

**ISSUE 11**

**THE NEW PCA
MIND MATTERS
CAMPAIGN GOES LIVE**

**THE GAME UNITES IN
MAYNARD'S MEMORY**

**PUTTING YOUR
NEW BUSINESS
IN GOOD COMPANY**

**NATWEST PCA PLAYER
OF THE YEAR
NICK COMPTON:
'TRESCOTHICK'S MY
INSPIRATION'**



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THE COVER

THIS ISSUE'S COVER IS INSPIRED BY THE CHEMICAL BROTHERS' GRAMMY AWARD-WINNING ALBUM 'PUSH THE BUTTON'

FROM THE EDITOR

Welcome to issue 11 of Beyond the Boundaries.

It is a sad fact that cricket has one of the highest suicide rates in sport and the PCA have been working hard for a number of years to help our members identify crucial warning signs and how to get help.

The setting up of the confidential helpline and Addictive Behaviour Programme were both important steps on the road and the recent launch of our 'Mind Matters' series of online tutorials on the PCA website is a further significant leap forward. The tutorials have refreshed the content of the addictive behaviour initiative from four years ago and expanded it into four separate areas, so that information is now available on alcohol, drug and gambling addiction, anxiety, depression and self-harm. Presented by Marcus Trescothick, Mike Yardy and Tim Ambrose, the intention is to develop the content further with case studies in the future. It's also important to remember the tutorials are designed as a resource for all PCA members to access - please make sure to spread the word. You can find out more on page 12.

Congratulations to champion counties Warwickshire CCC - LV= County Championship - and Hampshire CCC - Friends Life t20 & CB40. Contrasting that happiness however, the loss of Tom Maynard will be one of the saddest memories of 2012, his death did spark a strong positive reaction from the cricketing community as a whole, with several PCA members taking part in a bike ride from Glamorgan Cricket Club to the Kia Oval to raise funds for the Tom Maynard Trust. As a follow-up, the Big Bike Ride from Durham to London will be taking place next October on behalf of the Trust and the PCA Benevolent Fund, so we're looking for more people to join us... You can read about both events on page 16.

We are now 10 months into the core personal development and welfare programme being directly run by the PCA and our group of personal development managers was completed recently when Simon Ecclestone returned to the association. His experience as a former player and PCA member of staff will be invaluable, and we offer him a warm welcome to the team. As you'll discover on page 29, Simon has plenty of experience of setting up a business, which is the subject of an in-depth feature starting on page 20. If you're interested in developing a business idea or learning a new skill or profession, the PDMs are in place to help both current and former players develop their careers after their playing days are over, and can help access educational funding with 50 per cent of fees covered by the PCA.

Enjoy the magazine, have a great off-season and keep in touch.

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MEMBERS OFFERS



Mercedes-Benz

MAMMOTH SPORT MATTRESSES

Lower back pain is the second most common injury in cricket, but a new mattress from Mammoth Sport has been designed to help recovery from backache and general exertion at the crease.

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*Business Users only. Advance Payment applies. Model featured is a SLK 250 CDI BlueEFFICIENCY AMG Sport at £29,575.00 on-the-road (OTR price Inc. VAT, delivery, 12 months' Road Fund Licence, number plates, first registration fee and fuel). Finance example based on a SLK 250 CDI BlueEFFICIENCY AMG Sport at £29,575.00 on-the-road on a 12 month Personal Contract Hire agreement with an advance payment of £694.52 followed by 11 rentals of £169.00 per month. All payments include VAT. Based on 10,000 miles per annum. Includes Road Fund Licence for the duration of the contract. Offers available on selected models ordered/credit approved between 1 October 2012 and 31 December 2012 and registered by 31 March 2013. Guarantees and indemnities may be required. Some combinations of features/options may not be available. Please contact your Mercedes-Benz Retailer for availability. Some combinations of features/options may not be available. Offer only available as part of the VIP Programme and cannot be used in conjunction with any other offer. To check qualifying eligibility call the Mercedes-Benz VIP Team on 01908 301759.

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VARUN'S ON RED ALERT

Warwickshire opener Varun Chopra teamed up this summer with Cure Leukaemia to help raise funds for much-needed specialist nurses across the Midlands.

As well as carrying the charity's logo on his bat throughout the 2012 season, the 24-year-old asked local companies to sponsor him per run in a bid to raise £25,000 as part of BBC WM's Red Alert Appeal.

Chopra certainly did his bit, top scoring in all three competitions for a combined total of 1,774 runs.

For more on the charity, visit www.cureleukaemia.co.uk

THE NEXT GENERATION

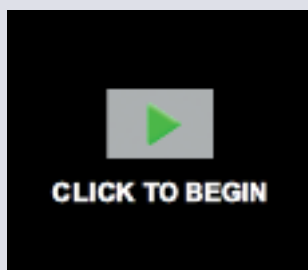
The Julian Wood Academy, set up by the former Hampshire player of the same name has formed a new partnership with Kihara Bats, a Berkshire-based on-line equipment specialist.

Kihara produce a range of bats, clothing, leg guards, gloves, and training wear, with new designs to be tested by youngsters at the academy.

The Julian Wood Academy aims to provide top class coaching to aspiring young cricketers aged from 4 to 18.

For more details visit www.jwcricketacademy.com and www.kihara.co.uk

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A BRIGHT SPARK

It's not just on the field where the sparks have been flying for Hampshire opener Michael Carberry after successfully qualifying as a domestic electric installer.

The prolific batsman, who has won one Test cap for England, was prompted into considering a future after cricket when he was diagnosed with a blood clot on his lungs in November 2010.

Carberry has since learned to keep the condition under control through medication, enabling him to continue playing, but he is pleased to now have something to fall back on.

The 32-year-old completed what is normally an 18-month course in a year, studying at college in Southampton.

"Looking after your future beyond cricket was something that was drilled into me by my parents and is a message that has been reinforced by the PCA," he said.

"What happened with the health scare did sharpen the mind and make me realise that no-one is invincible from injury or illness. It's nice to know I can now enjoy playing and have something lined up beyond that."

The 32-year-old helped his county to a one-day cricket double this summer as Hampshire won both the Friends Life t20 and Clydesdale Bank 40 competitions, the latter where he was leading run scorer in the country with 598, including two centuries and five fifties.

MEMBERS NEWS

GOOD CHARLOTTE

England's ICC Women's World Twenty20 captain Charlotte Edwards has become the first female to sit on the MCC World Cricket committee.

She is one of four recent additions to be added to the select group, along with former West Indies captain Jimmy Adams, ex-Australia wicketkeeper Rod Marsh and former England captain turned commentator and analyst Michael Vaughan.

The quartet replace Tony Dodemaide, Andy Flower, Mike Gatting, Alec Stewart, Michael Tissera, Courtney Walsh and former chairman Tony Lewis, who had served on the committee since its inception in 2006.

Edwards' first meeting in her new

role was held on August 13 and 14 and chaired by another former England skipper, Mike Brearley.

"I'm passionate about the game of cricket, and feel I've got plenty to add to the discussion," she said. "It'll be an amazing experience just to pick these guys' brains. On a broader level, it's great for the women's game that I've been given this opportunity."

Another new addition is Sri Lankan batsman, Kumar Sangakkara, while ICC chief executive Dave Richardson joined the committee in 2009.

Welcoming Edwards and the other newcomers Brearley added: "MCC is privileged to have these eminent cricketers agree to join."



HONOUR SEES BIRD FLY HIGH

The most recognisable umpire in the history of the game, Dickie Bird, said he was 'humbled' to walk into Buckingham Place and receive an OBE for his services to cricket and for his charity work.

On retiring from a 23-year umpiring career in 1996, the 79-year-old set up the Dickie Bird Foundation in 2004 with the aim of helping disadvantaged youngsters get involved in sport.

Bird, who officiated in 66 Test matches and 69 one-day internationals after retiring from a playing career with Yorkshire and Leicestershire, was previously honoured with an MBE in 1986.

He said: "This is the pinnacle of my career and I feel very proud and humble. My aim with the foundation is to get kids off street corners, get them away from television and give them a start in life."



BACK TO THE FUTURE

Life has certainly gone full circle for former Middlesex fast-bowler Steve Sylvester, who spent the 2012 season training at Lord's with the current playing staff.

He is in his third year as Middlesex team psychologist, two decades on from making his first-class debut.

Sylvester explained: "My role is to work with players, coaching staff and management to ensure that there's a good sense of wellbeing and performance. In year one, I worked with Angus Fraser on the philosophies of leadership that I've taken from business psychology and applied to sport."

"Year two was spent with the coaching staff and this year has seen me training with the players. Essentially, I'm trying to be a fly on the wall and being on the inside provides a better understanding." For more information on Steve's work, visit stevensylvester.com

SPEEDY ASSISTANCE

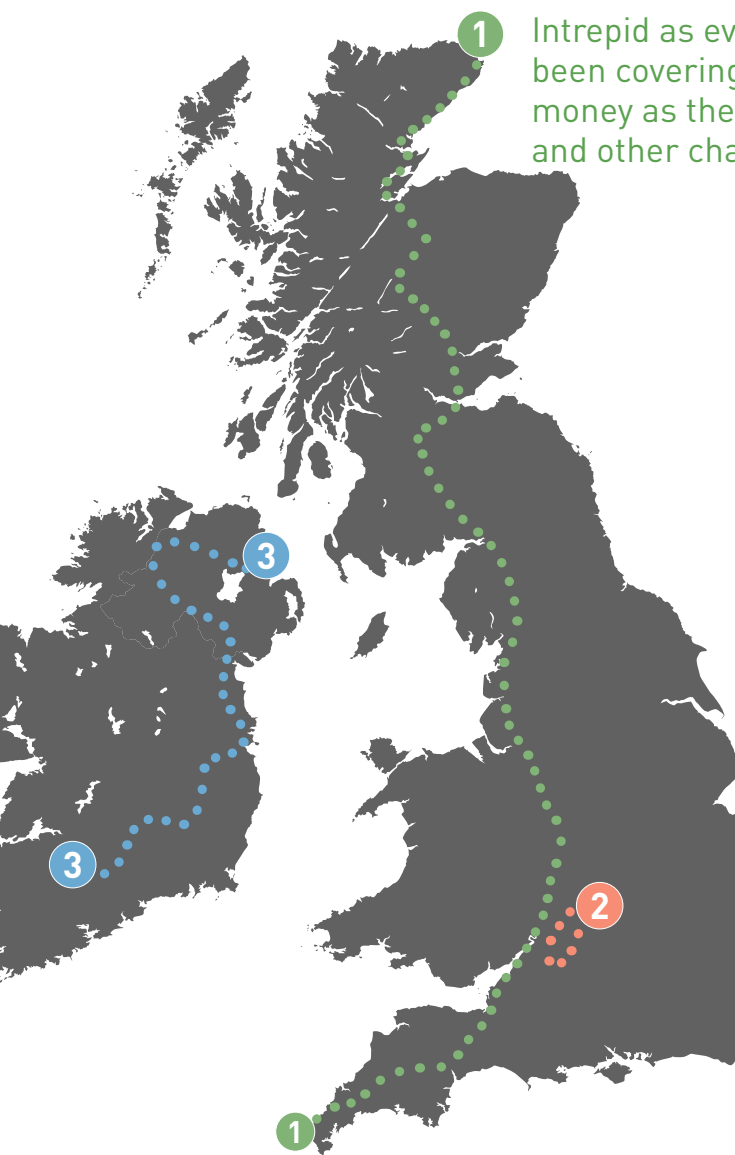
Surrey pace ace Stuart Meaker was behind Surrey's recent donation of a huge amount of spare kit to budding cricketers in the developing world.

Having rounded up all the unused kit sitting at the bottom of his team-mates' lockers, Meaker – who made his England debut in India last September – managed to collect up eight full bin liners of shirts and trousers, two full boxes of trainers and cricket boots and 12 boxes full of helmets and batting pads.

All kit donated was top of the range and had been used by the Surrey professional squad within the past 18 months.

The man responsible for distributing the kit is Meaker's former club coach Peter Wellings, who specialises in transporting old kit from England to countries where it is needed, which have included teams in South Africa, Uganda, Rwanda, India and Sierra Leone in the past.

ROAD TRIPS



1 Intrepid as ever, our members have once again been covering the miles in a bid to raise as much money as they can for the PCA Benevolent Fund and other charities.

