

THE HARROVIAN

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Harrow School were off to Twickenham! For the first time in the School's history, the 1st XV had reached the Under-18 Continental Tyres Schools Cup Final. In its most famous form, the National Schools Cup was known as the Daily Mail Cup, running from 1991 and featuring past and future England internationals for years. Now, the competition has taken on new energy with a new sponsor, Continental Tyres, and active involvement from the social media gang at 'The Good, The Bad, The Rugby' podcast. It's a competition that tests your depth as a squad, as it begins in September and ends in March, as well as your ability play midweek games among your regular season fixtures.

The road to Twickenham started in September. A first-round tie against Newman College (who went on to win the Under-18 Plate) was a hugely physical match and a 25-10 win in Harrow. A 47-22 win against RGS Guildford set up a regional qualifier versus an excellent Hurstpierpoint side. On a drizzly afternoon on The Sunley, Harrow secured a superb 46-5 win. This set up a tantalising quarter-final with Ipswich. Harrow have lost in the quarter-final for the last two years, away at Sherborne in 2021 and at home to Trinity in 2022. The quarter-final curse was soon put to rest. An emphatic display saw Harrow dispatch the number 3 side in the country 47-5. An epic performance and a warning to the rest of the nation had been given. Not only had Harrow made the semi-final, but they'd done so going undefeated through the regular season and winning the Daily Mail Trophy along the way.

And so, the wait for the semi-final began. The date was set for 2 March – just three months after the quarter-final! This was due to the Academy rugby league taking place during January and February, with many Harrow boys involved. JLM watched each fixture through his fingers, hoping that every Harrovian would make it through safely.



Alas, this was not to be the case. Inspirational captain, Kepueli Tuipulotu, *Druries*, who had now played over 30 times for the 1st XV in his time at Harrow, was forced to opt for shoulder surgery – a huge blow for the squad but done to safeguard his undoubtedly bright future professional rugby career at Bath. John Edwards, *Moretons*, our 6 and key cog in the lineout,

rehabbed well from his ankle injury but unfortunately had to also opt for surgery, and finally Sam Winters, *Elmfield*, the full back who gave Ipswich nightmares, was also forced to have wrist surgery and, despite incredible rehab efforts from him, found himself too much against the clock to make the semi-final or final.

But finally 2 March came and, although an exeat weekend, the School decamped to Aylesbury RFC and the 1st XV roared into life, racing to a 20-0 lead against Blundell's in 15 minutes and never looking back. A stunning performance in front of a packed stand and a final 39-14 win meant that Twickenham was now on the horizon.

With history in the making, WMAL made the decision that the whole School would be there to lend support. Behind the scenes, the logistical machine led by SAH, EWH, Major Davies and RAJF whirred into action; 20 plus coaches were booked, sports fixtures cancelled, mocks rearranged and the day was set!

There was a huge buzz around the game. Old Harrovians were coming in their droves, boxes had been booked, and a big day out was on the cards. It was made all the better by the potential of the spectacle; Harrow had widely been ranked number 1 in the country through the season, with Kirkham Grammar a close number 2. We had won the Daily Mail Trophy, they had won the St Joseph's Festival. A genuine clash of the titans, North v South, and dubbed by one preview as 'possible the strongest head to head this competition has seen in a final'.



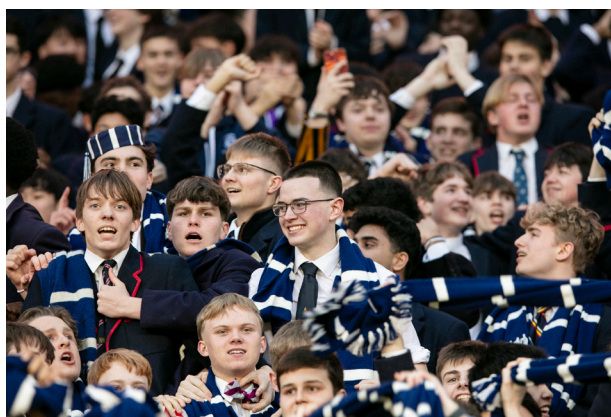
The Harrow team was ready. The side was unchanged from the semi-final. Preparation had been excellent and the task understood; do your best to keep Kirkham's big forwards away from the goal-line and when we get a chance in attack, run them ragged!

Thursday 14 March – it was time. Buoyed by messages of support from all over the rugby and OH community, including from Maro Itoje (*The Grove 2011*³), Henry Arundell (*The Knoll 2016*³), the captains of the 1974 and 1985 unbeaten teams, and even Siya Kolisi, the 1st XV departed for Twickenham ready to make the walk through the Lion Gate and into the Home Changing room.

Back at Harrow, the School were soon to depart en-masse, making their way to Twickenham to be welcomed by a showcase of girls rugby and a DJ set from James Haskell. As the School poured into HQ, the team were getting used to their amazing surroundings – the England changing room, a massive suite of rooms with baths, changing areas and a physio suite. Now, it was the home of Harrow. A warm-up in the car park was enough to steady the nerves and prepare for the game. Captain Filip Edstrom, *Bradby's*, went out early on the field to kick, and the noise from the Harrow side roared.

A huge crowd of over at least 2,000 were behind Harrow, a fantastic selection of the School, staff, parents current and old, and a huge range of Old Harrovians. Kirkham, decked out in navy and waving school flags, were also bringing the noise. The Harrovians, however, were decked out in award dress and with School scarves waving in the breezy Twickenham

air. It was an amazing sight and, as the teams ran out, Reggie Hammick, *The Knoll*, laughed and clapped to himself as the crowd roared, serious scenes.



Time for kick-off and it was Kirkham kicking to Harrow. The kick went long over Harrow's well-set pods and Hammick struggled to find it in the air. The ball hit the deck and went into touch. Lineout Kirkham and pressure on. This was Kirkham's bread and butter. A massive pack, well drilled and ready for the fight. They were clinical and, after keeping the ball for a while, managed to power over for a 7-0 lead. Edstrom kicked off and Harrow's chase was strong. Soon Kirkham were caught overplaying in their own half. St John Smith, *Newlands*, energetic all day, flew up in the defensive line and snagged an interception; he fired an offload out and Harrow set up on the half-way line. One carry in-field and Harrow were set to attack. Charlie Griffin, *The Head Master's*, found Patrick Keaveney, *Druries*, out the back; he fed George Simpson, *Newlands*, who found Smith again. One on one with the full back, Smith stayed calm and fed Zach Uduehi, *Lyon's*, who sped over for a Harrow try. 7-5 and it was game on!

Penalties, however, were plaguing Harrow and it allowed Kirkham to get close to their line. Once there, they were very difficult to stop and, again, with little disguise or deception but just exceptional power, they were over. The conversion, critically, was missed and Kirkham were up 12-5 after 13 minutes.

Harrow were not going to let the game get away from them. Smith charged down a box kick and Rob McCorquodale, *Elmfield*, regathered. Transition attack is where we thrive and immediately Harrow pounced. Hammick carried and passed to Griffin who showed exceptional speed to beat his man to enter into the 22; brought down from behind, he kept his composure and popped the ball up Smith, once again in support, who went in under the posts unopposed. 12-12 and it was game on!

More penalties, however, were a problem. Kirkham got a kickable one and went for the posts, making the score 15-12. Off the ensuing kick off, the ball was dropped and Harrow had a scrum in Kirkham territory. Composed attack saw Harrow go through multiple phases close to the goal line until a well-timed backs play saw Griffin smash over for a try and a 19-15 Harrow lead.

Kirkham now clicked their attack more into gear and, with the half winding down, had possession. A Harrow charge down fell to Cam Knight, *Newlands*, but, isolated, he was caught holding on and Kirkham again went for the corner. Power, power and more power, and their skipper soon found his way over the line. That was the half – 19-22 to Kirkham. A proper ding dong!

The messages at half-time were simple. Sort out the penalty count, keep Kirkham away from the line and be accurate in attack – patience and composure would be key.

As the second half began, backed by the crowd signing 'Hey Jude', Harrow started well. Finding good territory and the back three of Uduehi, Knight and Keaveney patrolling the back-field well. Soon we were on their line. Big carries from

the ever-present Henry Dargan, *Druries*, McCorquodale, Ashton Ilincic, *Rendalls*, all followed. Patience and composure were soon rewarded – Keaveney found a hole, Edstrom slipped an offload to Knight and he went over in the corner. A brilliant try and Harrow had the lead at 24-22.

The pressure continued to build and soon Harrow were back in Kirkham territory, banging on the door to get a key score. But Kirkham's defence was resolute and no gaps opened up. A grubber kick didn't pay off and a goal-line drop out followed. Harrow lost composure, Edstrom isolated off the kick and a penalty allowed Kirkham all the way into Harrow's half. A well-worked maul was defended bravely by Harrow but, with too many men in, a gap emerged and the Kirkham 10 went over in the corner. The conversion was missed, leaving the score at 24-27 with 10 minutes to go.



It all now came down to this. The Harrow crowd was noisy, cheering the boys on. Harrow's attack was relentless. Both sides were tiring on the big field but Harrow kept the ball well. Simpson carried brilliantly and the constant efforts of Clayton-Bennett, Talamai, Hammick and Hersee were rewarded with good go-forward. Harrow were close but not there yet. A penalty in kickable range was awarded – but a draw, due to Harrow not scoring first, was no good to them, so they went to the corner. A wayward lineout gave Kirkham a reprieve. With the clock running out, Kirkham were running it down with slow possession play. Smith, Archie Young, *Rendalls*, Sammy Clayton-Bennett, *Newlands*, spotted a weakness and piled in to counter a ruck; it created a mess, a Kirkham player tried to grab the ball but couldn't, knocked it on and it was scrum Harrow.

One minute left in the 22. This was do or die time. The backs demanded the ball, looking to work Griffin into that wider channel where he'd had a lot of success. Edstrom fed Simpson who found Griffin out the back of Keaveney. Griffin tore round the corner and headed to the line. He was stopped just short. Time was now up. This was it. Freddie Dinan, *Rendalls*, cool and calm as ever having played an epic full 70 minutes, got the Harrow forwards into their '22' goal-line attack formation. Young made a carry but was stopped short. Hammick set up off the ruck and was ready. This was his moment. So dominant in his carrying all day, he was not now going to be stopped. He was popped the ball with Smith latched on. He rode the first tackle, staying on his feet and propelled forward by Smith; he fell to the floor, the momentum pushing him forward and he made one last final effort for the line, history in his wake, planting the ball down over the white line. The referee, well-positioned, saw the ball hit the line and blew for a try. Cue limbs from the Harrow support, crazy noise and excitement everywhere. Edstrom missed the final conversion and all eyes turned to the referee who blew the final whistle.

Harrow had done it. Incredible resilience, determination and courage. An unbelievable performance epitomised by the togetherness of the full 20-player group plus their outstanding support in the stand. A day that the School will never forget

and a moment this group will cherish forever. Hammick was a well-earned man of the match, but Griffin, Dinan, Simpson, Clayton-Bennett Knight, Smith and McCorquodale, among others, were outstanding. This has been the season to end all seasons for the 1st XV – superbly led by Tuipulotu and Edstrom, buoyed by the individual talents of the likes of Griffin, Smith and Hammick, their connection and togetherness as a group was their strength and, rightly now, they take their deserved place in the annals of Harrow history. A pride of Lions like we've never seen before.

Congratulations and thank you to all those who were in support – current boys, beaks, Old Harrovians, parents and past beaks – and to the coaching and support team of the 1st XV, led by JLM and ably assisted by AGJ, GBF, Craig Hampson, Liz Robson, Chris Hopwood and Matt Lamin. A special day and one that will last in Harrow memory for a while – National Under-18 Schools Cup Champions.

MAJESTIC MELVILLE LEADS THE MIGHTY, MIGHTY HARROW

Master-in-Charge of Rugby, Mr Melville, sits down with Editor Andrew Arthur to discuss the Harrow 1st XV's National success.

JLM feels on top of the world at the moment and rightly so. At the start of the season in September, he would have had one major aim: to win the Under-18 Continental Tyres Schools Cup (the only major piece of silverware that eluded the Harrow School Rugby Club). After two years of heartbreak at the quarter-final stage of the Schools Cup in 2021/22 and 2022/23 against Sherborne and Trinity respectively, Thursday's victory could not have been any sweeter for a group of boys and coaches who have been at the top of their game for a number of years.



