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PALMERSTON SOCIETY

Lord Glasman, 'How only Socialism can save Conservatism', 24 February

Lord Glasman addressed the Palmerston Society on 24 February, exploring the relationship between conservatism and socialism. Lord Glasman's seeming incompatibility of terms, "Why British Conservatism needs Socialism" attracted many boys and beaks to the packed-out OSRG at the regular 9.10pm slot as Lord Glasman provided an answer to this question.

Under the leadership of Henry Porter, *Moretons*, and Otto Mare, *The Grove*, the Palmerston Society has welcomed some of the most well-known speakers in the Palmerston Society's existence with figures such as Nigel Farage and Sir Jacob Rees-Mogg giving lectures. All speakers have provided a different perspective on politics and have had different personalities, yet somehow, at the dinner, Lord Glasman seemed to embody qualities from almost all of our speakers. He had the easy manner of Sir Jacob Rees-Mogg, the wisdom of Sir Vince Cable and Lord Soames, and the smoking habits of Nigel Farage. In what was possible one of the most memorable dinners in the society's history, Lord Glasman stunned us with wit, charm and humour. Even the level-headed and sensible Fr Stuart professed that it was "possibly one of the most entertaining dinners I've ever attended." Taking regular intervals to "go to the loo", Lord Glasman made the evening truly entertaining. The food, as always, was delightful with three courses of salad, chicken and an excellent dessert followed by a dessert wine that was kindly provided by RKB. After the usual toast to the King, we made our way down to the OSRG where a packed room of a mix of all year groups was waiting, and of course, Seamus, possibly the society's most loyal member.

Lord Glasman started his talk by reflecting on two of our great alumni, Churchill and Baldwin. Despite both being Conservatives, Glasman said how much both these great men meant to him personally and the Blue Labour movement more widely. A surprising start to the society's first talk from a Labour politician for more than a decade when he recognised and indicated a deep respect for two Conservatives, but one that gave an instant insight into the differences between his Blue Labour and the regular Labour Party. Offering a bowing of his head to Churchill, Glasman said "I close my eyes and I bow my head in awed respect to his memory. May his name be forever blessed." He called Churchill's distinctly English form of Conservatism one of the "glories of the world" until it was ultimately destroyed by Thatcher's liberal policy, most vividly characterised by the free market Britain adopted.

This presented Glasman's great trouble with Blair's government as he shared a touching personal story of his mother that led to the creation of Blue Labour. He took us back to the financial crash of 2008, before the birth of many in the room, and told us how his mother was suffering with a terrible progressive disease. The compounding of Blair's "dismal government" and his mother's progressive disease caused him to branch out from the traditional Labour Party. This newfound embrace of capitalism and progressive ideology had left the workers behind. The creation of Blue Labour was further developed as Gordon Brown announced on national

television that it was the destiny of Labour to save the global banking system, something that was against everything Glasman had been raised to love about the Labour Party and occurred around the time of his mother's death. Glasman's country and mother were both being taken by progressivism and something had to change. Blue Labour was born.



Glasman continued on these themes, explaining to the audience how Blue Labour aims to integrate into their socialist economic policies, truly conservative policies, such as an emphasis on a continued relevance for state Christianity, reverence for the monarchy, and maintaining the ancient Constitution's checks on tyranny by keeping all hereditary peers within the House of Lords. Policies such as these that resonate not at all with the Labour Party of today, and indeed may be policies that are too conservative for the Conservative Party. Lord Glasman also continued to show his socialist side by continually arguing for the reduction of the free market in an attempt to help the working class who are consistently worse off under our current economic system.

At 10.15pm, Glasman's talk wrapped up as he told the audience that conservatism had defeated nazism, republicanism and communism and yet was losing bitterly to liberalism, and therefore it was only socialism that could redeem conservatism. RKB then announced that it was time for questions and the boys peppered Lord Glasman with questions ranging from Farage to philosophy. A particularly interesting answer was his response to a question on why he attended the inauguration of President Trump. He spoke about his relationship with JD Vance, and how he shared much in common with the Trump administration. He mentioned Trump having a true care for working Americans as opposed to Farage's hoax. He also highlighted how Farage had quietly dropped his commitments to engage in regular public debate with Lord Glasman.

This question concluded a fascinating talk, and seemingly Lord Glasman's brain power as he announced the end as it really was time for him to have another cigarette! RKB made a final statement thanking the him for possibly the most controversial and 'inflammatory' talk of the splendid array of speakers the Palmerston Society has been treated to. Overall, another great success for the Palmerston Society, as Lord Glasman provided an answer to a seemingly confusing question of why conservatism requires socialism.

NEHRU CUP

Debating Society hosts competition, 2 March

On 2 March, the early morning sun cast a golden glow as SMK and Tristan Yang, *Lyon's*, began preparations for the busy day ahead. They undertook the meticulous task of arranging the OH Room and wrestling with the usual technological hurdles. Meanwhile, the Catering staff bustled about, setting up an array of teas, coffees and pastries. The stage was set for Harrow School's Nehru Cup Debating Competition. Though serious, the pair could not help but also feel a sense of excitement. Weeks before, hours were spent at the desk crunching numbers and printing pamphlets, and, today, those plans were finally put to the test.



Before long, Yang took his place behind a table at the OH Room entrance, where visitor lanyards and event programmes were neatly arranged. As each name was checked off the register, debaters, coaches and adjudicators streamed in, eager to engage in the tournament. Soon, the OH Room hummed with animated conversation, and Yang took the floor to outline the day's schedule, introduce the debating formats, and conduct an equity briefing. The Chief Adjudicator, Mr Dolan, followed with an insightful talk on how to develop as a debater by learning from each round. With the draw displayed and the motion unveiled, the competition kicked-off with the first debate of the day.

As the first round commenced, it was akin to observing a nature documentary as debaters swiftly dispersed from the OH Room to New Schools, eager to prepare their arguments within the strict 15-minute preparation window. Thoughts crystallised into structured speeches, bullet points filled the pages, and pens raced across paper. Before they knew it, the gavels fell as the chairs called their respective debate to order. With a total of seven rooms hosting seven debates simultaneously, New Schools was charged with life and excitement. After battles of wit and rhetoric, adjudicators contemplated and decided on the "call", a ranking of the four teams. Then, after detailed personal feedback with useful advice, the debaters reconvened in the OH Room, where Yang revealed the next draw and motion. This cycle repeated throughout the day, punctuated only by a well-earned 40-minute brunch break in the Shepherd Churchill Dining Hall.

As the afternoon waned, an air of anticipation settled over the room. The moment had arrived – teams waited to find out whether they had "broken" into the final rounds. The competition was structured into three tiers: Gold, Silver and Bronze Finals. The top 12 teams would advance, with the highest-ranking four competing in the Gold Final, while the remaining eight were divided accordingly. Yang read out the qualifying teams, met with a mix of cheers and quiet determination. Yet celebrations were brief as the newly announced finalists turned their focus to the motion at hand, strategising for their final challenge. Soon after, the rooms fell silent as adjudicators called the debates to order for the last time. In the end, **(ENTER WINNING TEAM NAME)** emerged victorious, able to lift the Nehru Cup in triumph.

The event proved to be an outstanding success, with approximately 15 schools and nearly 50 debaters in attendance. I would like to thank the debaters, chairs, coaches and external adjudicators whose contributions ensured the day ran seamlessly. My sincere appreciation goes to Tristan Yang, *Lyon's*, the Chief Convener, for his dedication, as well as to Chief Adjudicator Mr Dolan for his guidance. Most importantly, the most heartfelt gratitude must be given to the Master-in-Charge of Debating SMK, whose unwavering commitment and tireless efforts made this competition an enriching and enjoyable experience for all involved.

