



**EHL Men's Conference North
Saturday - 1st October 2011
Olton & W.W. v Belper
Push Back - 1:30 pm**

A very warm welcome to Grange Road to our opponents today – Belper – and to our umpires, match officials and all supporters for what will hopefully be another action-packed afternoon of entertaining hockey.

Spectators

To ensure that umpires, officials, ball boys/girls and players are not impeded in any way, can **all** spectators who wish to view the game from within the pitch area please use the blue seats at the side of the pitch opposite the dugouts.

All spectators must remain off the pitch and clear of the dugout area until the umpires and officials have concluded their business and left the enclosed area.

Please feel free to use the bar in the clubhouse and if you wish to bring your drink to the pitch side, let the bar staff know and they will give you a plastic glass – and please tidy-up as you leave, it helps everyone. Thank You.

Enjoy the Match



to Grange Road

to the Olton Match-Day Programme

Welcome to Grange Road and our third game of the 2011-12 season in the Men's National League Conference North.

Today we host the players and officials from our old Midlands adversaries, Belper Hockey Club. Last season was the first time for many years that we had played Belper at 1st team level and after we had taken three points off them in the away game in the first half of the season, they returned the compliment by beating us in the return fixture at Grange Road. Honours even then so far!

Today is also our first Vice Presidents day and we welcome back a number of ex players who are supporting the club in that capacity. For some of you it will be the first time that you have visited the club since the redevelopment of the clubhouse and sports facilities. We hope that you notice the difference and that you are able to attend the remaining home games this season. Your support is much appreciated and the team look forward to meeting you in the bar afterwards.

One of those ex players is John Shepherd, who as well as being a Vice President is also today's Match Day sponsor. John and his brother Roger (who sponsored our last league game) were both stalwarts of Olton Hockey Club in the pre league era when all games were "friendlies !" They both served the club with great distinction and we thank them for their continued support.

This weekend is a double header of games with the first round of the HA Cup being played tomorrow (Sunday October 2nd). We have been drawn to play West Bridgford at home here at Grange Road, with the push back at 1:30pm. If you can manage the excitement of two games in two days, please come and support the team again on Sunday.

The programme this week moves from 20 to 24 pages – packed with even more information and statistics intended to entertain as well as inform. Many thanks again to our advertisers and sponsors for their continued support, to Michael Hooper who collates the varied entries, and to Graham Hollway at Prontaprint for constructing such a smart final document. And remember – you can link on-line to our sponsor websites from the Olton presence at www.oltonhockeyclub.co.uk.

Everybody by now must be aware of the Big Event that is taking place in this country in 2012. The England Hockey Board is embarking on a programme of talks to showcase to the hockey nation its exciting plans for the Olympic Year. Olton Hockey Club has been chosen to host one of the talks on Tuesday 11th October, starting at 19.00 and if you wish to attend please book your place by registering on reception@englandhockey.co.uk. It is your chance to meet and listen to the England Hockey Board directors talk about the hockey events taking place before, during and after the Olympic Games and it should prove to be an interesting and informative evening.

With the weather forecast predicting a warm weekend, we hope that you enjoy your visit to Grange Road.

Howard Wilson

**OLTON & WEST WARWICKSHIRE
HOCKEY CLUB**



EHL Newsletter -- Monday 26th September 2011

East Grinstead sent a message to the rest of the Premier Division by netting seven in their victory at Loughborough Students on Saturday. A hat-trick from Ashley Jackson and a further two from his England & GB team-mate Barry Middleton helped East Grinstead to the three points. The 7-1 victory came despite Sam Ward opening the scoring for Loughborough in the 4th minute; David De Prez had levelled the scoring on 15 minutes followed by Middleton's first for a 2-1 lead at half-time before a five goal spree in the second. East Grinstead has confirmed the transfer of Mark Gleghorne from their defeated opponents. University of Exeter were brought back down to earth after their surprise victory over Reading last week by succumbing to Bowdon in a 5-1 home defeat. Alex Edmondstone and Mark Daniel put the visitors into a two goal lead that was reduced to one by Robert Mugridge on the stroke of half time. Phil Dutoy, Thomas Ainsworth and Nigel Croke scored unanswered goals for Bowdon to open up a four goal lead which they maintained to the end. Surbiton's Matt Daly earned the three points for his side by striking twice from Penalty Corners against Hampstead & Westminster. Cannock recorded their second win in two – half their total wins from last season – with a convincing 4-0 win over promoted Southgate. Ross Hayward and Arjan Drayton Chana scored in the first half with Marc Edwards and David Harris completing the scoring for the Staffordshire side. On Sunday, Reading faced Beeston in a double header for the Berkshire club at Sonning Lane with their female counterparts playing earlier in the day. Andy Watts opened the scoring for the home side, and just a minute later Jonty Clarke had increased their lead to two. Adam Dixon drew Beeston to within a goal in the 26th minute to cap off a four minute period that saw three, and indeed all of the, goals in the game. Reading, therefore, join Beeston on three points after two games.