1 WALK ON THE WILD SIDE

Leicestershire opening bat Matt Boyce is walking from John O'Groats to Lands End for mental health charity MIND, with 25 per cent of the money going to the PCA Benevolent Fund.

He's donned his hiking boots to complete the gruelling 1,137 mile trek from the most northerly tip of mainland Scotland to the most southerly point of England.

Go to the website www.mattboycecharitywalk.co.uk for details on how to donate and for the full story of his adventure see pages 26 and 27.



2 DUO STAY UNBEATEN

After just shy of seven hours in the saddle and a few timely pit stops along the way, former Gloucestershire bowlers Ben Gannon and James Rendell successfully completed The Red Rainbow 99 NotOut Charity Bike.

They visited 12 Gloucestershire cricket clubs in total with their route taking in Cheltenham Town, Cranham, Sheepscombe, Painswick, Stroud, Frocester, Chipping Sodbury, Thornbury, Rockhampton CC, Frampton CC, Gloucester City Winget and Hatherly and Reddings.

The PCA Benevolent Fund and Well Child were the two chosen charities with money raised around the £1,000 mark.

"Having never completed more than 45 miles in one ride previously I was a little apprehensive but it turned out to be a glorious summer's day, and I enjoyed every moment," said Gannon.

If you wish to sponsor the pair visit www.justgiving.com/teams/RR-99notout



3 ALONG FOR THE RIDE

The sad death of Surrey player Gary Wilson's mum of lung cancer prompted him and Ireland team-mate Will Porterfield to return to their homeland for a 380-mile tour by bike.

Over the course of five days they cycled from Cork to Belfast via Kilkenny, Dublin, Armagh and Londonderry.

At the end of the trip, they held a dinner at Stormont Cricket Ground, which included a guest speaker, a raffle and an auction, all raising money for Cancer Research.

For coverage of the event visit www.welivecricket.com/bigbikeride. To donate, text your amount to 70070 with the code CRIC50 or go to www.justgiving.com/Gary-Wilson14



SUCH A DELIGHT

Peter Such has been promoted to National Lead Spin Bowling coach by the England and Wales Cricket Board.

The former England and Essex off-spin bowler - whose career spanned from 1982-2001 - had been operating as the ECB's spin bowling coach on a part-time basis for three years, but has now been elevated to a lead role at the National Cricket Performance Centre in Loughborough.

Such's jurisdiction will include coaching players selected for England Lions and England Performance Programme (EPP) squads, as well as overseeing the progress of spin bowlers within the England Development Programme.

At a domestic level, the role will look to develop spin bowling around the county circuit, encouraging the development and use of spin bowling at all levels.

"We are delighted to appoint Peter, who has been responsible for establishing and overseeing, in partnership with the Brian Johnston Memorial Trust, the work of our specialist spin coaches within county Academies and Emerging Player Programmes," said David Parsons, ECB Performance Director.

"Peter has coached Lions spin bowlers including Danny Briggs, Scott Borthwick and Simon Kerrigan. His monitoring and identification of talented spin bowlers in first-class cricket is highly respected."



DINNER'S PYRAH-TECHNICS

Yorkshire's Richard Pyrah took time out from his 2012 season to help organise this summer's pre-Headingley Test match dinner, hosted at the Centenary Pavilion, Elland Road, Leeds.

He secured a line-up that included Sky Sports' Rachel Brookes, comedian Kevin Connolly, England's Tim Bresnan and South Africa's Jacques Rudolph, in an event held in aid of the PCA Benevolent Fund.

BOWLERS' RAY OF HOPE

Respected former county umpire Ray Julian - three times winner of the PCA's Umpire of the Year Award - has recalled some of his favourite cricketing tales. Never shy to give people out, he said: "I heard Steve James ask Graeme Fowler what he thought of the Decision Review System. Graeme replied: 'We don't need it, we have Ray Julian!'" And Phil Tufnell said to me at Lord's once he only needed one wicket for 100 for the season. I replied: "Don't worry - I only need one for my 1,000 lbs."

HOLLY TURNS TO KENYA

England Ladies' spinner Holly Colvin is embarking upon a two-week charity project to Kenya with Cricket Without Boundaries, a UK cricket development and AIDS awareness charity.

Colvin, who at 15 became the youngest player ever to represent her country in a Test match when selected to face Australia in the first Test at Hove in August 2005, said: "My previous cricket coaching



experience has been limited to working at private schools and at the prestigious Arundel Castle Cricket Club.

"Now I want to develop and make use of my skills in an

environment where I can really make a difference by coaching children who are desperate to learn."

Colvin's trip will see her working with Children in Nakuru and with the acclaimed Massai Cricket Warriors in the Massai Village.

Fitting it in around her busy cricket schedule, she has paid for her own flights and medical expenses and raised £1,432 - almost twice the minimum £750 - to cover project costs such as transport, accommodation and the cricket equipment.

To make a donation to CWB, visit www.justgiving.com/cricketwithoutboundaries and follow CWB on twitter @CWBAfrica

MAKING FIRM STRIDES

Justin Benson, the former Ireland captain and Leicestershire all-rounder, has moved to King Edward's School in Witley to be director of admissions and communications. David Burton, previously on the staff of Gloucestershire, Kent, Middlesex and Northants, has geared up a bespoke car detailing service that specialises in cleaning, compounding, polish and waxing. Call 07903 758 066 for more.

SPINNER SWAPS BALLS FOR BONES

Veteran left-arm spinner Gary Keedy is preparing for life after his playing career by studying to become a Physiotherapist.

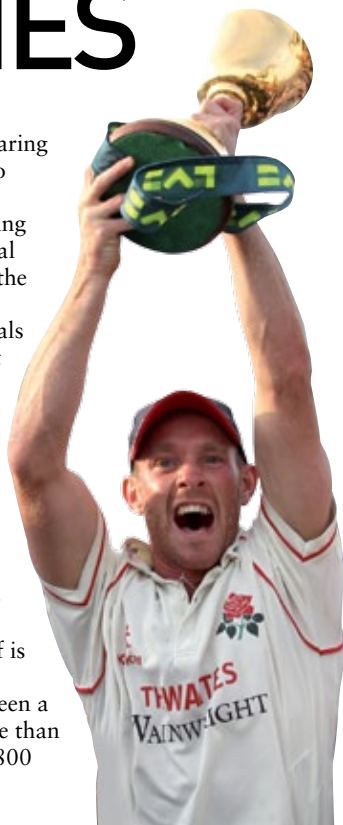
The 37-year-old has spent 12 weeks working in the Physiotherapy Department at the Royal Blackburn Hospital, as part of his degree at the University of Salford.

He was invited by East Lancashire Hospitals NHS Trust to undertake a clinical placement in acute respiratory, critical care, surgery and neurological rehabilitation.

"The knowledge and skills I have gained working alongside experienced professionals are invaluable to me for life beyond first-class cricket as a Physiotherapist," said Keedy.

"Although the pressures and demands are different to those on a cricket field, it was refreshing to be part of a different team who share the same values. The professionalism, dedication and high level of skills of the staff is a credit to the service."

Keedy signed for Surrey recently, having been a Lancashire player since 1995 and taken more than 650 first-class wickets and well in excess of 800 senior scalps in all competitions.



FROST BOOK MELTS HEARTS

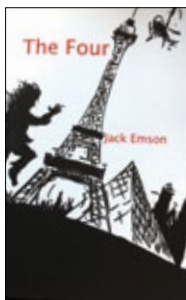
Since retiring from playing with Glamorgan in 1993, Mark Frost has certainly been busy – and his latest venture is into children's writing.

Writing under the pen name Jack Elsom he has published his first book called 'The Four', a fictional thriller, which was published earlier this year.

Frost, who claimed more than 150 first-class victims with his right-arm seam bowling is currently director for Sport Wales based in Cardiff having previously been the chief executive of the Cricket Board of Wales (now Cricket Wales), and also carried out a similar temporary role within Welsh Athletics.

"The book is about a family trip to Paris which goes wrong and the four children end up on the run," explained Frost. "They are caught in between an extraordinary group of people trying to help the four and a ruthless man set on capturing them and the priceless item he wants so much. I've found the whole experience of writing something very rewarding."

The book is available in softback and kindle from Amazon.co.uk



CHAMPIONSHIP CRICKET STILL NUMBER ONE

PCA Chief Executive Angus Porter outlines the response of members to a PCA survey on the future of the domestic game

While the future structure of county cricket is still very much in limbo, we believe it's vital the administrators take into account the views of those on the shop floor – you, the PCA members – before making their decision.

David Morgan's pre-season report, commissioned by the ECB into the domestic game's future structure, proposed to reduce County Championship matches to 14 per season from the start of the 2014 campaign. It also recommended T20 fixtures be played throughout the season, rather than in one block, and a return to 50-over cricket, in place of the 40-over format.

The ECB subsequently decided to commission more consumer research into the issue, after a PCA survey in March found the vast majority of our membership was strongly opposed to the bulk of the recommendations.

It was telling in itself that around 70 per cent of players took time to respond online to the survey, highlighting there is a passionate interest in the future of our game.

The overwhelming desire was to retain a 16-match LV= County Championship season, with 91 per cent of players ranking that their priority. The majority also wanted to see all teams in four-day cricket have identical fixture lists, home and away.

T20 cricket was ranked second in importance, with a large chunk of membership wanting to maintain a block to complete matches, as well as see increased prize money.

In regard to the third tournament, there was no agreement on 40 or 50 overs (a 51/49 per cent split) – but it was clear that members did not feel the current format worked. Any redesign, however, should not be at the expense of County Championship or T20 cricket.

As we go to print, we understand the ECB Board will discuss a revised structure from 2014 at its November Board meeting, and we expect that an announcement will have been made by the time you receive this issue of Beyond the Boundaries. Experience tells us it is impossible to satisfy everyone, but we must hope our campaign to maintain the integrity of the County Championship, and for any increase in T20 to be balanced by a reduction in 40/50 over cricket, has been successful.

MEMBERS NEWS



FITTING MEMORIAL

Warwickshire players past and present united at the end of the season to give a fitting tribute to Neal Abberley in the former batting coach's inaugural Memorial Match.

A team of former Bears' stars beat the current playing squad in an entertaining game at Knowle & Dorridge CC, with Allan Donald given time off from his duties as South Africa's bowling coach to play, scoring an unbeaten half-century to steer the Warwickshire Old County Cricketers' Association XI to victory.

The county's current coaching team of Ashley Giles, Graeme Welch and Dougie Brown also played for WOCCA alongside the likes of Asif Din, Paul Smith,

Neil Smith, Tim Munton, Gladstone Small, Dominic Ostler, David Hemp, Tony Frost and Mike Burns.

Ian Bell was also given permission by England to play and David Brown, Bob Willis, Dennis Amiss, Nick Knight, Andy Lloyd, MJK Smith, KD Smith, John Jameson and Steve Rouse were among those present to remember a much-respected former team-mate.

The event helped to raise £12,000 for WOCCA and Neil Carter's Benefit Year, and is intended to become an annual event to forge close links between Warwickshire's current first team squad and players from the past.

Make money for your old player association, county club or beneficiary - call Jason Ratcliffe on 07768 558 050.



PLAYERS HEAD TO SPANISH SUN

ECB head of cricket operations Alan Fordham, Surrey skipper Gareth Batty, Notts seamer Jake Ball and Northamptonshire's Matt Spriegel emerged victorious at the 2012 R&Q County Cricketers' Player Summit.

More than 40 players headed to Spain to take part in the traditional end-of-season summit, which this year took place at the prestigious PGA Catalunya.

A1 SERVICE

Former Notts player and first-class reserve umpire Russell Evans has launched B3 Cricket, a new bat manufacturer using 100 per cent English willow.

The new business, which combines state of the art machinery with individual hand-finishing of every bat, is based off Junction 26 of the M1.

Evans is also looking for PCA members who are now involved with schools or clubs to represent the company. For more details call 07710 504 658 or email russell@b3cricket.com.

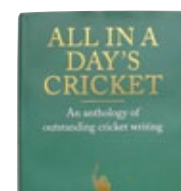
VALUABLE DONATION

Ian Bell ensured the PCA Benevolent Fund was a winner after the England and Warwickshire batsman was named England FTI MVP for the 2012 season.