OSRG ARTS & PEEL SOCIETIES

Visit to 'Women: In Their Own Words', British Library, 11 February

On 11 February, the OSRG Arts Society and Peel Society embarked on a trip to the British Library to see 'Medieval Women: In Their Own Words', a fascinating exhibition portraying medieval women and their rich lives, questioning the historiography around them that has prevailed in popular thought.

We first encountered a section on the private life of medieval women, which primarily concerned their health, something very important to have maintained at the time. We saw excerpts from books beautifully laden with diagrams, such as 'The Diseased Woman', a rare depiction of the female body and the ailments that could affect it. There was even an interactive online test to see if you could identify what herbs should be used to cure these ailments (for which this reviewer is proud to say he received 100%), such as the historical misconception of a 'wandering uterus'. Some of these herbs are used in medicine to this day. However, it was sobering to see hallmarks of the time it was from, as it depicted women as physiologically inferior to men, and more prone to disease.

It was also of worthy note that great emphasis was placed on the sexual health of women, highlighting the sexism of that time, that women were valued more for their ability to bear children rather than anything else.

We also met figures such as St Lidwina of Schiedam, saint of chronic pain and, surprisingly, ice skating! And it was fascinating to learn of her faith in God even when she was in such great pain. It was also enlightening to learn about figures such as Joanna the [Not-So-] Mad, an unfair characterisation created by her father, husband and son to declare her unfit for the throne and thereby depose her. We also saw books depicting the grieving of a young girl, bringing to life the world that existed hundreds of years ago.

There were also many great tomes on make-up, perfumes and hygiene products, in order to "beautify the body". A particularly prominent one, *De Ornatu Mulierum*, contains ingredients still used in the perfume industry today, and we even got to smell some of the recipes contained within! Another excerpt contained a tale warning women away from vanity, claiming that staring into a mirror for too long will cause the devil's rear end to appear in the reflection, and it was most shockingly illustrated too.

Moving on in the exhibition to the public life of women, many manuscripts presented medieval medicine as a field dominated by male physicians. However, women held the roles of healers, midwives and surgeons. In fact, the exhibition contained a good example of such a woman – called Joan du Loe – seeking Henry IV's protection to practise medicine, or 'fisik'.

Women were also printers and authors, writing histories, guides to childbirth and hunting guides (as examples) but almost always anonymously, with far more named authors being men. One notable example of a named female author was Marie de France, living in England at the time.

Women were also immensely successful, such as Licoricia Winchester, who lived in 1234. She was one of the most successful Jewish businesswomen, and one of Henry VI's chief financiers. However, she was murdered in 1277, probably directly in relation to her wealth.



Women also occupied nursing jobs, and women such as Joan Ashley occupied well-paid roles such as royal wet nurses, commanding a prodigious salary of £40 a year.

Medieval women also worked a lot, being silk workers, producers of food, scribes, criminal notaries, illustrators and painters. It is incredible how history has provided such a diminished view of women, shoving them out of the history books and portraying them as helpless and domestic.

It is also slightly humorous but mostly upsetting to note that the gender pay gap has been an issue for centuries, with female farm hands being paid far less than their male peers. Shifting on to topics of injustice, 82% of slaves in Venice in the 15th century were young women, who were often expected to provide sexual services. Prostitutes were often mistreated and abused even when their services were sought for, with cases such as Eleanor Rykener, a trans woman living in 1395.

In their spiritual life, women working in religious occupations often walked the edge between sainthood and condemnation, their very presence in religion controversial and heretical. They faced harsh setbacks but continued in roles such as that of abbess. There were diagrams explaining how the clothing of different religious women symbolised the order they belonged to, as well as rich historical accounts. These women had religious prominence, receiving visions that were either holy and smelt heavenly, or hellish and smelling of brimstone and fire.

It was an incredible exhibition that really challenged how women were, and are, perceived, shaking historical misconceptions that have been the basis of so much societal turmoil. It was immensely powerful, and it was such a fantastic opportunity organised by Mrs Walton and JPM. Our only regret is that we were not able to stay there for longer. Many thanks to them for their work into making this possible.

If you have any queries about the OSRG Arts Society or Peel Society, please contact Mrs Walton or JPM, or one of the respective secretaries.

CLASSICAL SOCIETY

Professor Llewellyn Morgan, University of Oxford,
'Ovid and his *Metamorphoses*', 25 February

Professor Llewellyn Morgan of Brasenose College, Oxford, gave an insightful talk on Ovid's *Metamorphoses* that captivated his audience from start to finish. *Metamorphoses* was written around 8AD during the reign of Augustus, something that Professor Llewellyn put particular emphasis on, and consists of 15 books exploring the theme of transformation and change. An intriguing addition was his comment that previously unseen Ovidian texts might be brought to life by laser technology that could decipher the lava-preserved texts from Pompeii.

Professor Morgan began his talk by explaining the characteristics of an epic, such as Virgil's *Aeneid*, and how Ovid's *Metamorphoses* follows and deviates from the conventions of a traditional epic. The poem has many of the usual features: it is a lengthy text, written in hexameter and features gods and heroes. It also sets out the story in the opening lines of the first book and conveys a wide range of emotions to the reader. However, Ovid's writing differs in that he creates a constant sense of instability through his narratives and style of writing, since the reader always knows when and where they are, but never knows why they are there. A key point of the talk was how different Ovid was from some of the authors at the time. One clear example of this comes from Book 8: the story of Meleager and Atalanta slaying the Calydonian boar. The heroine, Atalanta, is portrayed as drawing first blood, something we rarely see in classical literature, as women were normally portrayed as passive and less important in the epics. Ovid subverts masculinity in this episode and removes the dignity of men through the rash character of Ancaeus, who is killed by the boar, which would have been controversial at the time and further distinguishes Ovid from traditional epic poets.



The speaker also retold other stories from *Metamorphoses* including those of Orpheus, Actaeon, Iphis and Ianthe, and finished with the tale of Daedalus and Icarus. Each story follows the overarching theme of transformation, but with a playful and original twist. Actaeon is transformed into a deer, having seen Artemis naked, and is savagely mauled by his own pack of dogs. The vivid images and the way Ovid brings each character to life is what separates him from other Roman poets. The impact of Ovid is evident, even today, by the number of people who still read his texts and the plethora of art that depicts stories and characters that he created or adapted. Another example of his skill is the story of Daedalus and Icarus, which shows Ovid's distinctive style. Professor Llewellyn highlighted the very human elements that Ovid

attaches to Icarus' character, such as how Icarus is portrayed as childlike and interfering with the measured and experienced Daedalus. This, Professor Llewellyn suggested, creates a parallel to Ovid himself – a mischievous and innovative poet experimenting with the established figures of older generations like Homer – hence the portrayal of *Metamorphoses* as an example of metapoetry, poetry that talks about poetry. We were fortunate to have Professor Llewellyn come in and deliver such an engaging talk on a highly relevant text in the A Level Latin course, and I am sure everybody left with a better appreciation of Ovid's poetry.

