



HARROW
SCHOOL

SPORTING SUCCESS AT HARROW

2023-24



Harrow is widely recognised as one of the premier all-round sporting schools in the nation, and the year 2024 has exemplified this reputation with remarkable achievements in Harrow sports. ”

2023–24 HIGHLIGHTS

RUGBY

- **The XV won the Continental Tyres National Schools Under-18 Cup for the first time in Harrow School history in a thrilling 29-27 win over Kirkham Grammar School at Twickenham.** Following a successful campaign with significant wins over Hurstpierpoint College, Ipswich School and Blundell's School, Harrow scored on the final play in front of the whole School and many Old Harrovians, staff and parents.
- **The XV also won the Daily Mail Trophy for the second year in a row.** The Daily Mail Trophy is national league competition based on the strength of your opponents. Harrow won the competition as they went through their regular season undefeated, also for the second year in a row, and for only for the sixth time in the School's history.
- **The 1st VII made it to the final of the Howden National Rosslyn Park Schools Rugby 7s competition, falling in the final to an excellent Millfield side 26-17. The Under-16s and Under-14s both reached the quarter-finals of the same competition.**
- The Yearlings VII won the Queen Elizabeth Barnet Rugby 7s competition.
- Two Harrovians represented England Under-18s on their tour to South Africa, with one captaining the side.
- Three Upper Sixth Form Harrovian leavers secured professional rugby contracts with Bath and Saracens.

RACKETS

A Harrovian reached the semi-final of the National Under-16 Rackets Singles Championships at Queen's Club. With his partner, he also reached the semi-final of the National Under-16 Rackets Doubles Championships at Queen's.

SQUASH

- **A Harrovian began as a squash scholar at the University of Pennsylvania, the highest-ranked squash school in the USA.**
- The Under-16s came second in the National Plate competition in Edgbaston.
- An Under-18 player, also training with Middlesex, won two regional trophies.
- The programme continues to flourish under the guidance of squash coach Robbie Temple.
- Refurbishments to the club room have modernised and updated the facilities.

SOCCER

The 1st XI were narrow runners-up in their league, only missing out on the head-to-head results, remaining unbeaten until the final day of the season.

- The 1st XI reached the Shield semi-final of the ISFA Soccer Sixes and the third round of the Boodles Under-18 Cup, which is the furthest we have achieved in both competitions in a number of years.
- The Colts B won and Junior Colts B were runners-up in their respective SISL leagues.
- A Harrovian is playing regularly for QPR Under-16s.
- Two other Harrovians have been playing regularly in Category One Academies this season.

FENCING

Harrow won several awards at the Public Schools Fencing Competition:

- Team awards
 - ◆ Joint winners of the Brian Howes Sabre Trophy (highest points from the last 8 in Sabre events)
 - ◆ Winners of the Paddy Power Cup (highest points from all junior events)
 - ◆ Winners of the Hilary Hammond Trophy (highest points from a school with 24 or fewer weapon entries)
- Individual awards
 - ◆ Epee Junior Champion-at-Arms (most combined points)
 - ◆ Sabre Mount-Haes winner (Under-14)
- Podium places
 - ◆ 1st in Sabre Mount-Haes (Under-14)
 - ◆ 2nd in Sabre Junior (Under-16)
 - ◆ 3rd in Epee, Foil, Sabre Junior (Under-16)
- Harrow fencers had a record-breaking season, winning 13 of the 15 matches entered, including notable victories over Eton and Abingdon School.

SWIMMING

- **Harrow teams won the Bath Cup and the John Nalson Cup for the second year in a row.**
- Harrow swimmers were ESSA national finalists.
- Harrow won the Tonbridge Cup.
- The Harrow swimming team was undefeated in all inter-school competitions during the year.
- A Harrovian set the Youth Commonwealth Games 50m butterfly record and won multiple medals in 50m butterfly and 50m freestyle races.
- A Harrovian swimmer was a member of a junior mixed 4x50m freestyle relay team that set a new junior world record.
- A Harrovian was selected for the British team for the 2024 Junior European Swimming Championships.
- Eight boys have qualified for British and English National Individual Championships.