The 30-year-old collected the trophy at the end of the summer alongside a cheque for £5,000 from lead sponsors FTI Consulting, and generously split his winning between the Benevolent Fund and The Acorn Children's Hospice.

INKED IN

Mike Brearley, Vic Marks, Marcus Trescothick, Phil Tufnell, and 'the Whirlwind' Frank Tyson are among the contributors to 'All in a Day's Cricket' a new anthology of cricket writing published by Constable. Compiled by Brian Levison, the book compiles some of the 'best and most intriguing writing on cricket', from the mid-18th century to the present day.



KEVIN CURRAN

The former Gloucestershire, Northamptonshire and Zimbabwe all-rounder died aged 53 after collapsing while jogging in Mutare. Curran, a former Zimbabwe national coach, was coaching the Mashonaland Eagles at the time of his death. He made his first-class debut for Zimbabwe in 1981 and was part of the team who beat Australia by 13 runs at Trent Bridge in the 1983 World Cup, one of 11 one-day internationals he played from 1983 to 1988. Curran went on to play county cricket from 1985 to 1999, passing 1,000 runs five times and making 25 first-class centuries. He notched 15,740 first-class runs and took 605 wickets with his fast-medium bowling, also playing for Boland in South Africa. Curran later became assistant coach of Zimbabwe and took charge of Namibia before heading up the Zimbabwe academy in 2004. A year later he was appointed as national coach, a role he held until 2007.

TOM MAYNARD

Tipped for international honours, tragic circumstances surrounded the death of England Lions player Tom Maynard, aged just 23, as he was hit by an underground train.

Maynard, the son of former England batsman Matthew Maynard, played his final game for Surrey on June 17 - the day before his passing - in a Twenty20 match against Kent at Beckenham.

Born in Cardiff, his breakthrough came with Glamorgan in 2007, when he scored 71 on his List-A debut against Gloucestershire.

But it was following his move to Surrey for the start of 2011 that he really blossomed. At the Oval, Maynard scored his maiden century and finished the season with 1,022 first-class runs to go with 907 in one-day action.

He hit a career-best 143 early in 2012, but sadly that hundred was to be his last.

For details on the Trust set up in Tom's memory, turn to page 16.



LEWIS MCGIBBON

A Northamptonshire player who later served as the county's treasurer and vice-chairman, he died a month short of his 81st birthday. McGibbon was a native of the North East and played for Northumberland before he joined Northamptonshire as a seamer in 1957 where he took 33 wickets in 13 first-class appearances, later working as an accountant.

DAVID THOMAS

The former Surrey and Gloucestershire all-rounder, nicknamed 'Teddy', died aged 53 after a long and brave battle with multiple sclerosis. Born in Solihull, he played at the Oval from 1977 to 1987 and was an aggressive left-arm pace bowler. Thomas also scored two first-class centuries in 1983 and set up his own corporate hospitality company on retirement.

FRANK FORSTER

In 29 Minor Counties Championship matches over eight years for Durham, Forster took 78 wickets, including five against the full Indian touring side in 1959. In league cricket, Forster played at Seaham, Harbour, Wearmouth, Philadelphia, Burnmoor and Benwell. Aged 81 when he passed away in June, he was a life member at Durham.



HARRY PILLING

The diminutive batsman, who was a key member of the Lancashire side that dominated one-day cricket in the early 1970s, died in September aged 69.

Pilling helped Lancashire win the first of three consecutive Gillette Cups with an unbeaten 70 against Sussex in the 1970 final at Lord's.

He was also part of the Lancashire side that won the first two John Player League titles in 1969 and 1970 and the first batsman to top 1,500 runs in that competition.

Pilling, who was born in

Ashton-under-Lyne, made his debut against Sussex in 1962 and quickly established himself as a regular.

He registered his maiden first-class century against Hampshire at Portsmouth in June 1963 and scored a further 24 centuries including a career-best 149 not out against Glamorgan in 1976.

He made 333 first-class appearances between 1962 and 1980 and 173 more in one-day cricket.

Pilling's only one-day century was also made against Glamorgan in 1973.

DAVID GIBSON

A member of Surrey's County Championship-winning sides of 1957 and 1958, fast-medium bowler Gibson has died in Bowral, New South Wales, aged 76. He made 185 first-class appearances between 1957 and 1968 - taking 10 wickets in the match on his county debut against Gloucestershire - and took 90 wickets in 1960, including a career-best 7-26 against Derbyshire. A knee cartilage injury restricted his appearances in 1966 and he played little thereafter, retiring from first-class cricket in 1969 and moving into coaching.

FRANK PARR

Brief success as a Lancashire wicketkeeper preceded a better-known career as a jazz musician for Frank Parr, who died in a London hospice aged 83. He took 71 catches and completed 21 stumpings in 48 matches between 1951 and 1954 and was awarded his county cap in 1953. Parr subsequently played trombone in the Mick Mulligan Band alongside lead singer, George Melly, and he later worked as Acker Bilk's manager, as well as in advertising.

LOUIS VORSTER

Shot dead by armed robbers at a petrol station in Gauteng, Vorster was a batsman who played one first-class match for Worcestershire against the West Indies at New Road in 1988. He played county Second XI cricket for Worcestershire and Warwickshire and enjoyed a long and varied first-class career that began at Transvaal B in 1985 and ended in 2009 after a spell as player/coach with Namibia. Vorster worked as a cattle and game farmer at the time of his death.

MARTIN STOVOLD

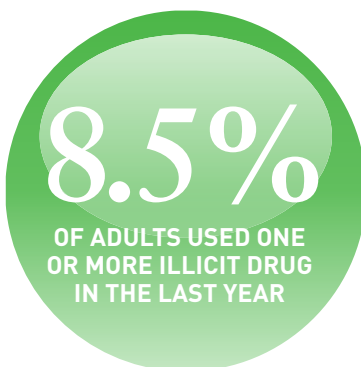
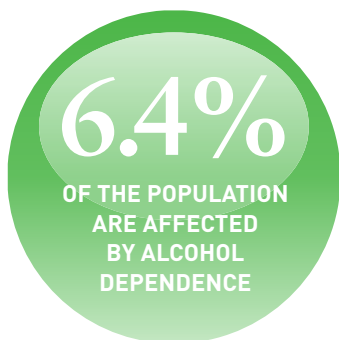
The former Gloucestershire batsman who played for the county alongside his elder brother Andy, died aged 56 after a lengthy fight against a debilitating lung disease. Stovold played 25 first-class matches for Gloucestershire and 34 one-day games between 1978 and 1982. As a teacher, he nurtured a young Jacques Kallis at Cape Town's Wynberg School.



JUST PRESS PLAY

WHETHER YOU'VE RECENTLY SIGNED YOUR FIRST PROFESSIONAL CONTRACT OR RETIRED 30 YEARS AGO, THE PCA'S NEW 'MIND MATTERS' SERIES OF ONLINE TUTORIALS ON ADDICTIVE BEHAVIOUR AND MENTAL HEALTH ARE CRUCIAL VIEWING, AS **SIMON CLEAVES** DISCOVERED.





Cricket, we're told endlessly by pundits and experts, is a mental game - a study in concentration; a battle of will between batsman and bowler. Professional cricketers at an elite level are expected to show 'mental strength' - the capacity to overcome the opposition and the conditions and emerge victorious.

The very nature of the sport means that players can become engrossed in their job, with the possibility of a detrimental affect on their personal lives through addiction, mental health problems, and, occasionally, self-harm and suicide.

That's where the PCA hope their new online series of 'Mind Matters' tutorials will help. Designed in conjunction with mental wellbeing and people performance experts LPP Healthcare, the tutorials have refreshed the addictive behaviour initiative first run by the PCA four years ago and expanded it into four separate areas, providing information on topics that include alcohol, drug and gambling addiction, anxiety, depression and self-harm.

The tutorials look at the problems associated with different types of addictive behaviour, the



**"DON'T DELAY A CALL. THERE IS NO SUCH THING AS A TIME WASTER WITH THIS SERVICE."
MARCUS
TRECOTHICK**

links between addictive behaviour and mental health, and the potential consequences to players, their team-mates and families if such behaviours are allowed to go undetected or untreated.

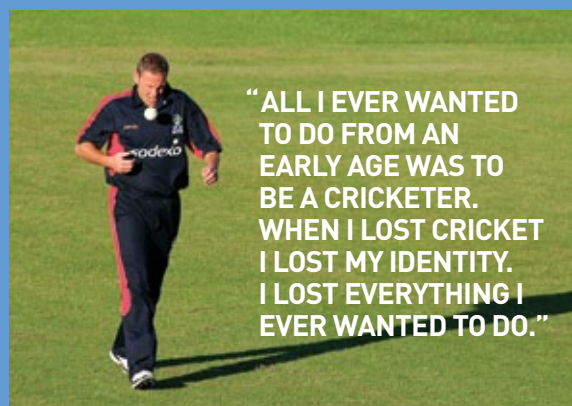
Said PCA assistant chief executive Jason Ratcliffe: "We're not seeking to equip the players as experts, just ensure that they are familiar enough with the issues and symptoms to seek help if it's needed.

"The stigma of mental illness has been significantly reduced thanks to a number of ►

BACK FROM THE BRINK

Darren Cousins looks back on his 'darkest day'.

"From the time I retired, I really hadn't replaced cricket with anything as a love, passion and a job. I've always been a little insecure, lacking in confidence and actually quite shy - which people may not have realised because of the front I portrayed. By March 2011 I had I hit rock bottom and, I'm not proud to admit, that was when I attempted suicide. "If there's anything I have learned from this it's that you are actually a stronger person to reach out and admit you've got a problem, as opposed to drowning your sorrows. When you are really, really down it's a question of how you can get out of that trough. What I will say to anyone who finds themselves in the dark space I did is that you've always got something of which you should be proud."



"ALL I EVER WANTED TO DO FROM AN EARLY AGE WAS TO BE A CRICKETER. WHEN I LOST CRICKET I LOST MY IDENTITY. I LOST EVERYTHING I EVER WANTED TO DO."

MIND MATTERS TUTORIALS

AMBROSE EMERGES FROM THE SHADOWS

Tim Ambrose explains his ongoing battle with depression

The loss of his England Test place proved the catalyst for Warwickshire wicketkeeper Tim Ambrose to suffer a serious bout of depression in 2010.

The 29-year-old has said his professional career was framed around playing international cricket, a goal he accomplished when selected for England's tour of New Zealand in 2007-08.

But Matt Prior's recall in 2009 saw Ambrose return to the ranks at Edgbaston and questioning what he should do next with his life.

"I've had issues from a long time back," he told the Daily Telegraph. "But it was an underlying thing that was easy to distract from. Since I was 15-years-old my goal was to play international cricket. That's all I wanted to do.

"IT FELT LIKE I HAD THIS DUVET THAT WAS SOAKING WET WRAPPED AROUND ME, AND I JUST COULDN'T GET IT OFF."

"Whenever anything got tough I could always focus back on to that end goal. Once I'd reached that goal and walked away I lost all direction. I thought, 'Why am I going to play cricket every day?'

"You don't want your team-mates to know you are struggling with something. But at the same time it gets to the point where you can't hide those things any longer.

"I was awake 24 hours a day, with things going around in my head. I was beyond miserable. It felt like I had this duvet that was soaking wet wrapped around me, and I just couldn't get it off."

At the start of the 2010 season, his form had collapsed - "the idea of playing cricket just seemed absurd" - and he approached a sports psychologist who had worked with Warwickshire.

Despite Ambrose bagging a pair in a day against Notts later that season, in what he was convinced would be his final game of first-class cricket, the



Bears offered him a one-year contract that autumn and with continuing help from a sports psychologist, Ambrose is now in a much better place mentally.

"It is an ongoing process. I still have the odd little issue," he admitted. "But now I have the armoury of knowledge. When little things start to happen I can arrest them straight away.

"When it was happening to me I didn't understand what was going on, I didn't know I had depression. I didn't know where to go.

"What has opened my eyes in dealing with it is that we don't know enough, especially as we as cricketers are people who, in my opinion, are quite vulnerable to it - there are lots of highs and lows and lots of time on the road which makes one's personal life quite difficult.

"The PCA does so many amazing things for us that everyone listens to what they have to say, so for them to make this an awareness subject will really get the message across to the players."

Ambrose's call to action for his fellow players is clear: if you're in difficulty, pick up the phone and call the PCA confidential helpline.