JUNIOR CLASSICAL SOCIETY

Jonathan Ford, *West Acre*, 'Cults of beauty in Ancient Rome', 27 February

Jonathan Ford, *West Acre*, presented an engaging, thoroughly researched and extremely interesting lecture to the Classical Society with the title 'Cults of beauty in Ancient Rome'. Ford began by outlining the origins of beauty and what caused beauty standards to change over time, stating that they were both derived from the gods, and also a standard that was difficult to attain for the majority of the population. In Rome, the basis of what was considered beautiful was the following: a small nose, long legs, fair hair and smooth skin. Ford also touched on other features such as *oculi flagrantis* (flaming eyes) that were harder to express in English but still captured the idea of what was considered beautiful. However, it was crucial that women of Rome should not "wear her whole income" but instead should be moderate in her appearance – less was more. A key part that made up the female image in Rome was her hair. Ford talked through the various ways in which it should be arranged that were recorded in Latin texts, each design specific to the occasion or facial structure of the woman. The main body of the talk encompassed treatments and the routines women upheld to ensure their image remained pristine. Hair care, ointments for skin care, dental treatment, scent and body hair were all discussed in great depth, Ford commented on each topic and described their ideals. He ended his talk by discussing the beauty standards of men in comparison to women, and also the modern man, commenting that muscles and body hair were very attractive features to have for an ideal Roman man. It was clear by the depth with which Ford could effortlessly discuss this topic that he had thoroughly researched and perfected his knowledge on the matter: a truly engaging and fascinating talk.

SENIOR GEOGRAPHY SOCIETY

Jeffrey Arthur, *The Knoll*, 'The cost of development: How Ghana's natural resources are being depleted for short-term gains', 2 February

The cost of development crisis in Ghana has been a question left unanswered for many years. Ghana's rich gold and oil supply has left the government with the decision either to

prioritise the extraction and selling of goods for a financial gain, or to ensure that the wellbeing of the people is kept to a high standard. This is exactly what Jeffery Arthur, *The Knoll*, discussed. In 2007, the Jubilee oilfield was discovered. Until then, Ghana's main source of income had been based on agriculture. However, on the discovery of this oil, the government had to weigh the pros and cons of extraction as it has the potential to either destroy or improve the local and national economy. The government decided to go ahead with the oil extraction and thus promised local people accommodation and jobs if they decided to work in this industry. The immediate impact of the oil extraction was evident: what at first seemed like a daunting, potentially catastrophic risk turned into a gold mine. Arthur then told us that, up to 2019, the country had lifted over 300,000 million barrels of oil. However, the government, unlike originally planned, did not disperse the money as intended and thus created issues such as food contamination. Arthur then talked about sand winning. This is the process by which gravel is extracted from the ground and used for infrastructure. Not only does this destroy the ecosystem but it also increases carbon emissions, something Ghana wanted to mitigate from the start. This had a major impact on farmers across the country. The constant fear of farmland being destroyed for infrastructure, or crops being vandalised, meant that many farmers' livelihoods were being lost. There were already many existing issues in the agriculture industry such as pests and a lack of funding from the government, which further prohibited the current and future growth of the country's primary industry.

Arthur then told us what could be done in order to resolve these issues. He suggested that the government should enforce stronger regulations that allowed all industries to thrive while also making it sustainable. Leading on from sustainability, Arthur talked to us about another issue that is currently being faced in Ghana, overfishing. Fishing in Ghana has taken place for centuries and is what the locals have used to feed their families. However, over the past decade or so, large fishing trawlers have been overfishing in Ghana's waters – leading to the near extinction of many species. As a result, the average income for coastal communities has dropped by 40%, and Ghana's pelagic fish population has seen a decrease of 80% in the last 20 years. In order to prevent any further damage, saiko fishing has been introduced. This is the process by which trawlers only catch small and juvenile pelagic fish. This has the goal of preventing a further decrease in the local fish population allowing for others to benefit from it. However, it was stated that it will require both the Chinese and Ghanaian governments to agree in order to be fully effective. Finally, Arthur talked to us about Galamsey. Galamsey is when illegal, small-scale groups perform illegal mining in Ghana. Their purpose is to gather and sell natural resources for a profit without considering the environmental consequences. Many rivers have taken major blows, becoming contaminated and unusable. The short-term benefits for these miners are that they earn 10 times more than they would in commercial mining.

In order to prevent all these things from occurring, local groups have been calling for change. In October 2024, major riots flared in the capital, calling for immediate change. In response, the government stated that they were going to invest more in agriculture so that they did not have to rely solely on these extreme harvestings. Furthermore, stricter laws were implemented against mining in Ghana, as well as improved marine surveillance to stop further damage to the fish population. With all this in mind, the cost development crisis in Ghana is still an unanswered question. However, as time goes on it is evident that crucial steps towards a more renewable, reliable future are being taken, which, with time will, it is hoped, resolve the current issues that are being faced.

SCIENTIA

DEAR READERS,

Welcome to the fourth edition of SCIENTIA!

Our universe is astronomically large and unfathomably mysterious. However, there is always some beauty in truth and some order in chaos (no matter what the Second Law of Thermodynamics may say). And this week, for the final time until 2040, all seven planets in our solar system were visible on the horizon just after sunset. Please look to SMK's stargazing guide for more details.

In addition, we are treated to an excellent essay from Ben Allard, *The Grove*, on the intriguing and often overlooked topic of our gut microbiome – a truly worthy winner of the Lower Sixth Eustace Prize for Biology. Having recently covered electrophilic addition in organic chemistry, DH invited LA-CH1 produce some comical and creative accounts of the reaction mechanism. Here, we can enjoy a humorous cartoon strip from Vinsson Li, *West Acre*, and an ingenious short play by Cameron Chu, *The Park*. Finally, inspired by a particular sci-fi novel by Jules Verne, and somewhat encouraged by my A Level Classical Greek set text (Euripides' *Hippolytus*), I have written a short story about a fateful submarine voyage.

As ever, SCIENTIA is in search of articles, book reviews, opinion pieces and creative literature on any topic of science and nature! We would like to extend a warm invitation to boys and beaks for contributions. Let the power of your knowledge and the eloquence of your words enchant these beige pages, for science dies in silence...

Omnia in verba,
TONY SHI, *THE GROVE*

PLANETARY PARADE, MMXXV

Sky gazing in the Observatory, by SMK, 26 February

αὐτὰρ ἔπειτα

Οὐρανῷ εὐνηθεῖσα τέκ' Ὀκεανὸν βαθυδίνην,
Κοῖόν τε Κρίον θ' Ὑπερίονά τ' Ἰαπετόν τε
Θείαν τε Ρεῖαν τε Θέμιν τε Μνημοσύνην τε
Φοῖβην τε χρυσοστέφανον Τηθύν τ' ἔρατεινήν, etc.

Hesiod, *Theogony*, ll. 132-136



The Greeks and Romans also watched the skies, using planetary movements for myths and omens. Even today, the stars continue to inspire. CMC kindly opened the School's telescopes up to an evening audience who braved a cold spring evening to witness a

rare planetary spectacle. With clear skies and a sense of wonder, we observed Venus, Saturn, Jupiter and Mars all visible at once – a striking alignment that doesn't happen every year.

I had already missed the best part, which apparently (I found out in the evening) was back in January, when there was the so-called planetary alignment, where all the lovely planets in our solar system were visible in the night sky together. I managed to spot a few from my doorstep, with my iPhone in front of me – a nifty little app, NightSky, helped point me in the right direction. This alignment continued into early February and offered sky-gazers some fantastic opportunities for observation. Apparently, this planetary alignment is simply a result of the planets following the ecliptic ("science"), nevertheless, even if expected, and perhaps hoped, these orbs, glowing in sunlight, still provide a rare and mesmerising sight, which included the rather elusive Mercury.

Though some planets are slipping from view, there's plenty to look forward to in the March sky. Mercury is still in the evening sky and reaches its greatest eastern "elongation" this weekend i.e. it will be at its best visibility. Next week, it strikes "conjunction" with Venus before fading from sight later in the month. (Watch out for the astrologers etc.) Venus has been a brilliant glowing beacon high in our sky, but beware, it's slowly sinking towards the Sun. By the end of the month, she will reach inferior conjunction and disappear from view. But this weekend as well, the red planet remains prominent and will continue to shine brightly. A shortcut for readers: look for it near the Moon on 9 March, before it gradually dims towards the end of the month.

