



# THE HARROW HERALD

## CHAIR ROUND UP

A month of mixed results, sadly more losses than wins, but we will bounce back! The Ladies 1's are working their way up their league table and were the first team to beat their league leaders! Keep going everyone, results will come.

I attended the Men's training session last week, and it was great to see some of our Back 2 Hockey Dad's transitioning into the session. Ed has worked wonders with his group every Sunday, not only improving their basic skills but importantly their confidence to feel they're ready to get back on the pitch for matches, even after in some cases, an extremely long period out of the game. Well done all!

I'm delighted to announce we have secured a new Men's 1's coach. Nku Davis comes with a wealth of experience in hockey, across both domestic and international programmes, including playing and umpiring internationally. He will take over from Glenn with the Men's training with immediate effect. Welcome Nku!

Finally, the Junior section have invested in the Veo Sports Camera. This is a system where you can record and analyse matches. This will give our coaches the ability to review matches, areas of game play, set pieces, team and individual performances, all enhancing our development. We are getting the Veo Cam 3 which is the latest product, we are very lucky indeed!

So we march on strong into March, keep the performances coming!  
Good luck in all your matches!

Kerri



## THIS GIRL CAN - WELL DONE JESS DYSON!

We are incredibly proud to announce that Jess Dyson has been selected for the England U21 Squad! What an achievement! Jess began her hockey at Harrow HC aged 5 and progressed to play Senior Ladies hockey with us. She then moved to Epsom College for her 6th form schooling, and this gave her the opportunity to move to Surbiton HC, where she gained her National League experience.

Jess now plays at Loughborough Students, where she is studying, and is competing in the National Premier League.

Jess's persistence, determination, focus and drive has all lead to this point of her being selected. Well done! It was great to have Jess come down to training last week to give some words of wisdom to the U10 girls ahead of the London Tournament, and support with the Ladies 1's coaching, really inspirational!

Jess's first outing with England will be to play in Terrassa, Spain over the Easter weekend! We wish her all the best of luck and we can't wait to hear all about your experience!



## MEMBERSHIP

Well done and thank you to everyone for having their subscriptions up to date. Thank you to Paula for managing this too, it's not easy!! Please remember that the club has to pay for pitches, coaches, affiliations, insurance, so nothing comes for free. In order to play, subscriptions MUST be paid so we can fund the club.

Paula will be checking monthly that everyone is up to date, so if you're not make sure you get sorted otherwise, we will enforce "No Pay No Play" and you will be removed from the Spond matches and training until you are up to date.

**Please be reminded that ALL subs should be paid in full by 31st March 2024 as this is the end of our financial year.**

If you need to speak with us about your subs, change your category, or simply have any questions, then please let Paula, our Membership Secretary, know.

# FEBRUARY RESULTS

03.02.2024

LADIES 1s	5-1	EAST LONDON
MENS 1s	0-2	WEST HAMPSTEAD
LADIES 2s	6-0	PHC CHISWICK
MENS 2s	3-5	WH&E

10.02.2024

LADIES 1s	2-0	SPENCER
MENS 1s	0-2	SOUTHGATE
LADIES 2s	2-3	OLD UXONIANS
MENS 2s	2-7	WEST HAMPSTEAD

24.02.2024

LADIES 1s		NO GAME
MENS 1s	3-3	INDIAN GYM
LADIES 2s	2-2	HENDON & MILL HILL
MENS 2s	0-3	OMT

# FORTHCOMING FIXTURES

	LADIES 1s	LADIES 2s	MENS 1s	MENS 2s
2ND MARCH	V EASTCOTE (H)	V OMT (A)	V OSTERLEY (H)	V OSTERLEY (A)
9TH MARCH	V H&W (A)	V EASTCOTE (H)	V RICHMOND (A)	V WEST HAMPSTEAD (A)
16TH MARCH	V WAPPING (H)	V PHC CHISWICK (A)	V ASHFORD (17.03)	V NO GAME
23RD MARCH	V EAST LONDON (A)	V EALING (H)	V WEST HAMPSTEAD (A)	V NO GAME

