

**The Chairman & His Management
Committee Invite You To Witness
A Presentation by
Avtar Singh Sohal OLY | OGW | HSC
of His Lifetime Achievements to**

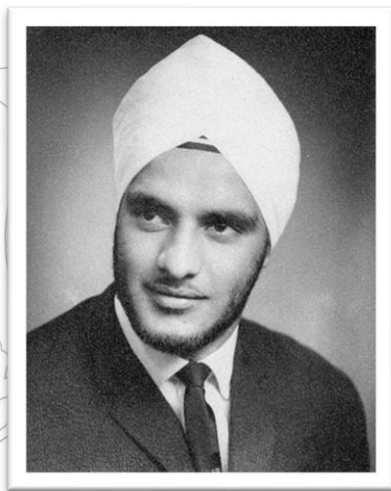


**SIKH
UNION CLUB**

NAIROBI

Tuesday 1st March 2022

~ 4pm ~



Chief Guest Of Honour

Amb. (Dr.) Amina C. Mohamed EGH | CAV

Cabinet Secretary

Sports, Heritage & Culture, Kenya

RSVP

Del Mudher (Hon. General Secretary)

0727 46 86 74 | info@sikhunionclub.com

Dress Code: Smart

**by Invitation Only
(Covid Protocols to be Observed)**



Avtar Singh Sohal ~ The Legend

Affectionately known as Tari the world over, he is a veteran of six Olympic Games, four as a player, one as Head Coach and one as FIH Judge and has been involved in hockey all his life. After playing for City Primary School and Duke of Gloucester School Nairobi, he joined Sikh Union Club Nairobi and gained his first international cap for Kenya when he was selected to play against South Africa at the age of 19 in 1957.

He was a member of Sikh Union Club Nairobi when the Club won the M R D'Souza Gold Cup in Kenya for the first time in 1959. He went on to win the Gold Cup for a record 12 times with Sikh Union Club Nairobi.

The following year he was selected for the Rome 1960 Olympic Games. He was appointed as the National Team captain in 1962 for a Test series against Pakistan and he led Kenya for a period of 10 years during which time Kenya were amongst the best teams in the World and they played India and Pakistan regularly, both home and away.

He captained the Kenya Olympic teams at Tokyo 1964, Mexico 1968 and Munich 1972 and was also captain at the 1st World Cup in Barcelona in 1971 where Kenya finished fourth, narrowly losing 1 – 2 after extra time to India in the Bronze medal match.

Tari was cited in the Guinness Book of Records "The most appearances in an international hockey career (male) was achieved by Avtar Singh Sohal (Kenya) with 167 appearances between 1957 and 1972"

After retiring from playing, Tari took over coaching and was Kenya's & Sikh Union Coach from 1978 to 1988. He went to his fifth Olympics as the Kenya head coach at the Los Angeles 1984 Olympic Games.

In addition to coaching, he took up Umpiring and was awarded his FIH international Umpires badge in 1980. He was appointed on FIH's Development and Coaching Committee in 1988 and was a Judge at the Seoul 1988 Olympic Games.

He was awarded the International Hockey Federation's 'Diploma of Merit' for 18 years distinguished services rendered to Hockey by Juan Angel Calzado, President of the FIH in 2000.

Tari attributes all the immense success he and the Club have had to all his fellow players, peers and well wishers without whom he would not have scaled such heights.

Tari is still active, currently being involved with coaching juniors and resides in Nairobi, Kenya with his wife Rupa.

Dil Bahra



Career Timeline (1955 – 1968)

- 1938:** Born in Nairobi to Pyara Singh & Parmesari Kaur Sohal
- 1945:** Aged 7, City Primary School, Nairobi
- 1948:** Aged 10, Watched Dhyana Chand & Manna Singh, took up hockey
- 1952:** Aged 14, Joined Duke of Gloucester High School, Nairobi
- 1955:** **Aged 17, Selected to play for Sikh Union Club Nairobi**
- 1957:** **Aged 19, 1st International match British Kenya v S. Africa in Nairobi**
- 1958:** British Kenya team Member Asian Sports Association Cup
- 1959:** Aged 21, Won M. R. D'Souza Gold Cup (1st time in Sikh Union Club history)
- : British Kenya v Indian (Nbi)
 - : Kenya team Member, Winners of E. A. Hockey Championship (Kampala)
 - : British Kenya v Rhodesia (Nbi)
- 1960:** **Aged 22, Rome Olympics (1st)**
- : British Kenya v Pakistan (Nairobi)
 - : E.A. Championships (Nairobi)
 - Winner with British Kenyan team
- 1961:** British Kenya tour to Rhodesia
- 1962:** **Aged 24, Selected British Kenya Captain**
- : British Kenya v Pakistan (Nairobi)
 - : E.A. Championships (Zanzibar)
 - Winner, British Kenya
- 1963:** E.A. Championships (Moshi, TZ)
- Winner as Captain of British Kenya
- 1964:** **Kenya Captain Tokyo Olympics (2nd)**
- : Kenya's Tour of India as Captain
- 1965:** **Aged 26, Captain, Sikh Union Club, Won all Cups in East Africa for 6 years**
- : E.A. Championships (Kampala)
 - Winner as Captain of Kenya
- 1966:** Kenya's Tour of Europe as Captain
- : E.A. Championships (Nairobi)
 - Winner as Captain of Kenya
- 1967:** E.A. Championships (Dar, TZ)
- Winner as Captain of Kenya
- 1968:** Kenya Captain Mexico Olympics (3rd)
- : Pre-Olympic Tour of Pakistan & India
 - : E.A. Championships (Kampala)
 - Winner as Captain of Kenya



TOKYO 1964



Career Timeline (1969 – 1988)