Take a look at Jupiter: it sits high in the night sky above Orion (three blue stars in a nebula, so CMC points it out). Don't miss its next meeting with the moon on 5 March! And the more distant worlds are also slipping away: Uranus, positioned west of Jupiter, remains visible for now but will become harder to see by the Easter break. And as we look up, Neptune will soon vanish into the twilight – as all things must eventually go.

LOWER SIXTH EUSTACE ESSAY PRIZE FOR BIOLOGY

How is the gut microbiome influential in the maintenance of good health?

Winning Essay from Ben Allard, The Grove

Above: Scanning Electron Micrograph (SEM) of *Lactobacillus Bulgaricus*, a probiotic bacterium commonly found in yoghurt

The gut microbiome is a group of about 100 trillion microorganisms, and is comprised of Archaea, viruses and bacteria with bacteria making up the majority with over 100 different species. They primarily exist in the colon of the large intestine, although there are smaller pockets of microbiota spread throughout the gut. But how does this microbiome influence and help maintain our health as human beings?

One way in which the microbiome helps maintain our health, is through its role in digestion. The microbiota within the microbiome is able to metabolise certain complex carbohydrates such as oligosaccharides and certain starches as well as being able to digest fibre, all of which help contribute to maintaining a healthy and balanced diet and lifestyle. On a similar note related to nutrition, certain bacteria are able to produce B vitamins and vitamin K which are required for blood clotting and aerobic respiration within cells further helping to maintain good health.

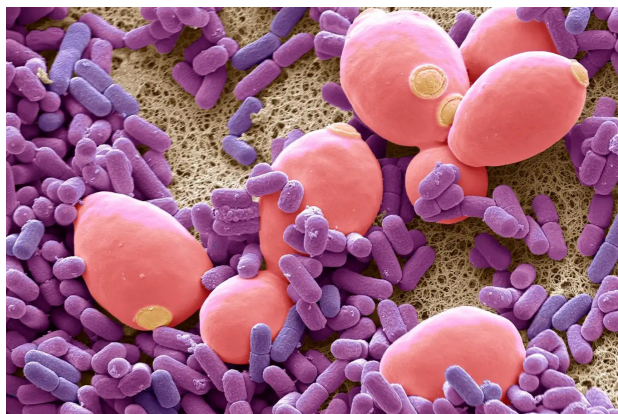
The gut microbiome also plays a large role in the immune system helping to maintain, improve and respond to pathogens. Some bacteria can release cytokines which attracts different

phagocytes and stimulates the inflammatory response while others are able to convert B-leukocytes (B cells) into immunoglobulin-A (IgA); both of these functions play key roles in the immune system helping to fight off pathogens via the stimulation of our immune system's cells. The microbiota also help in another way to regulate the number of pathogens in our gut; the vast number of 100 trillion micro-organisms are directly competing with harmful pathogens for nutrients stopping them from exponentially growing.

The gut microbiome is also responsible for metabolising a variety of molecules, which in some cases, may even have a negative effect on the body. The metabolization of certain molecules results in the formation of short-chain fatty acids (SCFAs), which brings benefits as will be discussed later. On the contrary, metabolization of drugs by the gut microbiome can lead to these drugs becoming inactive and unable to carry out their function in aiding the body.

Microbiota in the gut also makes up a system called the gut-brain axis or more specifically, the microbiome-brain axis which includes the central nervous system (CNS), the gut, as well as the Vagus nerve linking the two together. As mentioned above, the synthesis of SCFAs as well as certain chemicals such as serotonin, have impacts on mood and anxiety of individuals with a low diversity (called dysbiosis) even being attributed to depression. In this way, the gut microbiome acts as a sort of endocrine system releasing essentially hormonal molecules which can impact different areas of the body.

An interesting way to look at the health benefits of the gut microbiome is to look at what a lack of a gut microbiome or even just a lack of diversity in the microbiota making up the gut microbiome can have on one's body. An intriguing study found that babies born via C-section are more prone to developing asthma and type 1 diabetes as their gut microbiota are found to contain a lot more hospital related micro-organisms. In comparison, vaginally born babies are exposed to maternal microbiota in the birth tract which then partially makes up the baby's gut microbiota. This is further evidenced as babies develop adult like microbiota only after 1-2 years which is when some instances of childhood asthma start to fade. Additionally, a lack of diversity in gut microbiota may also lead to the development of intestinal cancer as well as irritable bowel syndrome (IBS). Dysbiosis also may lead to a reduced number of carbohydrate digesting bacteria which carbohydrates, indigestible by the normal digestive system, in stool. These carbohydrates absorb more water and thus may result in the individual having diarrhoea. Certain groups of micro-organisms however are known to reduce the risk of chronic illnesses such as Alzheimer's.



Due to the overwhelming benefits of a healthy and diverse gut microbiome, it is important that we maintain it and thus the consumption of fermented products such as yoghurt are essential in delivering probiotics (living micro-organisms) into the gut microbiome. Additionally, the consumption of prebiotics such as fibre is also important in encouraging the development

of the microbiota in the gut microbiome by providing a source of nutrients to allow for the growth of the micro-organisms.

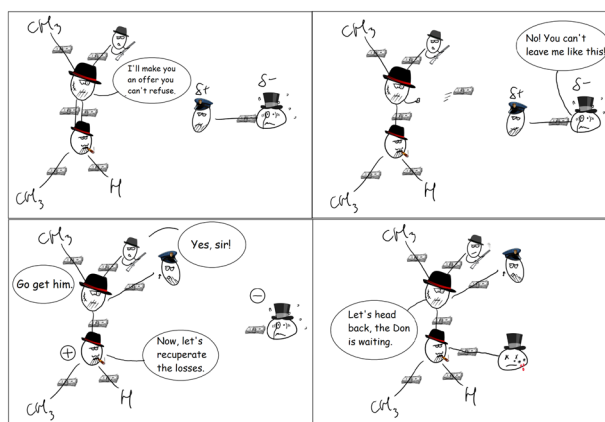
If you are successful in creating a maintaining a healthy and diverse gut microbiome, you will be rewarded with a vast number of benefits helping to keep your body in good health through all the functions which the gut microbiome add in and carry out.

THE ELECTROPHILIC ADDITION OF BROMINE TO ETHENE

Creative reactions from LA-CHI

BONDING WITH BOSSES

by Vinsson Li, West Acre



CHEMISTRY IN A DARK ALLEY

by Cameron Chu, The Park

Act 1: The Encounter

Scene: At the bustling Molecular Realm in the city of Bondton, Ethene, a smooth and confident molecule, dances gracefully with its double bond shining brightly. However, the polar room crackles with tension as Bromine, a diatomic celebrity with a delta-shaped mask, enters with her bond vibrating with electronegativity.

Narrator: In the Molecular Realm, bonds can be broken and new ones forged. Tonight, a double bond will face its greatest test.

Ethene (to itself): Ah, another day in another ball. Everyone admires my double bond: strong, yet so reactive. However, something feels different tonight.

Bromine, dazzling in her electronegativity, locks eyes with Ethene.

Bromine (to herself): That pi bond... so vulnerable, so alluring. I can't resist it! But my bond with my twin – it's weakening near him!

A whisper spreads across the ballroom: Bromine's electrons are shifting; her polar side draws nearer to Ethene, as Ethene senses danger.

Act 2: The Attraction

Bromine moves closer, her delta positive side leading. Ethene feels a strong pull as Bromine's partial positive charge hovers near its pi electrons.