# GOAL SCORERS

Here's the leaderboard for goal scorers for the club:

AMY ALLMAN	18
NICK LENDON	13
JAY RAZDAN	11
KERRI LENDON	11
ELLA POPAT	9
ALEX BROWNE	7
AVA KEEN	7
ASEM DARWISH	5
SADIE MACKRILL	5

# LEAGUE TABLES

## LADIES 1S

	Team	Played	Won	Drawn	Lost	For	Against	GD	Points
1	Spencer W3	16	12	3	1	41	12	29	39
2	Harrow W1	15	11	0	4	43	13	30	33
3	West Hampstead W2	16	10	3	3	42	24	18	33
4	Eastcote W1	15	10	1	4	43	17	26	31
5	Hampstead & Westminster W5	15	9	2	4	32	19	13	29
6	East London W2	16	8	2	6	39	33	6	26
7	PHC Chiswick W2	15	6	2	7	22	23	-1	20
8	Wapping W3	15	5	0	10	25	37	-12	15
9	East London W3	15	3	3	9	13	22	-9	12
10	West Herts W2	16	1	2	13	15	72	-57	4
11	Eastcote W2	16	0	2	14	14	57	-43	2

## LADIES 2S

	Team	Played	Won	Drawn	Lost	For	Against	GD	Points
1	PHC Chiswick W4	17	16	0	1	81	12	69	48
2	Ealing W2	17	14	0	3	71	27	44	41
3	Imperial College SM W1	17	9	1	7	63	62	1	28
4	Eastcote W5	17	9	1	7	33	30	3	27
5	West Hampstead W6	17	8	1	8	27	26	1	25
6	West Herts W4	16	8	1	7	43	41	2	24
7	Old Uxonians W1	17	7	3	7	40	31	9	22
8	Harrow W2	17	7	1	9	37	39	-2	22
9	Hendon & Mill Hill W2	17	7	1	9	30	37	-7	22
10	PHC Chiswick W5	17	6	1	10	16	37	-21	19
11	West Hampstead W7	16	3	1	12	17	52	-35	10
12	Old Merchant Taylors W3	17	1	1	15	6	70	-64	-1

## MENS 1S

	Team	Played	Won	Drawn	Lost	For	Against	GD	Points
1	Hampstead & Westminster Thirsts	16	12	3	1	55	22	33	39
2	Richmond Griffins	15	11	2	2	54	31	23	35
3	Southgate M5	15	9	3	3	45	30	15	30
4	Harrow M1	15	7	2	6	34	25	9	23
5	West Hampstead M5	15	7	1	7	29	34	-5	22
6	PHC Chiswick M4	16	6	3	7	28	28	0	21
7	Ashford (Middlesex) M2	15	6	2	7	34	36	-2	20
8	West Hampstead M6	16	5	3	8	26	31	-5	18
9	West Herts M3	15	3	3	9	30	47	-17	12
10	Osterley M1	14	3	1	10	32	58	-26	10
11	Indian Gymkhana M4	14	1	3	10	23	48	-25	6

## MENS 2S

	Team	Played	Won	Drawn	Lost	For	Against	GD	Points
1	Ealing M1	16	13	0	3	56	11	45	39
2	West Hampstead M8	15	12	1	2	63	13	50	37
3	Richmond Redoubtables	16	12	1	3	54	28	26	37
4	Winchmore Hill & Enfield M2	14	9	2	3	44	20	24	29
5	Old Merchant Taylors M4	16	9	0	7	36	34	2	27
6	Osterley M2	16	6	0	10	33	60	-27	17
7	West Hampstead M9	15	4	2	9	17	49	-32	14
8	Harrow M2	16	3	2	11	22	52	-30	11
9	Southgate M7	16	2	1	13	20	49	-29	7
10	PHC Chiswick M6	14	2	1	11	14	43	-29	7

# FROM THE SIDELINES



## Playing at the right level

My column is late, apologies to Kerri & Chandrika as I had no idea what to write about for the latest edition of the Herald. But a random conversation with a Hull City supporter on the way back from running the Berkhamsted half marathon (got round in 1:47:04 if you are not interested) today got me thinking. The football team I support is Norwich City as my parents are Norfolk born and bred. We have been up and down to the Premier League many times and I mentioned to the Hull fan I was not concerned about not going up this season. We would get thrashed most weeks and have little or no chance of staying up as we don't have an owner worth gazillions. Of course, I want City to win every week – but there is a consequence of winning. But I “should” want my team to be playing at the highest level – shouldn't I?

