



Sedbergh
SCHOOL

SPORTS REPORT

12 January - 18 January 2026

SPORTS RESULTS

Netball

Girls U15A v RGS Newcastle (A) Lost 28-34

The 15A squad came up against RGS Newcastle this Wednesday in Round 3 of the SnS Plate. The girls were off to a flying start in Q1 and the competition was fierce ending 8-9. Our defensive circle of Penny and Annabel were getting endless turnovers while Ella, Caitlin and Flo were smoothly getting the ball downcourt to Ursula and Bella during the first half where we had a score of 12-17.

In the third quarter we switched it up with Emily coming into defence, Annabel entering midcourt and Emily-Pearl into the shooting circle, while fresh legs gave us more energy, it wasn't a match for a determined RGS who put up 10 more goals while we managed to get 7 in the net. With more changes going into the final quarter, the girls knew they had to give 110% and while we got lots of turnovers, it just wasn't our day and not enough them made it to goal.

The final score was a loss of 28-34 with some outstanding performances and a special mention to Ursula OPOM and Annabel CPOM.

Girls U18A v RGS Newcastle (A) Won 46-20

Sedbergh's First Netball team put on a strong display against RGS, bringing home a 46-20 win despite being without two regular players.

Sedbergh took to court positively in the first quarter. The second quarter became less cohesive but it then all came back together brilliantly in the 3rd and 4th.

During the second half the team settled into some unfamiliar combinations, but confidence grew quickly and the team flowed really well. Communication improved across the court and the team gelled perfectly, allowing them to extend their lead comfortably.

A special mention goes to Sophie, who played her first game back after injury. She played her heart out in two different positions (GA and GK) and made a strong impact throughout.

Fen was awarded player of the match by the opposition which was well deserved due to her brilliant shooting consistency. Eleanor also delivered a strong performance and was deservedly awarded Coaches' Player after displaying many interceptions and vital rebounds.

Overall, this was an excellent team performance. The final two quarters showcased the team's potential when working together, resulting in a well-earned win for Sedbergh.

Girls U18B v RGS Newcastle (A) Won 41-25

From the first whistle, Sedbergh's 2nd team made their intentions clear, delivering a fast-paced, confident performance against RGS Newcastle that showcased both skill and teamwork. A blend of new and experienced players combined superbly, with shooters Alice and Sophie setting the tone early, converting with precision to give Sedbergh a 12-6 first-quarter lead. Momentum continued into the second quarter as Tilda became a constant threat in defence, securing key interceptions that were swiftly turned into goals. At centre, Player of the Match Daisy controlled the game, linking attack and defence seamlessly to extend the lead to 21-12 at half time.

Sedbergh raised the intensity again in the third quarter. Ava produced an outstanding spell, supporting the shooters and creating width through the court, while Anya worked tirelessly and showed great determination. Strong defensive pressure from Darcie and Poppy denied space and forced errors, pushing the score on to 32-17. Composed and focused to the final whistle, Sedbergh closed out the match in style to secure a convincing 41-25 victory.

Player of the Match - Daisy

Coaches' Player - Tilda

Players' Player - Alice

Girls U16A v RGS Newcastle (A) Won 46-15

On Saturday 17 January, the U16A netball team played RGS Newcastle. The game was a great boost for Sedbergh as we had possession for the majority of the game and pulled the score away. The defenders made many intercepts giving us more opportunities at goal. The attackers and midcourt players had great connections reaching the shooting circle with ease. Another great win for us and clearly showed in the final score of 46-15! POM - Ruby CPOM - Bea C. Well done girls!

Girls U15B v RGS Newcastle (A) Lost 10-19

A tough match against a speedy RGS side. There was lots of exceptional play and movement around the court but a few too many mistakes meant that the opposition could gradually dominate. Superb defense from Tamara and Evangelina (POM) plus confident work in the shooting circle from Isla and Lula, shows there is much potential. Can't wait for the next match.

POM Evangelina
CPOM Lula

Girls U15A v RGS Newcastle (A) Won 20-19

It was a great match against RGS who we played for the second time this week. The team worked really well together connecting our passes and feeding well into the D for the shooters. Defence was strong making lots of standout intercepts and passing the ball through to mid court who worked it down the court quickly and with some powerful passes. The shooters worked well together, passing it around and getting lots of shots in that led to an excellent win for the team, coming from a goal down after Q3 to finishing 20-19. Everyone put 100% effort in and tried their hardest making sure we won the ball back if we ever lost it and it was a very positive match all round.

Girls U14A v RGS Newcastle (A) Lost 29-14

The key focus for the start of the game was connections through court, and the girls had a brilliant first quarter with the score 5-4 after the first 10 minutes. The play was end to end, with both teams showing some excellent netball. Going into the second quarter, the girls were encouraged to delay play and focus on their decision making - when to pass quickly and when to delay, allowing the second movement of a teammate getting free.

