

UK Charity Allstars Weekend

GAMES FROM 11AM TO 7.30PM, SATURDAY & SUNDAY

ENTRY: ADULTS - £3 PER DAY, £5 WEEKEND, CHILDREN - DONATIONS



Bluebell Wood
CHILDREN'S HOSPICE



BREAST CANCER NOW
The research & care charity

dreams come true

HELP for HEROES
SUPPORT FOR OUR WOUNDED



3rd & 4th AUGUST 2024

ICE SHEFFIELD

www.ukcharityallstars.com

PROUD PARTNERS





WEEKEND SCHEDULE

Friday Evening

Meet and Greet

Saturday

11AM - 7.30PM

Day 1 Action

From 7.30PM

Allstars Party - Kommune

Sunday

11AM - 7.30PM

Day 2 Action

Hello and welcome to the 15th UK Charity Allstars weekend, back at the events spiritual home, IceSheffield (now Bauer Arena) We have been down at Ice Arena Wales for a few years, and everyone there has looked after us very well at each event – we will be back across the border in due course, but for this year we’re back oop north and in the steel city of Sheffield for the latest chapter in this events history.

So, anything happen since the Allstars Weekend was here in Sheffield in 2018? Pandemic? Comings and goings out of Number 10 down in London, a lettuce becoming quite famous oh yes.... ONE MILLION POUNDS IN FUNDRAISING SURPASSED.

It still doesn't seem real that we have as a collective passed that total in fundraising and when it was all confirmed it did feel like some onions had been cut up, but that achievement is something that every person who has participated either through on the ice, paying to sit in the stands, through sponsoring the event or any of our teams, donated items which we have been able to raise funds for and many many other areas which has helped us since 2008 to pass the £1 Million mark.

Some things we all forget to take stock and acknowledge what we have been able to do, and the work that everyone who has been involved in any of the previous 14 Allstar weekend that has benefitted different cancer charities, has helped support our veterans and their families, has given animal charities the help to look after cats and dogs (and other animals) has helped the work in beating heart disease has helped the work that mental health charities are doing and many other



WELCOME FROM THE COMMITTEE

causes over those events. In a world that seems to be a horrible place sometimes, let's remember what the Allstars community has been able to achieve – and let's be proud of the work we have done.... SO FAR...

This year, once again we have the eight teams taking part, with a slight twist to one and a new cause being supported by our event. Mind became one of the teams taking part on-ice in 2018, and at a time when mental health has been at the forefront of many conversations has been a superb addition, not just in terms of fundraising, but also the advocacy that the team has done. This year they have changed to Mental Health Hockey opens a similar principle to the Barbarians, it opens to supporting more than just the one Mental Health charity. The team has done an amazing job so far this year and we wish them the best of luck with their final total raised which will benefit many mental health causes.

Bluebell Wood is a new charity that will be hitting the ice in 2024. A charity that supports families wanting an alternative to hospital care, within the South Yorkshire, North Derbyshire, North Nottinghamshire and North Lincolnshire area. Watching a new team develop, with a new logo and through the players ensuring that the team off the ice is successful has been great to see, and alongside the established teams enhancing the coverage across social media to ensure that the causes are well represented for this year's event.

As ever, to put on an event like this, there is a number of people that are involved, and thus a number of people to thank for all of the work that has been put in to make the 2024 event

the success that we all believe it will be (and we will do that later on in the program) however I must start by thanking the captains for this year's event. We always ask a lot of our captains, and each year that bar gets raised in terms of what we ask of them – the class of 24 didn't disappoint and have been great to work with, so to each and every one of the eight captains – thank you for all of your efforts towards this year's event.

The front desk – the face of the weekend. The job the ladies do on that desk helps the weekend and committee like they'll never know, most of the weekend they'll work and not see any of the action – but believe me they're as important as any other part of the event – so from the committee thank you Debs, Sharon and Susan

Another thank you is alongside the committee, the help provided by Mat Gilday alongside in securing our venue on the Saturday night. We're confident that this will be the best venue we've ever had for a Saturday night – so thank you for the time spent helping us get that one over the line.

So enough talking, from the organising committee, thank you for supporting this year's event in whichever manner you have, and if we're lucky to have you join us in the stands, time to pick your colours and give them a cheer to victory, although everyone who is on the ice are winners in the amounts raised for their respective charities, and the good that those pennies will do.

Time to drop that puck....

Yours in Hockey

David, Gareth, Geraint, Kelly, Steven, Craig
UK Charity Allstars



CAPTAIN: DAVID WILLIAMS

Here we go, Allstars 2024!

This is my second year as captain and this year, I actually get to lead the team on the ice following knee surgery. It was tough last year not being able to play but lifting the Grant-Gray Trophy as Allstars Champions 2023 was an incredible feeling. Obviously, if we don't win again this year, I'm the weak link and I need to retire!

Lifting that trophy last year was an unexpected surprise. We went into the weekend having raised an amazing amount of money for 17 charities and just wanting to have a laugh, play some hockey.

We're going into Allstars 2024 with the same view. We've raised over £10,000 and this year, we're representing over 20 charities across the UK.

Scott Taylor is fundraising for Headway Cardiff, a charity that provides information, support and services to people with acquired brain injury, their families and carers. Scott Said, "In 2018 my cousin was hit by a drunk driver, leaving him in a coma with multiple injuries and a brain injury. Thanks to the team at Headway, he was able to recover as

best he could, but his injury will never be fully recovered."