This got me thinking about Harrow and about what is the right level to be playing at.

The Ladies 1's are in with a shout of promotion as one of the two second placed teams but the division above is a big step up. I want the team that Amy plays in to win every week (a difficult balance when I am the umpire!) but if they go up it's going to be tough.

And with Harrow being a smaller club, we are always in danger of losing players to a higher level which has occurred in the past and undoubtedly will occur in the future. And as a club that has produced many good players through the juniors, we have to deal with the “U” word. University – where players go and sometimes come back. I know of one Middlesex club a few years who had a few good seasons, lost a team and half of players in the summer to university, mostly from the top of the club and impact to their first team and all the way down was huge.

On a personal level, if the Ladies 1's do go up, the chances are there will be appointed umpires next season I may well miss out. Despite the occasional grief I get when I have the whistle, I do enjoy it, although some matches are more challenging than others.

But if the Ladies 1 are promoted, we will be in a higher league than our local rivals and potentially a more attractive place to play hockey for players moving into the area. A couple of new recruits, one or two of our promising junior players stepping up and maybe the league above is not so tough after all.

Who knows.

- Tim

# CLEAN SHEET COMPETITION

Only 2 clean sheets were witnessed in February! A glorious 6-0 win for the Ladies 2's with XX in goal, and an epic performance from Paula saw the Ladies 1's clean sheet v top of the league! See below for the second half of the seasons results to date, and Goal Keeper's, don't forget there's an OBBO GK Water Bottle is up for grabs!

	JANUARY	FEBRUARY	TOTAL
PAULA	1	1	2
YOOFI	0	0	0
MALLORY	0	1	1
ADITIYA	0	0	0
KAJ	0	0	0

## UMPIRES CORNER

Our umpire coordinator, Mel, has been keeping a track of who's been out with their whistle supporting our teams on a Saturday, see the leaderboard below!

UMPIRE LEADERBOARD	
DON	22
TIM	11
KAMAL	8
MEL	6
ARTHUR	5
KERRI, NICK & DAN	4
TASHA	3
SADIE, AMIRA & ANISH	1

Our matches can't go ahead without umpires, so it would be great to see some new names added to this list. Contact Mel if you're interested in starting your umpiring journey.



## SOCIAL DATES FOR THE DIARY

### SATURDAY 9TH MARCH

*Club Night Out*



### SATURDAY 6TH APRIL

*End of Season Drinks*

Old Lyonians



SAVE THE DATE

FRIDAY 3RD MAY 2024

## ANNUAL DINNER AND DANCE



Grims Dyke Golf Club



TBC

Purchasing your ticket for the Dinner Dance is very simple, just email and advise how many tickets you would like, and the names of attendees. Then you will need to make payment to the club account:

Lloyds  
301595  
00093767

Ref - Your Name DD  
Harrowdinnerdance@gmail.com

Your ticket is only confirmed once payment has been received, a place will not be secured for you without payment.



Early Bird Price @ £47 -  
until 3rd April 2024,

General Price @ £49 -  
ticket sales close on 18th April 2024

# EASY FUNDRAISING

There are some fantastic deals through Easy Fundraising happening right now! Don't miss out and remember every purchase means cash for the club!

Click [HERE](#) to find out more!

## 100 CLUB

There are still numbers available, so please contact [Chandrika](#) to secure your number!

The next draw is at Dinner & Dance on the 3rd of May!!