Brooklands MU moved to the top of the Conference North after a 5-0 victory over Barford Tigers; the Manchester side had five different goal scorers as they recorded their second win of the season. Sheffield Hallam also recorded their second win, but trail Brooklands on goal difference, after scoring three unanswered goals at home against Doncaster. Tipped to be contenders for the division, Doncaster were outdone by Mike Shaw's two goals in the last ten minutes which put the game beyond doubt after David Smith had opened the scoring. The game between the local South Yorkshire rivals enjoyed an excellent evening atmosphere staged under the lights at Abbeydale. Durham University, participants in the Promotion Tournament at the end of last season, suffered a shock 3-2 defeat to newly promoted Preston, Thomas Galloway (2) and Jonny Robinson scored in the last fifteen minutes for Preston to turn a two goal deficit in their favour. Deeside Ramblers and Olton & WW were involved in a six goal score draw whilst Belper's Nick Morris secured the three points for his side by scoring twice against Leek

EHL FIXTURES

Saturday 1st October

Men's Conference North

			Start	MO	Umpires
Brooklands MU	v	University of Durham	12:00		Kirk, Wilks
Doncaster	v	Deeside Ramblers	14:00	Cobb	Brownbridge, Little
Leek	v	Sheffield Hallam Civica	14:00	Anderson	Kingston, Stott
Olton & West Warwicks	v	Belper	13:30	Powell	Cox, Norwood
Preston	v	Barford Tigers	14:00	Scrini	Dowdall, Reid

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EHL TABLES

Premier Division		P	W	D	L	F	A	GD	Pts
1	East Grinstead	2	2	0	0	10	1	9	6
2	Cannock	2	2	0	0	6	0	6	6
3	Bowdon	2	1	0	1	7	4	3	3
4	Beeston	2	1	0	1	5	3	2	3
5	Reading	2	1	0	1	4	4	0	3
6	Surbiton	2	1	0	1	3	4	-1	3
7	University of Exeter	2	1	0	1	4	7	-3	3
8	Loughborough Students	2	1	0	1	4	9	-5	3
9	Hampstead and Westminster	2	0	0	2	0	4	-4	0
10	Southgate	2	0	0	2	0	7	-7	0

Conference East		P	W	D	L	F	A	GD	Pts
1	Wimbledon	2	1	1	0	12	3	9	4
2	Canterbury	2	1	1	0	10	6	4	4
3	Old Loughtonians	2	1	1	0	8	6	2	4
4	Teddington	2	1	0	1	9	6	3	3
5	City of Peterborough	2	1	0	1	10	8	2	3
6	Holcombe	2	1	0	1	4	3	1	3
7	Indian Gymkhana	2	1	0	1	3	4	-1	3
8	Harleston Magpies	2	1	0	1	5	10	-5	3
9	Bromley and Beckenham	2	0	1	1	5	9	-4	1
10	Oxted	2	0	0	2	3	14	-11	0

Conference North		P	W	D	L	F	A	GD	Pts
1	Brooklands MU	2	2	0	0	8	0	8	6
2	Sheffield Hallam Civica	2	2	0	0	10	4	6	6
3	Doncaster	2	1	0	1	7	5	2	3
4	Leek	2	1	0	1	6	5	1	3
5	Preston	2	1	0	1	3	5	-2	3
6	Belper	2	1	0	1	4	8	-4	3
7	Olton & West Warwicks	2	0	2	0	5	5	0	2
8	University of Durham	2	0	1	1	4	5	-1	1
9	Deeside Ramblers	2	0	1	1	7	10	-3	1
10	Barford Tigers	2	0	0	2	3	10	-7	0

Conference West		P	W	D	L	F	A	GD	Pts
1	Whitchurch	2	2	0	0	7	2	5	6
2	Fareham	2	1	1	0	7	2	5	4
3	Havant	2	1	1	0	5	0	5	4
4	Cardiff & UWIC	2	1	1	0	2	0	2	4
5	University of Birmingham	2	1	0	1	4	4	0	3
6	Lichfield	2	1	0	1	4	6	-2	3
7	Team Bath Buccaneers	2	0	1	1	3	4	-1	1
8	Guildford	2	0	1	1	2	4	-2	1
9	Cheltenham	2	0	1	1	2	7	-5	1
10	Bournville	2	0	0	2	1	8	-7	0