- 1969:** E.A. Championships (Dar, TZ)
Winner as Captain of Kenya
: National Captain Tour
India & Pakistan
- 1970:** E.A. Championships (Nairobi)
: Winner as Captain of Kenya
: Kenya Captain, Touring Pakistan Side
- 1971: Aged 33, Kenya Captain**
1st World Cup (Barcelona, Spain)
: African Championship (Zambia)
Winner as Captain of Kenya
- 1972: Kenya Captain**
4th Olympics (Munich)
Aged 34 – Retired from Int. Hockey
- 1973:** Aged 35, KHU Assistant Kenya Coach
2nd World Cup (Holland)
- 1974:** Assistant Kenya Coach,
Pakistan Tour of Kenya
- 1975:** Sikh Union Player & Coach,
Tour of India & Europe
- 1978:** Sikh Union Club Player Coach
Tour of South America
Aged 40 – Retired, Playing Hockey
- 1979: Kenya Coach,**
Tour of Australia & Far East
Entered Guinness Book of Records
(Most international's Caps 167)
- 1980:** Kenya Coach,
India & Pakistan Tour of Kenya
- 1982:** Kenya Coach,
Tour, Malaysia, Singapore & Pakistan
- 1983:** Kenya Coach,
Tour of Americas & UK
- 1984: Aged 46, 5th Olympics (Los Angeles)**
Chief Kenya Coach
- 1985:** Kenya Coach,
Intercontinental Cup, Barcelona
- 1986:** Started FIH Accreditation Courses
(Coaching & Judging)
- 1987: Aged 49, 1st FIH delegation, Judge,**
Indira Gandhi Int. Tournament, Delhi
All Africa Games Ass. Director, Nbi
- 1988: Aged 50, FIH Judge,**
6th Olympics (Seoul)
: Kenya Coach, Tour of India
: **FIH Judge, Champions Trophy, Lahore**



Munich 1972



Kenya Hockey Union



Kenya Hockey Union



Games of the XXIII Olympiad (Los Angeles 1984)



Career Timeline (1990 – 2019)

- 1990:** Coach, Africa Hockey Federation
1st Continental Cup, Malaysia
FIH Judge, BMW International Trophy,
(Amsterdam, Holland)
- 1991:** Kenya Coach, Tour of India & Pakistan
Kenya Coach,
5th All African Games (Egypt)
- 1992:** FIA Delegate, Junior Men's World Cup,
(Lahore, Pakistan)
Kenya Coach,
Indra Gandhi Gold Cup (Delhi)
- 1993: Head Coach Indonesia**
Men & Women's National Team
Southeast Asia Games (Indonesia)
- 1994:** FIA Technical Judge,
7th Indra Gandhi Int. Tournament
(Lucknow, India)
FIA Technical Judge,
World Cup (Sydney, Australia)
- 1995: Zimbabwe Head Coach**
6th All African Games (Zimbabwe)
Head Coach Hong Kong
Men & Women's National Team
- 1996: Head Coach Zimbabwe**
Africa Cup Nations (SA)
- 1998:** FIH Delegate, Marshall Cup (Nbi)
FIH Judge, Champ. Trophy (Lahore)
- 1999: Kenya Head Coach (Men & Women)**
7th All African Games (South Africa)
- 2000: Awarded FIH Diploma of Merit**
- 2001: FIH Judge, 1st Champions Challenge**
(Kuala Lumpur, Malaysia)
Kenya Coach, Int. Tournament (Egypt)
- 2002:** Aged 64, Retired from KHU
- 2005: Head of State Commendation (H.S.C.)**
Given by President Mwai Kibaki
- 2006: Retired from FIH duties**
Sikh Union Club 75th Anniversary
Organising Committee Member
- 2013:** Coach, Friends School, Kamusinga,
Western Kenya (Until 2019)
- 2016:** Sikh Union Club Astro Committee
Fundraising Drive in England
- 2019:** Launch of new Astro Pitch at S.U.C.
- 2020:** Coach, Sikh Union Club Nairobi Tigers
- 2021:** Recipient of Order of the Grand Warrior
of Kenya (O.G.W)



الدورة الأفريقية للكرة الهوكي
5th ALL AFRICA GAMES
5th JEUUX AFRICAINS



Kenya Hockey Union



AVTAR

CAPTAIN

Legend

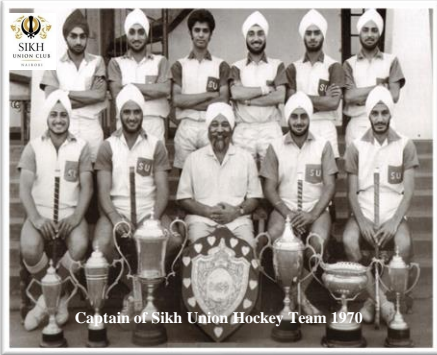
SOHAL

TARI

COACH

Olympian

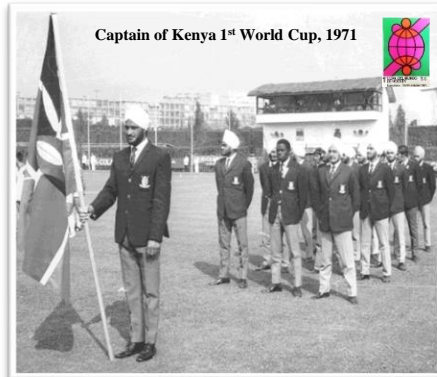
UMPIRE



Captain of Sikh Union Hockey Team 1970



Meeting India's 1st Prime Minister Jawaharlal Nehru



Captain of Kenya 1st World Cup, 1971



With triple Olympic Gold medalist Balbir Singh 'Senior'



Olympic Team, Rome 1960



With fellow multi-Olympian legend Sindi Panesar

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Facts & Figures
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