Narrator: In this interaction of attraction, Ethene's double bond is tempted, and its pi electrons can't resist Bromine's delta + charm.

Suddenly with a flash, the pi electrons lunge at Bromine's delta+ charge. Bromine's bond snaps, leaving her twin Br-scorned and bitter.

Br- (angrily): How could you leave me for that double bond?!

Br+ (apologetically): It's not what it looks like, I swear! It's... It's chemistry!

Act 3: The Intermediate Form

Ethene transforms, now bonded to Bromine's δ^+ . The party gasps as Ethene takes on a carbocation form, its newfound instability making it the talk of the room.

Carbocation Ethene (dramatically): What... what is happening to me? I feel incomplete, charged, exposed!

Narrator: Alas, Ethene is now a carbocation—positive, vulnerable, and longing for stability. But in its moment of weakness, salvation is near.

Br-, furious yet loyal, approaches the carbocation.

Br- (hesitantly): Even after you stole my twin, I can't let you remain unstable. Take my lone pair and bond with me.

Carbocation Ethene (with tears streaming): Br-, you would do that for me?

Act 4: The Resolution

With another flash, Br- forms a new covalent bond with ethene, stabilising the molecule. The room erupts into applause.

Narrator: And so, a new bond was forged. Ethene and Bromine, now 1,2-dibromoethane, stood stronger together than ever before.

The bitter twin Br- sulks in the corner, plotting revenge, as the molecular realm settles into peace once more.

Closing Scene:

Ethene and Bromine dance, their single bonds sparkling under the polar lights.

Narrator (echoes): In this world of electronegativity and instability, love is fleeting, but bonds... bonds are forever.

In the background, a molecule of HCl lurks in the shadows, grinning menacingly.

But in the world of chemistry, there's always another reaction waiting to happen...

ALL CHEMICAL AT HEART

A short story by Tony Shi, The Grove

BEEP! BEEP! SIXTY SECONDS UNTIL COLLISION...
SOS ACTIVATING...

There was no way out of this mess. Our sub was heading straight towards a gargantuan hydrothermal vent sculpted like a crooked Victorian chimney. Six thousand feet beneath the Pacific, we were in very hot water. I turned to Bob, our captain, now buried in a discombobulated tangle of wires whilst he tried to fix our steering gear.

"Over 'ere Matey," I said. "Do you see that big chimney spewing out white smoke in the wine-dark sea? I reckon that'll be the lighthouse at the end of our tunnel..."

"You'd never go down without a laugh, eh?" Bob sputtered, spitting out his discontent in symphony with our stuttering engine.

"There's never any harm in optimism, Bob," I replied, "There's might only thirty seconds to enjoy until we implode, but you've had a whole lifetime for melancholy. And didn't

they say our sub was reinforced with military-grade steel?"

"You've always been so naïve, Alex," sighed Bob. "You always think the best of other people – if that were the case, why would they send us scientists to come and die unknown in this horrendous vacuum? Did you think we'd be treated like the President, deployed in missile-proof steel chassis?"

COUNTDOWN INITIATING! TEN... NINE... EIGHT... I had no time to reply. The vast vent loomed over our porthole like a pillar of dense cloud. FIVE... FOUR... THREE... Closer and closer it came, snapping its limestone jaws to reveal its basalt fangs and pungent sulfurous breath. It was ready to swallow us whole.

VOOMPH! KRAK-TOW! THRAKOOOM!

I did not know how long had passed, but when I regained consciousness, I felt a most excruciating pain in my leg – it was buried deep within a mangled labyrinth of bent metal and smouldering wires. Apart from the dying crackle of electricity, all was silent. Immediately, I turned around with a shiver of dread – where was Bob?

There. I saw him eagle-sprawled on the floor, motionless. In a maelstrom of panic, I grabbed the defibrillator and attached the pads. But there was no electricity on the sub – the diesel generator had been severely damaged in the collision.

Digging into my mind, I suddenly remembered our newly equipped emergency energy generation tool. The magic vial! Before our voyage, my good friend, Professor Charges, had given us a strain of electrogenic bacteria. Her group had recently built an experimental microbial fuel cell, and she wanted us to test it, warning us to "only use in an emergency".

With sweat and blood dripping from my hands, I smashed open the vial and poured it into the anode chamber containing organic substrate. I wired it up to the defibrillator while delivering CPR to my friend. Soon, I was exhausted and ready to abandon all hope. "O cruel fate, destroy me too!"

Just then, a thunderous jolt came from the defibrillator pads. With a spasm, Bob awakened, clutching his chest in pain. For once, he smiled.

METRO

JOJO'S BIZARRE ADVENTURE SEASON 4

Review by Henry Barker, The Park

Ciao and welcome to *Il vento d'oro* (Golden Wind) the fifth and very Italian part of *JoJo's Bizarre Adventure*. Having completed Part 5, I took some time between finishing the part and writing this review so I would be able to think and marinate my mixed thoughts on this part. So let us say *arrivederci* to our previous preconceptions on what a JoJo part can be and explore the fourth adventure, titled 'Golden Wind'.

Now, this was the part of JoJo that I was most excited for. as it is, of course, the part where the most famous JoJo theme is from, and so I have had Giorno's face in my brain since 2019 and have been dying to see what it was all about. Therefore, when I finished Part 4, I immediately started Part 5 and, for the most part, really enjoyed the opening few episodes. I liked

how Koichi was used to connect the two stories, and the fact that Giorno was Dio's son was a very interesting premise, but ultimately it fell flat. After being mentioned in the beginning, it never became relevant again, which I think is a shame as it had potential to be a very interesting plot point.



Once again, Araki's imagination is off the charts in the creativity displayed in the Stand Battles; while a few of them are a bit tedious, there are some real bangers in here. My favourites include the ageing stand, the mirror world stand, and the Notorious B.I.G afterlife stand. You can see that King Crimson wasn't mentioned here, and that is my major gripe with the part. I felt very very disappointed at the final battle. After the previous two absolute masterpieces, this one felt very anti-climactic and got barely any catharsis out of me.

The problem I have with it, is that it isn't as much a battle as it is a chase to get the Requiem arrow, and even when they catch Silver Chariot, the ridiculous powerup that Giorno receives is so overpowered that any tension in the final battle is gone, and he one-shots Diavolo. Now, if there had been a longer more direct or even tactical brawl between the two characters that led to the final punch sealing the deal, I wouldn't have minded. But, as it stands, I feel the ending just lacks that clever JoJo spark that shows us why we have been rooting for the cast of characters we have followed on the whole journey.

Having said that, I did think that Golden Experience Requiem was a really cool and terrifying power. The idea that the man (Diavolo) who erased time itself to get his own fate is stuck in an infinite death loop is very thematically fitting. But this also shows another gripe I had with the part, which is the idea of fate becoming a major part of JoJo's, and, unlike how it was handled in Part 6, which I will get into in that review, I didn't really like it. It felt a little shoehorned in, especially at the end when there is a flashback to just before the beginning of the story showing that originally only Buchiratti was going to die but then, because they tried to defy fate, it ended involving Narancia and Abbachio as well. The whole of idea of it didn't really appeal to me personally.

In the end, I think my expectations were a little too high for this part, and it ultimately suffered because of it, unlike all the others which I knew nothing about, and so got to experience them with no prior expectations. But it was still an enjoyable (Golden) experience. And so, onward to the latest and final part (in the anime) of *JoJo's Bizarre Adventure – Stone Ocean*.

OPINION

GAFFE AND GOWN *Quips from Around the Hill*

(In response to finding out that a boy has a crustacean allergy)
“Imagine living without being able to eat lobsters.”

“That was a blatant foul!” “With respect, sir, I prefer ‘creative defending’.”