HARROW HOCKEY CLUB'S									
100 CLUB									
£10 A SQUARE   PRIZES: 1ST £100 / 2ND £50 / 3RD £25   CHRISTMAS & END OF SEASON DRAW									
1 KATE	2 SADIE	3 CHAND	4 KERRI	5 APRIL	6 KERRI	7 ALICE	8 CHAND	9 GLENN	10
11 HOLLY C	12 MEL	13 HARRIET	14	15 PETE KS	16 EVIE KS	17 KIM MATCHWICK	18 YOOFI	19	20
21 JOE KS	22 KIMBERLEY	23 LINDA KS	24	25 ZOE W	26	27 JONATHON	28 CIARA	29	30 SPARKEY
31 CIARA	32 CHAND	33 NAT	34 EMMA	35	36	37 AMY	38 AMY	39	40
41	42 DAVE F	43 PAULA	44	45 IMRAN	46 KERRI	47 MEL	48 NIKESH	49	50
51	52	53	54 ARIANNA	55	56	57 CIARA	58	59	60
61	62 VINAY	63	64 MILLIE	65 PAUL ASPEL	66 LINDA KS	67	68	69 YOOFI	70
71	72 ED	73 CIARA	74 LUCY A	75	76 EMMA	77 SHAILA	78	79	80
81	82 AMY	83	84	85	86 HOLLY C	87 IMRAN	88 PAULA	89 KAITLYN	90
91	92	93	94	95	96	97	98 CHAND	99 ED	100 TASHA

We pride ourselves on being well disciplined on the pitch. England Hockey have produced the following guidance to provide players insight into why cards may be issued, have a read, but the best advice is to not get any at all!!

## EHO PERSONAL PENALTIES GUIDANCE



Umpires should always communicate with the players to manage the game, including initially giving clear warnings to low level offenders – WHISTLE TONE, SIGNALS, VOICE.

Consider the following in relation to the offence within the context of the game: REPETITION, INTENT (deliberate), IMPACT (consequence), PHYSICALITY, DANGER, VIOLENCE.

Make clear if an escalation of the penalty applies to the player, their team or both teams - to show you are moving through the control ladder as appropriate.

### 2 MIN GREEN CARD

- LOW IMPACT
- NO PHYSICALITY
- NO DANGER
- FIRST REPETITION AFTER INITIAL CLEAR VOCAL WARNING
- LOW LEVEL DISSENT

### 5 MIN YELLOW CARD

- HIGH IMPACT
- REPEAT OF OFFENDING FOR WHICH GREEN CARD ALREADY AWARDED
- INTENTIONAL OFFENDING
- PHYSICALITY
- DANGER
- STRONG DISSENT

### 10 MIN YELLOW CARD

- HIGH IMPACT AND DELIBERATE AND/OR PHYSICALITY AND/OR DANGER
- GOING TO GROUND AND CAUSING OPPONENT TO GO TO GROUND OR TAKE EVASIVE ACTION
- EXTENSION TO 5 MIN YC E.G. FOR DISSENT FOLLOWING AWARD OF YC

### RED CARD OR MMO

- VIOLENT BEHAVIOUR TO ANY PARTICIPANT - THREATENED OR ACTUAL
- ABUSE OF ANY PARTICIPANT USING FOUL LANGUAGE OR INVOLVING PROTECTED CHARACTERISTICS (RACE, RELIGION, ORIENTATION ETC)
- ACCUSATIONS OF BIAS OR CHEATING BY AN OFFICIAL
- 2ND YC FOR SAME OFFENCE PROVIDING NOT DISSENT OR VIOLENCE (FOR WHICH STRAIGHT RED)

# THANK YOU!

We have a new waterproof unit on the pitch for our coaching equipment. Thank you to the junior parents who spent a good few hours putting this together for us on Sunday. Please make sure all equipment is put back where it belongs, and the doors are locked after each use!

## JUNIOR ROUND UP

### U6 STAR OF THE WEEK

Thank you to our Sponsor Your Stick Labels: [www.yourstickylabels.co.uk](http://www.yourstickylabels.co.uk)



Well done to our U6 Star's of the Week for February!