This was effective and the centre court players were able to send some excellent feeds into the shooters. The game was still close at half time with Sedbergh only trailing by 3 goals. The Sedbergh team were determined to keep the scoreline close, but unfortunately this led to some forced passes and errors that gave turnovers to the opposition. RGS pulled away towards the end, but this Sedbergh team showed displayed an outstanding work ethic throughout the game and have a lot of potential to build stronger as a team throughout the season ahead.

Girls U14B v RGS Newcastle (A) Won 13-3

The entire U14B team played an exceptional game of netball against RGS on Saturday, winning 13-3. All players worked their hardest and excellent link ups were made throughout the game, especially by M Beswetherick, M Ferguson and S Locke, with all goals being scored by T MacDonald and C Nolan-Neylan. This match was a definite improvement from the week prior, however there is still lots to work on throughout the season.

Hockey

Girls U18A v Kirkby Stephen Hockey Club 1st (H) Won 3-2

After a very even first quarter Sedbergh really stepped up in the second, after excellent link up play from Barker, Gresswell and Foxtan down the right Glover scored with a cute finish. A few minutes later after a similar move Gresswell slammed home number two. Just before halftime Sedbergh went 3-0 up when another through ball to Foxtan saw her play a great square pass to Evans who tapped in.

The third quarter saw Kirkby Stephen respond with two goals of their own before Sedbergh improved in the final quarter, demanding Kirkby's goal keeper to make a number of good saves.

Boys U14 v Sedbergh Prep School U13A (H)

The U14 boys enjoyed a very useful runout against the prep school. Using the afternoon to work on connections, try different positions and begin to understand how to play together.

Two 7 a-side matches and a 11 a-side game gave the coaches lots of opportunities to see the broader squad get some match time.

Boys U15B v Windermere School (H) Won 7-2

The U15Bs showed finishing prowess that Erling Haaland would have been proud when putting 7 goals past Windermere School. This great opening performance of their season was built on sensational teamwork from all 14 players, and it would be unfair to single out any individuals. The players were buoyed by the pre-match motivation of Ted M, and the team oozed confidence after grabbing a few early goals to settle any nerves. Ted H, Ted M, Joseph F, Samuel G-D, Jack F and Fergus V all made it onto the scoresheet.

Sedbergh HC v Kirkby Stephen 3 (A) Won 11-0

Sedbergh HC were in complete control as they ran out convincing 11-0 winners against Kirkby Stephen 3.

Sedbergh started brightly and quickly took charge of the game, moving the ball well and creating chances from the outset. Goals came regularly as their attacking play kept Kirkby Stephen under constant pressure.

Player of the Match went to Sabie, who delivered an impressive all-round performance throughout. Izzy, playing up front, linked up really well with Sabie to keep the pressure on and help create chances, while Elsie was solid at the back and helped drive attacks from defence.

In the second half, Sedbergh showed no signs of easing off, continuing to press high and take their chances, while comfortably keeping a clean sheet.

A strong team performance and a deserved big win for Sedbergh.

Rugby

Boys U17A v Triangular Dame Allens, Gosforth & Tynement (A)

Sedbergh travelled to Kingston Park for their annual JBS Triangular with a squad of 30 players, providing an excellent opportunity to give all boys meaningful game time across three short matches. With two year groups coming together for the first time in a match environment, the focus of the afternoon was as much about building cohesion and connections as it was about performance.

Against Dame Allan's in our opening game, we were understandably slow to find our rhythm. The boys were still adjusting to combinations and game tempo, and while there were promising moments, the overall performance reflected that this was our first outing together as a group.

Our second fixture against a very strong Gosforth side saw a clear step up. Despite facing well-drilled opposition, Sedbergh grew into the game, showing improved clarity in our shape, decision-making, and work rate. There were encouraging passages of play that demonstrated the potential within this squad.

We finished the afternoon on a real high against Tynemet. By this point, the connections across the team looked far more natural, with players beginning to understand one another's tendencies and strengths. The rugby was more fluid, support lines were better, and there was a noticeable increase in confidence and intent across the pitch.

Overall, this was a valuable experience for the group - not just in terms of minutes on the field, but in starting to build the identity and togetherness that will be important over the season ahead. With six JBS fixtures still to come, there is plenty more rugby and development to look forward to for this squad.

Boys U15A v Trafford School (A) Won 29-12

This was a useful run out against a competitive Trafford Schools for B1 ahead of their National Cup quarter final in 10 days' time. After a 6 week layoff, there were inevitably some signs of rust but the side eventually played some good rugby to score 5 well worked tries through forwards James H and Jelani I (2) and wingers Lucas M and Bodie H. Tougher challenges will lie ahead but the side are working hard and heading in the right direction.