“What’s the difference between ‘ethics’ and ‘morals’?” “Ethics, sir, is when the beaks says no prep, and morals is when I still don’t bother to do it.”

“Miss, can I ask a question?” “Of course.” “Out of interest, when normal dogs see police dogs do they think ‘oh shoot, its a cop!’?” “How exactly is this related to Statistics?”

“Harrow life is when you’ve written an essay at midnight, debated it at breakfast, and then realized it was due last week.”

SPORTS

RUGBY UNION

*The 1st XV v RGS, High Wycombe, Won 15-13
National Cup Semi-final, 1 March*

The XV showed tremendous resilience and courage to beat an excellent RGS High Wycombe side to reach the National Schools Cup final at Twickenham again. Harrow started well, with James Talamai, *Druries*, scoring from a well-worked maul in the fifth minute. Despite some good Harrow pressure, RGS came back strong, scoring a try and two penalties in a tough 20-minute period for Harrow. However, Harrow struck back with another Talamai try from the maul in the final play before half-time, leaving the score 13-12 to RGS. A strong defensive second half showing from Harrow saw momentum swing out and a Patrick Keaveney, *Druries*, penalty soon had Harrow in the lead at 15-13. A nery last 10 minutes saw huge heart as Harrow kept RGS out to win the game and book a return to Twickenham for a chance to retain our title.



WATER POLO

1st v Charterhouse, Won 6-2, 27 February

The Harrow water polo team travelled to Eton with the swimming team. After a successful gala, Harrow played against Charterhouse (winning 6-2) and Eton (drawing 3-3).

Berkley Barnicoat, *Moretons*, making his debut in the team, managed to score... against Harrow, surprising vice-captain and goalkeeper Eshaan Firake, *Newlands*. The boys quickly shook it off and captain Sias Bruinette, *Newlands*, scored four powerful goals thanks to the team's support and presence. Barnicoat redeemed himself and scored, as did Eric Lesesne, *West Acre*, who found the confidence to score thanks to the swimmers supporting him on the side.

1

1st away v Eton College, Drew 3-3

Harrow drew 3-3 against Eton with two goals from Eric Lesesne, *West Acre*, and one from Dylan Moore, *Lyon's*—great defense from Dario Holland, *The Park*.

SWIMMING

1st away v Eton College, Won, Triangular, 27 February

Harrow took two strong teams to Eton in preparation for the Bath and Otter Cups. With places in that squad at stake, the team were highly motivated to swim at their best. Harrow finished first in all but three events, securing overall victory with a dominant display of talent and determination.

FOOTBALL

The School v Haileybury, 1 March

1st XI, Home v Haileybury, Lost 0-1

With so many players missing, the 1st XI put in a courageous and hard-working display, dominating the second half. However, they were victim of another slow start that put them behind. Harry Winward, *Lyon's*, Diego Castellano, *Rendalls*, and Elliot Macleod, *Newlands*, were excellent in the second half but it was Edward Swanson, *Druries*, who was man of the match for a commanding performance at the back.

2nd XI, Home v Haileybury, Lost 1-3

Harrow's 3rd XI played well against the Haileybury 2nd XI and outplayed them for large chunks of the game, but the opposition were much more clinical, which led to a scoreline that didn't reflect the game.

2nd XI, Away v Whitgift School, Lost 1-2 (AET), London IS Cup – 2nd XI

The 2nd XI did not progress to the semi-finals of the LIS cup after a 2-1 defeat at Whitgift. After a goalless first half, the hosts scored in the second, before Lase Akindele, *Newlands*, equalised, with Harrow moving to a more attacking formation. Despite forcing the Whitgift keeper to make several excellent saves in extra time, Harrow did not kill off the game and conceded with two minutes left in a match they will feel they should have won.

3rd XI, Home v Haileybury, Lost 1-3

4th XI, Home v Haileybury, Lost 1-2

The Harrow 4th XI played a strong Haileybury 3rd side. The game started off well balanced, with principled play and excellent sportsmanship all round. A concession of a goal placed Haileybury in a 2-1 lead, and a nailbiting penalty could have placed Harrow to tie, but was sadly unsuccessful. Special mention goes to Rupert Lawless, *The Knoll*, for his excellent goalkeeping, and James Flach, *Moretons*, for his dexterity with the ball.

5th XI, Home v Haileybury, Draw 1-1

A battling performance by Harrow. Harrow scored against the run of play with a superb solo effort from Jack Allen, *West Acre*. After enjoying a good period of possession, Haileybury began to dominate possession and scored shortly after the break. Ben Stevens, *Newlands*, made a few exceptional saves in goal and Barnaby Myres, *Rendalls*, put in a superb defensive performance. Finishing the game with just 10, Harrow held onto the draw and should be pleased with their battling performance.

Colts A, Away v Haileybury, Lost 1-4

Harrow conceded two late goals in an otherwise close encounter against a well-organised Haileybury side. The team struggled to find their feet in a performance characterised by errant passes, heavy touches and a lack of quality at times. Damon Chiu, *Newlands*, continued his scoring streak with a well-taken finish.

Colts B, Away v Haileybury, Lost 0-2

The Colts Bs more than held their own in what was a rather physical match against Haileybury's 4th XI. Haileybury's greater physicality gave them the edge during the early stages of the game, and Harrow were perhaps a little wary of this at the start. Haileybury's left winger was particularly quick, but Harrow's defence coped very well, with the central defence proving especially obstinate and resilient. Some promising breaks were made by Sebastien Sasegbon, *Moretons*, and Adham Karsou-Mubarak, *Newlands*. Unfortunately, some miscommunication in the defence led Haileybury to counter, which allowed them their first goal of the game. Some good plays were made by Caspar Davidson, *Rendalls*, and Freddie Danos, *Bradlys*, but occasional lack of support at crucial moments and some poor decision-making lost us the ball, and Haileybury were again ready for the counter and scored another.

After an inspirational team talk from CDB, we were ready for the second half. This time we were playing downhill so we had some advantage. In the second half, our players started to think a little more. People made passes and we made more breakthroughs and shots on goal. We held our own against Haileybury in the second half of the match with more impressive football. An all round effort from the Colts Bs.

Colts C, Away v Haileybury, Lost 2-4

Colts D, Away v Haileybury Boys Under-16C, Lost 3-5

It was a hard-fought game against Haileybury Cs. With the score 2-2 at half-time, an excellent second goal from man of the match Fred Feng, *The Knoll*, put Harrow ahead. Haileybury equalised soon after and then the game was very well poised until two late goals took the game away from us. A valiant effort.

Junior Colts A, Home v Haileybury, Won 4-2

The JCAs prevailed in a competitive game, with Ichita Soma, *The Knoll*, scoring a hat-trick, and Elan Odogwu, *Moretons*, also appearing on the scoresheet. Luke Atfield, *Druries*, was player of the match with a tenacious performance in midfield.

Junior Colts B, Home v Haileybury, Won 6-0

Harrow dominated possession and territory from the first whistle until the last. Haileybury were only able to limit the onslaught to 6-0 with Ned Bloomfield, *Elmfield*, stepping up to play the second half in front of their net.

Junior Colts D, Home v Haileybury Boys Under-15C, Won 4-2

We had a decent start to the game but were immediately put under pressure, nearly leading to an early first goal. As the first ten minutes passed, we began to control the midfield and played some great long balls up to our wingers. A midfield pass found our striker who passed across to the LW – who placed it at the far post. Another run through by the RW led to a blocked cross, winning us a corner. The corner was played in and a few darting runs allowed a CM breakthrough and a bottom corner shot went in. We kept knocking the ball around the Haileybury players; however, a counterattack led to 2-1 with about 15 minutes to play of the first half. We were getting pressed much more now, and a breakthrough from a mispositioned defensive line led to a fast Haileybury attack, bursting into the box and scoring, with the score now standing at 2-2. With 10 minutes to go, the ball was knocked from end to end, before a midfield ball found our LW who passed it to the back post for a goal from our RW, putting us 3-2 up. We played well in the first half but should have taken advantage of more chances we had in their box.