He added: "You're not a freak or a weirdo. Depression is more common than you'd ever know. Just because of what we do doesn't mean we don't need help. It can happen to anyone.

"I didn't do anything to make it happen. It's just the circumstances - and I'm proud to have come out the other end."

TIM AMBROSE IN
HAPPIER TIMES:
CELEBRATING A
WICKET WITH JIM
TROUGHTON AND
RIKKI CLARKE

ALCOHOL

DRUGS

GAMBLING

POOR TIME KEEPING, LOSS OF CONCENTRATION, IRRITABILITY & MOOD SWINGS, CONSISTENT & UNCHARACTERISTIC POOR PERFORMANCE ARE ALL SIGNS OF ADDICTIVE BEHAVIOUR

high-profile sportsmen coming forward to speak out on their experiences. That is one of the key messages of the tutorials: if you're having problems, don't suffer in silence - pick up the phone and ring the confidential helpline, or speak to your personal development manager."

Narrated by Marcus Trescothick, Tim Ambrose and Mike Yardy, the tutorials aim to help members recognise different types of addiction, the factors which can lead to addiction and identifying the symptoms, as well as how to seek or offer help, and ultimately support players and allow them to play cricket to the best of their ability.

Among the players interviewed are Keith Piper, who discusses his problems with cannabis, while Andrew Flintoff talks candidly about his struggles with depression and drink in 2006-07.

As Trescothick explained: "Professional cricketers are known to have a variety of factors that make them more susceptible to mental health problems. The highs and lows of the sport, combined with life constantly on the road for away matches, means it can be difficult to wind down at the end of a day's play, leading to boredom and a lack of sleep.

"Players may drift into addictive activities to pass the time, which can begin to affect their capacity to have a normal life. Cricketers are expected to be mentally strong and in control, but with an isolated life away from family and friends as a result of the constant travelling, along with the pressures to perform well on the individual, can all lead players to turn to an addictive habit as a means of escape."

Substance addiction - alcoholism, drug abuse and smoking - and process addiction - gambling, eating and sexual activity - require different treatments and recovery processes. But in all cases, the PCA are there to help, whether via a phone call to the confidential helpline, or talking to an association employee or colleague. They'll put you directly in touch with help, and if you're in real danger, somebody will be with you within hours.



"THE HARDEST THING IN THE WORLD IS TO TALK TO PEOPLE. I FELT IT WOULD BE A WEAKNESS TO SAY TO SOMEONE: 'HELP, I'M STRUGGLING WITH THIS.' BUT LOOKING BACK, DOING THAT SHOULD BE SEEN AS A STRENGTH."
ANDREW FLINTOFF

Ratcliffe added: "The first call is just the start. Face-to-face meetings as close to your home, or at home, will follow as soon as a need is ascertained. Don't delay a call. There is no such thing as a time waster with this service."

THE PCA CONFIDENTIAL HELPLINE IS AVAILABLE 24 HOURS A DAY FOR ALL PLAYERS TO TALK TO A PROFESSIONAL COUNSELLOR AND THERAPIST IN ABSOLUTE CONFIDENCE. CALL 0844 800 6873 OR +44 (0) 1373 858 080



On the road



*A shattered and emotional group
at the end of the journey*



Andrew Flintoff

A FAMILY BIKE RIDE TO REMEMBER

FOLLOWING THE TRAGIC AND UNTIMELY DEATH OF TOM MAYNARD LAST SUMMER, THE CRICKET WORLD HAS UNITED AND CREATED A TRUST OF WHICH HIS FAMILY CAN BE PROUD. **JIM HINDSON** FOUND OUT MORE.

On the cricket field, the sense of working together to a positive end has always prevailed – a subconscious psychological kinship somehow ingrained from that first encounter of leather on willow. The tragic events on Monday June 18, when 23-year-old Tom Maynard was killed by a London Underground train at just after 5am, brought that sense of team to the fore. Cricket would look after its own.

In fact, it's true that in today's game, watching your mates back is more prevalent than ever. While batsmen have long been instructed to build partnerships together, bowlers now operate far more closely. After opening up, the quickie's old stamping ground of

fine leg during a spell has been upgraded to mid-off, to share all there is to know with his new-ball colleague. Fielders too now shadow their colleagues, hunting in packs to return the ball quicker than ever. Even 12th men are not exempt from this phenomenon, rushing on ever-more frequently with towels, drinks and get-well potions to ensure their teammates are in good order.

So when the shocking news of Tom's death broke, it was only natural that a series of heart-felt emotions were sparked throughout the cricketing family, culminating in the need to unite. From the sad emptiness felt from the loss of a brother, through agonising mourning, until eventually an intuitive

urge to pull together took hold. To ensure something positive came from this terrible, terrible tragedy.

It was family friend Ian Williams who came up with the idea of a bike ride, cycling from Tom's old stamping ground of Glamorgan Cricket Club, all the way to Surrey's HQ at the Kia Oval, the club he had moved to in January 2011.

The original idea, which was for just a handful of people to bike into the capital, mushroomed as word of the event travelled swiftly through the media and social networks. Former players such as Steve James, Andrew Davies and Andrew Flintoff signed >



Entering the Kia Oval



THE TRUST

The Tom Maynard Trust will exist initially to help the development of aspiring disadvantaged cricketers and other sportspeople who require support with different aspects of their career development, including bursaries, help with training and education, financial support for overseas placements and assistance with kit and equipment.

Donations to the Tom Maynard Trust can be made by contacting Jon Rees, Carston accountants, Tudor House, 16 Cathedral Road, Cardiff CF11 9LJ. Cheques should be made payable to 'The Tom Maynard Trust'.



(FROM LEFT) ANDREW FLINTOFF EXPLAINS THE PURPOSE OF THE RIDE TO THE MEDIA; JASON RATCLIFFE GETS INTO GEAR

up and PCA assistant chief executive Jason Ratcliffe also joined the crew.

He explained: "The work that a small group of people put in was phenomenal in setting all of this up. Ian Williams came up with the idea for the ride and then with fantastic backing from the likes of Surrey chairman Richard Thomson, allied with Matt Maynard's wholehearted support, word of the bike ride rapidly grew. Very quickly, we had a fantastic peloton raising money in Tom's memory."

Committing to such a worthy cause is one thing, but completing such an intimidating route, which took in fierce winds on the Severn Bridge, the undulating north Wessex Downs and finished with a hair-raising sprint through London's rush hour, is quite another.

There were doubts among the group as Ratcliffe explained: "The atmosphere before the ride was one of trepidation as they often are with challenges like this. We were united in our cause but individually, there were nerves about the road ahead – which included what became a 105-mile ride on day one.

"Happily the camaraderie created by past and present players, and other fantastic cricket folk who are an integral part of what we grandly call the 'cricket family', meant that this stern test of character was shared and we all got there in the end."

The finishing line at the Oval provided a fitting tribute. Surrey and Glamorgan were preparing to do battle in a CB40 match but before the start, both teams joined the cyclists who had arrived to a magnificent reception, to remember the young batsman. The Surrey players



Darren Thomas and Andrew Davies



Matthew Maynard watches a video tribute to his son

were dressed in Tom's Surrey shirt number '55', along with his initials 'T.L.M' while Glamorgan wore 33 on their backs, along with his surname. After a tribute film played on the big screen and minute's applause in Tom's honour, battle once again commenced and the bikers wearily took the weight off their wheels.

"All of the riders experienced an incredible wave of emotion when we finally reached the Oval to complete our journey," Ratcliffe continued. "The reception from the crowd was unforgettable and it was a very special moment for all concerned."

The money raised, which has already totalled £30,000, will go towards young aspiring sports people who require support to develop their talents. Tom's dad Matthew is very keen to ensure that the Trust works very closely with the PCA Benevolent Fund and Ratcliffe himself is one of the Trustees.

Tom's passing has seen the bond that glues us all together in cricket galvanised once again, and the resulting teamwork has ensured that through the Trust there will be a fitting legacy to follow a superb career that promised so much more. It has been an incredible effort but no less than we should expect from the game, as Ratcliffe poignantly noted.

Said Ratcliffe: "Is there another sport where players spend so much time with each other – both on and off the field? I guess the ties between us all run far deeper in cricket."



THE BIG BIKE RIDE

In October 2013, a charity bike ride in aid of the Tom Maynard Trust and PCA Benevolent Fund will take place, covering 400 miles and taking in the Test match grounds of Durham, Leeds, Manchester, Birmingham and London.

Charity begins at home - more and players are choosing to raise money for the PCA Benevolent Fund, the association's charity dedicated to supporting current and former professional cricketers and their dependents in times of hardship. If you have an idea or fundraising event you would like to run to support the charity, please get in touch with Jason Ratcliffe on 07768 558 050.

For more information on the Big Bike Ride or to register your interest, contact Ali Prosser at the PCA on aprosser@thepca.co.uk

WELCOME FROM YOUR PDWP TEAM

Where has the year gone? As always there have been the various on-field ups and downs to be enjoyed, but sadly events off the field will mean that when we look back on the 2012 season it will be forever clouded in tragedy. It's been heartening and humbling to see the cricketing community pull together over the past few months and that support network continues to grow within the PCA as well.

Development and Welfare Programme is to give everyone the opportunity to formulate a Personal Development Plan and have a clear opportunity to continually reflect and structure clear objectives for life alongside and after cricket. If you have not yet started to work on this with your regional PDM, please don't hesitate to arrange some time together.

going to be a huge asset to the programme and I have no doubt the players in that region will enjoy his support.

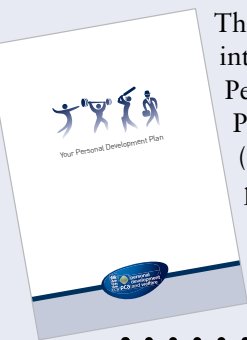
As the season has ended we are planning our winter development courses to take place at the clubs and welcome any suggestions to further what we already offer. This is your programme and the courses, individual coaching and funding is there for you to make the most of.

I'll close with a quote from Thomas Fuller: "Those that make the best use of their time have none to spare." Winter well and use the time effectively.

Best wishes,
Thomo



This summer has seen the introduction of the PCA Personal Development Plans and folders (left) issued to every player in the country - what did yours have documented? The aim of the PCA Personal



YOUR PERSONAL DEVELOPMENT MANAGERS

IAN THOMAS

Having experienced the ups and downs of playing county cricket, I found myself amazed by the insecurities during a player's career. Planning for the inevitable change of a career while playing will always be part of the life of a cricketer. I feel the Programme helps players with the insecurity of cricket and makes personal development a healthy thing to do alongside cricket, allowing for a smoother transition out of the game when needed. Most importantly, it takes away the stress while concentrating on cricket performance.

RESPONSIBILITY FOR:
GLAMORGAN,
SOMERSET,
GLOUCESTERSHIRE
07920 575 578
ithomas@thepca.co.uk

LYNSEY WILLIAMS

I am passionate about the impartial role PDW plays in supporting players to achieve their aspirations both on and off the field. I believe in the importance of encouraging players to create, identify and seize opportunities when and where they can to better themselves as players and people, and in supporting individuals to become better prepared for and better able to manage the wide range of challenges they are likely to face at different stages of their playing career and beyond.

RESPONSIBILITY FOR:
WORCESTERSHIRE,
WARWICKSHIRE
07990 883 971
williams@thepca.co.uk

MATT WOOD

The transitions from elite sport to so-called 'normal life' must not be underestimated. The PDW programme is crucial in helping players through challenging times, both during and after their career. Elite sport can be a lonely place at times and it is important that the players know we are there to help and support them on and off the pitch. I feel passionately about this role and, as a former player, can truly understand its importance and value.

RESPONSIBILITY FOR:
YORKSHIRE,
LANCASHIRE,
NOTTINGHAMSHIRE,
DERBYSHIRE
07826 535 783
mwood@thepca.co.uk

PHIL DICKS

I have been with Durham in one capacity or another since their minor county days. Now they are an established first-class county, I'm enjoying the challenge of helping the club and the individual players to fulfil their potential. I combine my roles of video analysis and PDW work to support players from academy to the pro staff.

