribbling and clever link-up play. Ahead of them, Tilda's movement and excellent leading continually created space and opportunities.

By half-time, Sedbergh had raced into a 5–0 lead, but perhaps just as impressive was the discipline at the other end. Harriet and Ginny remained rock solid defensively, particularly when St Peter's threatened on the counter. It would have been very easy in such a dominant game to switch off at the back, but there was a real determination to protect the clean sheet.

Penny's first goal of the season and, even better, her first for the 1st XI. And she certainly didn't waste it on a scrappy tap-in. A spectacular finish opened her Sedbergh account and, judging by this one, hopefully there are plenty more to come.

Natallie also deserves huge credit. Asked to play in an unfamiliar position further forward, she embraced the challenge brilliantly, worked tirelessly and kept the pressure firmly on the St Peter's defence. There was still plenty to celebrate, not least Bella earning Wolf of the Week after another relentless defensive performance. Fully deserved. Another excellent team display, another big scoreline and, importantly, another clean sheet. The confidence is growing, the hockey is flowing and the Brown are starting to build some serious momentum.

Girls U18B v St Peter's York (A) Won 2-1

The U18B came out victorious in a very close contest away to St Peter's. A scrappy first half saw Sedbergh take a 1-0 lead thanks to an Emma B's goal at the back post. It was a much-improved performance in the second half, with the girls putting the St Peter's goal under constant pressure. It was an equaliser against the run of play to bring scores level. The game became more stretched; it was Harriet B with the decisive strike to win the game for Sedbergh and a deserved result in a tight game.





Girls U18C v St Peter's York (A) Won 7-1

On Saturday 3rd October Sedbergh's U18C team travelled to York to compete against St Peter's U18C team. After an end to end start Sedbergh started to open up St Peter's defence and score an early goal, making the score 1-0. After this, goals started to build up, with Lula C scoring an excellent reverse hit. Issy S and Evangelina MF both scored from deflections after two wonderful interceptions from Ella L. Finishing the first half 4-0 to Sedbergh.

After half time St Peter's boosted their attack, meaning we had to withstand some defensive pressure in the second half. However, the girls defended very well and soon our attack was going strong again with the first goal in the second half scored by Isla I. Evangelina MF then went on to score two more goals from excellent set up play by Ella L and Emily M, leading to a final score of 7-1. This was a very good game where the girls played out to the wings often and moved the ball quickly up the pitch. We hope to take these positives on to our next match.

Girls U14A v St Peter's York (H) Lost 4-0

The U14A played against St Peter's in a tough game, finishing with a 4-0 loss.

There are lots of things for us to work on in training but the team showed great improvement in the second half. We played some really good hockey, moved the ball well and showed much more confidence and determination.

Player of the Match was Maggie, who had a fantastic game and worked incredibly hard throughout.

A tough result, but plenty of positives to take into our next game!

Girls U14B v St Peter's York (H) Lost 1-0

The U14B had a great game against St Peter's. It was a very even match, with the play going back and forth throughout. It was a really exciting game to watch, with both teams working hard and creating chances.

St Peter's managed to sneak in a goal just before half time but the U14B continued to work hard and played some great hockey.

Player of the Match was Anna F, who had a fantastic game. A great effort from the whole team!

Sedbergh HC v Kirkby Lonsdale 1s (H) Won 4-0

A sunny afternoon of hockey and a fantastic 4–0 win for Sedbergh. We played simple, effective hockey, with strong connections across the pitch creating plenty of opportunities in the D.

A great performance from everyone, with a special mention to Heidi for making some superb saves! A really positive afternoon for the team

Rugby

Boys U18B v Kirkham Grammar School (H) Won 88-12

Sedbergh started the game extremely strongly, putting in a huge amount of hard work in defence and using this to create excellent starting field position. This allowed us to apply pressure early and convert our opportunities into some excellent tries.

With ball in hand, Sedbergh made some really good decisions, moving the ball quickly and accurately and making life difficult for the Kirkham defence. The speed of our attack created space and built strong attacking momentum, allowing us to maintain pressure and continue to add points to the scoreboard.

Defensively, the intensity and work rate were particularly pleasing, with the team working hard for each other and consistently winning the physical battle. Sedbergh went into half-time with a commanding 45–0 lead.

The second half continued in much the same way, with Sedbergh's first-phase attack putting us on the front foot and allowing us to build pressure from the outset. We continued to move the ball with pace and create opportunities, resulting in further tries and an impressive attacking performance.