The second half begun and we pressed hard, running from end to end before our LW made a great run down the line and crossed the ball in – leading to an own goal deflected in. We dominated the rest of the second half and made some very good runs as well as long balls from the midfield, but we couldn't finish them in the final third. An overall brilliant performance but with some key points to work on for next game.

Junior Colts E, Home v Won 11-1

A dominating performance from the Junior Colt Es led to an 11-1 victory. Highlights included a hat-trick from both Leo Byrne, *The Park*, and Ameer Tinubu, *The Knoll*, and a strong penalty save from Agastya Asnani, *West Acre*.

Yearlings A, Away v Haileybury, Won 4-2

The Yearlings A won 4-2, with goals from Rayaan Alibhai, *Elmfield*, Ibrahim Sadiq, *West Acre*, Raphael Anderson, *Moretons*, and Timeyin Backhouse, *Druries*. Sadiq was man of the match.

Yearlings B, Away v Haileybury, Won 10-0

Harrow won 10-0 away at a valiant but overmatched Haileybury. The Bs were three goals up after seven minutes and the hosts never really recovered from this blistering start. Harrow's scorers were Daniel Ugwu, *Bradlys*, 5, Alex Bishop, *The Head Master's*, 2, Mason Ifidon, *Moretons*, Iggy Ruddy, *The Knoll*, and Max Wight-Boycott, *Newlands*. The boys will face tougher challenges in the coming weeks.

HOCKEY

1st XI v Bedford School, Lost 0-3

The 1st XI travelled to Bedford after an interrupted week of training. Going in cold and with a number of key injuries and absences, we knew this was a tough fixture. Bedford have historically been a great hockey school. However, with players willing stepping into the side playing out of position and a great mindset going into the game, the boys seemed determined to prove to themselves that they can compete. We

focused on keeping the game simple and implementing our principles of play, which stood us in good stead during the first half. However, potentially through a lack of training, we were caught cold early on, going 2-0 down early doors. But as we grew into the game we started to find our feet and gain a foothold. While Bedford remained in full control during the first half, we did at least begin to string together some passes and remember our outletting options. At half-time, the score was 3-0.

We discussed our distribution options and the need to be more competitive and proactive in defence before the second half. We moved the ball to space and played some good hockey in the second half, which allowed us to create some opportunities in the final third. We were far more competitive and defensively more secure, without ever really troubling Bedford. Work to be done ahead of our cup game next week.

Junior Colts v Bedford School, Lost 2-11, Friendly

2nd XI v The John Lyon School, Lost 0-6

The match began with both teams looking to gain early control, but John Lyon quickly established their dominance with precise passing and clinical finishing. Harrow worked hard to break down their opponent's attacks, with the defensive unit making some crucial tackles. However, John Lyon's relentless pressure paid off, and they found the net three times before the half-time whistle, giving them a commanding 3-0 lead.

In the second half, Harrow showed determination and resilience, attempting to press higher up the pitch and create attacking opportunities. However, John Lyon's defensive structure remained solid, denying Harrow any clear-cut chances. As the game progressed, John Lyon capitalised on their attacking momentum, adding three more goals to seal the win.

Despite the result, Harrow displayed commendable effort and sportsmanship throughout the match. The team will take valuable lessons from this game and look to bounce back stronger in their next fixture.

ATHLETICS

Hugo Bucher, *Druries*, started his javelin season yesterday at the Inaugural Under-16 National Winter Throws Championships, organised by England Athletics and held at Loughborough University. Bucher threw a new PB of 54.15m and won the championships. He is currently ranked number 1 on Power10 for Under-15 boys javelin.



HARROW FOOTBALL

SMK Classics XI v Outcasts, School won 5-0

Umpiring: Mr Mann (CDLM), Mr Ridgway (MJMR)
 Classics XI: SMK, SFM (retired), EMH, ERPB, HXM (Classics, St Paul's), DWJA (Head of Classics, Uppingham School), William Travis (*The Head Master's 2013^s*), Louis Wilson (*The Head Master's 2013^s*), Hari Rattan (*The Knoll 2013^s*), Charlie Clamp (*The Park 2010^s*), Hilary Foord (*The Park 2010^s*), George Herron (*The Grove 2015^s*), Hugo Wickham (*The Head Master's 2014^s*), Felix Evans (*The Head Master's 2010^s*), Taro Konishi-Dukes (*Elmfield 2009^s*), Sachin Wijeratne (*The Head Master's 2010^s*).



On Saturday, the Outcasts strolled onto Hempstall 6 in idyllic footer conditions against the formidable force of SMK's Classics XI. The Outcasts kicked off going uphill and then most of the first half seemed like a ping pong match with William Riddick, *Druries*, sweeping well to stop the SMK XI attacks. Eventually the Outcasts broke free, scoring a base. After more boshing, yardsing and turtling the Outcasts added to their lead bringing the first half to a close. Going uphill again the Outcasts gave away momentum initially, only just repelling the SMK XI. Momentum swung back to the Outcasts with some great boshing from the Elmfield bomb squad, Piers McDowell, Mac McDowell, Freddie Bourne-Arton, Harry Schneider, Dominic Hopkins and Penn Behagg. With momentum back, the Outcasts scored three more bases, bringing the final score to 5-0. Bases came from Harry Schneider, *Elmfield*, Dominic Hopkins, *Elmfield*, Freddie Bourne-Arton, *Elmfield*, and Jenkyn Keigwin, *The Knoll*. Notable performers were also Charlie Walker-Reid, *Newlands*, and Meer Veluvali, *The Head Master's*, who were up and down the pitch taking yards everywhere, but man-of-the-match has to go to George Maia, *Druries*, who scored the last base as well as getting three assists.

GOLF

*1st, Away v Berkhamsted School, Won, Harrow 2-1
 27 February*

The golf team got the season back up and running on a glorious sunny day at Berkhamsted Golf Club.

Kieran Wee, *Newlands*, and Oliver Cheuk, *The Grove*, were seeking to carry on their previous successes at first pair. After a strong start, the pair were in cruise control. However, a lack of course knowledge and tricky greens were a perpetual source of frustration for the two. With the

match all square going into the last few holes, composure was required. However, a confident stint from Cheuk and a clutch finish on the 18th from Wee saw the boys win by the finest of margins. Ultimately, it was the pure ball striking from the two that closed this match out.

Heading out second were Bertie Bradley, *Druries*, and Tom Campbell-Johnston, *Druries*. The match started out very evenly matched with Campbell-Johnston doing most of the heavy lifting at the start. But this was later followed up with some incredible long distance wedge shots from Bradley to elongate the match. However, the pair found themselves two down with four to play. With incredible bouncebackability, they managed to keep themselves in the fight by winning the next two holes. This left the match all square with two to play. However, in an unfortunate turn of events, Bradley pured a 5 iron down the middle but it got lost (Bradley claims it was stolen by a dog). This left them having to win the last hole, but unfortunately that was not the case and they ended up losing 1 down.

The decider saw the young duo of Zac Baines, *Druries*, and Hutton McRoberts, *The Knoll*, giving away quite a few shots to their opponents. The teams were neck and neck for the first few holes with points traded throughout the front 9. It would take two monster putts on consecutive holes from Baines to keep the boys in touch, and a chip in from McRoberts on the last to seal the win for the School, 2-1.