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The Gus Blog

Inside the Ostrich Nest

Two Games in to the season, two points on the board and the mighty Os can feel slightly miffed that they are not sat top of the table having created opportunities for all six points. More Ostriches have found their calling at Grange road and have immediately made an impact to a highly competitive squad. The unfortunately named Mark Burchett joins us from Peterborough and brings with him a pair of arms that can only be rivaled by Mr Tickle – sure to be an asset to our defensive line.



Carrying on the Mr Men theme, Sam White joins us from Edgbaston with a variety of applicable names: Mr Daydream / Mr Forgetful / Mr Chatterbox / or Mr 3 girlfriends are all suitable. He has already established a reputation for: his organizational skills (scoring his first goal with a borrowed stick, wearing borrowed kit), never being able to shut him up (he still hasn't spoken to the majority of the squad) and having more girlfriends than Franki from the X factor. He too has several tattoos on his behind! James Simpson (a new character – Mr Muscle) joins us from Rugby and whilst his original ambition was to remain involved with the England junior set up, he has a renewed motive of one day fitting into his ridiculously sized tempest kit; an ambition the majority of the team has, as well as actually receiving it! James Kyriakides (pronounced Trigger) has made his move from Beeston and as I am now struggling for Mr Men characters, I am going with Mr Hairdresser (my banter is running out). We welcome all of you to the squad and look forward to seeing some exciting hockey.

Ostrich life this last week has given us an insight into how the elite prepare for a game. Tom Pickersgill's pre-match preparation includes two take-aways, a bottle of red wine and another of tequila. For those of you who do not know him, you will be able to recognize him from his size and visible moobs when warming up in his wimp shirt. Dan Sulway is one of the more superstitious characters and in his preparations he likes things to match. So much so that after buying a new white and black checkered Volvo, he has decided to match his face to the car with pale skin and a black eye.

Finally, I must welcome Belper to Grange Road with honours even after last season's fixtures, which leaves me with this week's parting quote: "In the end, the game comes down to one thing: man against man. May the best man win."

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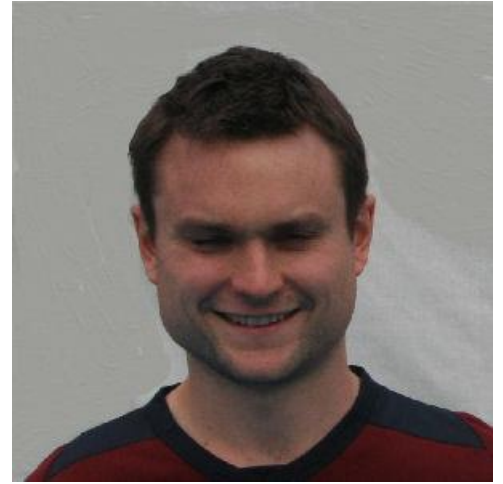
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Player Profile Page

Player name: Ollie Needham
Clubs represented: Sheffield Hallam, University of Birmingham
Honours: North U-21, Yorkshire Senior
How do you 'earn a living' ... Academy physiotherapist for AVFC
Favourite sport as a spectator: Football **My Team:** Sheffield Wed
Favourite possession / gadget: PS3
Preferred music / band : Indie / Rock - at the moment Frank Turner
What's on your ipod ? confused music tastes ..
Last book Read: The Tipping Point (Malcolm Gladwell)
TV Programme I go out of my way to watch: The Apprentice



Player name: Rich Thom 'Rhydian'
Clubs represented : Northampton Town, University of Birmingham
How to 'earn a living' ... Sales Exec for Software House 'Perspective'
Favourite Sport as a spectator: Golf **Sporting Hero:** Tiger Woods
My Football Team: Newcastle
Favourite Actor/Actress/Film:
Leonardo di Caprio / Charlize Theron / Wedding Crashers
Can u cook/Best Dish: Sunday Roast - beef or chicken..
Favourite Holiday dest.: South Africa **Last Holiday:** Portugal
TV Programme I go out of my way to watch: Spooks

And what do you do when you are not playing hockey ?