My charity is once again Velindre Cancer Centre in Cardiff. Known as the 'Hospital of Hope,' they provide specialist cancer services to over 1.5 million people in South East Wales and beyond. My dad passed away there back in 2017 but the care and the treatment he received there was second to none. Since then, my aunty and my nan have also undergone treatment at the centre so it's a charity that is very close to my heart. I'm not fundraising for Velindre alone. My fiancée, Bec, has been incredible in helping me raise money for the charity. Ryan Banwell is also representing Velindre...

Our players have done an incredible job in their fundraising with events ranging from raffles and bingo scratch cards to darts charity tournament, gin nights and cycling 120 miles in part hockey kit!

I can't thank our players and off ice fundraisers enough for their efforts this year. We're looking forward to getting back on the ice as a team and celebrating our fundraising achievements over the last few months. Let's enjoy some hockey!

BARBARIANS ROSTER

- 2 PAUL WRIGHT - A
- 4 STEVE WESTERN
- 10 CLAIRE FAY - A
- 11 LEE JONES
- 11 MARK PALMER
- 17 SAM PHILLIPS
- 19 BRANDON MCADOREY
- 19 SY LENNOX
- 20 LEWIS MCCULLOUGH
- 22 GARETH HUBBACK - A
- 29 JOSHUA JONES
- 35 CHARLIE THISBY
- 44 SCOTT TAYLOR
- 47 DANIEL FAY
- 64 ELENA STONER
- 69 DYLAN PHILLIPS
- 71 KIAN ROGERS
- 76 BEN CHAPPELL
- 77 RYAN BANWELL
- 84 DAVE WILLIAMS - C
- 88 SIMON PHILLIPS
- 90 GARETH SMITH
- 95 RICHIE MUZZY

BREAST CANCER NOW

The research
& care charity

CAPTAIN: **REBEKKA HARDING-SMITH**

I was delighted (and terrified!) to be asked to captain the BCN team (aka Team Boobies) this year! It has been an honour and a privilege to support such a great group of men and women going to amazing efforts to raise money for this fantastic charity.

We've all come together with the common goal to help improve the lives of people touched by breast cancer; those who are suffering, have suffered, or have watched loved ones suffer. The effect of breast cancer on people's lives is not only physical, but highly mental and emotional so the support of amazing charities like BCN is absolutely necessary. They not only offer support and information but are the driving force behind breakthroughs in prevention, detection and treatment.

As such, Team Boobies have been jiggling their way onto your SM platforms and squeezing their way into your DMs to encourage you to donate to his worthy cause. Not only that but the team has been part of, and organised, many titillating fundraisers, such as mini tournaments (both ice and roller), raffles, sweepstakes, and one of the team even swam/cycles/ran a half ironman!

I am incredibly proud of my team and their fundraising efforts this year. They have tightened up their bra straps and charged in

head-on to encourage donations, which I think we can all agree has been difficult in the current economic climate. I love you all and can't wait for Team Boobies to be supported by the All Stars Cup this year! Here is what the team had to say about All Stars...

"With this being my first All Stars, I'm hoping not to fall for any booby traps"

"Don't forget all your checks: forecheck, backcheck, Touch Look Check"

"We support BCN as we appreciate the importance of saving second base"

"I'm going to goal hang to get all the tit-ins...I mean, tip-ins"

"What happens at All Stars, stays at All Stars...now, who's up for a shower?"

"We come for the hockey, but we stay for the boobs"

"Team Boobies needs some support or we're going to be mistaken for nuts"

"Are we going to POP WORLD?"

"Forget D-cup, the All Stars Cup is the only one that fits"

"Ice rinks were already known for being a but nippy"

"Why is a puck called a puck?!"

BREAST CANCER NOW ROSTER

- 
- 2 **JACK POWELL**
 - 5 **MICHAEL COOKE**
 - 6 **BEN YARROW**
 - 7 **ANN MACLEAN**
 - 10 **IOANA GAGEA - MAA**
 - 11 **MARTYN KETTLE**
 - 12 **HEATHER METCALF**
 - 13 **DYLAN WEBB**
 - 19 **HANNAH WORTHINGTON**
 - 32 **REBEKKA HARDING-SMITH - C**
 - 32 **JORDAN TROUP**
 - 33 **LUCY MATTHEWS**
 - 33 **RICHARD MARTIN**
 - 43 **ORLA BECKETT - A**
 - 45 **AIMEE PARFITT - A**
 - 62 **LEWIS PHILLIPS**
 - 69 **NIGEL ROOKE**
 - 72 **MICHAEL VU**
 - 76 **CORMAC O'KEEFE**
 - 21 **WILLOW OATLEY**
 - 4 **BRANDON STREET**
 - 30 **RACHEL ALEXANDER**

PATRICK SMYTH

Where are Championships won? On the ice? In the head? Or in the Locker room?

There are so many intriguing factors into a side that win one championship, never mine multiple like the Sheffield Steeler's did last season and the Belfast Giants the seasons before. And these factors can often, but not always, translate into practice in events like this weekends All Stars.