## MATCHES

All teams have competed in either their local festivals or league games. Some great performances and results, well done all!

U16 GIRLS

6-0

WEST HERTS



# JUNIOR TEAM PHOTOS



# LONDON AREA TOURNAMENTS

Our U10 and U12 Girls and Boys will be competing in the London Area tournaments in March. We're lucky that we're hosting two of the events, so why not pop down and support the teams!

U10 Girls  
Sunday 10th March  
11.30am-1.45pm

Also if you're able to offer any help on the day that would be great! Please email [harrowhcjuniors@hotmail.com](mailto:harrowhcjuniors@hotmail.com)

U12 Girls  
Sunday 17th March  
1pm - 3.30pm

## FIXTURES

### Sunday 10th March

U10 girls London tournament @Harrow 11.30am  
U10 boys London tournament @OMT 10.45am  
U12 girls v Eastcote 10.45am away  
U12 boys tournament @Southgate 10.45am

### Sunday 17th March

U8 v H&W @Harrow 9am  
U10 girls tournament @Southgate time TBC  
U10 boys tournament @Harrow 10.45am  
U12 girls London tournament details TBC  
U12 boys London tournament details TBC

### Sunday 24th March

U8 v Eastcote @Harrow 9am  
U16 boys v Surbiton @Harrow 12.30pm  
U16 girls v Surbiton @Harrow 2pm

## CONGRATULATIONS

Well done to Sadie MacKrill who has been awarded the Captaincy for London North U16 Girls. We're all very proud of you!



## LOST PROPERTY

There is quite a bit building up in the team room!  
So please be sure to check it out and make sure nothing belongs to you!!

## WOULD YOU LIKE TO BE ON BALL PATROL FOR FIH PRO LEAGUE?

Applications are open for 15–18-year-olds to be part of the Ball Patrol team for home GB matches at next summer's FIH Pro League in June 2024.

With hockey being a fast-paced game, teams require quick reactions to the action to help them play an exciting game. Find out more and apply below.

[INFORMATION](#)  
[APPLY](#)



## COACHING

Looking to become a trainee coach? All you need is the Introduction to Hockey coaching qualification as a starting point. There are several [online](#) so go check them out! Once booked on if you send your receipt for the cost to [harrowhcjuniors@hotmail.com](mailto:harrowhcjuniors@hotmail.com) with your bank details we will reimburse you.

## GK COACHING

Thank you to Yoofi for his continued efforts with the Junior GK coaching, it is so fun to watch and the kids are absolutely loving it!

## JUNIOR SOCIAL FRIDAY 15TH MARCH

Hockey, pizza and fun 😊

U10s 6.15 - 8pm

U12 - 16s 7.15 - 9pm

£5pp sign up on Spond

## LONDON YOUTH GAMES 2024

This years events will take place at Lee Valley Hockey Centre

Boys Saturday 29th June

Girls Sunday 30th June

Trials will be held in May for children in years 6-9 that live or go to school in the London Borough of Harrow.

Children that play county hockey (London / Hertfordshire) are not eligible.

More information will be sent out to relevant age groups via Spond.

## CHARITY CORNER

Are you undertaking a challenge for charity? If so, please let [Kerri](#) know and we will help promote your fundraising amongst the members.

## KIT BUNDLE

The Bobble Hats have been out in force at matches recently! Be sure to grab yours! We have a SPECIAL OFFER a Bobble Hat and Snood Bundle for Just £20! You can place your order [HERE](#).





# FIH PRO LEAGUE

Tickets are now on sale for Great Britain's FIH Hockey Pro League 2024 home games. This year, enjoy more world-class hockey games per day, whilst an FIH Hockey Pro League trip remains cheaper than most other sporting and London days out.

Book NOW to avoid disappointment!

**FIH PRO LEAGUE 2024** **LONDON 1-12 JUNE**

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Logos: FIH PRO LEAGUE, Vitality, Great Britain Hockey

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**Shop Now**

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**HA3 0HD**

Logos: AJ sports, Harrow Hockey Club (HHC) 1908

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