Olton & West Warwick

46	Andrew Gooderham	Gk Capt
24	Andy Heslop	
5	Dan Sulway	
4	Tom Bates	
3	Steve Twist	
21	Rich Thom	
7	James Kyriakides	
19	Michael Johnson	
11	Rich Hoble	
14	Simon Thompson	
17	Sam White	
10	James Simpson	
15	Ollie Needham	
6	Jon Proud	
8	Jack Mallett	
9	Tom Pickersgill	



Manager: Howard Wilson
Coach: Michael Johnson
Physio: Sophie Drewry

Colours: Maroon Shirts & Socks/Blue Shorts

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Belper



1	Neil Slane	Gk
2	Dan Darby	Gk
3	Dougie Campbell	
4	Richard Kitchen	Capt
5	Sam Hawkes	
6	Jacob Bullock	
7	Ashley Blakemore	
8	Nick Morris	
9	James Blackwell	
10	Luke Davies	
11	David Ebbage	
12	Chris Hall	
13	Tom Sherratt	
14	Ben Inshaw	
16	Adam Bull	
17	Ben Walton	

Manager: Sally Cozens

Coach: Mark Lamb

Physio:

Colours: White Shirts & Socks/Blue Shorts

Overseeing Today's Game

Match Official	Rick Powell
Umpires:	Stephen Cox
	Terry Norwood

Junior Hockey at Olton & West Warwick

Olton Hockey Club holds ClubsFirst accreditation - awarded to Clubs who have demonstrated that they are deemed to be safe and secure Clubs for young people.

Due to the standing of their two Flagship Teams, we do get a lot of interest from young players with ambition to succeed a high level. We have several young players already on the international ladder join us with the ambition and desire to play at the highest level.

However, Olton Hockey Club prides itself on the fact that many players in the top sides have come through our own junior ranks, and there may well be two or three in today's squad.

Our policies have supplied players to both the Men and Ladies 1st XIs including Lucilla Parkes, nee Wright, and Rachel Clift nee Walker who were our two Beijing Olympians. Add to these other home-grown players who have had International experience, and you will see that for several years now, our system has worked. Several of our current young players already have International honours, some of whom have been coached at the Club from pre-teens.

We have Junior Training every Sunday for 48 weeks of the year, snow and ice permitting. This enables our players to keep fit and importantly keep interested. Our success is down in no small way to the fantastic coaches who turn out each week, the children and their parents, many of whom stay to watch in all weathers.

In recent years we have introduced a Badgers team for Boys and hope to resurrect a Vixen's team in the near future. Both of these forms of hockey give boys and girls a chance to make the transition from school hockey/junior training to organised Saturday games.

We also enter Junior National Competitions, and this season we have entered u16s and 14s for both boys and girls.

Current News

Two weeks ago our Boys U16s went to a friendly triangular tournament at Repton School, drawing 1-1 with Cannock and beating today's visitors Belper U16s 3-0

This week the new season's Badgers team are playing Worcester Potters down the road at our satellite pitch in Henley in Arden. This will be a tough baptism for the youngsters together with old heads Scott Blake, Tim Ollerenshaw and Kevin Walsh. Interestingly the last two mentioned were playing in the squad that played in our, all too brief, stay in the National League 16 years ago.

Other juniors both boys and girls will be on show in every team playing today, a testament to our belief in home grown talent.

John Warner





John Shepherd

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Match Date	Venue	Opponent	Match Sponsors
Sun 18 th Sep	(H)	Durham University	Walker Crips Stockbrokers Ltd
Sat 24 th Sep	(A)	Deeside Ramblers	
Sat 1 st Oct	(H)	Belper	John Shepherd – Property in the West Midlands
Sun 9 th Oct	(A)	Sheffield Hallam Civica	
Sun 16 rd Oct	(H)	Barford Tigers	
Sun 23 rd Oct	(A)	Doncaster	
Sun 6 th Nov	(H)	Leek	Cambabest – Bespoke Kitchens & Bathrooms
Sun 13 th Nov	(H)	Brooklands MU	David Hemmings – Senior Club Vice President
Sat 19 th Nov	(A)	Preston	
Sun 27 th Nov	(H)	Deeside Ramblers	
Sat 4 th Feb	(A)	Belper	
Sun 12 th Feb	(H)	Sheffield Hallam Civica	
Sun 19 th Feb	(A)	Barford Tigers	
Sun 26 th Feb	(H)	Doncaster	
Sun 4 th Mar	(A)	Leek	
Sun 11 th Mar	(A)	Brooklands MU	
Sat 17 th Mar	(H)	Preston	
Sun 25 th Mar	(A)	Durham University	

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This open access members club with its modern clubhouse facility is beginning to develop a reputation as a tremendous multi sports venue. Please contact reception for membership information.