When you looked at the individual talent on display in Sheffield last season it was hard not to be impressed by the players recruited by Aaron Fox, from Tansey and Saucerman were two of the stud Defensive players in any rink in the UK. The tandem reminding me of the likes of Elfring and Brookwell in Belfast or Munn and Bollibrook in Sheffield itself. Their backstop that also fed into the attack from the likes of Watling, and Balmas who again stood out in the roster shows that when you have tools in your armoury you are going to succeed.

But how many times have we seen teams with outstanding talent fall short? A lot of us, especially at this time of the year when EHL teams are coming together, look at the roster talent and immediately draw judgement. But how could we not? When faced with the statistics it's hard to not draw

conclusions as to what the outcome would be, however statistics don't show mindset and mindset can be key.

You can have some of the greatest players in the world, but if they're not willing to work hard as a team then there will be no success. The old adage of "hard work beats talent when talent doesn't work hard" rings very true when you witness teams with incredible talent full short of what's expected. So championships can be won in the mind as well as on the ice and finding the right mindset is very important. This is something coaches take into account, especially when drawing rosters together year on year like they do in the Elite League. Speak to a coach like Adam Keefe about the players he's recruited and you'll find that the two diligence he's done on the attitude of players is almost as high as the due diligence on the ability.

Yet mindset and ability are not everything you still have to work as a team and it's the bond in the locker room that will drive you to lift that trophy. Look at the friendships built and publicly displayed amongst the Sheffield Steelers players following the win, or on any championship team in years gone by. The Belfast giants team coached by Paul Adey was often said to have been one that didn't need coached such was the bond within the locker room and the ability to display it on the ice. If a coach is able to find the right chemistry amongst his personnel half his job is done when it comes to keeping his teammates to account. In the locker room if you're able



to have that relationship with your fellow teammate when you hit the ice you'll work as hard for yourself as you will for them.

So, to return to my question, where are championships won? The answer is not simple. Yet when the teams hit the ice this weekend at the All Stars, despite the number one priority being having a good time and raising incredible amount of money for charity, the drive to be the team at the end holding the trophy will be fueled by the ability, the mindset and the camaraderie on the ice. I don't envy the coaches, I certainly envy the players, and I hope everybody has a great time. And just think for those who win the championships what was it that drove them to success?





CAPTAIN: **JOE TOMLINSON**

Hi, I am Joe Tomlinson the captain for Bluebell Wood Children's Hospice.

It is a place where children and young adults with life-shortening conditions are cared for with love and joy. As well as a haven for families, the charity offers music therapy, family support, and so much more!

They rely on donations for 78% of their funding, so every contribution truly counts! In fact, for Bluebell to keep its doors open for 24 hours cost £14,000. When I was asked to be a captain for this year's all-stars, I was gobsmacked! This being my 5th all-stars, started all the way back in 2017 back in Sheffield for Sheffield Children's hospital.

Now we are back to Sheffield, where it's a very tight hockey community with all different levels from Steelers, Steeldogs, Rec Hockey & Sledge hockey (Steelkings). The idea to be able to create a new image from scratch, in Sheffield excited me, and I believe we have done just that! On the Bluebell Wood Ice hockey team, we have a range of mix ability players with a player never picking up a stick before to ex semi-

professional players, all with one goal to raise money for the charity!

Sheffield Ice Tigers had a charity game raising £1265. I came up with the idea and approached Jimi Drinkall, who was more than happy to assist the great cause. He also got Richie Muzzy on board who helped organise it behind the scenes and Tom Haines was magnificent getting everyone on board with the fundraising! Thank you, guys!

Last month it was announced that Bluebell Wood Children's hospice based in North Anston, has reopened its doors again for 24/7 care for 5 days a week since the pandemic, which is an outstanding achievement and to even start to think the money we raise may have helped towards that feels great!

Josef Tomlinson #67



BLUEBELL WOOD ROSTER

- 3 ADAM SHEPHARD
- 5 EMMA GORDON
- 8 GERARD SPENCE
- 11 ADAM STURGESS
- 13 AUSTIN FRITH
- 15 LEWIS SALTER
- 16 ADAM VARLEY
- 18 JAMES HOLMES - A
- 24 CRAIG SUMMERI
- 35 JONATHAN SISNETT
- 37 JEFFREY ROSS
- 45 ADAM BAKER
- 57 JAMES NAYLOR
- 58 RICK STRANG - A
- 67 JOSEF TOMLINSON - C
- 77 THOMAS DE LA NOUGEREDE
- 81 BRETT GREGORY
- 86 LEE DODGE
- 17 KYLE HILL
- 94 THOMAS PAINTER
- 28 DAMIAN HARTY)
- 66 RICHARD CARTWRIGHT



CAPTAIN: GARETH DUTTON

The Road to Sheffield 2024 is finally here!

I'd like to start but thanking every single person who has made this year's Team BHF Hockey a record-breaking success, being able to say I'm captain of a team that's raised over 10k+ is really mind blowing but as we said on the announcement video, we don't stop here.

To the sponsors of players and the team in general, we thank you for helping the charity at the time of need.

Returning back as captain for the 2nd year has truly been an hour and a privilege, to not only just be participating in the all-stars charity tournament once again but also representing a charity very close to myself in the British heart foundation. I think with the on-ice incident last year with craig, it has shown that work the BHF are doing, will hopefully prevent heart problems or catch any heart issues quicker.

I would strongly advise all that are attending to learn the most important and lifesaving skill out there that is CPR, you never know when you are going to need it most.