And so, as the Master-in-Charge of Rugby takes his seat on the throne that is the green armchair in The Knoll's Head of House room, he has a wide grin on his face as he sips on his cup of coffee. His face conveys the emotions of relief and delight but, most importantly, he is beaming with pride at what his team has achieved in the cup this season. Well-accustomed to media duties following Thursday's victory, JLM jokes about how he is fully in his element undertaking interviews for various outlets, and he is keen to point out that *The Harrovian* serves as an invaluable time capsule for Harrow's rugby and School history.

To go on a magnificent cup run while also playing regular-season fixtures against traditional heavyweight rugby schools such as Clifton and Wellington is by no means an easy feat. JLM says that "the difficulty of the cup is fitting it in and finding the times between the regular fixtures to schedule in a game

can sometimes prove difficult. 1st XV rugby at the moment is very physical, and the way the boys play is very direct. To play on Saturday, then midweek and then on a Saturday again is a real challenge". Showing serious resilience and strength from the beginning of the cup competition was essential for the team, and this was undoubtedly exemplified by the victory against Newman College (the eventual Plate competition winners) after the team had just beaten Clifton, Dulwich and Wellington within the space of three weeks and were without captain, Kepueli Tuipulotu, *Druries*, who had an England camp on the following weekend.

Consecutive victories in a season where there is considerable fixture congestion doesn't happen without amazing squad depth, something that has been notable in Harrow sides over the last couple of years. "We've always had, certainly in the last two years, a big rotation policy. We have always told boys that they'll get their chance to play for the 1st XV. There are a number of boys who have been brilliant for the 2nd XV in their Harrow career and, when you get to the top and you're trying to play for the 1st XV, it's really hard as it should be".

For a few members of the XV, their rise to prominence in representing Harrow's team is noteworthy. "You have to look at the joy of the squad that won at Twickenham. If you told me at the start of the year that Tuipulotu, John Edwards, *Moretons*, and Sam Winters, *Elmfield*, would all be out and Hopey [Charlie Hope, *Rendalls*], Zach Uduehi, *Lyon's*, Rob McCorquodale, *Elmfield*, and Guy Paton-Smith, *Elmfield*, would all be on the field, I'd had thought it improbable. When you look at it, Uduehi played on the bench for the Yearlings C; Paton-Smith played for the 4th XV last year; it's pretty special. That says a lot about the culture of rugby at the School. I sent a message to all of the coaches of those players who had stuck with those boys during their time in the lower teams. The road is never straight forward, but what a journey it was for those guys to produce quality on the biggest stage."



One stop along the journey that stood out to the Harrow spectators and the live NextGenXV cameras was the 47-5 victory against Ipswich on a cold, damp December Thursday during the last week of term. "It was certainly a catalyst which showed us that we truly have something special to build upon after Christmas", JLM says.

Following the Christmas break and the resumption of the Academy league, the 1st XV had an eight-week gap until their semi-final but that didn't mean that they lost their magic touch over the space of two months. "We're a high skillset side, so we kept running everything through. The big challenge came in that we didn't have boys training consistently so we couldn't work through all the combinations. The boys just kept on training every Tuesday, every Thursday, on the astro in the dark, so a lot of credit must be given to them". Then came a victory against Blundell's in the semi-final in which the XV raced off to a tremendous start with the game finishing 39-14 in Harrow's favour. A spectacular finale against Kirkham Grammar School

at Twickenham Stadium on 14 March had been set up. With the Head Master taking the decision that the whole School would go to watch, it promised to be a tremendous occasion for the whole community.

"We said to the boys that the goal for the day of the final was to make memories and it's always been about that. We knew that we would be in the tunnel, the England dressing room. Nerves were to be expected but we wanted the boys to have fun. The bus journey to Twickenham was made intentionally quite solemn as each boy received a letter from their parents wishing them good luck".

Of the game itself, he says "The atmosphere was incredible, there are very few schoolboy rugby sides that get support like we do every week on the Sunley. There's no doubt in my mind that it's the support that pushed us to the finish. It was an incredible game of rugby. Two sides that have quite contrasting styles. It was an absolute epic".



The all-victorious Harrow 1st XV we saw on Thursday have undoubtedly created a great legacy. So, when asked what his hopes are for the future of Harrow School rugby, he says that his vision for rugby at Harrow hinges on the idea of encouraging participation.

"It doesn't surprise me that in that team there are several Heads of Houses, School Monitors and even the Head of School. They are the right people and we've always pushed as a cultural point that it's not just about winning; it's about doing it the right way and inspiring other to do the same".

As the interview draws to a close, the humble JLM aptly recognises that Thursday's achievement could not have happened without the contributions of other colleagues who have been instrumental in building up Harrow rugby to where it is now.

"We're also lucky to have such a great group of rugby beaks coaching rugby in the School and, with me on the 1st XV this year, AGJ has been superb in his first year running the forwards, adding huge amounts of passion and detail. Craig Hampson has constantly delivered outstanding value and energy on Tuesday and Thursday afternoons. And, of course, GBF, who has added such value to so many boys' rugby experience across his 11 years at Harrow. I'm grateful that he could join us for the cup and added such valuable experience and insight – we first started coaching together on the JCAs in Autumn of 2013, so it was special to do this alongside him – he also is pretty key in keeping me calm! Finally, my predecessors, Jesse Coulson (JJC) and Roger Uttley (RMU), must be mentioned as they did so much to build the rugby programme up before me to get us to this place".

JLM, AGJ, GBF and the team epitomise discipline, unity and pride, all of which are qualities that underpin everything that is good about sport and rugby at Harrow. At the time of writing, they are holders of the Daily Mail Trophy, Rosslyn Park National Schools Under-18 7s Champions and Continental Tyres Nationals Schools Cup Under-18 winners. Not only will they go down in Harrow School history, but their legacy will resonate across the schoolboy rugby in England for years to come.

REFLECTIONS ON THE MATCH

JLM

My Dad captained England at Twickenham the day 'Swing Low, Sweet Chariot' was sung for the first time. He also won several major trophies as a Premiership Director of Rugby in finals held at Twickenham. His name's even on the wall in the England changing room. No pressure then...

What a day. A nonsensical day requires nonsensical prose. Here are some memories:

Seeing the stadium from the bus. Leading the boys through the iconic Lion Gate. The ridiculously cool England changing room. Warming up in a car park. The roar from the crowd on seeing them for the first time. The terrible view from the pitchside sofa. Getting told off frequently by the third official for leaving the technical area. Nervous pacing. More noise from the crowd. More nervous pacing/punching/fiddling. The game going back and forth. Half-time. A simple message – keep them away. The skill of all the players. The ridiculous defensive shifts. The work rate. The crowd again. 'Hey Jude'. Had we blown it? The final chance comes. The composure. The guts. Hammick time. The limbs. The panic – is that full time? Yes. Elation. Hugs. Tears? Maybe a bit. Trophy time. Job done – proud. Photos with our amazing coaching team. Interview. More Interviews. Why's DJ James Haskell still here? Scan the crowd, see my parents. Family reputation remains. Phew. Celebrate history into the night. Make Friday 2a on time. Breathe. Thank you everyone. Incredible stuff.



AGJ

It is very rare that, as a team playing in the national cup, that you have the privilege of knowing it will be your last game together as a squad. It is even rarer for that last game to take place at the home of rugby and to end in the fashion it did. The opportunity to be a part of this national-title-winning group, to be a part of this whole-School occasion, and to be a part of the 1st unbeatable XV in Harrow history is something that I am immensely proud of and will cherish forever.

GBF

Reflecting on our monumental day at Twickenham, I'm drawn back to a time when these young men were just starting their rugby journey in the Shells. As their first rugby coach, witnessing their raw talent and burgeoning desire to achieve greatness, even then, was a profound experience. To see how far they've come, evolving from eager young lads into the formidable force that graced Twickenham, is a testament to their dedication and spirit.

The atmosphere was electric, a tangible energy that surged through us as we set foot on the hallowed ground of Twickenham. The roar of the crowd, a chorus of support and anticipation, set the stage for what would be an epic encounter. Facing Kirkham, we were aware of the formidable challenge ahead, yet the belief within us, fuelled by encouraging messages from past OHs such as Henry Arundell and Maro Itoje, along with world-cu- winning Springboks including captain Siya Kolisi, remained unshakeable.

The match was a rollercoaster, having to claw their way back from behind on four occasions was a testament to our resilience and teamwork. Each try, each tackle, was a testament to our preparation, our unity, and our spirit. Despite the challenges, the penalties, and the immense pressure, we remained steadfast, driven by a single goal – to emerge victorious.

The final moments were a mixture of tension and triumph. As Hammick crossed for the decisive try, a wave of exhilaration washed over us. The final whistle was not merely the conclusion of the game but the culmination of our journey, marked by determination, camaraderie, and an unrelenting pursuit of excellence.

The intensity of the match, with its highs and lows, mirrored the journey these young men have undertaken. When Hammick powered over the line for the decisive try, it wasn't just a score; it was the embodiment of years of growth, learning, and shared experiences. The final whistle marked not just a victory in a match, but the realisation of dreams nurtured from their earliest days practising at the home of rugby, Reddings 3.

This victory at Twickenham is a chapter that will be cherished, a story of young men who grew together, challenged each other, and ultimately triumphed as one. As we celebrate this achievement, we remember not just the game, but the journey – from the Shells to the hallowed turf of Twickenham, a journey of transformation, resilience and undying Harrovian spirit.

This memory, this victory, is not just for us but for every Harrovian who stood with us, cheered for us, and believed in us. It's a chapter in our history that we'll forever cherish.



Filip Edstrom, Bradbys, Captain

We had a penalty in front of the posts, three points down, five minutes to go. I hear screams from the sideline saying 'corner, corner!' Going for the points would mean a draw and Kirkham winning because they scored the first try, so we opted for the lineout ten metres out from their try line. We won the line-out, but Kirkham stopped it and won a scrum. My heart sank. I thought this was it. But we magically forced a knock-on and miraculously gave ourselves one last chance. This was it. Do or die. Pressure. All that was going through my head was "catch the ball and pass it" – the most basic skill in rugby – but here everything had to be perfect. Charlie Griffin, *The Head Master's*, found the edge and left us five metres out from their line. One big carry and then came the deciding moment. Hammick caught the ball from a standing start and as I saw his legs start pumping, I thought this is it, this has to be it and as Hammick slammed the ball over the line, I heard the shriek of the referee's whistle and his arm pointed to the sky. Ecstasy. This was probably one of the best feelings I have ever felt, and I started to get a bit emotional as I couldn't believe we had just done it. From a point where I thought all hope was lost, we found that last gear, that last roll of the dice which pushed us over the line.

Reggie Hammick, The Knoll

Honestly one of the best days of my life. Approaching Twickenham, you sensed lot of nerves, emotion, and passion. JLM prior to our arrival handed us letters from our parents, all wishing us the best. There were lots of glassy eyes and sniffing to say the least, although the occasion meant a lot to us and we knew this would be our last showdown as a team. The changing room to start was full of excitement and music. Once we got to grips with the unreal luxury are England boys receive, from built in Ice baths to unlimited drink fridges it had everything you need. After the warm-up we headed back in...



Ready... we have never been so ready and you could sense it, with one final pre-game famous motivational speech from JLM it was time to take on the biggest rugby game of all our lives. In the tunnel, you stared down your opposite man both knowing you would inflict damage on each other for the next 70mins, then the referee gave us the all good to run out, it was at this moment where you felt you would be at your most nervous, but in reality we fed off the crowd, the noise of the Schoo, and the occasion. This is when I knew we were ready and ready to take on whatever was throne at us. I love these boys and I wouldn't have shared it with anyone else.

Hal Hersee, Newlands

What struck me most was the support for the team from before the game had even begun, both before the game at School and waiting to go out. Having that many people watching and reacting to every moment was truly something that I will never be able to forget. After the match, being to go and see the friends who had given that support from the first to the last minute added to the enjoyment of the night.

The game itself was gruelling, with Kirkham handing us a proper challenge upfront in the forwards and with skill in the backs. But overall, the calm to know that we did have what it takes to get over the line, added to the undying support from everyone in the stands, helped us to get over the line in the final play of the game.

Andrew Stratton, Newlands

After months of anticipation and expectation, the moment was finally here. The team waited in the Twickenham tunnel, emotionally fuelled by motivational videos of support and touching letters from family, fresh from the home dressing room where everyone's shirt hung from the peg of past legends who had stood exactly where we were standing then. I took in the view of the pitch through the heads of my teammates, I was so ready, this team was so ready.