The last few months have been filled with a variety of events and parties from charity fundraisers to birthday celebrations. The social facilities can be easily transformed into the perfect party venue. Whatever the budget, we will work closely with you to cater for all your food, drink and entertainment needs.

Christmas at West Warwick's

Ideal for you office party Christmas party or Christmas Dinner, we offer a traditional Christmas menu served over lunch and evenings (bookings only)

Please speak to Yvette, Caitlin or Rachel about hosting your event at the Club.

Robert Saffery
General Manager

England Hockey Men's Cup Round One

OLTON
DOUBLE HEADER



THIS WEEKEND

Olton & West Warwicks v West Bridgford

Sunday 2nd October 2011

Push Back - 1:30pm

Here at Grange Road. Olton.

Umpires: Nick Horton & Ed Matthews

**OLTON & WEST WARWICKSHIRE
HOCKEY CLUB**

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Men's Premier Division

Cannock Ross Hayward 10 - PC Arjan Drayton Chana 25 - F Marc Edwards 55 - F David Harris 63 - PC	(2)	4	-	0	(0)	Southgate
University of Exeter Robert Mugridge 35 - PC	(1)	1	-	5	(2)	Bowdon Alex Edmonstone 18 - F Mark Daniel 19 - F Phil Dutoy 50 - F Thomas Ainsworth 62 - F Nigel Croke 65 - F
Loughborough Students Samuel Ward 4 - F	(1)	1	-	7	(2)	East Grinstead Dave De Prez 15 - F Ashley Jackson 43 47 51 - PC PC PC Andy Piper 65 - F
Surbiton Matt Daly 34 68 - PC PC	(1)	2	-	0	(0)	Hampstead and Westminster

Men's Conference North

Barford Tigers	(0)	0	-	5	(3)	Brooklands MU Stephen Edmonds 19 - F David Seddon 26 - F Russell Anderson 28 - F Steve Andrews 37 - F Simon Hodgkinson 69 - F
Belper Nick Morris 33 53 - F F	(1)	2	-	1	(0)	Leek Daniel O'Neill 68 - F
Deeside Ramblers Ali Ghazanfar 3 - PC Jonny Verity 45 - F Ibrar Latif 67 - PC	(1)	3	-	3	(3)	Olton & West Warwicks Edwin Waters 20 - F Sam White 29 - F James Simpson 35 - F
Sheffield Hallam Civica David Smith 20 - F Mike Shaw 60 69 - PC PC	(1)	3	-	0	(0)	Doncaster
University of Durham Daniel Coultas 27 - PC Sam Driver 55 - F	(1)	2	-	3	(0)	Preston Thomas Galloway 58 64 - F F Jonny Robinson 65 - F

Men's Conference West

Cheltenham Alex Salmon 41 - F Will Pearce 60 - PC	(0)	2	-	2	(1)	Team Bath Buccaneers Eugene Malthouse 8 - PC Lewis Prosser 40 - PC
Guildford Christopher Boot 6 - F Rory Marsh 47 - F	(1)	2	-	2	(2)	Fareham Ben Hibberd 10 27 - PC F
Havant	(0)	0	-	0	(0)	Cardiff & UWIC
University of Birmingham Peter Jackson 17 66 - PC PC Sam Hiscock 35 - F	(1)	3	-	1	(0)	Bournville Kyle Hindley 43 - F
Whitchurch Simon Miles 8 - F Joe Naughalty 16 - PC Adam Barker 31 64 - F F Mark Whatling 33 - PC	(4)	5	-	1	(0)	Lichfield Will Davies 69 - F

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**OLTON & WEST WARWICKSHIRE
HOCKEY CLUB**

Olton & West Warwick Hockey Club would like to thank the following list of Senior Club Vice Presidents - for their continuing interest and generous support for the 2011-12 season.