I would like to welcome back the returnees from last year to the squad but also a warm and friendly welcome to the new people on the team, ones who have bought into what the event means and all the fundraising that has been done, from bake sales, raffles of a (Giant) retired goalies stick to kit raising and much more.

My last thank you goes out to KC David Grant and Benno Thompson, the amount of work these two have done behind the scenes has been immense and I really couldn't have done 98% of the work without them and to Jo Byrne for putting herself forward to help with many items also.

I hope the event is as fun for yourselves as it will be for us. We may not be in orange Sheffield, but I hope to hear some cheers for the back in the black Team BHF Hockey!

BHF ROSTER

- 4 **KEVIN MCGLYNN**
- 5 **DAVID WANMER**
- 21 **ORLANDO BECKETT**
- 23 **CHARLES DOWELL**
- 24 **JACK HAYNES - A**
- 26 **JORDAN PHIPPS**
- 28 **JO BYRNE - A**
- 28 **JOE WAIT**
- 34 **RICHARD DEAN**
- 41 **ASH WILTSHIRE**
- 44 **REECE PAUL**
- 48 **PHIL MANNY**
- 58 **TEEJAY MILLS**
- 66 **WILL JORDAN**
- 71 **ALAN MOORE**
- 72 **BENNO THOMPSON - A**
- 72 **BRANDON BRENKLEY**
- 76 **LIAM KAY**
- 85 **DAVID GRANT**
- 88 **GARETH DUTTON - C**
- 89 **DANNY KEELAN - A**
- 94 **RYAN CAGNEY**

Grant-Hubback Award

The Grant-Hubback award is given to a person who, in the opinion of the committee goes above and beyond what you would expect from an Allstar, named after two men whose selfless nature, and commitment to serve within their own communities was an inspiration to the early years of the Allstars weekend, and certainly was the drive needed to get the first couple of years completed – those men being Owen Grant and Roy Hubback.

Over the years we have been blessed to have had many people take part and influence how the weekend looks with the way they fundraise and the lengths they go in promoting the advocacy of their cause, and the behaviours epitomised the selflessness that Owen and Roy was renowned for.

The previous winners have all demonstrated in their own ways what it means to be an Allstar... and some and this year's winner is

no exception. If you're reading this before the start of the weekend, please make sure you are at your seat by 11am to see this year's presentation.

Previous Winners

- 2011 – Susan Gray
- 2012 – Sharon Grant
- 2013 – Geraint Walters
- 2014 – Jo Hinde
- 2015 – Maureen Smyth
- 2016 – Marvin
- 2017 – Mia Thorne
- 2018 – Adam Clarke
- 2019 – Sarah/Andy Davies
- 2022 – Kelly Coles
- 2023 – Rachel Miles/Danny Langhorn
- 2024 - ?

Who will win this award in 2024? Find out before the medal ceremony on Sunday





The Scarlett Cup

A new award in 2023, the Scarlett Seren Thomas award is presented to the person who, over the weekend epitomised the spirit, fun and positivity of the weekend, characteristics that was in abundance of the person who the award is named after, Scarlett Seren Thomas, a lively little girl who could like up a room with her smile.

Last years winner was an easy selection, it's not every allstars that we have someone for a period of time, clinically dead – however the actions of a number of people not only

helped Craig come back to life, but helped him before the paramedics arrived to take over.

Those winners were:

Rick Strang, Andy Way, Ashley Taylor, Mike McCrudden, Chris McNally, Rachel Alexander, Matt Smale, Ricklee Rogers, Sam Motton, Gemma Kellond and Jordan Phipps





SATURDAY'S FIXTURES

11:00		PHOTO	
11:10	1	Prostate Cancer Care	Mental Health Hockey
11:33	2	British Heart Foundation	Help For Heroes
11:56	3	Bluebell Wood	Breast Cancer Now
12:16		Ice Cut	
12:31	4	Dreams Come True	Barbarians
12:54	5	Breast Cancer Now	Mental Health Hockey
13:17	6	British Heart Foundation	Bluebell Wood
13:37		Ice cut	
13:52	7	Dreams Come True	Help For Heroes
14:15	8	Barbarians	Prostate Cancer Care
14:38	9	British Heart Foundation	Mental Health Hockey
14:58		Ice cut	
15:13	10	Prostate Cancer Care	Breast Cancer Now
15:36	11	Dreams Come True	Bluebell Wood
15:59	12	Barbarians	Help For Heroes
16:19		Ice cut	
16:34	13	Dreams Come True	British Heart Foundation
16:57	14	Bluebell Wood	Prostate Cancer Care
17:17		Ice cut	
17:32	15	Help For Heroes	Mental Health Hockey
17:55	16	Breast Cancer Now	Barbarians
	Finish		



SUNDAY'S FIXTURES

11:00	17	Bluebell Wood	Help For Heroes
11:23	18	Breast Cancer Now	Dreams Come True
11:46	19	Prostate Cancer Care	British Heart Foundation
12:06		Ice Cut	
12:21	20	Mental Health Hockey	Barbarians
12:44	21	Prostate Cancer Care	Help For Heroes
13:07	22	Dreams Come True	Mental Health Hockey
13:27		Ice Cut	
13:42	23	Bluebell Wood	Barbarians
14:05	24	British Heart Foundation	Breast Cancer Now
14:28	25	Dreams Come True	Prostate Cancer Care
14:48		Ice Cut	
15:03	26	British Heart Foundation	Barbarians
15:26	27	Bluebell Wood	Mental Health Hockey
15:49	28	Help For Heroes	Breast Cancer Now
16:09		Ice Cut	
16:24	29	7th PLACE	8th PLACE
16:54	30	5th PLACE	6th PLACE
17:24		Ice Cut	
17:39	31	3rd PLACE	4th PLACE
18:09	32	1st PLACE	2nd PLACE
	Finish		



dreams
come true

CAPTAIN: **DAVY BROWN**

Hey, it's me Davy Brown.