JUDO

In summer 2023, a team of 14 Harrovians participated in the School’s fourth judo tour to Japan, a unique sporting and cultural exchange featuring high schools and universities world famous for judo.

- Harrow hosted Japanese triple World Champion Masashi Ebinuma, who delivered a masterclass in our dojo.
- At the British Schools Judo Championships 2024, Harrovians won:
 - ◆ Gold medal in the Intermediate Over-90kg category
 - ◆ Bronze medal in the Senior Under-90kg category.
- At the Independent Schools Judo Tournament 2024, a team of 25 Harrovians won:
 - ◆ 6 gold medals
 - ◆ 5 silver medals
 - ◆ 6 bronze medals.

SKIING

- Harrow were overall winners of the Canada Cup, achieving:
 - ◆ Under-18 Gold in the Giant Slalom
 - ◆ Under-18 Silver in the Giant Slalom
 - ◆ Under-18 Bronze in the Giant Slalom
 - ◆ Under-16 Gold in the Giant Slalom
 - ◆ Under-14 Bronze in the Giant Slalom
 - ◆ Under-18 Gold in the Slalom
 - ◆ Under-18 Silver in the Slalom
 - ◆ Under-18 Bronze in the Slalom
 - ◆ Under-18 Gold in the Combined
 - ◆ Under-16 Silver in the Combined
 - ◆ Under-14 Bronze in the Combined
- At the International School Boys Competition, Harrow won:
 - ◆ Under-18 Gold in the Giant Slalom
 - ◆ Under-18 Gold in the Slalom Individual
 - ◆ Under-18 Silver in the Slalom Individual
 - ◆ Under-14 Silver in the Giant Slalom
 - ◆ Open Age Gold in the Dual Slalom

CROSS-COUNTRY

- A Harrovian became cross-country Middlesex Champion.
- The Harrow cross-country team achieved third place at the blue ribband events the Knole Run and the Henry VIII Relays – Harrow’s best results at these events in over a decade.



SPORT AT HARROW

Harrow boasts an extensive array of sports, ranging from the traditional team favourites like rugby, football and cricket to individual or smaller team pursuits such as athletics, cross country, badminton, polo, climbing, judo, fives, rackets, swimming, basketball, tennis and squash. In total, we offer opportunities for boys to engage in 24 different sports throughout the year, ensuring a diverse and enriching experience. All sports are fully inclusive, balancing performance and participation, to allow boys to thrive at all levels.

Our sports programme at Harrow is designed with helping every boy achieve their potential in their chosen sport. We accommodate all skill levels, from budding beginners to those with aspirations of professional play. Our measure of success is not solely based on international accolades; what matters the most is the number of boys who continue to participate in sports voluntarily after leaving Harrow.

Central to our sporting ethos is the emphasis on character development underpinned by our values of Courage, Honour, Humility and Fellowship. Through our coaching philosophy rooted in transformational leadership, boys learn essential life skills such as decision-making, confidence-building, resilience and adaptability, which are invaluable in all facets of life.

Harrow boasts exceptional sporting facilities and provides extensive support with five full-time strength and conditioning coaches, a sports medicine specialist, and a physiotherapist. Our coaching staff comprises a rugby professional, football professional, cricket professional and experienced teachers, many of whom have notable sporting backgrounds. Additionally, external coaches with ties to professional clubs further enhance our coaching standards, offering promising boys a pathway to elite levels of competition.

Sports scholarships form an integral part of our programme, providing substantial support to boys who demonstrate outstanding sporting potential alongside meeting the School's academic criteria. We take pride in offering a world-class education to promising athletes, enriching their experience, and fostering a sense of belonging and pride in being a Harrovian. The School has strong links with several professional pathway routes across several sports, allowing boys to explore and take part in elite sport pathways outside of school, often leading to professional contracts.

Scholarships are available for any sport played competitively by Harrow, with opportunities for boys entering in Year 9 or Year 12. Our primary aim is the holistic development of boys throughout their time at Harrow, instilling in them a deep sense of belonging and pride in their school community.

Over the years, Harrow has nurtured numerous professional sportsmen, including a consistent stream of first-class cricketers, professional footballers and rugby players. Notable alumni include British and Lions Maro Itoje and Andy Christie, as well as recent England international winger Henry Arundell.





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