David Benjamin	John Scott
Derek Birt	John Shepherd
Geoff Edwards	Roger Shepherd
Mike Ellis	Mike Stubbings
David Hemmings	Richard Townsend
Bruce Hipwell	Kevin Walsh
David Hopkins	Nick Walters
John Huddleston	John Warner
Moray Hulme	Steve Williams
Greg Hutchings	Mark Wilson
Ian Major	John Young
Gordon McKay	

EHL RESULTS**Saturday 24 September****Men's Conference East**

Bromley and Beckenham Simon Evans 14 - F Nicholas Bluett 28 - F Ben Allberry 32 - F	(3)	3	-	7	(4)	Teddington Huib Zwerver 3 67 - F F Harry Wilder 9 34 - PC PC Jamie Sones 23 68 - F F James Maxwell 59 - PC
City of Peterborough Scott Gilmour 2 - F David Appleton 9 70 - F F Gareth Andrew 24 53 54 - F F F Carl Daniels 51 - F Chris Porter 64 - F	(3)	8	-	2	(0)	Harleston Magpies Tristan Baynes 67 - F F Ben Wright 69 - PC
Canterbury Nathaniel Joy 1 42 - F F David Mathews 33 59 - PC PS	(2)	4	-	4	(2)	Old Loughtonians Oliver Didham 3 27 60 63 - F PC PC F
Oxted Lorne Barnard 65 - F	(0)	1	-	10	(5)	Wimbledon Jared Treadaway 2 36 - PC F James Osborn 8 60 - F F Peter Small 22 50 - F F Steven Richardson 27 - F Ben Hawes 28 - F Simon Lanyon 37 56 - PC F

EHL RESULTS**Sunday 25 September****Men's Premier Division**

Reading Andy Watts 22 - F Jonty Clarke 23 - F	(2)	2	-	1	(1)	Beeston Adam Dixon 26 - PC
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Men's Conference East

Holcombe James Stedman 7 - F James Kitcherside 62 - F	(1)	2	-	0	(0)	Indian Gymkhana
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TOP GOALSCORERS

Men's Premier Division		F	PC	PS	Total
Samuel Ward	Loughborough Students	3	0	0	3
Ashley Jackson	East Grinstead	0	3	0	3
Carl Smith	Beeston	2	0	0	2
John Sterlini	University of Exeter	2	0	0	2
Arjan Drayton Chana	Cannock	2	0	0	2

Men's Conference East		F	PC	PS	Total
Oliver Didham	Old Loughtonians	3	2	0	5
Ben Wright	Harleston Magpies	2	2	0	4
Gareth Andrew	City of Peterborough	3	0	0	3
James Osborn	Wimbledon	3	0	0	3
Nathaniel Joy	Canterbury	3	0	0	3

Men's Conference North		F	PC	PS	Total
Ali Ghazanfar	Deeside Ramblers	0	5	0	5
Ben White	Leek	1	2	0	3
David Seddon	Brooklands MU	1	1	1	3
Mike Shaw	Sheffield Hallam Civica	0	3	0	3
Nick Morris	Belper	2	0	0	2

Men's Conference West		F	PC	PS	Total
Simon Miles	Whitchurch	2	0	0	2
Adam Barker	Whitchurch	2	0	0	2
Sam Hiscock	University of Birmingham	2	0	0	2
Ben Hibberd	Fareham	1	1	0	2
Sumeet Singh	Havant	1	1	0	2

Ostrich Meat

Ostrich Meat is a red meat that is low in fat that can be used in any traditional red meat recipe to produce great tasting dishes. Note also the proportion of that fat that is unsaturated fat when compared to other sources of protein from a meat source. Due to the ostrich's ideal pH balance, the meat does not attract harmful bacteria like E-coli or salmonella, unlike chicken and other meats.

Nutrient Comparison per 100 grams (3.5oz)						
SPECIES	MEAT	PROTEIN	FAT	CALORIES	IRON	CHOLEST.
	Description	%	Grams	KCal	MG	MG
Ostrich	Cut Comp.	26.9	3.0	142	3.2	81
Beef*	Tenderloin (broiled)	28.1	10.5	209	3.0	83
Veal*	Loin Chop (braised)	33.9	9.4	225	1.2	124
Pork*	Loin Centre Rib Chop	29.3	15.2	256	1.1	91
Chicken	Whole no skin	28.9	7.4	190	1.2	89
Turkey	Whole no skin	29.36	5.0	170	1.8	76
Lamb*	Loin Chop (broiled)	30.4	9.4	215	1.2	95
		OSTRICH		BEEF	CATFISH	CHICKEN
	FAT %	1.12		17.76	4.88	1.36
	Saturated FAT Grams	.25		6.44	.84	.32

*Figures are cooked portions with knife-separable fat removed. Source: USDA Agricultural handbook #8 and Hill Nutrition Associates of Florida for all except Ostrich. Ostrich: Texas A&M University System meat studies 1993 (cholesterol determined in four major muscles) and 1996 (weighted average of measurements on ten major muscles).

Ostrich meat is a "red meat" similar in colour and taste to beef. However, it is lower in fat grams per serving compared to chicken and turkey, and much lower in fat and cholesterol than beef. Most all of the meat from an Ostrich comes from the leg, thigh, and back. An Ostrich has NO breast meat like the chicken and turkey.