There were, however, some lapses in concentration during the second half which allowed Kirkham to score two tries. This is an area we will look to improve, particularly in maintaining our standards and intensity for the full 80 minutes.

Overall, it was an excellent team performance, with strong defence, good decision-making and exciting attacking rugby. The final score was 88–12 to Sedbergh.

Boys U16A v Kirkham Grammar School (A) Won 43-10

Sedbergh travelled to Kirkham for what is always a challenging fixture, knowing that they would need to start well and cope with the intensity of the occasion. Sedbergh began on the front foot, but early errors allowed Kirkham to capitalise and score first.

The first half proved challenging for Sedbergh, particularly at the breakdown. Kirkham consistently won the race to the contact area and secured several important turnovers, preventing Sedbergh from building any sustained momentum. However, Sedbergh showed good resilience and began to grow into the game. By becoming more patient with the ball and building pressure through phases, they eventually found a way through, with Jake G finishing in the corner to bring the score to 7–5. A late Kirkham penalty extended their advantage to 10–5 at half-time.

Sedbergh started the second half with a clear change in intent. They combined patience and control with greater speed and urgency in attack, moving the ball quickly and putting Kirkham under increasing pressure. As Sedbergh's intensity grew, Kirkham struggled to cope with the sustained attacking pressure.

Jelani got the scoring underway in the second half before Ben B produced an outstanding hat-trick. Joe B then added another excellent score as Sedbergh continued to build momentum and take control of the game. The final score of 43–10 reflected a superb second-half performance.

Sedbergh can be extremely proud of the way they overcame the initial challenge presented by Kirkham. The togetherness shown during the difficult moments of the first half was particularly pleasing, as was the way the team responded after the half-time break.

A challenging fixture was turned into a convincing victory through togetherness and an excellent second-half performance.



Boys U18A v St Peter's York (A) Won 48 - 17

The game could hardly have started worse for Sedbergh, with St Peter's taking full advantage of a lack of discipline, ineffective contact skills in defence and some poor decision-making around the breakdown. Three early scores left Sedbergh chasing the game and provided another reminder of the importance of starting with greater accuracy and intensity.

However, the response before half-time was impressive. Sedbergh gradually found a much better balance to their game, playing with greater control and patience while beginning to win the physical exchanges. With that came some excellent attacking rugby and a number of well-worked scores, shifting the momentum of the game to take a 19–17 lead into half-time.

The second half was a very different story. 7 fresh players were introduced from the bench and immediately added significant physicality, energy and tempo. Sedbergh took complete control of the contest, combining directness with much greater accuracy and exploiting space when it appeared. 29 unanswered points followed as the squad demonstrated both its depth and ability to increase the intensity of the game, eventually running out convincing 48–17 winners. While there was plenty to be pleased with in the response and the quality of the second-half performance, there is a clear running theme that needs addressing. Sedbergh have been too slow out of the blocks, and against stronger opposition, giving away that sort of early advantage will become increasingly difficult to recover from.

That will be an important focus heading into a significant final couple of weeks before half-term, beginning with Kirkham on Wednesday before a huge finish against Blackrock in Dublin.

Boys U18D v St Peter's York (A) Won 50-0

Sedbergh 4th Team produced a sharp and disciplined performance to record an 50-0 victory over St Peter's 3rd Team on Saturday.

From the outset, we played with good intensity and accuracy, moving the ball well and taking our opportunities when they arose. Our handling and decision-making were strong throughout, allowing us to maintain pressure and build momentum as the game progressed.

St Peter's were playing their first match of the season and worked hard throughout, but there was unfortunately a significant mismatch in both physicality and experience between the two sides. We were able to capitalise on this, playing with tempo and showing some excellent attacking rugby.

Pleasingly, the squad maintained its focus and standards from start to finish, with all players contributing positively. There were some well-worked team tries and a commitment to playing the style of rugby we have been working on in training.

Boys U16A v St Peter's York (H) Won 54-7

Sedbergh welcomed St Peter's York to Busk 1, with another opportunity to build on the positives from last week's performance against Kirkham.

Sedbergh started positively and opened the scoring through Ben B after a well-worked backs move from a scrum. They continued to play some excellent rugby, showing patience in possession and moving the ball into space with speed. Further scores followed from Harry R, another from Ben B, and Max W in the corner after a fantastic offload from Jake G.