RESPONSIBILITY FOR:
DURHAM
07703 477 195
phildicks@me.com

CHARLIE MULRAINE

Having played both cricket and rugby professionally, I am well aware of how uncertainty about the future can have a negative impact on performance on the field. Planning for the future isn't just about security for life after sport - many players have said doing this has actually helped them enjoy their cricket more. Knowing how to 'sell' your skills and experience, to build networks and to get on with people are key tools for continuing your success beyond the game.

RESPONSIBILITY FOR:
LEICESTERSHIRE,
NORTHAMPTONSHIRE
07970 687 973
cmulraine@thepca.co.uk

NICK DENNING

Understanding the need for players to have one eye on what is coming next in their lives is essential. Having had a number of experiences in different industries as an employee and self-employed person, and having felt the highs and lows of the transition from playing to working, I am confident I can help players prepare for the 'real world' from an impartial and knowledgeable viewpoint.

RESPONSIBILITY FOR:
HAMPSHIRE,
SURREY, SUSSEX
07785 619 443
ndenning@thepca.co.uk

SIMON ECCLESTONE

Being a professional cricketer is a dream, it gives you so much: unique experiences, purpose, friends, identity, fulfilment, confidence, inspiration, structure, fitness, travel, money, time. The problem is, as it was for me when I found out I couldn't play anymore, imagine if cricket was removed from your life tomorrow - how do you fill in those gaps? The PCA is an extraordinary asset, dedicating people and resources to make sure that difficult transition isn't a nightmare. All you have to do is use it.

RESPONSIBILITY FOR:
MIDDLESEX,
ESSEX, KENT, MCC YC
07867 459 202
secclestone@thepca.co.uk

TAKING CARE OF BUSINESS

Having control of your destiny by starting up a business would be tempting to many, but as Sir Alan Sugar would point out, it's far easier to get fired than stay hired...

WORDS: SIMON ECCLESTONE

80%
of businesses
fold in the first
five years

Everyone at some point in their life has an idea for a business - whether it's a Dyson-style invention or experiencing something badly done and thinking you could do a better job. The idea of working for yourself is naturally tempting; to be the master of your own destiny and potentially reap life-changing rewards. It is at this point that you need a reality check.

The statistics are harsh: one in three start-ups fail in the first three years; of those that don't, 80 per cent fold in five. In the face of such competition, the key factor for success lies in two dry words: research and planning. The batting line-up of challenges looks like this:

1. MARKET RESEARCH
2. FINANCE
3. TAX
4. ACCOUNTING
5. SALES
6. MARKETING & PR
7. LOGISTICS
8. IT
9. OFFICE ADMINISTRATION
10. EMPLOYMENT
11. MANAGEMENT

As with any captain, you can't be an expert in all areas, but you need to know enough to pick the right team-mates and use them wisely. Even better, find a partner(s) who has a shared vision and complementary skills so that, by the time you start, you are going in with your eyes open.

Whatever your idea, put yourself in the position of a wannabe entrepreneur on the Dragon's Den or The Apprentice: you have to know your stuff to avoid the sweat patches appearing, the confidence draining away or being hijacked by a total inability to express yourself. As always, it's more about learning to walk than to talk.

Useful websites: www.startups.co.uk
www.businesslink.gov.uk
www.smallbusiness.co.uk
www.startupdonut.co.uk
www.newbusiness.co.uk

1 in 3
start-up
businesses fail
in the first
three years

CASE STUDY 1: AWAY FROM THE GAME

Name: **Richard Blakey** / Age: **45** / Business: **Richard Blakey Leisure** / www.richardblakeyleisure.co.uk

Richard Blakey enjoyed a long and distinguished professional career for more than 20 years. Now, as managing director of Richard Blakey Leisure, he shares an insight into his life after cricket.

Former England wicketkeeper Richard Blakey chanced upon an additional bonus during his well-earned Benefit from Yorkshire in 1998 - he discovered he enjoyed organising events and entertainment.

That cemented his plans for his career once he had hung up his gloves after playing more than 700 times for the White Rose county and his business Richard Blakey Leisure has gone from strength to strength.

He said: "The Benefit Year was great. Even prior to that year I used to enjoy meeting sponsors and attending various events as a guest. I enjoyed meeting new people and was interested in business."

Some 14 years later, RBL has built up an outstanding client base and gained a reputation for excellence in bespoke corporate hospitality.

"It is not just events," he adds. "My main work is trying to marry business and

sport in an entertainment capacity. We recently held 3 successful "World Darts Supremacy" evenings with Phil 'The Power' Taylor and Adrian Lewis among the guests. Each had more than 1,000 guests. It is hard work but extremely satisfying when people have a good time. I still get a buzz from it, which is important when trying to fill the void of professional sport.

When asked about the core skills and values required to be your own boss and



CASE STUDY 1: AWAY FROM THE GAME

successful, Richard believes he developed many from his playing days.

“Determination and discipline for sure. You need a good solid work ethic, to be well organised and good at communicating with people. My client base is quite diverse so an understanding of what people want is important. Preparation is also crucial. Some events can take up to a year to prepare, I know if I prepare properly I can deliver.

“The challenge now is to keep coming up with fresh ideas. The best thing about being your own boss is that you can react quickly to opportunities. If the phone rings I know I can be there when I need to be, which is not always the case when you work for somebody else. Repeat business is a good sign that people like what we do but it is important not to get complacent.”



Blakey's work sees him rub shoulders with some famous and recognisable faces

CASE STUDY 2: AWAY FROM THE GAME

Name: **Clive Leach** / Age: **77** / Business: **Tyne Tees Television (retired); Serene Pavilions Hotel, Sri Lanka**

First-Class and minor counties cricket was just the start of the success story for Clive Leach, who has since enjoyed high-profile careers in broadcasting and the hospitality and leisure industry.



Leach has become an influential and respected figure in the North-East

Clive Leach is a great example to cricketers that a career when your playing days are over can involve a number of sectors and experience. Now 77 years of age, Clive is still chairman of Durham CCC and boasts an enviable CV.

After ending his first-class career with Warwickshire end in 1958, Leach moved to Durham the following season and played Minor Counties cricket until retiring.

He then moved into television, working for Tyne Tees Television and eventually becoming chief executive. In 2000, he was awarded the CBE for his services to training and education.

As well as currently sitting on a number of committees, boards and advisory groups involving media, publishing and cricket, Clive also runs his own Hotel in Sri Lanka. The Serene Pavilions Hotel is his latest business venture and he >

RUNNING YOUR OWN BUSINESS

CASE STUDY 2: CONTINUED FROM P21

has been running it since 2004.

He said: "Like cricket, achieving success in business does not come easy. The parallels are many. Getting to the top in business is usually a long journey and that journey inevitably includes many ups and downs and successes and failures.

"The lessons learned when playing cricket at the top level - those of persevering and learning from one's mistakes - is also key in business. You must not lose confidence in your own ability, nor be knocked off course as you make your journey up the ladder.

"Needless to say, having a competitive spirit and not giving up in sometimes very difficult situations are common to both cricket and business. In other words, you must be able to bounce back because you certainly will need that attribute if you are to succeed.

"In my case, I can honestly say that cricket, at all levels, has been a major

factor in honing the characteristics that have stood me in good stead throughout my business career.

"Running your own business, particularly when things are tough, is not an easy job. You have to be prepared to put a lot of time and energy into it. With your own business, you are on duty around the clock, if not physically then certainly mentally.

"That is not to say that if you reach the top in a publicly-owned company, or one owned by others, that it is much different because if you want to succeed, you must perform the role of a key executive in the same way as though the company was your own.

"I have often been asked whether there is one golden rule in running a successful business. My answer would be to 'remember that cash is king'. Manage your cash resources carefully, do not spend money that you do not have access to, and ensure you collect money due to

you. Companies fail because they just run out of cash even though they may be trading well.

"Cricket offers players a great opportunity of really developing those important skills for business success as a natural part of their jobs. Furthermore, the immense value cricketers can get from meeting and interfacing with many successful and imminent business people are considerable.

"That valuable opportunity of building your business contacts offers cricketers a great chance of learning and just as importantly, building a network of naturally supportive people who are able and willing to help them develop their careers.

"Finally, if you are prepared to put in the hard work, learn from those experienced and successful people around you, be competitive and don't give up, learn as much as you can about the role you undertake - then you will succeed in whatever life you choose to pursue."

CASE STUDY 3: AWAY FROM THE GAME

Name: **David Lucas** / Age: **34** / Business: **Pristine Clean Nottingham** / www.pristinecleannottingham.co.uk

Seamer David Lucas may still be playing county cricket with Worcestershire, but he's built a shining reputation with the exterior cleaning business he set up in 2006.



"Pristine Clean Nottingham is an exterior cleaning business with an array of more than 400 commercial and domestic customers, which is continually growing. The range of cleaning services we offer includes windows, driveways, patios, block paving, decking, gutters, fasciae, soffits, greenhouses, carports, garden furniture and cladding.

"I set up the business in 2006, thinking my professional playing career was over after being released by Yorkshire at the end of the 2005 season. I wanted to work for myself and be able to give an honest and professional service to the local community.

CASE STUDY 3: CONTINUED



"I thought long and hard about what I wanted to do and spent several hours researching different kinds of small businesses. My research found that there were hardly any businesses that offered an 'exterior cleaning' service in its entirety, so I decided to pursue that route.

"The next step was to research the equipment needed thoroughly and investing into everything required. I implemented systems and procedures for both the manual and administration parts of the business.

"Running the business alongside my playing career is a tricky

balancing act, but my wife Donna is a massive help. During the off-season I have a very 'hands-on' approach by working in the van, maintaining existing business, building new business and quoting potential new customers, fitting this around my training schedule.

"During the cricket season, I do all I can, when time allows, on the administration side of things to keep the business ticking along, with Donna taking over where needed. I employ staff to complete the manual work."

For more information please visit www.pristinecleannottingham.co.uk

CASE STUDY 1: IN THE GAME

Name: **Paul Hutchison** / Age: **35** / Business: **Romida Teamwear** / www.romidateamwear.co.uk

Former England A player Paul Hutchison has remained well connected to cricket, having tailored his skills in the competitive sportswear market.

Paul Hutchison has managed the transition away from professional sport in some style. By marrying his sporting instincts and his knowledge from his family's tailoring business, 'Hutch' has formed his own business with the help of old team-mate Scott Richardson.

He explained: "I was working with Surridge when Scott gave me the opportunity to work in his family cricket business, Romida Sports. I loved the teamwear job and sensed I could grow and develop that sector of the business. With growing success came an opportunity to buy out the teamwear arm of the company. I was committed and wanted to be my own boss."

Now managing director of Romida Teamwear, Hutchison is developing the business well. He added: "In the early days I could use my contacts from playing, but now our biggest driver is the reputation of quality service and good products.



"It's a tough market and margins are getting squeezed so the quality has to be right. I learned how to bookkeep and do accounts and I also gained a lot from PCA courses in negotiation, sales and marketing.

I still enjoy the sporting environment and the added pressure that comes my way - we are growing as a brand and a company, which is great. It has taken a lot of hard work and I am glad I took the chance!"

RUNNING YOUR OWN BUSINESS

CASE STUDY 2: IN THE GAME

Name: **Richard Browning** / Age: **25** / Business: **The League Cricketers' Association** / www.thelca.co.uk

Richard Browning has teamed up with former Northants colleague Richard Logan to establish a double business venture that has recreational cricket as its driving force.



WHY DID YOU SET UP THE LCA?

The League Cricketers' Association (LCA) and LCA Cricket Coaching are actually two separate businesses. The LCA was set up in 2009 as Richard Logan and I both felt that there was nothing in place to benefit the heartbeat of recreational cricket and honour the fantastic work that goes into the grassroots game in the localities. Using the same brand, we launched LCA Cricket Coaching in 2010, as we saw a market of opportunity in the South East for the provision of a professional coaching organisation. It was also important in the infancy of the League Cricketers' Association to ensure that there was enough of a cash flow to develop the bigger project (i.e. the LCA) and LCA Cricket Coaching provided us with that. LCA Cricket Coaching has now ventured off into its own development and to date, we have worked with more than 3,000 children across Hampshire, Dorset, West Sussex and Surrey.

HOW DID YOU GO ABOUT SETTING UP THE COMPANY?

Setting up the LCA involved a great deal of planning and a kick-start level of investment. We sat down and produced an extremely large and detailed business plan for the LCA and the processes that we were to take to ultimately acquire members. Setting up LCA Cricket Coaching was a little more straightforward as we instantly knew where our revenue was going to come from and the key part was building the relationships locally to ensure that the parents were being made aware of the conservative amount of courses we were running.