Even though Ostrich meat tastes like beef, the Ostrich does not have fat marbling in the meat like beef. Ostriches have fat, but it collects outside the muscles and is easily removed during processing. Therefore, the cuts of meat are very lean with very low fat content. Ideal for weight watchers who love red meat!

Cooking Instructions

Ostrich Meat is a red meat with the characteristics of poultry meat and low in fat. Ostrich meat can be used as steak for frying, or any of your favourite dishes as a substitute for beef.

Ostrich Steak/Fillet

Ostrich Meat has a very low fat content and for this reason, it is best to cook over a high heat to seal the meat, then reduce heat and cook as a Beef Steak according to the cut.

The fillet is wonderful just cooked on its own to appreciate the full natural flavour. The great thing about fillet is that it can be cooked to your taste, and can even be eaten raw (as Carpaccio) so a little pink in the middle is ideal and will maximise your enjoyment of this product. Over cooking to very well done will ruin the steak and convert it to leather!

Ostrich Steaks are excellent with your favourite marinade, with cranberry jelly or redcurrant sauce being particularly good.

Cooking times: Fry for approx. 3 to 4 minutes per side – check during cooking with a knife by cutting open slightly. If grilling under a gentle heat, cook for approx. 6 minutes each side and check with a knife as per above

Ostrich burgers

Fry in a little light oil or grill under a low heat. Ensure the burger is cooked all the way through but try not to over cook, particularly if using a grill as they will 'dry out'. The meat needs to be just brown.

Cooking times: Fry for approx. 6 - 8 minutes each side and check during cooking by slightly opening the burger with a knife or cook until the burger can be broken on one side with tongs.

Ostrich Roast

The larger leg muscles are excellent for roasting as the weekend joint or even a mid-week treat, cold or hot! We recommend a roasting bag to contain the juices and prevent the meat from drying out. Centralise the meat in the roasting bag, do not pierce the bag, place on a tray in the preheated oven and cook as the instructions below.

Cooking times: Cook at a temperature approx. 150°C for 45 minutes per kg + 20 minutes. Reduce cooking temperature by approx. 20°C if using a fan-assisted oven. Check the product is cooked to your satisfaction as you would with any other joint.

Other Uses

Other ideas for ostrich meat include cubes for Goulash, mince for Bolognese, stir-fry for Chinese and anyway for your favourite Indian recipe!

EHL FIXTURES & RESULTS 2011-12

Premier Division	Bee	Bow	Can	EG	Ex	H&W	LS	Rea	Sou	Sur
Beeston		19Nov	25Mar	17Mar	16 Oct	4 Mar	14 Oct	4 Dec	26Feb	4-1
Bowdon	19Feb		11Mar	26Feb	4 Dec	13Nov	2-3	16 Oct	23 Oct	1 Oct
Cannock	22 Oct	8 Oct		12Feb	1 Oct	27Nov	17Mar	26Feb	4-0	19Nov
East Grinstead	13Nov	6 Nov	16 Oct		19Feb	11Mar	4 Dec	1 Oct	26Nov	25Mar
Exeter University	12Feb	1-5	4 Mar	19Nov		6 Nov	25Mar	3-2	11Mar	17Mar
Hampstead & W	1 Oct	17Mar	0-2	8 Oct	26Feb		16 Oct	25Mar	19Nov	4 Dec
Loughborough Students	11Mar	27Nov	13Nov	1-7	22 Oct	12Feb		19Nov	1 Oct	26Feb
Reading	2-1	12Feb	6 Nov	4 Mar	27Nov	23 Oct	19Feb		17Mar	9 Oct
Southgate	6 Nov	25Mar	4 Dec	0-3	9 Oct	19Feb	4 Mar	13Nov		16 Oct
Surbiton	27Nov	4 Mar	19Feb	22 Oct	13Nov	2-0	6 Oct	11Mar	12Feb	