We started running out, the cheering of the crowd started to feel real. Soon the echo in the distance became a deafening roar as we emerged into the arena. I remember looking back, the rest of the school on their feet, scarfs in hand, creating the most memorising sea of blue and white.

We fought for 70 minutes, for the School, for the win, for our families, but most prominently for each other. And that feeling after the final whistle, when the fight was finally over, through all the emotions and relief, through the embrace of teammates and celebrations, was moment that would tie us all together for the rest of our lives.

St John Smith, Newlands

Twickenham was on the forefront of our minds for the best part of two years with all of us having gone through tremendous setbacks to get where we were on Thursday. The truth is, Twickenham was one of the only ways to encapsulate what this team is really about. The pressure under which we thrive, the audience we entertain, and the obstacles that we overcome. This team breeds success and I'm proud to say I was part of it. Thursday was the perfect mixture of all those characteristics coming together and while we weren't at our best, it certainly was the best outcome.

*Liz Robson*

The last few months, no, the last season has been leading up to this moment. Countless hours of rehab and strength work with injured players in the gym, many rolls of tape and strapping, hundreds of metres covered off to get their running speed and on-feet load up to scratch, and the countless hours spent as a team playing matches and training with the coaches. And here we are....Twickers.

In the pulsating heart of English rugby, Twickenham, I found myself in the midst of a whirlwind experience, providing pitchside cover for the Harrow 1st XV team during the Continental Tyres Schools Cup final. The iconic venue, often referred to as the 'Home of England Rugby', was not just a backdrop but a central character in this unforgettable chapter of the players' rugby careers to date and the most prestigious place I have ever physioed.

We were given access to the England changing room before the players arrived. Like excitable school kids, the coaching staff and I investigated every nook and cranny, staring in awe at the pictures and names of the famous players who have graced that hallowed room, taking photos to gaze back over and remember this day, sitting in the ice baths and generally wondering if this is what the new School sports facilities will look like!

Seeking out the names of OHs on the walls, we then prepped the room for the boys' arrival. Shirts were hung up, shorts laid out, everything in its place. Then the sounds of excitable players walking into the changing room for the first time (and hopefully for some not the last) filled the void. Let them get acclimatised then the work begins. Strapping pre-warm up and off to the grass to get the bodies moving and heads in the right space.

Back into the changing rooms, last minute prep, a medical brief from the RFU doctors then out onto the pitch we go ahead of the teams.

For me, every sprint, tackle and scrum presented a moment where I might have to run on the pitch, wearing a fluorescent and slightly oversized bib, under the watchful gaze of not only the entire School but countless OHs, the School medical team, the RFU medics, parents and supporters who have travelled to witness history. I was nervous, let alone the players.

The atmosphere was electric, charged with the passion of young athletes from both teams pushing their limits for school pride and the coveted trophy. The noise pitchside was immense, with school songs being sung and names cheered out by the masses. The game was intense. My heart was racing, and it could not have been a better contest.

The Harrow 1st XV, a group of young men who have dedicated countless hours of training and strategy, were not just participants but embodiments of sportsmanship and determination. And it came down to the final play...a big push and shove over the line and they've done it! Harrow have won. I felt a huge sense of excitement and relief, and an immense amount of pride to have been part of something special. The match was more than a game; it was a testament to the hard work, skill and unity of everyone involved.

I cannot thank JLM, AGJ and the rest of the coaching team, staff and players enough, for the trust.

RAYLEIGH LECTURE

Professor Dame Jocelyn Bell Burnell, Mansfield College, Oxford, 22 February

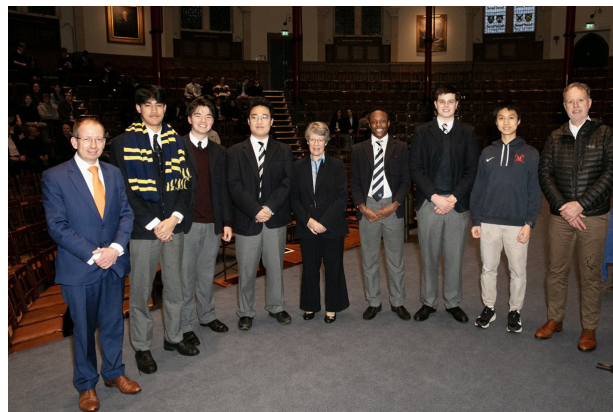
In the week after half-term, Harrow warmly welcomed Professor Dame Jocelyn Bell Burnell to speak in Speech Room. In a lecture titled 'We are made of star stuff', Professor Bell Burnell gave us a detailed insight into how we were initially a star.

The lecture began with Professor Bell Burnell explaining how every element once started as a hydrogen atom. This includes many common elements in our bodies, such as calcium, carbon, oxygen and iron. Fourteen billion years ago, after the Big Bang, the universe was made up of many subatomic particles randomly arranged in space. Hydrogen atoms were formed from those particles, becoming the most abundant in the universe because of their stability. Helium was created a few minutes after the Big Bang, after the temperature had cooled down a little and the conditions were just right for the subatomic particles to fuse together (known as the Goldilocks effect). After a few minutes, the universe had cooled down and expanded so much that particles had a near-zero chance of colliding with each other and fusing.



Hydrogen and helium were already present in the universe, but what about the other elements? Bell Burnell revealed that they were made inside the core of different stars. It is well known that everything with mass experiences gravitational attraction. A new star is formed when hydrogen gas condenses into a cloud. Due to the increase in mass, and therefore the increase in gravitational attraction, more hydrogen will be attracted to the cloud, which will eventually fuel the star. As more and more hydrogen is drawn to the cloud, it will collapse under its own gravity, heating up the centre of the star. Heat and pressure will ultimately build up to a point where the force due to nuclear repulsion (of similar charges) will be overcome. Temperatures will be high enough for nuclear fusion to occur. Four hydrogen atoms (contrary to the popular belief of two) will fuse to make a helium atom. The energy released from nuclear fusion will balance out the star's gravitational pull on itself, preventing the star from collapsing. This stage of a star's life is called the main sequence. However, the star's temperature is still not hot enough for the fusion of heavier elements until a whole lot later (billions of years later, in fact!).

Eventually, the star will run out of fuel, meaning no more fusion can occur. Gravity will pull inwards on the star, making it smaller and compressing the core even more, causing it to increase in temperature again. When the star's core becomes hot enough, heavier elements such as helium will fuse, forming even heavier elements. This also gives out energy, again pushing the star outwards and balancing the force of gravity. The star becomes a red giant/supergiant (depending on the mass), except its fuel runs out much more quickly this time. When that happens, gravity again overwhelms the energy released from fusion, and the star collapses once more. In the heaviest stars, this cycle can happen many times until iron is created. Since the fusion of iron does not release energy, at this point a star will collapse on itself for the very last time.



From here, stars will take different routes. Small stars, such as our sun, will go on and become white dwarves. Heavy stars will explode in a supernova and become either neutron stars or black holes. When a red giant collapses into itself, temperatures become so extreme (about 1 billion degrees) that elements up to iron are formed from fusion. The rest of the heavier elements on the periodic table are thought to have originated from supernovae or collisions of neutron stars, so they are much rarer than the elements near the top of the periodic table. The elements inside a star are eventually ejected into the universe, making up our bodies when rocks coalesce to become planets.

The whole Speech Room burst into applause when the lecture finished. Everyone had gained some new insight from this stellar talk and emerged as better physicists. The Scientific Society is incredibly grateful to Professor Dame Jocelyn Bell Burnell for delivering this fantastic talk.

INTERNATIONAL WOMEN’S DAY

8 March

We had an overwhelmingly positive response to International Women’s Day on Friday 15 March in the Vaughan Library. We displayed a collection of feminist and female authors, and a board for everyone to write the names of the inspirational women in their lives.



The inspirational women included many mothers, grandmothers and sisters, Margaret Thatcher, Simone de Beauvoir, Jane Goodall, Serena Williams and Taylor Swift. We were delighted to see the Matrons, beaks and Librarians were also recognised for their efforts.

There was a party atmosphere with lots of cake, and staff and boys being very engaged in the day. The IWD jigsaw was a particular draw.

Many thanks to Penny, Holly and Josie from the Ryan Theatre who set up an extraordinary display, and Librarians Amanda, Jo, Clare and Marie for the book display and hosting the day.

Thank you to everyone who joined us to celebrate the day.

OUR NEW SCIENCE BUILDING

Cost: £15.5 million

Planned opening date: September 2024

Subjects taught: Biology and Chemistry

Number of labs: 14

Lecture theatre capacity: 180 seats

Exciting feature: Full LED wall

Calling all aspiring scientists! As you have probably noticed, the final bricks of our new science building are slotting into place. After eight long years, the building is finally nearing completion! A few weeks ago, *The Harrovian* Editorial Board sent an exclusive reporter to investigate the progress of construction

and the building’s special design features. Posters around the Hill depict it as a sustainable engine to propel scientific learning; but does our state-of-the-art science building live up to its name and fame? Have we finally found a way to “refund” our future? Peruse on and find out!



DID YOU KNOW? There will be lifts and vending machines situated on the ground floor. Unfortunately, you will still have to walk down from Chapel Terrace to reach the science building, so the Hill is still a while away from step-free access.

Lecture Theatre

Step into the science building and a colonnade of burnt sienna bricks will immediately greet you. You push through the heavy glass doors and enter the atrium. A constellation of colours flashes before you. At first, you think that you accidentally entered another world. Then you notice a million million dots staring at you in unison. On the colossal floor-to-ceiling LED wall, you see the wonders and mysteries of science hidden within the pixels. Crystal cabinets of chemical curiosities are embedded in the walls, and glass shelves are bountifully filled with biological specimens.



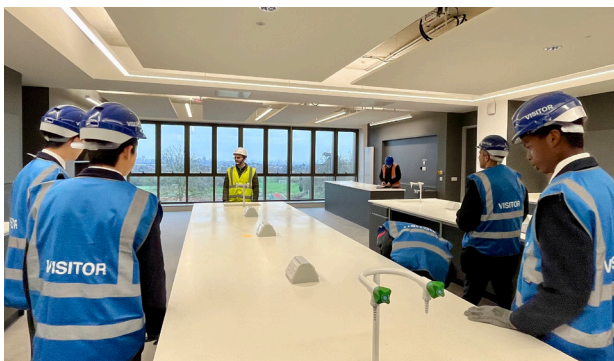
Following your instinct, you go down the stairs. A stylish and rather luxurious basement awaits you behind the inconspicuous double door: you have found your way to the Lecture Theatre. With 180 seats, elegantly recessed lights and shimmering, sliding whiteboards, the elusive venue could prompt a Cambrian explosion of society events. The invaluable additions of a fume cupboard and ultra-HD projector will make the Lecture Theatre a perfect place for scientific demonstrations. However, our reporter was aghast at the absence of any natural light or windows (as the entire room is underground). Fortunately, we are guaranteed that there is a “ventilation system” installed.

DID YOU KNOW? The Lecture Theatre will also have USB charging ports on all its desks, as well as an acoustic speaker

system and super-fast internet connection. Whether this will reduce beaks' Strepisil usage or increase boys' scroll time, only time will tell.

Labs

Climb up the sleek, streamlined staircase to the first floor. Here, everything is focused on the science of life! The Biology teaching labs are spacious, radiant and, of course, modern, and our reporter was very impressed by their meticulous layout: the teaching and experimental areas are separate and there are even storage lockers for hats! However, all the Biology labs are equipped with water baths instead of gas taps to “eliminate any likelihood of accidents” (unfortunately, we may have to bid adieu to the IGCSE peanut calorimeter practical). A little further down the corridor, you will also find a “university-level” research laboratory, designed for A-level Biology students, and furnished with fume cupboards (as well as gas taps!) All Biology (and Chemistry) labs will also have underfloor heating.



Should you wish to ascend to a greater height (and enjoy a grander sight of the sports fields), you will find yourself among the Chemistry labs. Here, the electron reigns supreme, so all the labs are pulsating with energy. The layout of the Biology and Chemistry labs are similar, but each Chemistry lab will have three fume cupboards for experiments involving nasty substances. Harmful gases will be filtered out, and others will flow through durable PVC piping to ventilation chimneys. Excitingly, the Chemistry research lab will have a supply of nitrogen gas (and there are also floating rumours about a new NMR machine!). But, above all, our reporter hopes that the smell of rotten eggs will be banished from the new Chemistry Department forever!

DID YOU KNOW? The interior walls of the building are certified to be fireproof for two hours. Even if people in the lab next to you decide to experiment with trinitrotoluene, you could still sit through your double Chemistry lesson unscathed!