The second half continued in much the same fashion, with Sedbergh playing with confidence and moving the ball with pace. Max W added another score, before Wilf W crossed twice, first from a scrum strike move and then following a brilliant interchange between Freddie and Frankie S, which created the space for Wilf to finish.

Sedbergh now look to build further on this performance as they move on to Trafford Schools next Saturday.

Boys U16B v St Peter's York (H) Won 61-0

A comprehensive victory for A2 who overpowered a team that beat them last season, indicating the progress that this side has made. The forwards dominated the breakdown, and there were some excellent carries, with Finn M crossing the line three times. Finn D showed excellent vision to set the backline away from scrum half, and out wide Wilf demonstrated clinical finishing. Jack F made a number of excellent breaks, well supported by Lucas M and Zach. Otto and Rocco pressured well on lineouts to force errors and capitalise with scores.

Wilf and Ted H both kicked conversions superbly from some very tricky field positions. Tom P made some good breaks against his former team mates, and the second half, second row pairing of Oscar and Hector enjoyed running the ball back at the opposition backs.

Boys U15B v St Peter's York (H) Won 52-5

Playing against a fellow 2nd team B2 played with structure and skill to run out comfortable winners on Riverside.

The forwards got us on the front foot and the backs moved the ball well.

Boys U14B v St Peter's York (A)Won 31-7

It was a fantastic team performance in which players scored some great team tries and tackled well. Forest R and George M scored two tries each, and Ben H continuing his accuracy under the tee. However, the team's defence stood out today and tackled phenomenally. A well-balanced game played; Eddie S was particularly impressive on both sides of the ball!

Football

Boys U18A v Stonyhurst College (A) Won 7-1

The match had a the feel of a pre-season friendly, as many of the players were playing together for the very first time, in the Brown and Gold. A strong international team feel graced the pitch in what proved to be a one sided encounter.

Playing attractive, possession-based football from the opening whistle, Sedbergh created some good opportunities in the opening 15 minutes but were thwarted by some unconventional saves from the hosts goalkeeper.

The opening goal came midway through the first half when Ruben F, cut inside the full back and shot low across the goalkeeper, boosting our confidence, and allowing us to play with greater freedom. A blistering shot from Jorge (Chino), cannoned off the bar and skipper Firth was on hand to nod the ball home into an empty net, for 2-0.

A third was slotted home by another newcomer, Nico, who cut in from the left and rolled the ball calmly under the onrushing goalkeeper. It was becoming one way traffic, and a fourth followed two minutes later when Todd J, powered the ball home after only being on the pitch for a matter of seconds.

The second half started slower, and our hosts pulled a goal back after five minutes, with a scorpion kick, that all who saw it, felt the striker hadn't meant. Nethertheless, although that goal looked to have boosted Stonyhurst's confidence, it was soon nullified by a further three impressive strikes from Firth, Feustel and Jackson, as all three strikers ended on a brace of goals each.

A very positive start to the season, in which we will face tougher challenges, but this result gives us some confidence for the upcoming Cumbrian County Cup fixture.

Swimming

Mixed U18A v Stonyhurst College (H) Won 194-186

A close run competitive fixture which could have gone either way. Strong performances in the prep school team made the difference, in particular Kinloch, who was outstanding. Our Senior girls team swam very well winning all their races convincingly, in particular Price Lyle and Vardy showing efficient technique.

Encouraging swims also by Locke, Carroll and Campbell. The Senior boys team were blighted by illness, and whilst they battled through bravely, they were up against a talented Stonyhurst team made up of Club swimmers who proved too strong on the day. There was a good atmosphere throughout the event and the fixture was well supported by parents encouraging their offspring on.

Sailing

Mixed U18A Sedbergh Senior Regatta (A)

On Saturday, sedbergh hosted its first senior sailing regatta at Killington. Across a 5 race format, Coniston dominated finishing 11 points clear at the top with 38 points. The battle for silver was much closer, with just six points separating Lancaster and Sedbergh A. A three-race sail-off saw Lancaster record 1st, 4th and 6th, while Sedbergh A finished 2nd, 3rd and 5th. This gave Sedbergh A, a second place finish by a single point.

Golf

Mixed U18A ISGA Northern Schools Golf Competition (A)

The competition was extremely tough as we were competing with the best teams around the North. Sedbergh came 3rd in this prestigious Northern Cup. Lachlan came runner up in the Net competition out of over x40 players which was a fabulous achievement.

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