The joy of Allstars started for me back in 2017, when a Welsh fella you all may know asked me to fill in for someone who dropped out and I've been here ever since.

This is my first year as Team Captain and excited to get back to Sheffield where I played my first year with DCT.

Excited to announce this is also our first year with a hockey logo which is The Sandman.

A bit of background to the logo - in Scandinavian folklore the Sandman grants wishes and dreams to children which I thought was very fitting to our team charity.

10 points if you can guess our goal song?!

I started to play Ice Hockey in Canada and was very lucky to come home and continue with the sport I love. What I love even more is being able to combine it with helping such an amazing charity.



We've had the pleasure to grant dreams to some inspirational children. A kid we helped last year came to watch us play, meeting Theo and his family is easily one of my Allstars highlights. The enthusiasm of his family rooting for us and banging on the glass will stick with me for a long time to come.

I hope to see you all at Ice Sheffield to support all the amazing charities being represented. Big thank you to the committee, my team and my alternate captains for having faith in me as Captain and to my wife for helping me every step of the way for every Allstars, every raffle, every pub quiz and every sweep. Thank you.

DREAMS COME TRUE ROSTER

- 33 KEVIN PORTER
- 88 JAMES FRAYLING
- 7 GERAINT WALTERS - A
- 37 KURT TAROFF
- 0 MIKE MCCRUDDEN
- 14 MEGAN LAWRENCE
- 77 MEGAN RATHBONE
- 14 SAM HAZELDINE
- 96 JORDAN SIMPSON
- 90 JOSH CUMMINGS
- 15 JORDAN POWELL
- 24 CRAIG POYNTER - A
- 4 ASH TAYLER - A
- 19 LIV TAYLOR
- 96 GEMMA DAVIES
- 22 JENNIFER HEPP
- 3 HOBIE BLAIR
- 46 MORRIS HAGGERTY
- 26 ANGUS WILSON
- 26 STEVE SANDERS
- 45 JACOB JACKSON-WYNCH
- 11 DAVY BROWN - C



HELP for HEROES

SUPPORT FOR OUR WOUNDED

CAPTAIN: MELISSA HEMMING-BOSWORTH

Team Heroes is ready and rearing for Allstars this year and what a Team we've got! It's been incredible to see a record number of people applying for Allstars 2024 and so many choosing Help for Heroes and their desired charity. We've got a great mix of players on the line up this year with some familiar faces returning to the ice as well as some first time Allstar newbies!

One of the things I'm proud of on our lineup is the amount of active and retired service members who want to give back to a charity that has touched the lives of so many service men and women. Between the pipes we have Leigh McHatton who chose to return to Team Help for Heroes to honour the sacrifices made by a long family line of Royal Navy men. Jake Brough, currently active Royal Air Force, has made it back from deployment just in time to join the team on the ice this weekend and we are extremely privileged to have him with us. We also have one of the longest serving Allstars in the form of Pete Frith who first joined the tournament back in 2012. Pete is a regular for Heroes and we wouldn't be the same without him.

I'm excited to see the mix of players we have on the roster this year, not just in age as we are showcasing a few young bloods on the ice, but also for the mix of female to male players that make our lineup. It means a lot to me

as Captain to present a team that shows the diversity of the tournament and that reinforces the Allstars message that hockey really is for everyone. Now we've had "Father-Son" duos on the ice before but 2024 will see Team Heroes first "Mother-Daughter" line up with my daughter Aaliyah joining us for the first time. She first iced as a mascot back in 2018 and having turned 18 this year, will finally be able to make her Allstars debut and hopefully help us put some points on the board!

Of course, the main reason we are all here is to raise awareness and money for the charities we hold dearest to our hearts and 'Wow', we've had some fun doing that this year. Along with donations from family, friends and work colleagues, we've all been working behind the scenes to push that Team total further than before. One of Assistant Captains, Michael Lorimer, has virtually cycled the distance from Fife ice rink to Ice Sheffield...and back in 30 days!

Emma Adams who joins the team for the first time held a live band night in Cardiff. Jess Leslie and Will Nolan took part in the Loftus Cup (and won!) which saw donations split across 3 charities, including Help for Heroes. As Captain I really wanted to raise the bar this year so along with my husband, I took on Mount Snowdon...in full kit. It was tough but seeing the donations roll in made it worth every step!

HELP FOR HEROES ROSTER

Of course, Team Heroes wouldn't be complete without the help of our off ice volunteers and we couldn't ask for a better support network than Mark & Karen Locke, not forgetting Hero Bear!

Hero Bear smashed the fundraising this year and will be bringing a couple of his Hero Buddies along to Allstars so make sure you stop and say 'Hi!' when you see them around the ice rink.

