

## **This Week's Results**

### **District Cross Country Trials**

10 athletes ran at the South Lakeland District Cross-Country Trials on Thursday at Cartmel Racecourse, and 9 of them ran themselves into the team for the county trials in January. The only runner not to make the team was Year 8 Victoria Bailey, who ran extremely well against Year 9s to finish 20<sup>th</sup>, only 4 places off making the team. If Victoria continues to improve at the rate she is doing, there is no reason why she will not make the district team next year. The best performances of the day came from two Year 8 boys, Joe Bird and Harry Heathcote. Again, running against boys up to a year older, Joe (2<sup>nd</sup>) and Harry (5<sup>th</sup>) showed great potential. The Year 7 girls race included three SJS girls and they bunched well, with Rebecca Holliday 6<sup>th</sup>, Tabitha Holdsworth 7<sup>th</sup> and Pollyanna Bell 11<sup>th</sup>. Unfortunately Sally Bennett was unable to run, as we would almost certainly have had 4 runners in the top 12. Josh Hodge (7<sup>th</sup>), Richard Burns (10<sup>th</sup>), William Taylor (14<sup>th</sup>) and Luke Worrall-Thomson (16<sup>th</sup>) all showed their athletic talent in a large Year 7 field. This was undoubtedly an impressive set of results from all 10 runners. The aim now is to get even fitter, and be in top form for the Cumbria Schools Cross-Country Trials on January 21<sup>st</sup>. If any of our runners can be in the top 8 on that day, a trip to the English Schools Cross-Country Championships awaits.

**RTG**

### **U11 Rugby v SMH**

SJS under 11s played against St Mary's Hall on Wednesday, and came unstuck against a quick back line. They allowed SMH too much space and time which resulted in SJS conceding 5 tries in each half. SJS did show some fight at the start of the second half, resulting in Adam Khan crossing the line and Chris Park-Johnson converting. (58-7 Loss)

**RTG**

### **1<sup>st</sup> XV v St. Mary's Hall**

A contrast of rugby styles was seen on Wednesday afternoon between two very different teams. On one side the men in green and white hoops tried to play an strategic game by placing the ball behind our wingers and making them turn at all times. On the other, the men in brown tried to play everywhere, including our own in-goal. This different approaches were well balanced throughout the 50 minutes and a fair draw was the outcome of a very intense game of rugby. During the first half the visiting side started well scoring 5 minutes into the game after a lack of defensive communication. St. Mary's Hall also had most of the territory but possession was shared by both teams. Sedbergh came back and after building phases and stretching the opposition, fly half James Park-Johnson found a hole in the defence levelling the scores. 10 minutes into the second half saw our 1<sup>st</sup> XV playing some great rugby, putting things together nicely. However the visiting team's defence kept on proving strong and testing our attack showing what a good side they were, by forcing Sedbergh into handling mistakes. After this sequence of attack after attack, loosehead prop and man of the match, Ben Hunt touched down after a great pick and go next to the breakdown. Unfortunately, with 5 minutes to go and after a misunderstanding in the lineout, St. Mary's second row found the ball coming his way from only 5 meters apart from Sebderghs' in-goal, and nothing stopped him. There was also a couple of tense moments during the games when number 8 Chris Sanders, of great performance, attempted a penalty kick from 30 yards away. The St. Mary's fly half also decided to try his luck and attempt the posts, but both of them were narrowly missed. A good game of rugby which it could have gone either way. We look forward to playing them again shortly. Now we look forward to what is probably going to be our hardest game this season, Cargilfield at home. **(12-12 Draw)**

**JCGM**