Football

Boys U18A v Giggleswick (A) Won 5-1

The 1XI opened their 2026 with a comfortable victory over local rivals, Giggleswick School, in an entertaining encounter. With a slightly depleted squad, through illness and unavailability, a somewhat makeshift squad was assembled for this match. Hugo C, Zac B both made their debuts and fitted seamlessly into a defensive structure, alongside regulars Henry B & Toby F.

The match opened with Sedbergh applying pressure to our opponents and were rewarded after a number of forced corners, with an opening goal, from our mercurial French winger, Leon C, who lashed home the ball into the top corner.

This settled our nerves, and 5 minutes later, a speculative shot from Jamie T, saw the ball trickle over the goal line after a goalkeeping error. Our dominance then saw Zach B play an outstanding through ball to captain Rocco, who rounded the goalkeeper and rolled it into an empty net, to make it 3-0

We were expecting our opponents to fold at this point, but to their credit, they won and converted a penalty, which Hugo C had no chance of stopping, to reduce the deficit. However, within 10 seconds of the restart, we had restored our 3 goal lead, after a sumptuous long ball from Jamie T, found Oscar F clean through, who finished with great composure. Half-time 4-1.

With tactical changes from both team, the match was less frenetic in the second half, however, Jamie T added to his goal tally for the day with a majestic header that just crept over the goal line before being cleared by a defender.

A pleasing first performance, with some outstanding debuts.

Boys U18B v QEGS Penrith (H) Lost 2-7

After a previous frozen pitch delayed proceeding, this fixture marked the inaugural match for the Sedbergh 2nd XI against a strong and well-drilled Penrith QEGS side. Sedbergh began brightly and made their intentions clear from the outset, opening the scoring with a stunning long-range strike from Westmoreland that left players and spectators alike momentarily stunned (1-0).

The visitors responded well, drawing level shortly afterwards with an excellent corner-kick routine. QEGS continued to apply pressure, but Redburn produced a series of impressive saves, well supported by a hardworking back four who battled tirelessly to keep Sedbergh in the contest. Despite the resistance, the half ended with QEGS holding a narrow 2-1 lead, leaving plenty to play for as Sedbergh headed into the break full of belief.

The second half started at pace, with QEGS extending their advantage through a long cross that unfortunately found its way in. However, Sedbergh responded positively, producing some excellent passing play across a challenging pitch. The move was finished confidently by Mulligan, reducing the deficit and rewarding Sedbergh's persistence.

As the match wore on, fitness and squad depth began to tell, and the visitors capitalised with fresh legs from the bench to extend their lead and create a somewhat flattering final scoreline.

Despite the result, this was a highly promising performance from a developing Sedbergh side. There were many positives to take, valuable lessons learned, and plenty of encouragement as the team looks ahead with confidence to the next away fixture.

Boys U18A v AKS Lytham (A) Lost 3-2

A disputed penalty was the difference between a draw and a narrow loss, as the senior boys team fell to a narrow defeat at AKS Lytham.

With our opponents having reached the national cup quarter finals, we knew this would be a stern test, especially as we were weakened again by late withdrawals.

The game started evenly, and although our hosts looked dangerous on the counter attack we managed to contain their attacks. However a long through ball down the inside right channel saw the tall striker shoot low across Hugo, into the far corner.

Sedbergh were undeterred and found their equaliser five minutes later as pressure in the opponents area led to the ball rolling to Rocco who finished confidently.

In a frantic first half, the home side managed to claw in front again after Dexter was harshly penalised for a foul in the box, and AKS converted the resulting penalty.

Again, the 2nd half remained even, with AKS extending their lead with a stooping header. Previously, this may have seen the 1XI crumble and concede more, but we are more resilient. Oscar was floored whilst dribbling in the opponents area, but the referee wasn't convinced.

However, we were awarded another penalty just minutes later after an innocuous handball, which was despatched with aplomb by captain Rocco.

The match petered out in a 3-2 defeat but we left with our heads held high, and our reputation enhanced by competing with an established footballing school.

Equestrian

National Schools Qualifier (A)

Our Sedbergh riders enjoyed a brilliant day at the National Schools Eventers Challenge at Kelsall Hill, Cheshire, competing as a combined Senior and Prep School team of boys and girls. This is one sport where there are no age or gender restrictions, and it was wonderful to see the support and camaraderie shared between all the riders.

They tackled a challenging course with real determination and skill, gaining further National qualifications along the way. It was particularly exciting to see our younger riders and horses stepping up confidently to the questions asked of them including water, steps, a ditch and a variety of fences. The course and venue were, as always, stunning, and it is a real pleasure to compete there together as a team.