Team Heroes is excited to be headed back to Ice Sheffield this year. The last time we were here, we lifted the 1st place trophy in the name of Help for Heroes, and we haven't had the same success since...this year we are back with fire in our bellies and a big

- 14 **MELISSA**
HEMMING-BOSWORTH - C
- 77 **STEPHEN KIMBER**
- 70 **JESS LESLIE - A**
- 11 **MICHAEL LORIMER - A**
- 77 **RICH WILLIAMS**
- 15 **AALIYAH HEMMING**
- 6 **SARAH KIMBER**
- 17 **GRACE RALPHS**
- 95 **JAKE BROUGH**
- 15 **BLAKE ADAMS**
- 7 **JAMES KIMBER**
- 5 **SALLY WILLIAMS**
- 23 **AMANDA MURDOCH**
- 30 **LEIGH MCHATTON**
- 3 **WILLIAM CRIT NOLAN**
- 82 **BEN MILLS**
- 22 **GEORGE-LEE HAWKRIDGE**
- 61 **ROB WILSON**
- 65 **PETE FRITH**
- 86 **ASHLEY BURROWS**
- 5 **EMMA ADAMS**
- 75 **MICHAEL COURTS**

Let me take you on a journey.

When I wrote my piece for last year's programme, it was a few weeks after the announcement that my team, the Basingstoke Bison, would not play in the 2023/24 season. I won't lie, I was scrambling. I genuinely didn't know exactly what I was doing the next season. The club I had supported since I first came back from Germany in 2005 was now just a thing, waiting in the mist just around the corner out of sight. What was I supposed to do?

After a lot of soul searching, I decided that BOTW wasn't something I was ready to give up. I realised that, intentionally or not, I'd built something I should really be quite proud of. The NIHL isn't the world's biggest league, but I had become a source of news, information and, dare I say it even if I feel unworthy of it, journalism surrounding anything not in the EHL. The issue now was where I would go. I was, effectively, a man with no home.

The answer to where I would go could only be one thing and that was "anywhere I could realistically get to".

This is somewhat of an issue being Southampton based as everywhere is kind of far away. My wife of nearly 14 years had asked that, bar a few planned exceptions, I was back that night. It did limit me somewhat but not in a bad way. It meant that I had to be better at planning stuff. I'd also decided that whilst I knew the National Division better, it

would be my chance to go and see things in Division 1 and 2 as well. It was time to cut the chord and walk into the wilderness.

That plan did take a bit of a detour. With the Basingstoke Buffalo, the rink's division 2 south side, still playing, I ended up having my first game of 23/24 in a place I didn't necessarily expect to be. As the mist eventually cleared and Paul Petts fired home a late winner, I was struck by two things. The first was how poor a state the rink was in and the second was I didn't know when I'd be back.

I didn't know if my energy and effort would lead me to anything approaching a "good season". I didn't know what or where I would go. All I knew was that I had to embrace it. I knew that for all I talk and write and comment on hockey, it was time to get out there.

Looking back at last season, I have to be honest; it was worth it. I've never lost that dull ache of not knowing where my team where or would next be appearing, but I got to see and do so much that whilst I was cut adrift, I was welcomed in to so many places.

Former lead singer of Black Flag, wit and raconteur, Henry Rollins once said that knowledge without mileage equals "bovine excrement" and this felt like the year that the mileage added to my knowledge. This wasn't just knowledge of the game but of places and people.

By and large, hockey is a simple game, but it comes with so much attached to it. I saw some of that baggage first hand

when I spoke to people about the things that don't work. I heard people's stories. I saw where they stood and heard their happiness when things went well and their sadness when it didn't. I saw solidarity in the wake of tragedy and excitement at the mission accomplished, first-hand, live and in living colour.

That feeling of loss could have translated to simply feeling lost but let me tell you some truths that a year in the hockey wilderness has taught me.

It's that adversity, both large and small, breeds resiliency. Last season had too much sadness in it of all colours but when we walk that walk together back in the direction of a new normal, that the hill is less steep and the walk less tiresome.

When you can't have that joy yourself, try and find joy in the joy of others. That's not to co-opt it or borrow it, to sort of absorb it by osmosis but try to genuinely be happy when others are happy. You may never lose the ache you feel but cold water always eases the burn.

Finally, it's to relish in the journey. Hindsight later might reveal more of why you were on that journey but sometimes you are walking into the mist than towards the light and that's OK.

Last November, when I drove to Dumfries off the back of promising a load of people that if Solway made it to the National Division that I'd pay them a visit. I drove through the Peak District for the first time in my life. I was catching myself getting lost in the natural beauty around me, reminding myself that I needed to keep my eyes on the road. I asked myself how

hockey had seen me end up doing this, being here. In that moment, I realised that it didn't really matter.

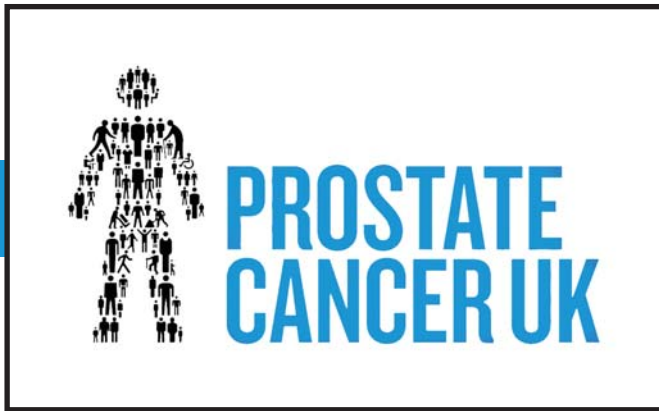
Enjoy your weekend and as ever; play hard, drink responsibly and may the best team win.