BMS: A self-conscious building?

The beating heart of the science building lies underground in the Plant Room. Here lives the 'Building Management System' (BMS), a magical and remarkable (and entirely vegan) creature. It feeds on the forests of electrical wiring and thickets of sensors growing in the Plant Room and manages every imaginable system within the science building. Controlling everything from temperature to ventilation to lighting, the BMS can utilise AI and machine learning to adapt to different situations using collected data. The BMS can also be controlled remotely using a portal, and isolation valves within the pipe networks allow for easy cleaning and repair of the system.

Before we imagine the BMS to be a dystopian mastermind plotting to take over the Hill, we must remember its limitations. Although it will help to maximise the energy efficiency of the science building through the intelligent allocation of cooling/heating water to meet demand, the BMS cannot operate autonomously and still requires human oversight. Therefore, the science building does not (yet) have a mind of its own.

DID YOU KNOW? All the heating/cooling water used in the science building will be recycled and reused. By capturing grey water through a condensation system, the BMS can reduce water usage significantly.

A sustainable nucleus?

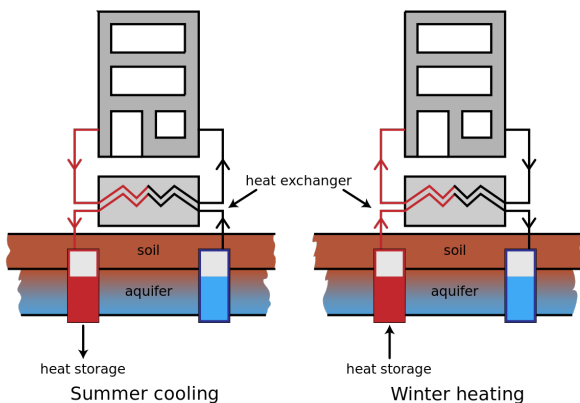
You finish your tour of the science building and walk out onto the pavement. Amazed by all its modern features, you sneak one more glance at the £15.5 million Leviathan. Then, a stray thought illumines your mind. There is still one unanswered question: does the science guilding live up to its name and fame? Designed with sustainability at its core, it is Harrow's torchbearer for a low-carbon future. Having carefully scrutinised all the available evidence, our reporter judged whether the science building is a sustainability superstar or a surreptitious sting.



On the insulation front, the science building has amassed an arsenal of methods to combat heat loss. With fully double-glazed windows and adjustable air vents, heat loss in winter and heat gain in summer will be reduced significantly. Much consideration (and a thick layer of insulation) has been given to the walls and the roof: 300mm of insulation for the roof, 200mm for external walls, and 140mm for internal walls. You may have noticed that parts of the external walls are constructed with a blubbery layer of insulation and a thin layer of “brick cladding” (instead of solid brick) to reduce heat loss.

Despite the heroic efforts in insulation, the most remarkable sustainability feature of the science guilding is its ground source heat pump (GSHP) system. Replacing traditional radiators and air conditioners, the GSHP system utilises the temperature difference between deep underground water and air to provide comforting warmth in winter and refreshing coolness in summer. (Conveniently, groundwater is cooler than air in summer while the opposite is true in winter.) There are four boreholes of phenomenal proportions that supply the groundwater.

As shown by the diagram below, the GSHP system pumps groundwater from the boreholes. The groundwater heats a liquid refrigerant in the heat exchanger and turns it into a gas. The high surface area in the heat exchanger ensures an extraordinary heat exchange efficiency of 85%. Using electricity, the heat pump then compresses the gas to increase its temperature (as the temperature of a gas (in K) is directly proportional to its pressure). Finally, the hot gas transfers its heat into the building via heating pipes and condenses back into a liquid refrigerant, restarting the process. In summer, the reverse process is used to cool the building.



However, our reporter also uncovered some unsettling statistics while examining the Plant Room; while the GSHP system uses 200kW of electricity in total, there are also five gargantuan gas boilers, which each use 400kW of energy. Watt on earth is this? Why are we using 2 million watts of dirty, fossil-fuel energy to power our new £15.5 million science centre? Thankfully, our reporter was assured that these gas boilers would only be used “in times of emergency” in winter. But this creates a rather difficult dilemma for our prayers in Chapel: should we pray for climate change to be curbed or should we pray for increased global warming to reduce the usage of our new gas boilers?

Notwithstanding this dire dichotomy, our glorious GSHP system (even combined with a touch of our gruesome gas boilers) is projected to reduce the CO2 emissions of the science building by 10,000 tonnes (a whopping £360,000 cost in contemporary carbon credits). Therefore, while there is some cause for concern, we should instead reflect on the brighter side of our magnificent science building and recognise it as the most sustainable building on the Hill (which does explain something about the others!).

DID YOU KNOW? The deepest of the four boreholes supplying water for the ground source heat pumps is 136m: we could almost fit the Great Pyramid of Giza (139m) inside if it were wide enough!

ANSELL BOWL 10 March

On Sunday 10 March, the clouds rolled a gloomy grey and the sky sent down a slight drizzle. Cadets rose early in the morning. Excited (but certainly sleep deprived) they set out into the laundry room for the final polish as the last batch of uniforms were ironed and smoothed – it was Sunday, the Sunday of Ansell Bowl.

Out on the Parade Ground, parents, boys and beaks gathered, forming a human barrier as they gazed in amazement. The first squad was The Knoll, and from the very beginning they set the bar high for the contestants to come with an impressive score of

64/100 in the Inspection and 344/350 in the Drill. This placed them 7th in Inspection, 3rd in Drill and 6th overall.

They were followed by Bradbys who put on a respectable performance which placed them 9th in the competition.

Then there was the hotly anticipated squad from The Grove, who were led by the current Head of Corps Nico de Labilliere. They put on a first-class performance, putting them 4th in the Inspection and 2nd in Drill, which ultimately led to 2nd place in the overall Drill competition.



The competition continued, with The Head Master’s, *Moretons*, *Druries* and *Newlands* putting on performances of a high standard. These Houses were placed 7th, 9th, 10th and 5th respectively, which is certainly praiseworthy from them all.

The next house up was Lyon’s, as they formed up waiting for the first call, it was noticeable that their attire was of an exceptionally high standard. Indeed, the inspectors recognized the time and effort that had been put into this, and Lyon’s received an outstanding score of 87/100 in their Inspection placing them 1st. As the call was bellowed out, all the squad could think of was bringing back the Ansell Bowl once again, after a crushing defeat the year before. The Lyonian crowd had their hearts in their throats as the Lyon’s Drill squad wheeled around the flag in perfect unison, the Drill seemed to be going well. Yet, when the squad reached the far corner of the square, they had fallen out of time. Fortunately, their relentless training allowed them to fall quickly back in time again, and the rest of the Drill went smoothly. Although the small mistake had them worried, the Lyon’s Drill squad came through on top, winning the overall Drill competition.



The next four houses were *Elmfield*, *Rendalls*, *The Park* and *West Acre*. Each showed great commitment and excellent Drill, with the *Rendalls* Drill squad showcasing very sharp and crisp movements on the Parade Ground. Their respective places were 12th, 4th, 3rd and 11th.

As the Drill competition came to a close, perhaps most controversially, *The Park* Drill team who had showcased great

skill during supervised Drill practices in the weeks before, were let down by a horrific review order, which caused a large number of points to be deducted, placing them in 3rd place to their great disappointment.

Later in the afternoon, the light drizzle with which the day had started turned into a heavy downpour as the Endurance Event kicked off.

Newlands was the first to start, achieving a time of 9:05 on the obstacle course which placed them 7th. They picked up the pace on the run and achieved an incredible time of 6:05 which got them to 2nd place. However, they were let down by their shooting, which brought them back down to 7th for the event.

The next team was Moretons, who had begun with a stellar performance being the fastest team on the course. Yet, they wavered on the run and were at risk of losing their lead, but their accurate shooting saved the day and allowed them to claim 1st place overall.

As more teams bolted through tyres and flipped over walls, the rain caused the conditions to get progressively worse. The Grove suffered an injury on the course, which caused a long stagger on their time.

MATHEMATICS SOCIETY

*'Never Trust the Biologists', Jason He,
The Head Master's, 28 February*

Jason He, *The Head Master's*, a Lower Sixth further mathematician, gave a lecture entitled 'Never Trust the Biologists', after advertising this to the Biology enthusiasts in the Medical Society.

The lecture started off with a Taylor series v Taylor Swift meme and a creative He He He helium joke about He's last name, lifting our spirits. He (personal pronoun here) then started to talk about the power of biomathematics, exploring the fundamental difference between purely biological research and biomathematical modelling: that to the biologists "multiplication and division means the same thing"

To model a population, it can be safely assumed that the rate of population growth, dP/dt , is directly proportional to the population, rP , where r is a constant. However, there needs to be a limiting factor as the resources available are limited and intraspecies competitions are inevitable when the population grows sufficiently large to meet the natural carrying capacity, so it needs to be multiplied by $(1-P/K)$ where K is a constant. From this, a simple model can be formed: $dP/dt = rP(1-P/K)$. This is called the Verhulst's logistic growth model.

However, He pointed out that species are not acting as an individual unit in a biological system and that interspecies interactions should be taken account when modelling one's population. He then explored with us a concrete example of the population of the fish marlin and sardine in Ancona, Italy, during the 1900s, a period of crisis where most of the labour force was fighting in the Great War. By constructing a two variable differential equation and the technique 'phrase plane analysis' (by looking at the signs of the rate of change, it can be deduced that the population will go in a cycle because when the population is high the rate would be negative, and vice versa, then slowly approach an equilibrium point), the audiences could get a grab on the idea of the flow and periodicity of the system without solving the complex equations.

The equations employed to model the system are $dS/dt = aS - bSM$ and $dM/dt = -cM + dSM$. However, when we introduce

the fishing parameter, eS and eM , to both systems, we discover that the equilibrium point has shifted. More precisely, by means of calculus, we have managed to prove that the increase fishing rate of the sardine, the prey to its predator, Marlin, actually increased in population (its equilibrium has moved to a higher position). Conversely, there a decreased number of the predator fish even though we have no intention of fishing it.

He advanced his argument on the question of pesticides. He stated that the exact model could be used in the scenario of the "wasp" and the "evil wasp". The argument once more explains the reason why, if increased pesticides are used that do not target specific species, the number of the pest could actually surge. This argument is in opposition to the GCSE Biology syllabus, which states that pesticides is one of the option for biological control, revisiting the title of the talk – how you couldn't trust the biologists

He demonstrated the power of mathematics and its ability to serve as an explanation for everything. He concluded the talk with another mathematical joke:

Biologists (ι): Mathematicians, be rational, you keep throwing paper away.

Mathematicians (π): Biologists, be real, you sleep in a lab.

This entertaining talk marked the start of a new 'Never Trust' series.

SENIOR GEOGRAPHY SOCIETY

*Saarvin Cambatta-Mistry, Lyon's, 'How has Mumbai
been divided by both its economy and internal
corruption?', 7 March*

The Senior Geography Society was addressed by Saarvin Cambatta-Mistry, *Lyon's*, regarding Mumbai's social and economic divide, especially in engagement with architecture and the way in which slum redevelopment is shaping the city's future.

Cambatta-Mistry started with a striking image that highlighted the proximity of slums (particularly Dharavi) to the rest of the developed city. It was clear to see that India is in a precarious position at the moment – the government must try to balance rapid development with feeding and housing their people. One option that was explored was the expansion of cities into more biodiverse, wildlife-rich regions such as Jaipur. However, this simply cannot work due to the indigenous people who currently populate those areas and exacerbation of climate change.

Next, he began to explore the most important topic in this talk: housing redevelopment. Cambatta-Mistry spoke extensively about his recent interview with one of Mumbai's top 50 architects, Bhoman Irani, and his thoughts about how the Indian government is going about development. Currently, the government incentivises architects in a simple system. Build a concrete structure that can house slum dwellers 10-15 miles outside the city centre (using your own finances), and in return they will provide you with a small area of land in Mumbai's financial district (prime real estate), which can be developed into anything. There are, of course, positive and negative aspects here. On the positive side, the city centre increases in development, architects can express their creativity, the government pay almost nothing, and a positive multiplier effect is created. However, the problems here cannot be ignored. The sense of community that Cambatta-Mistry repeatedly emphasised is now destroyed, moral/ethical issues could outweigh the positives, and commuting to work becomes a near impossible task.