WHAT WERE THE BIGGEST CHALLENGES?

One of the biggest challenges we have faced and to a certain extent continue to face now is understanding that we are dealing primarily with volunteers within the game. From an LCA point of view, we are always in communication

with club officials and players that have mainstream jobs and it requires us to be very flexible with our working hours to accommodate their lives. Another difficulty was the lack of finance available in the infancy of both organisations; neither Logie nor myself ever made a huge amount of money in the game of cricket so were not blessed with the ability to invest heavily into our projects, instead we had to build them on a very tight budget.

WHAT SERVES YOU WELL FROM HAVING BEEN IN THE PROFESSIONAL GAME?

Contacts. If it wasn't for the friends we have developed in the professional game, it is probably fair to say that neither business would be as successful as it is.

HOW IMPORTANT ARE THE RELATIONSHIPS YOU BUILD?

One of our mottos is to 'never burn your bridges'. You never know when someone might be able to help you, whether that is on a business level or otherwise.



LCA Cricket Coaching has helped support the overall LCA business

CASE STUDY 2: CONTINUED

WHAT ARE THE ASPECTS OF THE JOB YOU ENJOY THE MOST?

The sense of satisfaction you can take from a successful job. Whilst the working hours are very anti-social, that is completely negated by the parent who calls you up to inform you that their child has been selected for the district or county and the happiness in their voice when they are telling you.

WHAT ADVICE WOULD YOU GIVE TO OTHER PLAYERS LOOKING TO DO THE SAME THING?

Map out a concrete plan of how you are going to launch your business and where you see it being in five to 10 years time. Business is about sustainability and not about earning a quick buck - you will be much more investable if you can focus on building a business that ultimately will not need to involve you than you will at

building an organisation centred around the individual. Be prepared to work hard and put your business first.

WHAT WOULD YOU DO DIFFERENTLY?

I would take my own advice in the previous question. Any project that we take on within our organisations now involves a deep research strategy and hours of internal discussions prior to any investment.

CASE STUDY 3: IN THE GAME

Name: **Tom Stayt** / Age: **26** / Business: **Results Training** / www.results-training.co.uk

It seemed a natural step for Tom Stayt to get involved with the club where he played as a youngster – a move that has helped him get his company into great shape.



I currently run a Personal Training business and training studio in central Bath. The gym is based at Bath Cricket Club, which is the club I grew up playing for, and they have been very supportive since I started my business three years ago. I am on the verge of moving to a bigger facility in Bath, which I hope to develop into a high-performance training space from which I can train my private clients and sports teams. I have a great range of clients.

I love the challenge. Not only do I enjoy the fitness side of it - the interaction with clients and seeing big improvements - I love the business element. Growing a business from nothing has been one of the most enjoyable and satisfying things I have done. I am only a fraction of the way toward my goals, but having my own studio and starting to make progress with the business gives me a huge buzz.

The pros are that the business is yours, nobody can tell you what to do and how to run it day-to-day. You make the big decisions and face the consequences, but you get the rewards and there is no feeling like it.

The cons: it is hard to switch off. If you are ambitious and motivated there is always something to do: speaking

to current clients, planning sessions, winning new clients, updating website, continuing your education and improving your skills - it just goes on and on and it can be hard to get away from it and take some time out to do other things.

For the first three years I found it so hard to take a day off unless it was to go on a course or something that was going to improve my business. I now recognise the importance of getting away every now and again to keep you fresh and motivated.

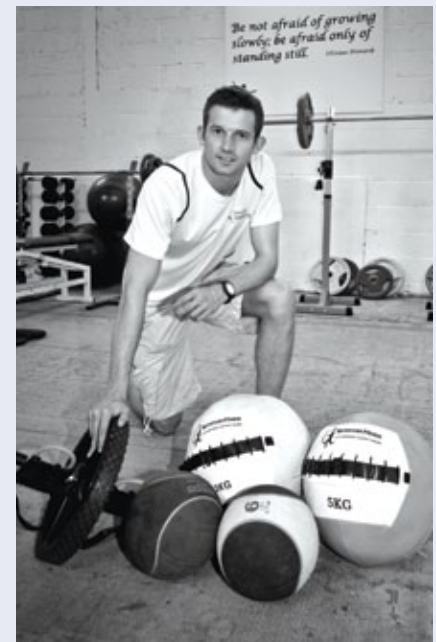
There is no doubt having played cricket professionally helped me get my business off the ground, helping me take the first few steps and win my first few clients. I only played a handful of first-class games but people still wanted to be associated with me when I started my business, which was and continues to be very flattering.

From a fitness point of view it also allowed me to train with some great strength and conditioning coaches and learn a huge amount about training, which I can now put into practise with clients.

Having been put through some pretty punishing sessions and training full-time I can share some of my experiences and appreciate the hard work and dedication

that is involved in other people's achievements.

Be prepared to work long days, constantly look to improve and build your business every day. It doesn't happen overnight, but when you succeed and take steps forward it is the best feeling ever!



PREP FOR SUCCESS

After a long, hard season the winter provides a time to rest weary bodies and add invaluable knowledge, skills and experience to your non-cricketing CV.

Here's a small selection of what players have planned...

COMPILED BY IAN THOMAS

MATTHEW BOYCE

LEICESTERSHIRE

On 29 September I swapped my spikes and pads for hiking boots and waterproofs as I began my attempt to walk from John O'Groats to Land's End - off road! I'm doing it in support of "Mind" and the PCA Benevolent Fund. Although having never suffered directly with mental health issues, I feel it is the perfect cause for me to support, as I think it's important to remove the stigma of depression being a taboo subject amongst the majority of sportsmen. I don't like the idea of people suffering in silence. It's going to be a great challenge, as I can barely direct myself to the supermarket, let alone around the country!! I'm walking 20 miles a day for 66 days with various people joining me along the way. I'm relishing the challenge (or that's what I'm trying to convince myself). If you want to get behind me here's the website: www.mattboycecharitywalk.co.uk.



PAUL DIXEY

LEICESTERSHIRE

I will be working for Deloitte, one of the 'Big Four' professional services firms in the world. It provides its clients with audit, tax, consulting, enterprise risk and financial advisory services. I will be working in the tax department under the supervision of the International Assignment Services team. The team looks after the tax affairs of individuals who are moved around the world by large employers. On a day to day basis, I will be assisting clients with any queries they have; whether that be researching for Deloitte engagement managers or liaising with HMRC on their behalf. To a greater degree, I will be assisting with the tax return preparation season- the busiest time of year for the department. I imagine the experience to be fast paced, filled with very different challenges to the ones I am used to on the cricket pitch!



JAMES HILDRETH

SOMERSET

There are many transferable skills you acquire during your playing days. I realised that I had little knowledge, but a keen interest in the field of Sport Psychology. After speaking to Ian Thomas and a couple of other people, I decided to enrol on a Masters course at Cardiff University. As I am now deemed 'middle-aged' within a cricketing career, I thought it was about time I confronted the daunting thoughts of not playing cricket for the rest of my days. I always wanted a smooth transition between cricket and my next career, I would achieve that by putting something in place now. There are a number of benefits of studying for a Masters during my playing career. The obvious one is that it is a natural 'stepping stone' to achieving my goal of working with elite athletes in the future. More than that though, it shows future employers in any workplace that I have developed a number of key skills that would be desirable to them. I am hugely excited about the challenges that will unfold and the possibilities that will arise once I have completed the course.

TOM LANCEFIELD

SURREY

Having been released by Surrey at the end of August I have found myself at crossroads as to what I want to do this winter. I had already put in place some coaching work which I have done and enjoyed before and



was looking to do some work experience to broaden my horizons away from cricket. Having been released, however, I have had interest from the business world and have been put forward to do some part time and full time sales roles. These all came from contacts I have made through playing cricket and the work experience I did last year. I now have a few options for the winter and I am sure whatever route I go down, I will enjoy it. I am yet to decide whether I will continue my cricket career and a lot will depend on how I find the 9-5 workplace. I will continue, however, to keep myself fit and work on my skills over the winter so that if I wish to pursue cricket in the summer I am ready to do so. I have also just started a business qualification that I purchased through the PCA's membership offers, which took a big chunk of the cost out of it. I am also going to do some further reading to enhance my knowledge of the business world. Finally, like all cricketers during the winter, I am going to find some time to relax and get some winter sun when I go on holiday with my girlfriend in the New Year.

MIKE ROBERTS

HAMPSHIRE

Having gained a 2:1 in French and Italian with Politics at the University of Bath, to a lot of people a career in cricket seems an odd choice. However, a life less ordinary and playing what is essentially a game for a living are two things that I



have secretly sought after throughout my academic life and an opportunity to play cricket at the highest level is not one to turn down. Nonetheless, sporting careers do not last forever and it is important to have a contingency plan for any eventuality - whether that be retirement, injury or a lack of runs. Before heading out to Adelaide towards the end of the year, thanks to the flexibility offered at Hampshire, my time will be spent in the nets and at an insurance broker in the City working as an intern. I believe a good balance between hitting cricket balls and occupying the mind in other areas is very important not only to results on the pitch, but self-development off it.



ALEX WYATT

LEICESTERSHIRE

The end of the season brings about a transitional period in my calendar, a time between cricket and winter training. As well as working on my Open University degree, this time is often spent relaxing on a beach, playing golf or visiting various friends at universities. However this year, October will bring about three weeks of experiencing new cultures, by travelling with an InterRail card through central Europe, accompanied by Nathan Buck. Our travels are loosely based around the idea of visiting the legendary Oktoberfest in Munich, which sees up to six million people visiting its beer halls each year. Besides donning our lederhosen and sampling the local brews, we plan to visit numerous cities such as Pisa, Rome, Copenhagen, Krakow, Prague, Berlin and Paris, along with being given the red light to travel to Amsterdam. We hope to see many world famous sights including the Colosseum, the Berlin Wall and Auschwitz, as well as meeting fellow backpackers along the way. Partly organised, partly spontaneous, the three weeks promises to be nothing short of enthralling.

E-I S-N T-F J-P A IS FOR ASSISTANCE

“Who do I think I am?” and “What do I want to do?”
- how MBTI could help answer these questions.

WORDS: CHARLIE MULRAINE

Anyone who has seen the BBC One programme “Who Do You Think You Are?” will appreciate that for many of the celebrities involved, knowing their past makes them feel more confident about their present and their future. There is something about knowing where you have come from that can help give meaning to attitudes, behaviours and decisions in your life.

This desire to understand what drives and motivates people is shared by sports coaches and managers in the commercial world; both groups want to get the best performance out of their staff and to create successful, productive teams.

Getting to the heart of ‘who you are’ can be vital when choosing a career and can really help to answer the second question ‘what do I want to do?’ One way of doing this is through personality profiling tools.

A well respected instrument used within professional cricket as well as in business is the Myers Briggs Type Indicator (MBTI). The MBTI instrument is a self-reported questionnaire (meaning that you are the best judge of your type) that assesses preferences for four pairs of opposite styles. These preferences are not the same as abilities or skills; they are all of equal value and importance and we use all eight of the preferences some of the time. As the word ‘preference’ suggests, MBTI aims to help you understand what comes naturally to you.

The MBTI Preferences are:

Extraversion (E) and Introversion (I) - Where you prefer to get and focus your energy/attention
Sensing (S) and Intuition (N) - The kind of information you prefer to gather and trust
Thinking (T) and Feeling (F) - The process you prefer in evaluating information and decision making
Judging (J) and Perceiving (P) - How you prefer to deal with the world around you

The result of the MBTI questionnaire is a four letter preference type and a greater understanding of how this shapes your actions and behaviours. For example, the potential strengths of someone with an ISTJ preference type are:

- Analytical skills
- Problem-solving ability
- Technical knowledge and expertise
- Adaptability
- Willingness to take risks

With this knowledge you can now break down the second question ‘What do I want to do?’ into smaller questions such as:

- Where do I want to be in one year? Five years? 10 years?
- What do I want to be doing on a day to day basis?
- What type of working environment do I feel most comfortable in?
- What kind of people do I enjoy working with?
- What motivates me to do my best?