Anthony Russell launched his site Banners On The Wall in 2011 to write about the Basingstoke Bison and has now expanded to writing, podcasting and streaming about the Bison and the NIHL. He is also now an ice hockey commentator having commentated on Elite League and the NIHL 2023 and 2024 Playoff Finals weekends.

You can read anything he writes over at <https://bannersonthewall.wordpress.com>.

During the season you can catch up with all the news from across the NIHL at 8pm on Wednesdays on the What's Current Stream at [YouTube.com/@BannersOnTheWall](https://www.youtube.com/@BannersOnTheWall)





CAPTAIN: **ROSS TOOMEY**

First, let me say how proud I am of each and every one of you. Not only have we come together to enjoy the sport we love, but we're also united in a cause much bigger than ourselves – raising funds and awareness for prostate cancer research.

Our collective effort will contribute to groundbreaking research and support for those affected by prostate cancer in the UK and perhaps globally. This year's our team had three main objectives:

1. **Raise Awareness:** Use this event to inform our community about prostate cancer, its impact, and the importance of early detection.
2. **Fundraising Goal:** Our target is to raise £10K through donations, sponsorships and any legal means available.
3. **Team Spirit:** Foster a sense of unity and teamwork, demonstrating that we're fighting this battle together, both on and off the ice, and to have as much fun as possible doing it.

We have had some successful events and activities take place so far this year, which have helped us get to £7k so far in our fundraising. We have used social media and personal stories to highlight why this cause

is important to you and the community. Here are a few examples of the team's efforts: Jeremy contacted the Coventry Blaze of the Elite League, who supported him with their prostate cancer night by donating a portion of jersey sales that evening to our team pot. We are grateful for their generosity.

Redditch Music School held a charity concert and donated to the Prostate Team pot, for which we are truly thankful. Steve took the task of climbing Snowdon in full kit and successfully completed the challenge.

Michael made the ultimate sacrifice and was sponsored to wear a Man U shirt as a Liverpool supporter during a fundraiser, which we thank him for his heroic efforts. And the GB Ice Hockey team and Ice Hockey UK organisation have been a proud supporter, and helped us raise money and awareness during the year.

We are proud to be able to wear their logos on our jerseys this year and thank Andy, Henry and Clifton for their support. These are just a few examples of the fantastic work our team have been involved with, and on behalf of our team and the Allstars family, I would like to thank all of our donors for their support, and we recognise every contribution, no matter the size.

PROSTATE CANCER UK ROSTER

In closing, this weekend is more than just a hockey tournament; it's a beacon of hope for those affected by trials and challenges, and it is our honour to represent prostate cancer research.

Let's play with passion, compassion, and the knowledge that our efforts are making a real difference. Thank you all for your dedication and spirit.

Let's hit the ice and show everyone what we can achieve together!

Yours Sincerely,

Ross and the Prostate
Cancer Hockey Team



- 51 **ROSS TOOMEY - C**
- 39 **JAMES GUEST**
- 5 **KIMBERLY LOGSDON**
- 15 **ELLIOT COX**
- 95 **MICHAEL HENDERSON**
- 22 **CRAIG SHEARMAN**
- 53 **DANIEL MCCONNELL**
- 44 **JACOB DEMUTH**
- 39 **MACKENZIE MACNAMARA**
- 28 **STEVE BOSWORTH**
- 9 **JEZ PORTER**
- 98 **CIARAN WILSON**
- 93 **PAUL BRAISBY**
- 16 **CHRIS MEE**
- 42 **BEN WHEAT**
- 59 **KEVIN LOGSDON**
- 63 **DAN PROUD**
- 27 **LAURA DANCE**
- 7 **JOE SMITH**
- 55 **ALEX WYATT**
- 13 **HAMISH HALL**
- 24 **LUCAS MORGAN-D'SOUZA**

BENCH COACH:
MORGAN CLARK & CADE NEILSON



MENTAL HEALTH ICE HOCKEY

CAPTAIN: **RACHEL MILES**

Blimey, can't believe Allstars 2024 is finally here! It's been a busy year for Team Mental Health Hockey, which has undergone a significant transformation from its former identity as Team Mind. While I'm incredibly proud of everything Team Mind achieved, I saw an opportunity to expand our reach and support more people by connecting with additional mental health charities. With the enthusiastic support of the 2023 team and Mind UK, the Allstars committee embraced our vision, allowing us to collaborate with a broader range of organisations.

This year, it's been an honour to support the following charities: Andy's Man Club, Campaign Against Living Miserably (CALM), Mind UK, Meddwl.org, Pandalas Foundation UK, Papyrus, Samaritans, Survivors of Bereavement by Suicide (SOBS), Student Minds and YoungMinds. Our selection process was guided by the desire to represent diverse backgrounds and causes, with each charity having a personal connection to our team members.

With the addition of these new charities, we recognised the need for a new logo that would symbolize our expanded mission and new chapter. Creating the perfect logo was a considerable challenge, especially one that would link to mental health and honour our past. I'm deeply grateful to Will Fry for his invaluable support during this process. We were inspired

by the World Health Organisation's symbol of the black dog of depression, and we wanted to incorporate this into our new design.