Cambatta-Mistry substantiated this using the example of Dharavi, Asia's largest slum. Particularly striking statistics on population density (almost 1 million people in the span of 2.39 square kilometres) and flood deaths helped to put into perspective the risk at play.

The topics of architecture, food and water were each spoken about in a similar manner. Each segment started with how these domains would look for the rich, then the middle class and finally, India's poorest. Religion was a slightly more nuanced idea. Despite past conflicts, India seems to have improved and, even though only 2% of the current population is Christian, Christmas is still celebrated massively. Almost 80% of Indians are Hindu, yet the country is diverse and culturally rich.

Cambatta-Mistry concluded the talk with two important questions: 'do we need to bridge the gap?' and 'what can we do to bridge it?'. The former is almost solely to do with community v development. Most people in India are happy at the moment, especially those in slums, because of the strong bonds that are formed through hardship. However, pollution is becoming a significant issue and slums contribute heavily to it. In response to the latter question, Cambatta-Mistry discussed the use of intermediate technology and aid in order to spark economic growth.

Overall, it was the slum conditions, especially with reference to Dharavi, that was most striking. To see so many people packed into such small areas yet always smiling was something that most had never thought possible.

MEDICAL SOCIETY

Dr Alex Maxwell, 'Lifestyle Medicine', 27 February

The Medical Society welcomed Dr Alex Maxwell to speak on 'Lifestyle Medicine', a topic of increasing concern in the ageing world.

Dr Maxwell started his lecture by revealing some frightening statistics. Across the globe, 41 million deaths are due to non-communicable diseases (type 1 diabetes, cardiovascular disease, etc.), and this amounts to 71% of all deaths. In the UK, the proportion is even more concerning (89%). Almost 40% of adults are obese, and nearly 70% are overweight. This number is only increasing. As we have all learnt, conditions such as obesity can have a severe impact on our lives later, potentially causing us to develop many other illnesses. The NHS spent an estimated £6.1 million on obesity- and overweight-related ill health. We spend more money on tackling diabetes and obesity than we do to fund the police, fire service and judicial system combined. The problem is no better for children and teenagers. Of every 100 ten and 11-year-olds, 20 children are obese, and a further 14 are overweight.

Public health is not only about physical health. About 3.3 people out of 100 are clinically depressed, and a further 7.8 have anxiety. Severe mental illnesses affect about half a million adults in England alone. Suicide is a leading cause of death for men under 50 and women under 35 – poor mental health costs UK employers up to £45 billion. The effects are endless.

Furthermore, people with severe mental health illnesses die an estimated 20-25 years earlier than the general population. It is easy to think that all the health issues in modern society are caused by individuals themselves (e.g. people being too lazy or too "soft"). Still, the problem is far more extensive than that, and lifestyle medicine's job is to mitigate these problems.

One key factor causing problems is health inequality. It is the "avoidable, unfair, and systematic differences in health between different groups of people". Causes of health inequality could include different racial groups, genders and socioeconomic backgrounds. Health inequality can then affect health behaviours and access to services, and the UK is trying to target the most deprived 20% of the population to reduce the problem.

The British Society of Lifestyle Medicine defines lifestyle medicine as 'evidence-based clinical care that supports behaviour

change through person-centred techniques to improve mental wellbeing, social connection, healthy eating, physical activity, sleep, and minimisation of harmful substances and behaviours (these are also known as the six pillars of lifestyle medicine).' Instead of seeking to replace current medical practices, lifestyle medicine aims to support them. Before concluding the lecture, Dr Maxwell advised the audience to improve their everyday health: basing their diet mainly around multi-coloured plants, reducing sedentary time, and fostering healthy social relationships. Identifying barriers that prevent us from engaging with nature to improve our health is also essential.

The Medical Society is grateful for Dr Alex Maxwell's engaging and interesting talk. The audience appreciated the chance to learn from one of our very own doctors, and I am sure we turned out better prepared for our medical interviews!

GORE SOCIETY

*Arturo Saville Mascioni, Rendalls, 'Mormonism',
28 February*

On 28 February, the Gore Society had the pleasure of hosting Arturo Saville Mascioni, *Rendalls*, who delivered an enlightening lecture on the expansive subject of Mormonism – including its origins, key historical events and distinctive beliefs. Saville Mascioni adeptly navigated through the early 19th-century religious fervor in the US, setting the stage for Joseph Smith's pivotal visions and the establishment of the Latter-day Saint movement.

Saville Mascioni provided a detailed account of Smith's divine revelations, the translation of the Book of Mormon, and the ensuing formation of a unique religious community, capturing the audience's interest with the depth of his knowledge and the engaging narrative. The lecture shone a light on the Mormons' tumultuous journey, marked by migrations and conflicts as they sought to establish their envisioned Zion, first in Missouri and later in Illinois.

The most thought-provoking segment of Saville Mascioni's presentation might have been his discussion on the Nauvoo period, highlighting Joseph Smith's increasing militarisation and political ambitions, culminating in his controversial presidential run and subsequent legal troubles. Saville Mascioni's critical analysis of these events prompted a rich dialogue among the attendees, reflecting on the complexities of religious leadership and the interplay between faith and governance.

Moreover, Saville Mascioni touched upon the theological innovations introduced by Smith, such as the three-tiered conception of heaven and the eternal significance of family bonds, illustrating how these ideas set Mormonism apart from mainstream Christianity. His mention of the violent opposition faced by Mormons, which led to their tragic expulsion from Missouri and the eventual establishment of Nauvoo, added a poignant note to the historical narrative.

The lecture concluded with a Q&A session, where the society engaged the speaker with thoughtful enquiries, further exploring the implications of Mormonism's doctrinal uniqueness and its enduring legacy. Overall, Saville Mascioni's presentation was not only informative but also stimulated a lively discussion on the broader themes of faith, community and identity, leaving the audience with a deeper appreciation of Mormonism's place in American religious history.

METROPOLITAN

THE LADY OF THE GREAT RIVER

Like the previous poem, 'The Lord of the Great River', this is a love song from the Lord of the River himself, singing to his wife. The two deities together constitute the third and fourth poems in the Nine Songs, and represent the important power of the Yangtze River (particular its summer floods) in controlling the agricultural production of the Kingdom of Chu.

Onto the northern shores oh! descended my lady fair,
My anxious eyes see her not oh! though surveying with care.
Smooth yet strong oh! is the autumnal breath,
The Dongting waves oh! sweep leaves to death.

My sight gallops oh! over sedge-blades white,
Waiting for our tryst oh! in the dying light.
Gathered in reeds oh! can birds fly free?
What use is a net oh! if atop a tree?

Clovers grow here oh! and orchids there,
I long for you oh! with my words unclear.
I gazed afar oh! in reverie deep,
Watching the stream oh! slowly sweep.

Could a stag find food oh! in courtyards so narrow?
Could a dragon swim oh! in beaches so shallow?
At dawn I gallop through oh! by the river's ranks,
At dusk I drink my horse oh! on the western banks.
I hear her summons oh! my heart does ache,
I shall fly my steeds oh! and pass with her.
I shall build a chamber oh! amidst the lake,
With lotus roof oh! and covered in myrrh.

Walls covered in sage oh! and shells from the stream,
I shall spread peppers oh! its fragrance to fill the hall.
Pillars of cassia oh! with orchid beam,
Lillies as beds oh! and magnolia so tall.

With ivy I weave oh! curtains and screen,
Adorned with thyme oh! with leaves so green.
Corner-stones oh! of mellow white jade,
Dotted with orchids oh! the beauty shall not fade.

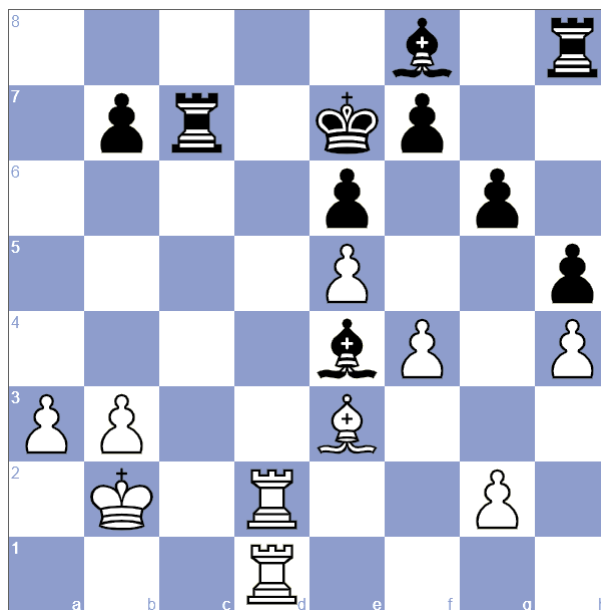
The lotus roof oh! I scatter with vetch,
Into the garden oh! azaleas I fetch.
My yard with herbs oh! to the brim be filled,
My door with fragrance oh! I shall build.

Gods I shall welcome oh! from mountains nine,
Like nimbus oh! travels their gathering fine.
I gift my sleeves oh! to the raging river,
My relinquished coat oh! to the stream I deliver.

I pick pollia blooms oh! on small, sweet isles
To leave it to friends oh! of many miles.
For time cannot oh! in gallop be gained,
I shall stroll freely oh! and no more be strained.

CHESS

This week's chess puzzle is taken from a game between former Under-20 World Champion, Iranian GM Parham Maghsoodloo and Armenian Master Artak Manukian, which took place in a Titled Tuesday tournament (hosted weekly on chess.com). White to play and mate in four moves



Submit your answers to JPBH by email to enter the termly competition.

Last week's answer: 1. Ra8+ Bxa8 2. Nc8+ Ka6 3. Rb6#

Interested in chess? Come along to Chess Club, 4.30-6pm on Tuesdays and Thursdays in MS5. All abilities welcome!

OPINION

CORRESPONDENCE

Letters to the Editors

DEAR SIRS,

I'm not a competitive person, I'll be the first to admit that. At Harrow, I tried to develop interests – I was going to join the Debating Society but someone talked me out of it.

I always freaked out during exams at Harrow – they were a real trial. During the Maths exam my calculator packed up, I couldn't count on it any more. Even in the Arithmetic test I thought my chances of a pass were at least 40-40, but I failed. In the Art exam I failed using the wrong pencil – it just wasn't 2B. In the Tree Surgery exam I was totally stumped. Nor did I pass the Harrow Psychic exam – I just didn't see it coming. Even playing Harrow football I did poorly – I just didn't pass.

My chum Fruity Fletcher, *Drurries*, passed his exam in Sound Recording, getting a 1-2-1-2. And I was jealous of my pal Barney Blenkinspittle, *Newlands*, who did very well in his chosen exam topic of MUSIC OF THE 1970s, OUTLANDISH CLOTHES, SWEDEN and THE EUROVISION SONG CONTEST – he got a ABBA. Then I messed up in my English Language test, 'What is plagiarism?', because I was caught copying the answer written

by the brainy Rendalls chap sitting next to me – Ian Adjacent.

In the gap between Harrow and uni, I tried my luck as an internal Harrow Exam Marker, but the SMT inexplicably sacked me although I gave it all 100%. Then I scraped a pass to a university on the Yorkshire coast, but it proved to be a highway to Hull.

So then I took my first proper job, making clowns' shoes – it was no small feat. Then I became a trampoline salesman – it had its ups and downs. I tried a job as a pantomime horse but I quit while I was ahead. I tried being a car mechanic but overall I only liked the work clothes. I soon quit my job in the helium factory – I didn't like being spoken to in that tone. Yesterday I went to buy some camouflage trousers at Billings & Edmonds but I couldn't see any.

My relationships have been equally dodgy. I didn't get much family support, being the youngest of three – my parents were both older. I usually only meet my girlfriend at 12.59 because I like that one-to-one time. I worry what my grandfather would think of me now. He spent his life in the kebab business and paid for all my Harrow school fees. But now, as I potter about town, like so many Moretonians, there he lies, buried with his equipment, turning in his grave.

But there are brighter moments. I parked outside The Head Master's House today and the Head Master himself left a little note on my windscreen; it said PARKING FINE. So that was nice.