The majority of jobs will have core elements that may suit certain MBTI types. For example, an accountant position in one company may require someone with attention to detail, an objective, fact-based and organised way of working (potentially attractive to someone with ISTJ preferences). However in a different organisation the role may require consultation with clients, problem-solving and the brainstorming of innovative solutions (potentially attractive to someone with ENTJ preferences).

Therefore the more information you can gather about ‘who you are?’ enables you to assess potential opportunities against your preferences.

If you are interested in learning more about your MBTI type please contact your regional PDM.

Q&A

NO.4 - SIMON ECCLESTONE

In the fourth in our series of interviews with members of the PCA's Personal Development Programme we catch up with the latest recruit...



HOW DID YOUR PLAYING CAREER FINISH?

I had a recurring knee injury that went 'bust' one afternoon playing for Somerset against Yorkshire at Headingley. And that was it. I retired in 1998. It was an ongoing injury that I thought I could manage, I'd just been made captain and everything was rosy - so in that sense, it was a shock. On reflection it was inevitable but it happened sooner than I thought.

WHAT DID YOU DO NEXT?

I went to Taunton with a bin liner and emptied my locker. It was the loneliest feeling in the world. When I was sorting out my insurance claim for a career-ending injury with the PCA, I was offered a job on player services, which gave me an insight into insurance, cricket administration and event management, while still drawing on my knowledge as a former player. Former Notts players Andy Afford, Jim Hindson and I tried to create a website for the PCA that was the players' voice, but the dot.com bubble burst soon

afterwards. I began running a sports-themed leather goods business, which I'm still very passionate about, and was also involved in corporate events. When I got married, I began teaching English and Sport, as a lifestyle choice.

HOW DID YOU BECOME A PDM?

I received a phone call from Jason Ratcliffe telling me about the opportunity. Although I was really happy teaching, the big thing for me was that I didn't immediately say 'No.' I soon realised that I would really enjoy the role.

HAVE YOU MISSED THE GAME?

I honestly think if you've been a professional cricketer, it will always be somewhere in your heart - and if your time in the game finishes before you want it to, there's inevitably an element of sadness. I still played a bit of club cricket, enjoyed it and looking back, that was important to me. It doesn't take much convincing to get back into something you love. The game has changed so much and is so much more tightly structured

and organised at all levels. There are some phenomenal opportunities out there for players.

WHAT'S THE BEST PIECE OF ADVICE YOU'VE EVER BEEN GIVEN?

Try not to get too excited when things are good or too down when things are bad. I would urge today's players not to confine this philosophy to cricket. Try to remain on an even keel and not worry about things that might happen.

I WISH SOME CRICKETERS COULD BE MORE...

open to opportunities. Ultimately, cricket is a little goldfish bowl and you have to get outside of that as quickly as you can. Get over the fear factor and enjoy the things that are outside the game.

HOW DO YOU SPEND YOUR PERSONAL TIME?

I manage 500 acres of woodland and I love spending time with my three children and my wife, who is fantastic. That's the most important decision you can make in your life - to marry a good woman.

Born:
Great Dunmow,
Essex

Counties covered:
Middlesex,
Essex, Kent,
MCC Young
Cricketers

Years worked:
In first year

Previous career:
Professional cricketer for Somerset; PCA communications manager and director; teacher at The Skinners' School, Tunbridge Wells



STARTING A NEW LIFE CHAPTER

PCA Chairman **Vikram Solanki** talks about his career path ahead as well as where it all started.

As the Chairman of the PCA, Vikram Solanki is a respected senior figure within the professional game as well as being a loyal servant to Worcestershire. His considered and astute observations concerning the changing face of cricket are respected by players and media alike, and it can be easily forgotten that he too was once a naïve teenager making his way in the game.

His talent was recognised by Worcestershire at the age of 16, and following a negotiation with his father to commit to completing his A-levels, Vik signed a full contract in 1994.

Said Solanki: “Following some interest from other counties, Mark Scott came back and offered me a contract. I didn’t really know what that meant and thought I would just get a tracksuit! I completed my A-levels and decided to give cricket a go - I didn’t really realise that cricket could be a career.”

At this time, further study went “off the radar” as Vik focused more on developing his game and learning from senior players around him like Graeme Hick, Tom Moody and Tim Curtis. He tells an amusing tale of when he brought Hick a drink in the dressing room after an innings and was unsure what to call him. In the end a mumbled “Mr Hick” came out of his mouth. Now Vik is one of those senior players.

After being dropped from the England One-Day International side, Vik experienced the first proper ‘knock back’ in his career and it made him realise that “there aren’t any certainties.”

He added: “I spoke to some of the older players about their winter plans and realised that people like David Leatherdale were getting experience with lots of



organisations outside the game. It became apparent that at some time there would be a need for a second career after cricket.”

IN FULL FLOW
FOR THE ROYALS

He decided that a qualification would make him more attractive to future employers and picked the Open University because of its flexibility around his cricket. This meant having to be very organised with his time as some modules were taken even when he was on tour with England A.

“Gaining a qualification didn’t detract from my desire or focus towards cricket. In many ways it was a Godsend as it took my mind off the game when I needed it and kept my mind fresh.”

Vik has now completed his degree and is now considering further qualifications alongside developing his business network. He appreciates how his position as Chairman of the PCA has increased his visibility and has created many new opportunities for him and said: “I have benefited a great deal from the PCA and have seen it become stronger and stronger in many ways. Being Chairman has been a huge learning experience and has given me a taste of the business of cricket as well as life outside the game.”

A new cricketing chapter begins next season with Surrey, an opportunity Vik is hugely excited by while also being very sad to leave the club that has given him so much. His advice to the next generation is quite simple: “We are lucky as cricketers. For 20 years, I have looked forward to going to work but the fact is your cricket career goes quickly. So don’t put these kinds of discussions off. Speak to your PDM and take the time to think about what you would like to do next. Get it started now!”

NICK THE PICK OF COUNTY PLAYERS

NICK COMPTON CAPPED AN INCREDIBLE YEAR BY BEING VOTED AS THE NATWEST PCA 'PLAYER OF THE YEAR' AT THE END OF LAST SEASON, AS HE TOLD **MATT HALFPENNY**.



Although possessing one of the most famous surnames in the history of world cricket, Nick Compton was nevertheless humbled to join the company of some of the game's greats when crowned 'Player of the Year' at the NatWest PCA Awards.

Being the grandson of England legend Denis has brought its own pressures and ensured the 29-year-old has been accustomed to the glare of the limelight from a young age. 2012 was the year he emerged as a force in his own right with a stellar summer that yielded more first-class runs - 1,494 at a remarkable average of 99.60 - than any other player.

It was that sensational form that saw the Somerset right-hander and regular number three in LV= County Championship cricket called up for England's tour of India this winter - and voted as the leading performer on the domestic scene by his peers, an accolade he was delighted to accept on stage at London's Battersea Evolution.

Compton joined household names Mike Procter, Malcolm Marshall, Sir Richard Hadlee, Graham Gooch, Andy Roberts, Graeme Hick, Courtney Walsh, Brian Lara, Waqar Younis and Andrew Flintoff - to name but a few - in collecting the Reg Hayter Cup, which has been awarded by the PCA since 1970.

"Gaining the respect of your peers has always been one of the major reasons I have played the game and so to get this

recognition, not just from your teammates and those who you know around you, but those who you play against around the county scene, is something special," he said.

"You may think you could be in the running for an award like this in terms of your numbers and figures, but it's gratifying to know that other people have taken note and recognised your efforts, especially when there are a lot of very good players out there.

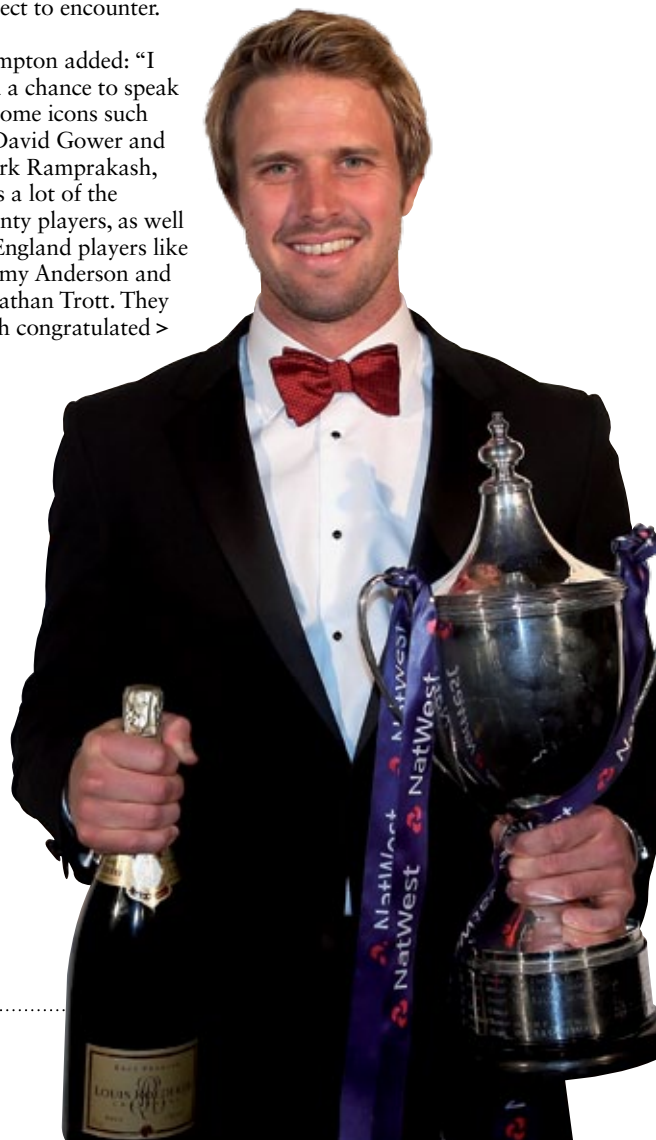
"THE HARD WORK STARTS HERE IF I WANT TO PROVE MYSELF AT INTERNATIONAL LEVEL."

"I was excited rather than nervous to be handed the award. I've been to these events before, but never did I think that I would be the one up there on stage, so it was pretty overwhelming. Getting the call from Geoff Miller about the England call-up and then winning the award meant that I don't think I'll have too many better weeks - although I hope that there are one or two more like it to come."

Compton was among a star-studded turn-out for the annual event that included a raft of players past and present, commercial partners and their guests, who celebrated another high-octane campaign that saw Warwickshire win the LV= County Championship title while Hampshire completed a Friends Life t20 and Clydesdale Bank 40 double.

He enjoyed chatting to some of the game's biggest personalities - and also hooked up with some of his new England colleagues to get a flavour of what he can expect to encounter.

Compton added: "I had a chance to speak to some icons such as David Gower and Mark Ramprakash, plus a lot of the county players, as well as England players like Jimmy Anderson and Jonathan Trott. They both congratulated >



NATWEST PCA AWARDS

me on my award and we talked about meeting up with England.
 "It's great to be able to see so many people who contribute to county cricket under one roof. The PCA does a great job, which I discovered all about when I walked to Everest base camp in 2007. It's a very important organisation."

Compton has succeeded another Somerset player, his skipper Marcus Trescothick, onto what is a prestigious role of honour and admits the former England opening batsman has played a central part in his own, increasingly-successful thrust to fulfil his potential.

Having joined from Middlesex in 2010, Compton has found the dynamic around Taunton very much to his liking. And he feels it is batting with a greater sense of 'maturity' that has brought him international recognition.

"There's no doubt the influence of 'Tres' rubs off on you because of the expectation and professionalism, the ambition he has for Somerset and his own personal desire to score runs, which is just as strong as ever," he revealed.

"It's not just been about this season for me, but the culmination of a lot of hard work to get to this point. I'm a lot more focused now and true to myself. Previously I had tried to be the perfect player and emulate so many icons I have admired around the world, but it's come to the point where I now concentrate on my own strengths.

"We have players like Marcus, James Hildreth and Craig Kieswetter who are attacking players and I have a very specific role around them. I'm also calmer and more composed. I have a better mindset to go out and achieve what I want to achieve."

That, of course, is success with England - in India and beyond - thereby emulating the aforementioned Denis, who scored 5,807 runs at 50.06 for England either side of World War Two.

"It's a very exciting opportunity for me now because it's been a dream since I have been 12 or 13, but the hard work starts here if I want to prove myself at international level. It's like when you make a hundred - can you go on and convert it into a double hundred?"