The result is a black dog with a mental health emblem on its collar, featuring elements from our old logo such as the light and dark shading and the tear drop. Thanks to Will's creativity and dedication, we now have a beautiful new logo that perfectly encapsulates our identity and mission moving forward.

I was so happy for Allstars to announce that we were headed to Ice Sheffield for Allstars 2024, especially with the news of our expanded roster. Not only were we gearing up for another exciting tournament, but we also welcomed eight new players into our ranks. From the outset, they embraced our team ethos of year-round dedication to fundraising and mental health awareness, understanding that Allstars Weekend is our moment to celebrate together. Once Anne Robinson had released the team roster we were raring to go.

Once again the team has put in tremendous effort to secure sponsorships, received incredible support from friends and family, and have really thought outside the box for ways to fundraise. Imogen Skey was fantastic at raising money through fun 'In it to win it' competitions, Luke Sterry took up running for his mental health and has run events to help

fundraise, we've had stick raffles, bake sales, sweepstakes, and Beth Thomas even skydived for Mind UK. During Children's Mental Health Week, my pupils at Birchgrove Primary School raised funds for YoungMinds while enjoying educational activities focused on mental health. We explored mindfulness techniques, learned effective ways to support one another, and emphasised the importance of kindness. I'm also proud of our mental health awareness merchandise, which not only raised funds but also sparked meaningful conversations about mental health.

I am so proud of Wez Spurrett who has raised an incredible £9,000 for Andy's Man Club through his involvement in the Rob Craig Annual Charity Game. Established six years ago to honour Rob, who tragically took his own life, the event has grown to spread awareness and promote #ItsOkayToTalk. Thanks to Wez's efforts, this year's game continued its mission, raising crucial funds and drawing attention to mental health.

Somehow the team have levelled up spreading mental health awareness again this year. Adam Woodliffe and I completed our mental health first aider training to better support our colleagues at work. Vikki Alexander has been an incredible advocate, appearing on S4C to discuss AllStars and her personal mental health journey, collaborating closely with Meddwl.org to create impactful awareness videos. Vikki has also established a Menopause Cafe to challenge stigmas surrounding menopause and provide support to women, fostering a sense of community and solidarity.

Rob Smith has been an invaluable addition as an off-ice fundraiser. He is an Andy's Man Club lead facilitator, who tirelessly promotes AMC at events, podcasts, and radio stations, encouraging men to open up about their mental health. Beth Thomas and Steve Merry have been recognised for their outstanding fundraising efforts for mental health causes at work. Myself, Wez, Rob and Steve recently went on the '2 ales and Hockey Tales' podcast to talk about allstars and spread mental

health awareness - check out episode 398. Personally, I'm proud to have finished my Sobs volunteer training and now co-lead the Cardiff Sobs group with my Brother—a journey that comes full circle, as Sobs supported me during the loss of my dad.

A huge congratulations to all of the Allstar teams this year. It's been wonderful to see all the incredible things you've been up to. I especially loved coming up to support BHF's Big Bash in Leeds. What an amazing event that was with such wonderful people too.

To Team Mental Health Hockey: I am so immensely proud of each and everyone of you. Thank you for being such amazing advocates for mental health, for bravely sharing your stories and seeking support when needed, and for always standing by each other. This year, we've shared laughter and supported each other through tough times. Thank you for your dedication, tolerating my wild ideas, and for diligently filling out countless Google forms. I feel blessed to be your Captain; you are truly the most wonderful group of people and I love you all so much!

To Wez, Danny, Will, and Woody: Your constant support, advice, and encouragement have meant the world to me. I am incredibly grateful for your proactive leadership and dedication. This team shines brightly because of each of you, and I truly appreciate everything you do. Thank you all so much!

A huge thank you to my husband Kieran for helping me get through this year. I've had some really low moments, but his understanding and support have helped me find the strength to keep fighting and seek professional support. He has been amazing at listening to all my ideas and has helped me cope with the stress. I was super grateful for his assistance in organising and packing our merchandise orders too. I love you and thank you!

I hope everyone has an awesome and safe Allstars!

Much love, Rach
(MHH Roster overleaf)

MHH ROSTER

- 
- 9 **WILL FRY - A**
 - 10 **RACHEL MILES - C**
 - 10 **JONNY MORGAN**
 - 11 **VIKKI ALEXANDER**
 - 14 **LEWIS ASTILL**
 - 16 **BETH THOMAS**
 - 17 **DANIEL COXON**
 - 17 **JANNE VIRTANEN**
 - 19 **ANDREW DAVIE**
 - 22 **DANNY LANGHORN - A**
 - 23 **LUKE STERRY**
 - 25 **STEVE MERRY**
 - 27 **JOHN ROGERSON**
 - 30 **KIERAN MILES A**
 - 30 **ADAM WOODLIFFE**
 - 34 **LUKE CLARKE**
 - 38 **WEZ SPURRETT**
 - 45 **DEAN PRESCOTT**
 - 56 **IMOGEN SKEY**
 - 84 **MATT PATTERSON**
 - 96 **MATTHEW SALISBURY**
 - 97 **ANDRE NORRIS**
 - 27 **PAIGE AITKEN**



@breasthockey





THANK YOU

Events like this weekend cannot happen without a number of supporters, both personal and corporate and we have a massive thank you to the following:

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