Conference East	B&B	Can	CoP	HM	Hol	IG	OL	Oxt	Ted	Wim
Bromley & Beckenham		6 Nov	11Mar	19Feb	8 Oct	4 Feb	19Nov	26Feb	3-7	25Mar
Canterbury	4 Mar		25Mar	8 Oct	22 Oct	19Feb	4-4	13Nov	17Mar	4 Feb
City of Peterborough	13Nov	2-6		8-2	4 Mar	23 Oct	1 Oct	17Mar	19Feb	9 Oct
Harleston Magpies	16 Oct	12Feb	27Nov		3-2	17Mar	26Feb	1 Oct	13Nov	6 Nov
Holcombe	12Feb	26Feb	6 Nov	25Mar		2-0	11Mar	16 Oct	4 Feb	19Nov
Indian Gymkhana	1 Oct	16 Oct	26Feb	20Nov	27Nov		6 Nov	9 Oct	25Mar	11Mar
Old Loughtonians	17Mar	27Nov	4 Feb	22 Oct	13Nov	4 Mar		25Mar	11Feb	19Feb
Oxted	22 Oct	11Mar	19Nov	4 Feb	19Feb	11Feb	2-4		4 Mar	1-10
Teddington	27Nov	19Nov	16 Oct	11Mar	1 Oct	2-3	8 Oct	6 Nov		25Feb
Wimbledon	2-2	1 Oct	11Feb	4 Mar	17Mar	13Nov	16 Oct	26Nov	22 Oct	

Conference North	Bar	Bel	Bro	DR	Don	DU	Lee	Olt	Pre	SH
Barford Tigers		26Feb	0-5	11Mar	19Nov	8 Oct	25Mar	19Feb	4 Feb	6 Nov
Belper	22 Oct		4 Mar	19Nov	25Mar	19Feb	2-1	4 Feb	8 Oct	11Mar
Brooklands MU	27Nov	6 Nov		16 Oct	12Feb	1 Oct	26Feb	11Mar	3-0	19Nov
Deeside Ramblers	13Nov	17Mar	19Feb		4 Feb	4 Mar	8 Oct	3-3	22 Oct	4-7
Doncaster	17Mar	7-2	8 Oct	1 Oct		13Nov	19Feb	22 Oct	4 Mar	27Nov
Durham University	12Feb	16 Oct	4 Feb	6 Nov	11Mar		19Nov	25Mar	2-3	26Feb
Leek	5-3	27Nov	22 Oct	12Feb	16 Oct	17Mar		4 Mar	13Nov	1 Oct
Olton & WW	16 Oct	1 Oct	13Nov	27Nov	26Feb	2-2	6 Nov		17Mar	12Feb
Preston	1 Oct	12Feb	25Mar	26Feb	6 Nov	27Nov	11Mar	19Nov		16 Oct
Sheffield Hallam	4 Mar	13Nov	17Mar	25Mar	3-0	22 Oct	4 Feb	8 Oct	19Feb	

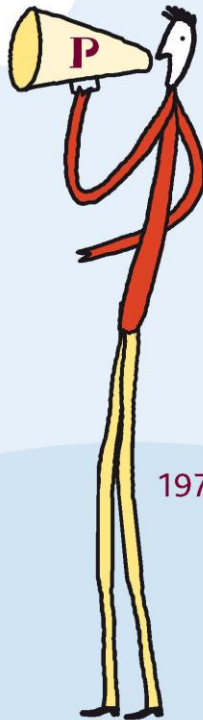
Conference West	Bou	CU	Che	Far	Gui	Hav	Lic	TBB	UoB	Whi
Bournville		11Mar	19Nov	0-5	1 Oct	16Oct	26Feb	12Feb	27 Nov	6 Nov
Cardiff UWIC	13Nov		12Feb	17 Mar	2-0	27Nov	6 Nov	26Feb	16 Oct	1 Oct
Cheltenham	17Mar	8 Oct		19 Feb	22Oct	25Mar	4 Feb	2-2	4 Mar	13Nov
Fareham	25Mar	19Nov	16Oct		27Nov	26Feb	11Mar	6 Nov	1 Oct	12Feb
Guildford	4 Feb	25Mar	26Feb	2-2		6 Nov	19Nov	11Mar	12 Feb	16 Oct
Havant	19Feb	0-0	5-0	22 Oct	4 Mar		8 Oct	5 Feb	13 Nov	18 Mar
Lichfield	22Oct	4 Mar	1 Oct	13 Nov	17Mar	12Feb		16Oct	3-1	27Nov
Team Bath Buccs	8 Oct	22Oct	27Nov	4 Mar	13Nov	1 Oct	19Feb		17 Mar	1-2
Univ. of Birmingham	3-1	19Feb	6 Nov	4 Feb	8 Oct	11 ar	25Mar	19Nov		26Feb
Whitchurch	4 Mar	4 Feb	11Mar	9 Oct	30Oct	19Nov	5-1	25Mar	22 Oct	

**OLTON & WEST WARWICKSHIRE
HOCKEY CLUB**

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