Well done to Olivia M, Eva H Y, Nina Jane R and William W with William taking an excellent 2nd place individually in the 80 class.



Running

Rawthey Run

The Rawthey Run 2026 marked a significant milestone for one of Sedbergh's most cherished junior running events, welcoming 40 junior, prep and senior schools, 97 teams, and a record 539 participants to the Akay Cross Country Course. This represented a substantial increase on last year's numbers and made the 2026 edition the largest Rawthey Run ever staged.

For 16 schools, this was their first experience of the event, and from the moment runners arrived the Akay course was alive with anticipation. Recent rainfall gave way to a bright, crisp January afternoon, creating classic cross-country conditions: wet underfoot, demanding, and thoroughly authentic. For many pupils, this was their first encounter with a cross-country venue on such a scale, with the famous water jump providing a particular focal point—eliciting equal measures of awe, apprehension and excitement.

Proceedings began with a memorable Parade of Runners, as more than 500 pupils assembled behind Pipe Major Logan M (12S) and were led around the start-finish area. It was an impressive and atmospheric sight, heightening the sense of occasion and setting the tone for the afternoon's racing.

New for 2026 was the introduction of a mixed relay race, featuring teams of four runners (U11 Girl, U11 Boy, U13 Girl, U13 Boy), each completing a 600m loop. The relay proved an immediate success, greeted with enthusiasm by runners and spectators alike. With 25 teams taking part, the format added pace, spectacle and a strong sense of teamwork, and was widely agreed to be an excellent addition to the Rawthey Run programme. A combined team from St Martin's & St Mary's and Queen Katherine School were crowned the inaugural winners.

Following the racing, pupils, staff and families gathered in the Hirst Centre for prize-giving, where awards were presented by Mr Harrison (Sedbergh School) and Mrs Martin (Sedbergh Prep School). It provided a fitting conclusion to a day that combined competitive racing, innovation and genuine community spirit.

Symonds Run (H)

The Sedbergh School community came together in impressive numbers on Saturday afternoon for the second Symonds Run, renamed last year in honour of the much-missed former Master of Running, Hugh Symonds. It was a fitting tribute to a man who gave so much to running at Sedbergh, and whose wife, Pauline, addressed the assembled runners before the start, expressing how proud Hugh would have been to see so many people taking part.

Conditions could hardly have been better for a mid-winter fell race: a still, cool and crisp January afternoon, bathed in bright sunshine. The overnight rain, however, ensured that the ground remained wet in places, making fast times unlikely on a demanding course.

A Course that Defines Sedbergh

The 7.5km route, with 182 metres of ascent, is a true test of strength and resilience. It begins on the school cross-country course before dropping down the road through Millthrop, climbing onto Frostrow Fell, and then descending steeply back towards Sedbergh. The final stages follow the banks of the River Rawthey before looping back around the XC course and into the finish. Watching hundreds of runners—wearing a kaleidoscope of house and team vests—streaming across Frostrow Fell remains one of the most striking sights in the Sedbergh running calendar.

A Fierce Race at the Front

A remarkable 432 runners toed the start line—the highest number of finishers in recent years, up from 393 last year—underlining the growing popularity of the event. From the outset the pace was fierce, led by Athlete in Residence Ben Harrison, who took the field around the XC course before the runners swept down towards Millthrop Bridge.

A small lead group soon formed, featuring Harrison, defending champion Hugo B (Sedbergh VIII, 12SH), George M (Sedbergh VIII, 11H), guests Will McNally and Will Brayshaw, Sam Gunning (Old Sedberghian) and Henry P (Sedbergh VIII, 12SH). Despite the wet ground, the racing was relentless as the leaders battled over the fell and back towards the finish.

In the women's race, defending champion Lydia Barker-Chapman set the early tempo, closely pursued by the in-form Lucia Connell (Sedbergh VIII, 10R), Juliet Price-Lyall (Sedbergh VIII, 12L) and Jemima Hearld (Sedbergh VIII, 13L).

A Celebration of Community

As runners returned for the final loop of the XC course, the atmosphere around the finish line built steadily. There was a palpable buzz as competitors congratulated one another and swapped stories of survival from all parts of the course. Among those enjoying the challenge was Robin Pyper, the school's future Senior School Headmaster, who finished a highly creditable 36th.

The inclusive nature of the Symonds Run continues to be one of its great strengths. What began historically as a challenge match between Old Sedberghians and the School First VIII has evolved into a truly communal event, featuring teams from all nine boarding houses, Sedbergh Town, guests, parents, staff, the Prep School, and—most pleasingly this year—an Old Stonyhurst team.





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