YOURS SINCERELY,
MIKE STONE (MORETONS 1957²)

DEAR SIRS,

It was with great zeal that I competed in the Ansell Bowl competition last weekend, putting into practice my hard-learned drill routines and marching “double hard about the yard” for the glory of my House. However, as prizegiving came around, as excited I was for The Grove to get second place in the drill, we saw the introduction of two new awards. And as talk of these prizes echo around the corridors of Harrow School, one that has no doubt set a fire in every boy is the Lieutenant Col Land Award, given to a boy in the Remove who has shown “incredible potential”, as I believe he said, when it comes to all activities related to the HSOTC. And while I admire the courage that it takes to name an award after yourself, I wonder whether this reflects the aspect of humility being preached to us as we go about our day-to-day life. But as I ponder these new awards and how they fit into wider Harrow life, I think of some newer virtues that ought to be given the spotlight. With many of these ‘Harrowian virtues’ now promptly forgotten, I hope my suggestion will help cast them back into relevancy. Therefore, I propose in the same spirit in as the WMAL Award the ‘EWH Plate for the Cleanest Tray’. I hope that this suggestion will help to usher in a new age of Shells who are devoutly against food waste, and who will restore our image as a Great British school on the High Street, as well as motivate some boys in the older years to finish their serving of lamb kofta.

YOURS HOPEFULLY,
ETHAN SOONG, *THE GROVE*

GAFFE AND GOWN

Quips from around the Hill

“Please sir, give me the extra mark so I can get 80%.” “But you haven't even bribed me!” “I'll go to Eucharist, Catholic Mass, and Chapel this Sunday.” “I meant money. Every man has his price.”



WE'RE HOOKED
by Arturo Saville, Rendalls

There is no question that we all need to cut down on phone use. Anything over an hour is really too much, and my screen time is double that.

Harrowians, as far as I can tell, use their phones for two purposes: entertainment, and communication.

I argue that mobile entertainment is neither valuable nor entertaining. Many boys, including me, scroll away their spare hour on Instagram or TikTok, watching 30-second clips of God knows what. They squeeze their attention spans away, and gain almost zero value in doing so.

But why are we all compulsively doing this, and how can we get ourselves back on track? The solution is not as simple as banning phones at Harrow, or annoyingly stating: ‘wHy noT sTart rEadiNg a gOoD bOok?’ There are two reasons for this.

The first, is that we do not have enough time to engage in long-form content. I find it impossible to watch shows or movies while on the Hill, and – despite my best efforts – even more arduous to read beyond what is prescribed to me. This is the experience that scores of boys report, and so these same boys look towards gaming or video feeds to fill the 15-minute windows of time between their various commitments.

The second is that many boys find that their social lives increasingly dependent on communication apps, specifically Snapchat. Harrow is a tiny, all-male bubble. For many of us, this app is an essential bridge between boarding-school life and any form of external friendship. In *www. etiquette*, it is simply unacceptable to leave somebody ‘on delivered’ or (more impertinently) ‘on opened’ for too long. Online communication now underscores almost all social connection. Without it, one is simply a weirdo. This is why social media companies battle between each other over their messaging features – human connection is what keeps people online. Messaging is what keeps us hooked.

Attention spans are waning; scrolling is a waste of time; and real-life communication is impeded in favour of an addictive, all-purpose, crutch-like machine. Harrow needs to remove boys’ reliance on devices, and to combat these evils I find myself in favour of a partial (or even total) phone ban. However, I assure senior management that this policy will not work in practice unless communication channels are opened on Surface Books instead. Unbanning snapchat.com would be an effective way to give boys messaging without some of the addictive downside. With Senso, it should not impede learning more than any other

application, and it will give boys a better shot at removing the mindless entertainment that has already caused sizable damage to our learning.

GO RETRO

Jonathan Ford, West Acre

People will tell you that *The Harrovian's* latest poll on mobile-phone usage indicates a shocking, scandalous statistic which must be reduced. I am here to say the opposite. Given the addictive properties of social media and the phone to the majority of Harrovians (not me – my daily screentime is six minutes), it would be honestly foolish for the SMT to not utilise the mobile phone as a method of positive control.

Therefore, my proposition is that Harrow School provides better wifi, and in return we offer our data to the School. Given that most Harrovians simply scroll aimlessly through TikTok, the information gathered would be frankly useless for the SMT except in truly severe cases, such as a boy being caught watching Lil Nas X's *Old Town Road* (ew, that is so 2019), or a boy spending far too long on JSTOR (no one is that dedicated), where the SMT will be able to intervene and bring about psychiatric treatment for the poor boys who have been indoctrinated to this point of insanity.

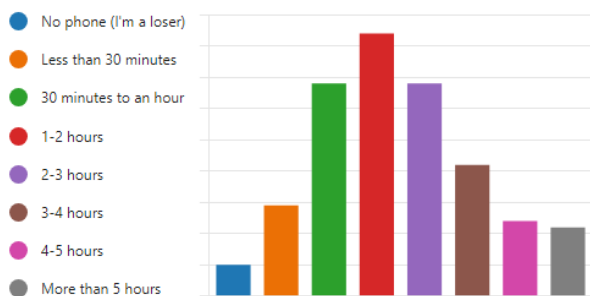
This win-win situation would further satisfy Father Nic, who would no longer need to teach his 'Conflict Resolution' Elective, as there would no more conflict, given that the poor data on the Hill is obviously the source of all Harrovian ills. I would also like to note that none of these rules apply to me – I exist on an entirely analogue basis, listening to music on cassette and vinyl.

Long live the 1980s!

DAMNATIO MOBILIS

A plea by SMK for a total phone ban

We are in an era now, where the schoolboy's quill has been replaced by the qwerty and our parchment by pixels. And, at first glance, the notion of banning mobile phones from the hallowed halls of Harrow might seem akin to proposing a return to the Stone Age. But, as a Classics beak, I find myself compelled to argue for precisely that. Bring back the wax tablets of the Romans, the papyri of the Greeks, anything but these damned devices...



Firstly, the distraction of it all. Mobile phones are modern-day sirens, they sing a ceaseless lullaby of Instagram notifications, and lure Harrow boys away from the rugged shores of academic rigour and onto the rocky reefs of procrastination. You can see from the chart above that Harrovians lose on average about 20 hours per week to the monstrous allure of the mobile. There is no doubt that, before the advent of the mobile's enchanting song, the typical Harrovian was able to lavish his focus on

Latin conjugations and the Peloponnesian War, but now, like the Greek sailors of old, Harrovians are drawn to their own doom by the insistent dirge of a mobile receiving yet another "crucial" meme. Where once the bright minds would illuminate the classics of Latin and Greek, now they are ensnared by the Sirens of social media feeds. Imagine yourself a young scholar, poised to unlock the secrets of Pindar's *Odes*, only to be thwarted by the incessant buzz of a group chat about the latest viral cat video.

The total and complete eradication of mobile phones from Harrow would herald the return of the lost arts. The noble tradition of passing notes, or of making a doodle of your boring beak, you know, traditional Harrow skills that have been honed over half a millennium, would see a real renaissance. Boys' conversational skills, too, would undergo a revival. Common rooms nowadays are filled with boys who are "hanging out", but really only sitting in silence, each boy lost in their own digital world. Bring back the ancient art of conversation, I say, long Ciceronian periods, with sprinklings of Horatian wit, crafting an eloquent insult in the style of Plautus, or composing a love letter with the finesse of Ovid – the good old days, when boys learned to interpret rhetorical expressions and irony, rather than just emojis. The SCH would buzz with the sound of actual laughter rather than the sterile *lol*. Eye contact would no longer be considered a rude ritual from a bygone Harrow. By banning mobile phones, we could restore a sense of mystery and wonder to Harrow, and encourage a return to the storytelling traditions that have enriched human culture for millennia.

The removal of all mobile phones from our boarding school would solve the age-old problem of how to fill the dreaded 'free time'. Imagine the scenes of creativity and innovation that could unfold if boys were only finally liberated from their digital chains. Like Prometheus, tied to his rock, his liver pecked at daily by the eagle – so are all the brains of Harrow boys constantly pecked at by their mobile phones. We could free boys from their torment; if only we could ban the phone! We'd witness the birth of the next great poet, philosopher, or inventor among our ranks. I am proposing a return to a simpler time, where the focus is on the development of the mind, the body, and the spirit, free from the distractions of the digital age.

I propose rebellion in the face of modernity, and as Harrovians, we form a new tradition to ban the mobile phone and to rediscover the joys of an education unencumbered by the constant ping of incoming trivialities. Let us jettison these pocket-sized Pandora's boxes and watch as every Harrovian, like Plato's man emerging from the cave, rediscovers a world where knowledge and discovery, wit and human life can truly reign supreme.

HEGEL WOULD BAN PHONES

by Nick Arnison, Moretons

Hegel once wrote, albeit undecipherably, that our actions are informed, enabled, and designed by our surroundings. Thus, given the immense changes that the technological revolution has brought to our surroundings in the past fifty years (like how books have hideously melted into kindles and war has been deemed inconvenient), it's no surprise that our actions have changed correspondingly. As water has become scarce, we have fought over it and as explosives have been manufactured more boomy, our fear of them has grown also. These independent phenomena, Hegel reminds us, are to be expected. For, indeed, the human race did not pull herself out of the primeval ooze just to accept that our evolutionary war is lost at the first hurdle.

However, the real question is, as many forget, in the second half of Hegel's most important idea. how are we supposed to look to the past, if each era's physical truth and action is so drastically incomparable to our own? How can we take inspiration from what has happened already, if it's nothing like

what's going on now? The answer to this question (the which inspired a certain Karl Marx, when he was a young student of philosophy in Berlin University, to muse on a future without oppression, pish posh) is that there is one string that binds each era's struggle together: the struggle for a maxim which contributes to the ultimate goal of freedom. The past reflects the future in maxims, not in specific actions or trends (modes) that are motivated by them. Whether by sword or by musket, in toga or in tailcoat, for religion or for balding German journalists, the human "will" never ceases its fight for a future of liberation.

How is this relevant to mobile phones, you may ask. Well, you may be interested to learn that this current obsession of phones is not an independent phenomenon: despite its seeming nuance, it is as intertwined with the past as is gum to the pavement. That is, there has always been a "phones vs the world" rivalry, even if "phones" have only existed for less than two decades. Or, as I see it, there has always been an object (like phones) of scorn, used in poor rhetoric to victimise the youth. In Dr Kennedy's youth, "phones" were primitive game consoles. In the late Queen's youth, it was American Jazz and alcohol. In Napoleon's youth it was, according to one interesting news clipping from the London gazette (whose author makes quite clear his opinion on it), it was men reading newspapers at family breakfasts. In the 11th century, it was English Poetry. Whilst each of these instances of gruff, grumpy, bumbling old men complaining about "the flat headedness of youth" may seem distinct, they ultimately correspond in one thing: the will. Which will? The will to oppress innovation, common aesthetics, and novelty.

Do I care about phones? Not really. Not nearly as much as about alcohol anyway. I don't understand them, and I agree with Dr Kennedy and Co. that they corrupt the youth. Aye, perhaps they even stunt growth etc, etc. But I would rather live in a world with them. Firstly, we are not the first nor the last to be moaning about things like phones. Secondly, resisting innovation is a symbol of oppression, as we can see from the past, and resisting phone laws ought to be recognised as an expression of the fight for freedom. Besides, do you want to be remembered as a cellular protestant? For, indeed, in 50 years phones will be remembered as part of "the good times", like how we remember Video games, Jazz, Anglo-Saxon poetry and Newspapers as an expression not of evil corruption but of refinement and sometimes even as a long-lost art, despite the fact that similar op-eds as this were once pasted all over about them at one time or another.

In this unfortunately democratic world in which the tyrannous masses hold the bloodied club of power over the quivering husk of the sensible man, wouldn't you rather be remembered as one of the forward-thinking ones?

Thus Spake Nick Arnison.

CHASM OF DECADENCE

Arthur Yang, West Acre

First of all, I would like to say that the invisible wall around the School that appears to block any kind of signal or phone connection just renders phones useless within a one-mile radius around the centre of the School (though the exact position of that is different depending on whom you ask).

Secondly, there are only a few functions of the phone that cannot be accessed on Surface Books (the number of times I have seen people scrolling through X (formerly Twitter) on their Surfaces testifies to that). The phone, in most cases, is an extension of these functions that make things more convenient, efficient and immediate. Many would argue that this is a bad thing because it offers us no escape. It curiously seems that these people must have their phones glued to their hands, for they do not understand the concept of 'putting it down'.

Thirdly, leisure time on the phone, its addictive nature, and the consequences that result therewith. To many, the phone is a dangerous beast of exposure, an inescapable chasm of decadence, and an irreversible waste of one's efforts and time. However, many other things, such as labour, citizenship, religious devotion, and life itself also have the same qualities, so why bother ourselves with the rock music and television of this generation?

