

Rugby entered Beena Chadha's life unexpectedly in 2015, following her professional work with the Rugby Football Union (RFU). Having overcome a childhood aversion to sport, Beena decided to step outside her comfort zone and give rugby league a try, joining the Harlequins Ladies. What began as a personal challenge quickly developed into a deep passion for the game, as she discovered the strong sense of belonging, teamwork, and camaraderie that rugby league offers.

Beena's involvement in the sport deepened as her commitment and leadership became clear. In 2017, she took on the role of Secretary for Harlequins Ladies, a position she held until October 2023. Her dedication was widely recognised, and she later assumed the role of Fixtures Secretary and Coach for the Harlequins Amateurs Girls section, helping to build strong teams and guiding two players from age-grade rugby into the women's squad.

As the club evolved, Beena redirected her focus to help revitalise the Harlequins

Amateurs Women's section, further demonstrating her long-term commitment to inclusion, growth, and sustainability within the game. Her work has consistently focused on creating clear pathways and supportive environments for women and girls to progress and thrive.

Alongside her club contributions, Beena has represented the British Police Rugby League team, competing in the Wooden Spoon Women's competition, while serving as a member of the Metropolitan Police.

Balancing elite public service with competitive sport, she has become a powerful role model within both sectors.

In recognition of her outstanding contribution to equality and inclusion, Beena was awarded the BARA Inclusion Award, presented at the Speaker's House in Parliament. Her legacy lies in ensuring rugby league is a welcoming, accessible space where women, particularly from under-represented backgrounds, feel valued and supported.

**“ INCLUSION ISN'T JUST ABOUT OPENING DOORS, IT'S ABOUT STAYING TO MAKE SURE PEOPLE TRULY BELONG ”**