"People talk about my grandfather's record being a burden, but I see it more as an inspiration and I'm very proud of the connection. People may try to compare us, but I am my own man."

Compton's lust for runs will ensure he does his utmost to retain his PCA 'Player of the Year' award in 2013 - should he be available to Somerset when not on England duty - but he is already planning ahead for an alternative career once his playing days are over.

NICK COMPTON'S PROLIFIC FORM IN 2012 SAW HIM COMPILE 1,494 FIRST-CLASS RUNS AT AN AVERAGE JUST SHORT OF 100

"I DON'T THINK I'LL HAVE TOO MANY BETTER WEEKS - ALTHOUGH I HOPE THAT THERE ARE ONE OR TWO MORE LIKE IT TO COME."

"I write a column for a newspaper and the media side of things is something I'm chipping away at," he said. "My mum and dad are both in journalism or PR and I find it stimulating, though I hope to have a few years left playing yet."



2012 ROLE OF HONOUR

REG HAYTER CUP FOR THE NATWEST PCA PLAYER OF THE YEAR

Nick Compton (Somerset)

JOHN ARLOTT CUP FOR THE NATWEST PCA YOUNG PLAYER OF THE YEAR

Joe Root (Yorkshire)

ECB SPECIAL AWARD

Bill Gordon

ENGLAND FTI MVP OF THE SUMMER

Ian Bell

FRIENDS LIFE T20 PLAYER OF THE YEAR

Dimitri Mascarenhas (Hampshire)

CLYDESDALE BANK 40 PLAYER OF THE YEAR

Phil Mustard (Durham)

NATWEST ODI PLAYER OF THE SUMMER

Alastair Cook

INVESTEC TEST PLAYER OF THE SUMMER

Stuart Broad

SKY SPORTS SIXES LEAGUE WINNER

Gary Ballance (Yorkshire)

FTI TEAM OF THE YEAR

Varun Chopra (Warwickshire)

Chris Nash (Sussex)

Ian Bell (Warwickshire & England)

Steven Croft (Lancashire)

Darren Stevens (Kent)

Peter Trego (Somerset)

Phil Mustard (Durham)

Jeetan Patel (Warwickshire)

Keith Barker (Warwickshire)

Chris Wright (Warwickshire)

Graham Onions (Durham)



CHELTENHAM'S NEW FESTIVAL

CAMARADERIE WAS THE WATCHWORD OF THE 2012 PCA PAST PLAYER DAY - AS FORMER NOTTS SPINNER TURNED WRITER **JIM HINDSON** DISCOVERED.



The town of Cheltenham has long been famous for hosting iconic events. There's the flagship steeplechase meeting, The Gold Cup, which first took place back in 1819. The annual music and literature festivals have also become revered. And now there's a new show that is fast becoming the talk of the town.

The PCA Past Player Day first took place during the Cheltenham Cricket Festival in 2011 and word of its success has spread among PCA members, illustrated by a superb attendance at this year's 'do'. It's an event that has not been lost on fans of the game either, and they descended onto the college ground in their droves to secure autographs from players, both past and present.

Former Derbyshire and England wicketkeeper Bob Taylor surveyed the buzzing scene as old adversaries swapped anecdotes of yore, before revealing: "I was one of the original members of the PCA back in 1967 with Fred Rumsey, John Arlott and Jack Bannister. I think this event is tremendous – it's great to see former players and the camaraderie is second to none. The association are doing a marvellous job and long may it last."

At the other end of the spectrum was all-rounder Darren Thomas, who retired in 2007 following a career spent at Glamorgan and then Essex. "There is life after cricket – that's the long and short of it," he said. "I

found that out a few years down the line and it's not as scary as you think. There are guys here who have had a successful career in the game and out of it as well."

Thomas' theme was picked up by fast-bowler Richard Logan, who enjoyed stints with Northants, Notts, Hants and Surrey between 1999 and 2009. He explained: "This event provides the opportunity to find out what other people are doing and you never know where these links with likeminded people will go. It can be really beneficial."

This networking angle is pertinent to Logan who, after setting up the League Cricketers' Association in 2009, began working with former team-mate Richard Browning, who he had played with at Northants. "

He said: "Both Rich and I trialled there and we signed on the same day. After becoming good mates we then went our separate ways once our careers were over. Then I offered him the chance to work on a coaching project for the LCA, utilising his expertise – that's how it all started."

At just 24 years of age, Browning was the youngest past player present but was delighted to enjoy a career still entrenched in cricket. "We've been lucky that we've been in a dressing room together and that does translate itself into the office quite easily. We have some great banter >

THE POPULARITY OF THE PCA'S PAST PLAYER DAYS CONTINUES TO GROW AS DIFFERENT GENERATIONS SWAP STORIES



PAST PLAYER DAY



CLOCKWISE FROM TOP LEFT: RICHARD BROWNING AND RICHARD LOGAN; FORMER ECB CHIEF EXECUTIVE TIM LAMB TALKS TO ALI PROSSER; PCA PRESIDENT CHRIS BROAD WITH VICE-PRESIDENT DAVID GRAVENEY AND PCA BENEVOLENT FUND CHAIRMAN DAVID FORD; DICKIE BIRD; PAT POCCOCK SIGNS AUTOGRAPHS; ROY BOOTH

and if you can find that environment in another industry and drive revenue into the company that has to be a good thing. Replicating the dressing room environment has made the transition from playing easier.”

Another notable figure present, who carved his post-playing career in the game, was Tim Lamb, the chief executive of the ECB between 1997 and 2004 who played for Middlesex and Northants. He clearly enjoyed catching up with his former peers, stating: “Chris Cowdrey summed it up in a nutshell when he said ‘We were foes on the field but friends off it.’ I challenge anybody to find another sport that captures the camaraderie that you find in cricket. This is the reunion of all reunions.

“You’ve only got to look at the generational span, with players present from modern times – and then at the other end of the spectrum guys who graced the playing fields 30 or 40 years ago. Yet we’ve all got this great thing in common of having played county cricket. We are part of this exclusive club and I think that’s tremendous. I’m delighted to be here.”

“I CHALLENGE ANYBODY TO FIND ANOTHER SPORT THAT CAPTURES THE CAMARADERIE THAT YOU FIND IN CRICKET.”

TIM LAMB

When rain fell in the afternoon, washing out the day’s play between Gloucestershire and Essex, both teams gate-crashed the party to join fellow members of the exclusive club that Lamb had alluded to. As past and present players swapped more stories, it was wholly appropriate that Harold ‘Dickie’ Bird, who had travelled down from Barnsley to be at the event, had the final word on the day.

The 79-year-old said: “These events are very special to me and it’s so nice to come to Cheltenham and see so many old players. It brings back some wonderful memories. At my age, you wonder how many events like this you’ve got left! It’s marvellous to come.

“I know it’s been said before, but the PCA do a wonderful job and it has come on so much since Fred Rumsey set it up. Now you have the likes of Jason Ratcliffe, David Graveney and Chris Broad ensuring it is in good hands. I think the organisation and days like today will go from strength to strength.”



FORMER GLAMORGAN AND ESSEX ALL-ROUNDER DARREN THOMAS

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DRESSING ROOM NOTICES



PCA Masters Fixtures

Saturday 1st June

J.P Morgan Cricket Day, Lord's

Wednesday 25th July

PCA Summer Garden Party,
The Hurlingham Club

TBC

MCC Corporate Cricket Challenge,
Lord's

TBC

Annual Compass Charity Cricket Day,
Kia Oval

TBC

JLT City Masters, HAC Club, London

Check for updated fixtures at:
thepca.co.uk/pca_masters

Got a story to tell?

Any funny tales from the dressing room? The PCA are looking to commission a compilation of stories for a book. Proceeds go to the PCA Benevolent Fund.

Give Jason Ratcliffe a call - 07768 558 050



Past Player Days

Two dates are currently being considered for 2013 and dates will be advised in the next edition.



Budding Journos

Fancy having your work published?

The PCA is looking for contributors to their website now - call Jason Ratcliffe to find out more on 07768 558 050.



Travel Policy

Applicable to current and full PCA members, there have been important changes to the PCA Travel Policy.

Key points:

24-hour Emergency Number
is now +44 (0)208 763 3155

The policy number is now
RKK806998

Visit: www.thepca.co.uk/travel_policy

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Renew old friendships, play on great courses across the country and raise funds for the PCA Benevolent Fund. Membership just £10 a year. Find out more from Graham Cottrell, Honorary Secretary
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FTI MVP Rankings - this year's England winter standings and final 2012 county tables.
England - www.thepca.co.uk/mvp-england-12
County - www.thepca.co.uk/mvp-12

Support your peers

Thanks go to Neil Carter, Geraint Jones, Graham Napier and Matt Prior for supporting the PCA Benevolent Fund, which supports all players past and present in times of trouble. Many of the 2013 beneficiaries have already pledged their support.

Help by raising money and awareness - contact Jason Ratcliffe on **07768 558 050**

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HIGH LEFT ELBOW

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For more details, contact him at cpeploe@hotmail.com or call **07426 343493**

PCA 

Keep in touch

Find players past and present and stay in contact with the PCA by searching for our facebook page. Follow us on Twitter: @PCABenevolent and @PCA903Club



TATTERSALL, R

T A PROMISING COUNTY CAREER FOR ROGER TATTERSALL WAS CUT SHORT BY INJURY, BUT, AS THE FORMER LANCASHIRE SEAMER EXPLAINS, HE WAS NOT ABOUT TO LET IT GET HIM DOWN, MAKING A SUCCESSFUL TRANSITION INTO THE TRANSPORT INDUSTRY. HERE'S HIS PAST PLAYER STORY.

LEAVING THE GAME?

I joined Lancashire from Nelson at the same time as Andrew Kennedy and Bob Ratcliffe who were also playing in the Lancashire League. I played only three first-team games in 1972 and then was forced to retire at the age of 23 because of a knee injury. Lancashire sent me to the top surgeon in Manchester, but unfortunately due to the extent of the injury there was nothing he could do that would allow me to continue playing cricket at the level I had achieved.

WHAT DID YOU DO NEXT?

I started a landscaping and gardening business then I took my HGV, CPC and PSV licences, which enabled me to get into the transport industry. I ended up driving day and night all around the country. Following the birth of my first daughter, I decided to change jobs as being away three to four days a week was not compatible with having a young family. I looked for a more suitable job that I could use the experience gained from driving. For the past 25 years I have had several senior positions with companies, all within the transport industry. Since 2007, I have worked for a company in Manchester selling AdBlue, a substance legally required in all vehicles over 3.5 tonnes.

DID YOU MISS CRICKET?

Of course, there was a terrific camaraderie between the players back then and we were all proud to play for Lancashire. During my time, I played with many great players including Clive Lloyd and against Rohan Kanhai, who scored a century against us in my debut game for Lancashire against Warwickshire. Due to the influence of Neil Hawke at Nelson and Peter Lever at Lancashire, my cricketing career prospered.

DO YOU HAVE ANY REGRETS?

I missed playing, but I don't have any regrets. I would have loved to have played longer, but if I'd gone on playing until I was 30, I would have still have had to start another career from scratch. What has been important is the support from my family over the years, which has always encouraged me to further my career. I still meet up with the players at reunions.

THE SECRET TO BUSINESS SUCCESS?

It's not easy to stand in front of someone and sell something to them, but I think I had a natural confidence and aptitude for it. I was determined and would not let challenges stop me from furthering my career outside of cricket.

ANY ADVICE FOR RECENT RETIREES?

The fact is that no matter how good you are on the field, no-one is going to give you a job because of who you were. You have to be pro-active about finding your own niche. You have to pick yourself up from the disappointment of no longer being in the dressing room - whether it's because you've not quite made the grade, because of injury or retirement - and go again.

IS ENJOYMENT CRUCIAL?

I think the fun aspect has to be there in the long-term, but not necessarily straight away. You are not going to drop into your dream job immediately - that may be two or three years away, or even more - but you can look for it while you have got your foot on the ladder. Everyone is good at something, it's just a case of bringing it out, and it's far easier to find when you're in employment, than when you're not.

Roger is happy to talk to any players seeking career advice or inspiration.
Contact Jason Ratcliffe - jratcliffe@the.pca.co.uk - to be put in touch



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For more information, or to get involved
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