LEARN TO USE IT PROPERLY

Andrew Arthur, The Knoll

Hurrah! We've just banned the cameras to our collective memories outside of the School's walls. The phone issue, like many other matters of contention at Harrow, requires more nuance than we are seeing at the moment. We do not want a situation where boys walk around the Hill with their heads lowered and eyes fixed on their phones; that is not sensible or safe. Phones, however, in 2024, are modern memory keepers.

When I look back at my last four and a half years at Harrow, the majority of my memories are stored in my camera roll as I have captured snippets of treasured moments that I do not want to forget. Banning phones outside the House unequivocally robs boys of the opportunity to capture and re-live precious moments. Under the current rules, I can take a team photo with my teammates freely after a Saturday fixture, but on a Tuesday or Thursday fixture this would contravene the School rules. Apart from the fact that one fixture takes place on a weekend, the logic behind this seems rather inconclusive.

As the School aims to prepare 'boys for the future', I think it would be more sensible to teach boys to foster healthy phone-use habits rather than impose a one-size-fits-all approach. Simply taking my phone out of my pocket to check the time could result in a three-week confiscation of the device. A simple "please just put your phone away" when phones are not used appropriately is all we need. Less heavy handedness and more nurturing is what we need.

(P.S If there are any fallacies in my logic, please respond next week. I do like a debate.)

PHONES ARE HERE TO STAY

So Why Not Help Us Use Them?

Ben Shailer, Rendalls

Facing floundering polls and collapsing public services, it is not surprising that Rishi Sunak is seeking to lash out at any scapegoat within arm's reach – hoping to pour the blame of a struggling education system away from Tory cuts and austerity, and instead onto something far more emotional and irrational: phones. Rather believably, it is not the critical lack of teachers, or funding, or classrooms with stable ceilings, but instead the incredible lack of self-control of the students themselves, that has led to the declining standards of British education. Fortunately, Harrow is not a school afflicted with RAAC (despite what the ceiling of the SCDH may tell you) and so you should pay no heed to Sunak's 'acting'. Rather, it is the School's responsibility (as ever) to ensure that Harrovians leave here equipped to become the best version of themselves that they can be – and that means being able to flourish in a world packed with phones.

Yet I have seen and experienced the harmful and addictive powers that a phone can inflict on people – from devouring hours of life spent 'doom-scrolling' on TikTok, to the sheer quantity of abuse and harmful content easily accessible on the internet. There is a greater prevalence of phones in school now than there ever was, and it is likely that this trend will only continue to increase. As well as preparing us for later life,

Harrow also has a duty to protect us during our time here, and phones certainly have the capability to endanger both our exam results and our wider lives when used poorly.

However, rather predictably, phones also offer great opportunities to the budding Harrovian – convenient and quick organisational tools are very effective when used properly; but above all, phones provide an escape from the bubble of Harrow. In a world more diverse than ever, Harrovians deserve and require the ability to form social structures with people other than other wealthy male teenagers – as important as the ability to perform well academically is, so is the ability to not come off as a “pompous git” when interacting with anyone not fortunate enough to have attended an all-boys boarding school. While phones certainly do not solve this problem in its entirety, reducing Harrovian’s access to them reduces overseas boys’ access to their family, and all boys’ ability to interact with people outside the narrow world of the Hill.

Restricting access to phones is, simply put, a lazy attempt to deal with the problems they can cause. Harrovians will have to go out into a world with phones, and I’d much rather have spent time learning how to use them healthily at school than having a crash course on the impacts of watching YouTube shorts all day in the first year of university. Put ‘healthy phone use’ lessons into Tutor periods (I don’t need to be taught on three separate occasions how to make an ‘effective revision timetable’) and help Harrovians to learn how to live with phones – rather than encouraging them to get second phones and work it out on their own – when the stakes may be much higher than they are at school.

FALSE FRIENDS

June Hyun, West Acre

I first saw a “smartphone” in 2012 when six-year-old me marvelled at the wide touchscreen that Mum had bought for work; I would have to wait five more years before I received a cheap £300 phone for my 11th birthday. By then, phones could store up to 120GB of data and take decent photos.

Looking back, I never had a significant need for a modern phone. My friends all lived in the same rural town and attended schools nearby. Classes ended at 4pm, and we would bring our Nerf guns to the forest for hours of capture-the-flag and searching for lost Nerf bullets. If I wanted to listen to music, I could always turn on the radio or pick up CDs from my parents’ home offices. Some video shops still lent out movies as tapes, and I remember being horrified when I accidentally unspooled a cassette and received an absolute bollocking from the store manager.

Then life picked up pace. Friends moved to the city; I moved abroad. More and more digitised services replaced the physical hassles of renting out CDs or tuning into the radio. Simple amenities such as video calls, Netflix, and YouTube on phones replaced the chores of logging onto a PC for Skype or going out to watch some movies. Actions and entertainment that would have accompanied other activities were now accessible in my bed through the screen of my phone.

Instant access ensnares us in the digital world. There’s too much information accessible too quickly, destroying potential relationships and experiences we can form. Ten minutes of doom-scrolling on Instagram could be ten minutes spent walking with your friend to the nearest arcade (or a bookshop, in my case). The time-consuming process of going out to rent CDs forces you to plan your day and complete side-quests (such as grocery shopping), making you feel small senses of achievement. Banning phones at Harrow would infringe on free will; however, regulating our autonomy to limit instant gratification on and off the Hill could help us reform real-life social interactions we lost with our childhood and provide precious motivations to continue living our lives.

WHOSE FAULT IS IT ANYWAY?

Tony Shi, The Grove

“My screen time is sooooo high! Who do I blame?” Before I came to Harrow, I had never heard of ‘enhanced data rates for global evolution’ (a.k.a. EDGE). However, the dreaded “E” signal is now a permanent feature on my home screen. First introduced in the 1990s and offering a mind-boggling maximum speed of 384kbps, EDGE is the 2G phantom (extinct in civilised nations, I am told) that plagues the Hill. Perhaps this helps to explain why some unfortunate souls are simply forced to spend 35 hours on their phones each week. At the average hillular speed, a five-minute video (1080p, 60 fps) takes c.50 minutes to load; by the time you watch one video on TikTok, your 5G-endorsed friend could have seen 500! So the next time your House Master questions you about your screen time, simply cite these cataclysmic conditions.

But are we also to blame? On average, we spend two hours on our phones each day at Harrow. That is more time in a day than Chapel and Speech Room combined for a week! We also spend more time looking at our phones than doing prep. And yet, what do we gain from the hours we spend on TikTok or Instagram? Can you remember just ONE of the hundreds of videos you saw last month? So, when we complain about how little free time we have at Harrow, perhaps our screen time should take a cut, not the exhilarating activities of our real lives.

Without a doubt, mobile phones are an invaluable tool in modern life, essential for communication, navigation and information. We should not ban them in schools but teach pupils how to unlock their powerful potential. And let us not forget the simple pleasures of life: nature, music and reading. If we do not want phones to be banned, we must carry the burden of responsibility on our shoulders: do you want your life to be “TikTokking” away?

However, one thing is clear: if the PM would like to reduce phone usage on the Hill with immediate effect, perhaps he should invest in better wifi...

SPORT

HOCKEY

1st v Dr Challoner's Grammar School, Won 5-2

In an action-packed hockey match, going one goal down after five minutes, the team needed to keep possession in the final 25 and focus on scoring goals. Luckily, Will Stabb, *The Head Master's*, found a connection to even the score. Dr Challoner's went ahead again, yet this was countered with a finish from Oliver Gisborne, *Lyon's*, and followed up by a goal from Sam Phillips, *Moretons*. By half-time it was 3-2, and with a big team talk and discussion of what we needed to do in the second half, the team managed to work well together. Through keeping possession, the team found a way forward; Stabb, scoring twice more, completed his hat-trick. Archie Jones, *Lyon's*, was chosen player of the match.

Junior Colts A away v Dr Challoner's Grammar School, Won 5-0
Yearlings A away v Dr Challoner's Grammar School, Lost 0-16

The School v Various, 29 February

1st Away v Bedford School, Lost 0-3

2nd Home v Westminster School 1st, Lost 0-1

The Under-18B hockey boys lost 1-0 to Westminster School. After conceding a goal in the first half, Harrow did very well to make sure no other goals were scored. Hugh Mercer Wong, *The Park*, and Oliver Benbow, *The Park*, were awarded joint man of the match for their continuous hard work and motivation to improve while the game went on.

Junior Colts A Away v Bedford School, Lost 0-8

Yearlings A Home v Westminster School, Lost 0-2

The School v Wellington College, 9 March

1st Away v Wellington College, Won 4-1

Departing to Wellington with a barely 11-strong side meant the boys had a tough task ahead of them, with an empty bench due to illness and injury. CJRD gave the boys clear instructions: to play mature simple hockey, value possession and to play our press. The boys started strong and made some good attacks, yet Wellington sadly went 1-0 ahead after two short corner attempts. The boys fought hard, focusing on stretching the pitch and making sensible passes, with Will Stabb, *The Head Master's*, slotting a goal in. Freddie Emery, *Moretons*, had an excellent first-strike finish to go into half-time 2-1. The boys were determined and happy with their game so far; they had played sensibly and were starting to get tired after the first long 30 minutes, but knew to stick to the game plan.

The second half featured another two goals by Will Stabb, *The Head Master's*, after excellent mid-field movement and long balls from the defence. The entire team played absolutely superbly, the best we have seen a Harrow 1st XI play in years. It was a pure joy to watch the team this afternoon, enjoyed by both the coaches and parents. The boys communicated with each other well, worked together and were dynamic in their positions.

2nd Away v Wellington College, Lost 0-3

The Harrow boys lost 0-3 to Wellington College (away). Charlie Harrison, *Moretons*, got man of the match for excellent defending skills. Well done to everyone involved.

Junior Colts A Home v Wellington College, Lost 0-6

A solid and much-improved performance against a tough opposition. It ultimately came down to not converting any opportunities in the D.

Yearlings A Home v Wellington College, Drew 1-1

In an entertaining encounter against Wellington College, our Junior B team showcased their best performance of the season. Alejandro McLaughlin, *Moretons*, and Oliver Benbow, *The Park*, displayed solid defensive prowess. This, coupled with a captain's overall performance from George Howard-Keyes, *The Head Master's*, saw the Junior Bs dominate parts of the game. The team executed practised skills with better focus and precision, maintaining a good structured game throughout. Ethan Francois, *Rendalls*, finished a well-worked counter attack goal and the game ended in a 1-1 draw.

FOOTBALL*The School v Cranmore, 5 March*

Yearlings A Home v Cranmore School, Won 2-0

Harrow was extremely patient to win 2-0 against a defensive Cranmore side. William Lee, *The Head Master's*, scored his

first goal for the As and Cheng Ku, *Bradlys*, scored a screamer from outside of the box to seal the win. Man of the match was Damola Alabi, *The Knoll*, for his commanding performance at the back and his outstanding communication.

Yearlings B Home v Cranmore School, Won 3-0

A superb brace from Jimi Adu, *The Park*, ensured a strong team performance was rewarded with a strong victory.

Yearlings C Home v Cranmore School, Won 10-0

The Yearlings C were dominant from start to finish, winning 10-0 with goals from across the side and a sublime display from Claudius Tyacke, *The Grove*, our man of the match.

The School v St Paul's School, 7 March

Junior Colts A Away v St Paul's School, Won 2-0

With a clean sheet and a win (which were much needed after recent struggles), the JCAs achieved their target with a positive display. Windy conditions on an Astro pitch were somewhat challenging and, indeed, the Harrow side played its best football in the first half, passing with purpose and, for long periods, sustaining pressure on the opposition goal. Joel Otaruoh, *Lyon's*, was direct on the left wing, linking well with the always lively Auberon Dragten, *Rendalls*, and, as the half went on, some excellent interchanges on the edge of the box led to strikes on goal. Sebastian Aucott, *Lyon's*, was particularly effective in midfield, linking the play with sharp passing and showing resilience in the tackle. Moments of opposition danger stemmed largely from Harrow's sloppiness, with errors in build-up leading to chances for St. Paul's.

Whilst it was frustrating not to have scored in the first half, we hoped that the prevailing wind in the second half would push the momentum further in Harrow's favour and tire the opposition. Sadly, the pathetic fallacy did not aid our cause. Passing became sloppier and St. Paul's played effectively on the counter. Rishya Rawal, *Rendalls*, whose game had been relatively quiet until this point, made an excellent, full-length save to keep the score at 0-0 with 15 minutes to go. This was pivotal.