BASKETBALL

*Boys Under-18A, Home v Eton College, Won 89-57,
 Friendly*

Harrow Under-18 secured a dominant 89-57 victory over Eton in their first match of the term, showcasing exceptional teamwork and discipline. Led by Wisdom Edjejovwo, *West Acre*, and Rupiah Banda, *Elmfield*, Harrow took control early and never looked back, outscoring Eton by more than double in the second quarter.

Unlike previous games where the Harrow Under-18s often played with missing players, this match saw them at full strength, allowing for a strong performance. This was not Harrow's first encounter with Eton, having previously played them to a draw in the Wellington tournament. This rematch was an opportunity for both teams to prove themselves.

The game began with both teams evenly matched, with Eton making an explosive start. However, Harrow quickly adapted, executing the coach's strategy to drive inside and draw fouls. Edjejovwo led the charge, scoring nearly 10 points in the first 10 minutes, supported by Banda, who delivered an equally impressive performance. By the end of the first quarter, Harrow led 22-12 – a strong start, but not enough to count Eton out.

What followed in the second quarter was nothing short of spectacular. Harrow dominated completely, outscoring Eton by more than double in just 10 minutes. Every player contributed, making it impossible to single out one standout performer. The team's cohesion and skill ensured that whenever a Harrow player had possession, they capitalised effectively.

Heading into the second half with a commanding 57-27 lead, Harrow maintained relentless pressure. They forced Eton into mistakes and unnecessary fouls, frustrating their opponents. Some Eton players struggled to contain their emotions as Harrow continued their dominance. The final whistle blew with Harrow sealing a resounding 89-57 victory, featuring outstanding three-point shooting from Endesha Dokolo, *Druries*, and acrobatic finishes across the team.

Boys Under-16A, Home v Eton College, Won 55-52, Friendly Harrow's Under-16 team fought hard against Eton, with a clutch shot in the final seconds from Frederic Duan, *Bradbys*, sending the game to overtime. Harrow secured a 55-52 victory, with additional outstanding performances from Ayomide Ajayi, *The Knoll*, Rupiah Banda, *Elmfield*, and Alwin Huang, *The Head Master's*.

The team played one of, if not the most, intense games of the season so far. From the tip-off, Eton utilised their clear size advantage, securing easy rebounds and putbacks. Harrow fought hard throughout the lengthy first quarter, eventually levelling the score after 10 minutes. As the second quarter progressed, tenacious on-ball defence from Josh Lau, *Druries*, and Frederic Duan, *Bradbys*, combined with a penetrating offensive strategy, helped Harrow build a small lead. Ajayi and Alwin Huang, *The Head Master's*, dominated the boards, securing crucial rebounds. Meanwhile, Banda showcased his strength, driving aggressively to the rim for layups and drawing fouls. By half-time, Harrow had a lead – but not one large enough to be comfortable.

As expected, Eton responded fiercely in the third quarter. Their strategy, despite its unorthodox name, *Lakers*, proved highly effective. Harrow continued to put in maximum effort, but fatigue began to take its toll. Silly turnovers and misplaced passes accumulated like snowflakes in a blizzard. Eton capitalised on their structured, patient offence, securing easy mid-range shots and second-chance points from missed rebounds. By the end of the third quarter, Harrow's lead had vanished, replaced by a narrow deficit.

For the Removes and those above Shell, this situation may have felt all too familiar: nearly a year ago, the Under-14 team was forced into overtime by a last-minute layup from Ajayi, before ultimately prevailing in extra time. This time, history seemed poised to repeat itself.

Harrow entered the final quarter with sheer determination and suffocating defence. However, exhaustion and relentless pressure took their toll. Yet, spurred on by the impressive Under-18 victory earlier that evening, the team pushed on. And then came The Shot. With just over 20 seconds left on the clock and Harrow trailing 47-50, Banda drove from the right wing. He dribbled, stopped, and kicked the ball back to an open Duan, standing behind the three-point line. His shot soared through the air – initially appearing off-target – but miraculously banked into the rim. With seconds remaining, Harrow locked down Eton's final possession, forcing overtime.

Overtime began with two free throws for Eton, but the roaring Harrow crowd rattled the shooter, and both shots missed, keeping the score at 50-50. After a rapid exchange of fast breaks and Eton's disciplined offence, Harrow managed to edge ahead. With the score at 53-52, Banda drove into the paint for a final shot, but his attempt rimmed out. In a dramatic turn, Huang secured the rebound, missed his first putback, but fought through three Eton defenders to finally tip the ball in, extending Harrow's lead to 55-52. In the dying seconds, Harrow's relentless defensive pressure thwarted Eton's last attempt, sealing a hard-fought and well-earned victory.

A match of extraordinary intensity and resilience, this game will go down as a defining moment of the season for the Harrow Under-16 team.

CROSS-COUNTRY

English Schools Athletics Association (ESAA)
Cross-Country Cup Final

On 28 February, the six best cross-country runners in the School made the long journey up to Leeds for the English Schools Athletics Association (ESAA) Cross-Country Cup Final. The team embarked at 2pm on an extremely comfortable and spacious six-seater minibus, which was kindly driven by Mr Hull who was accompanied by Mrs Dorrington. The initial conversations fell by the wayside as each of the boys enjoyed a good nap (an activity that is almost non-existent in normal Harrow life). Having only taken a brief respite at a service station, we arrived at the swanky hotel at 7.20pm.

With all of us hungry as well as looking towards getting as many calories as possible before the race, we indulged ourselves in a delicious starter and main course with the oh-so-generous "Cross-Country Budget" subsidising the cost. The night was rather enjoyable, but the looming undercurrent of racing on the next day definitely sat with the team. With this being Harrow's first time qualifying, while any of the current boys have been at the School, we had all done something we could be proud of by just being there. But we weren't just looking to be one of the 30 schools attending: we wanted eternal glory in a placement that we could all be happy with (preferably in the top five).

As the morning sun graced us, the whole team gathered for another calorific breakfast to ensure there be no 'running out of gas' later that afternoon. Then as we arrived at the Grammar School at Leeds, the race nerves were intensifying for the whole squad and the pressure started to grow.

Having scouted the course, we had to wait for all the other age groups to race, as the Senior Boys race was the last and most competitive of all of them. Finally, when we started to warm-up, the usually banterous team lacked noise as everyone was intently staring at the ground, mentally prepping themselves for what was about to occur. The silence was only occasionally broken to ask how much distance the warm-up had left and how long until the race started.

Finally it was race time. We lined up in our single-lane pen, one of 30, and, as we scoped the competition around us, we knew it was time to show off what we could do. It was a particularly fast first kilometre, with the future first and second place taking charge of the pace. But the team ran at their own pace, meaning the rest of the race was a game of overtaking the worn-out competitors in front. The 5km course was relatively flat, with only 68m of elevation up and down throughout it all. And then it was over.

Henry Barker, *The Park*, came in 4th with a new PB for 5km of 15:59, then it was Otis Farrer-Brown, *Newlands*, in 17th in 16:37, and Michael Cattini, *Moretons*, at 35th 16:54 (who unbeknownst to any of us was actually really quite ill). Zach Elliot, *West Acre*, and Harrison Gray, *The Park*, both gained new PBs as well, 91st with 18:06 and 94th with 18:13 respectively. And then Jonathan Ford, *West Acre*, in 130th with 19:44. The team then came 6th overall, which while not the result we were hoping for, was one of which we could be extremely proud and a positive outlook for next year's competition.

Ways to contact *The Harrovian*

Articles, opinions and letters are always appreciated.

Email the Master-in-Charge smk@harrowschool.org.uk

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