As the game entered the final ten minutes, the JCAs were awarded a penalty after a clear foul. James Ho, *Elmfield*, stepped up to fire confidently home to the goalkeeper's left. However, there were still minutes to be managed; with boys going down with cramps, this was not a formality. Nonetheless, a late surge into the left side of the box landed the ball with Auberon Dragten, *Rendalls*, who slid the ball into the empty net. The win was well deserved even if Harrow made hard work of the second half. The player of the match was Sam Gibbard-Jones, *The Head Master's*: the epitome of resilience and courage at the back, he produced some excellent distribution throughout, including a couple of outstanding long-range switches in the first half. The JCAs must aim to finish strongly in their last game of the season on Saturday!

Junior Colts B Away v St Paul's School, Won 3-1

A gusty day saw a courageous Harrow side come from behind to win convincingly with several impressive finishes. Most notably, Adham Karsou-Mubarak, *Newlands*, scored an outrageous goal from outside the box on his first game back from a season-long injury to complete an excellent performance on the wing.

Junior Colts C Away v St Paul's School, Draw 2-2

More or less, the match was determined by tidal Thames tempest blowing along the field. Harrow made the most of the early advantage after Toritseju Backhouse, *Druries*, converted after energetically chasing down the selection to crosses and long-balls provided by the midfield and the towering Suleman Mohamed, *West Acre*, from the heart of the defence. Conceding the same number in the second half seemed a fair reflection, playing out an even 2-2 draw.

Junior Colts D Away v St Paul's School, Lost 1-2

The School v Berkhamsted, 9 March

1st XI Home v Berkhamsted School, Won 3-1

After some terrific recent results, the 1st XI had put themselves in a strong position to finish the final two games of the season. For the home fixture against Berkhamsted, a tremendous gale was noticeable before kick-off on the Sunley (with NT's spectacles almost blowing away in the wind). Charles Edu, *Lyon's*, went one better and rocked up with a snood and gloves!

The conditions certainly played their part in the first half, with Harrow starting against the wind and lacking their usual precision with the ball to gain control of the match.

Talal Nsouli, *The Knoll*, had found himself playing with the wrong boots for today's fixture and his aerial presence at the back, was certainly missed. Zane Khan, *Moretons*, an incredibly important leader in this team throughout the season, was doing an excellent job of getting Harrow to focus and gain better possession. Though Harrow looked the better side, we did not have control of the game. When the Berkhamsted right back was given far too much spacetime to put a deep cross into the box, the ball was laid off to an on-rushing midfielder who he duly tucked home past the usually imperious Caspar Baker, *Moretons*. The wind and Berkhamsted certainly had Harrow rattled but the Berkhamsted's loud claim of 'we are in their heads; they'll lose their heads now' belied the resilience of this Harrow 1st XI and we came roaring back in the final 20 minutes of the half. Teddy Tarbotton, *West Acre*, whose brilliance is often understated, rightly felt aggrieved when another of his mazy runs which led him through on goal was cruelly hacked down by the Berkhamsted number 6. Undeterred but possibly injured, he went on another of his driving runs to put Harrow back level before half-time: another sublime solo effort to add to his collection.

Unfortunately, it was to be Tarbotton's final contribution of the afternoon as he eventually succumbed to his injury. Fortunately for Harrow, Ralph Collier-Wright, *Rendalls*, induced an epic second-half performance that drove Harrow forward from the midfield. The game was ebbing and flowing as we reached the 60-minute mark, but Harrow took full advantage of their midfield maestro and executed a brilliant team move. Tobi Amusan and Peter Ballingal, both *Moretons*, worked well in the front line to force a Berkhamsted error high up the pitch, releasing the ball into Jonah Esposito, *Newlands*. His inside pass to Max Baygual, *Elmfield*, was controlled beautifully and Baygual's bend enabled him to play the ball expertly into Collier-Wright on the front right of the box. A neat one-two with Ballingal released Collier-Wright into the box, and his delightful first touch put him in 1-v-1. Deadly in these situations, Collier-Wright was cool enough to slot the ball through the keeper's legs to put Harrow in front. There was palpable delight from the team as he jinked away in celebration.

Despite the goal advantage, some of Harrow's defending was haphazard in the minutes that followed. So, there was a great relief on the sidelines when Tobi Amusan, *Moretons*, brought the ball out of the air superbly on the left wing before releasing Kitan Akindele, *Newlands*, in on goal. His shot was parried by the Berkhamsted goalkeeper but the effervescent Jonah Esposito, *Newlands*, did well to follow up, putting him in the best position to tap home and put Harrow 3-1 up.

With this resounding result, Harrow remains undefeated so far this season and is on top of the league with only one game remaining, against St Paul's. All the hard work and defensive effort give Harrow the best opportunity for a very memorable end to the season!

2nd XI Home v Berkhamsted School, Won 1-0

The 2nd XI continued their excellent recent form with a 1-0 victory over Berkhamsted, a game with many opportunities. Tochi Orji, *The Park*, finished sharply from Max Bloomfield's, *Elmfield*, through ball. Arthur Porter, *Druries*, and Akachi Anyanwu, *The Grove*, were a constant threat throughout. The 2nd XI can now take first place in the league with a win in their final game of the season.

3rd XI Home v Berkhamsted School, Lost 0-3

Berkhamsted were a very strong team in both pace and strength, scoring three very good goals. Harrow worked well to stick to our plan of passing and pressing. Excellent play from our defence and our keeper limited the score to 0-1 at half-time (Berkhamsted scored with an impressive strike from outside of the box). In the second half, they scored another long-range volley, and a through-ball over the top sealed the deal. The man of the match was Sam Howes, *The Grove*, who organised our defence with courage and determination.

4th XI Home v Berkhamsted School, Lost 0-5

A much-changed 4th XI endured a difficult afternoon. Berkhamsted made an excellent start whilst Harrow was very slow out of the blocks, this inevitably led to Berkhamsted scoring five in quick succession in the first half. It was a credit to Harrow that, despite the scoreline, the performance greatly improved in the second half and limited the opposition to very few chances. Cassian Loughney, *Elmfield*, had Harrow's best chance of the half, but ultimately it was not to be. We must focus on the final fixture of the season against St Pauls.

5th XI Home v Berkhamsted School, Won 7-2

The player of the match was Nikita Evlanchik-Kutepov, *The Park*, with a hat-trick and an assist. An honourable mention to Ulrico Zampa, *The Head Master's*, for a robust defensive display.

Colts A Away v Berkhamsted School, Won 2-0

The Colts As defeated Berkhamsted 2-0 with goals from Lase Akindele, *Newlands*, and Simon Michael, *The Grove*. Man of the match was Diego Castellano Burguera, *Rendalls*.

Colts B Away v Berkhamsted School, Won 4-2

The team showed patience and determination to score two goals in the final five minutes, winning the game 4-2. The midfield was dominant. Man of the match was Jed Hurley, *Bradlys*, who scored a hat-trick and had a good work rate on the right-hand side.

Colts C Away v Berkhamsted School, Lost 1-2

Excellent play by the Colts C, great performance by both Harrison Gray, *The Park*, and George Porter, *Druries*.

Colts D Away v Berkhamsted School, Lost 3-8

Despite the scoreline, Harrow played in great spirit and created some good opportunities. A notable performance from captain Judah Amankrah, *The Knoll*.

Junior Colts A Home v Berkhamsted School, Draw 0-0

The JCAs finished the season with a scoreless draw, which was not an unfair reflection of the game, but frustrating nonetheless. After starting brightly, Harrow allowed the opposition to grow into the ascendancy as the half wore on. Though several raking crossfield passes from Sam Gibbard-Jones, *The Head Master's*, led to promising advanced positions, the JCAs were unable to capitalise. Berkhamsted's tactic of sitting deep was effective and they grew in confidence, asserting physical dominance in some duels.

Harrow regrouped at half-time and there was a concerted effort to deal more effectively with the opposition's low block. Daniel Sam, *Rendalls*, had a good strike tipped over by the goalkeeper, Paul Olusegun, *Druries*, shot just wide from a distance and Tito Odunaike, *Elmfield*, brought direct running

and urgency after his second-half introduction. Ultimately, despite many corners and set pieces around the box, the JCAs failed to make the breakthrough. It was a result that seemed to bring greater elation to the visitors than the hosts, but the JCAs should not be too disappointed after a strong second-half showing. The season has seen many positives both in personal and team development.

Junior Colts B Home v Berkhamsted School, Lost 0-2

Complacency made the final hurdle far more difficult than it needed to be and, ultimately, inaccuracy in possession allowed the opposition too many opportunities to snatch the victory.

Junior Colts C Home v Berkhamsted School, Draw 0-0

A genuinely beguiling end-to-end match; a treat of entertaining football. Both teams neutralised each other, thanks to a high degree of energetic, pressing possession play. The goalkeepers for both teams were outstanding. Alex Trudel's, *Druries*, commanding debut filled the defensive line with confidence to push high in search of an elusive goal. Captain-on-the-day, Zino Mendicino, *West Acre*, and Backhouse pressed and pressed, despite the energy-sapping mud of Ducker 2. This was a very fitting end-of-season match.

As ever, it would be impossible to select a 'man of the match' with all 13 squad members giving their all for the team. Again, the defensive players provided a solid foundation. Attacking play has, understandably, taken time to develop given the disruptions to the season by the weather. While we are fortunate and grateful to have made use of the Elmfield Astro when pitches were unplayable, these sessions did little to benefit the 11-a-side shape and formational play. The mud and puddles on Ducker 2, combined with the significant slope, make for a truly unique home fixture experience, with the only benefit being that we are more accustomed than the visitors to the Ducker 'fortress' (as well as the stamina and fitness required).

Harrow JCCs truly saved their best to last: not just in terms of skill, but ethos and temperament. This final match was played with a hugely impressive level of honour and courage – ambitious, attacking football and gentlemanly conduct. The end of the season has come too soon. We wish this group all the best for their developing skills over the next few months and trust they will be extremely well prepared for the rigours of Colts football next year.

Junior Colts D Home v Berkhamsted School, Lost 0-1

A fantastic show of sportsmanship and determination from Harrow, demonstrating defensive skill and neutralising a punchy opponent to come out with a 0-1 loss. Exceptional performances

from Totti Do, *The Grove*, and Alex Anderson, *Rendalls*, in defence and goalkeeping respectively.

Junior Colts E Home v Berkhamsted School, Won 2-1

A very competitive game that was played in the right way; Harrow had the majority of possession, but came up against a spirited Berkhamsted side who were difficult to overcome. The breakthrough came halfway through the first half when the visitors gave away a penalty that was duly converted. The home team continued to dominate into the second half, but a goal for Berkhamsted evened things up. However, after continued pressure, George Boyle, *Elmfield*, sealed the win with a true poacher's finish.

Yearlings A Away v Berkhamsted School, Lost 1-4

Harrow improved towards the end of their game against Berkhamsted, which they lost 4-1. Ichita Soma, *The Knoll*, scored a screamer from the edge of the box and Matthew Hughes, *The Head Master's*, put in another fine goalkeeping display.

Yearlings B Away v Berkhamsted School, Lost 1-3

Yearlings C Away v Berkhamsted School, Won 5-2

Harrow cruised to victory in Hertfordshire, despite going a goal down early on. Asher Maxwell-Odedina, *Bradlys*, scored 4 of Harrow's 5 goals, with Tommy Chang, *Elmfield*, scoring a superb solo effort.

Yearlings D Away v Berkhamsted School, Won 7-1

The D's continued their electric season with a 7-1 win over Berkhamsted.

We started the game with high intensity, leading to a goal within the first five minutes. Following this strong start, we controlled the game throughout. However, a slight drop in intensity allowed the opposition to equalise. Bouncing back from this, we saw an excellent goal by Rian Sachdev, *Lyon's*, which allowed us to regain control before Noah John-Brown, *Lyon's*, put another in the net to take us into halftime 3-1 up. In the second half, we had many chances but were not clinical enough to close the game early on. However, following many chances throughout the second half, goals came from Sachdev, Moroti Akisanya, *Newlands*, Nedum Njoku, *The Head Master's*, and John-Brown to secure his hat-trick. Overall, it was an excellent performance but the team needed to be more clinical.

Yearlings E Home v Berkhamsted School, Won 7-0

Some of their best soccer of the season led the Yearlings E team to a comfortable victory over Berkhamsted, including an impressive 5 goals from Ritesh Patel, *Bradlys*.

This is the final edition of The Harrovian for the spring term. The next issue will be 20 April.

Ways to contact *The Harrovian*

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