

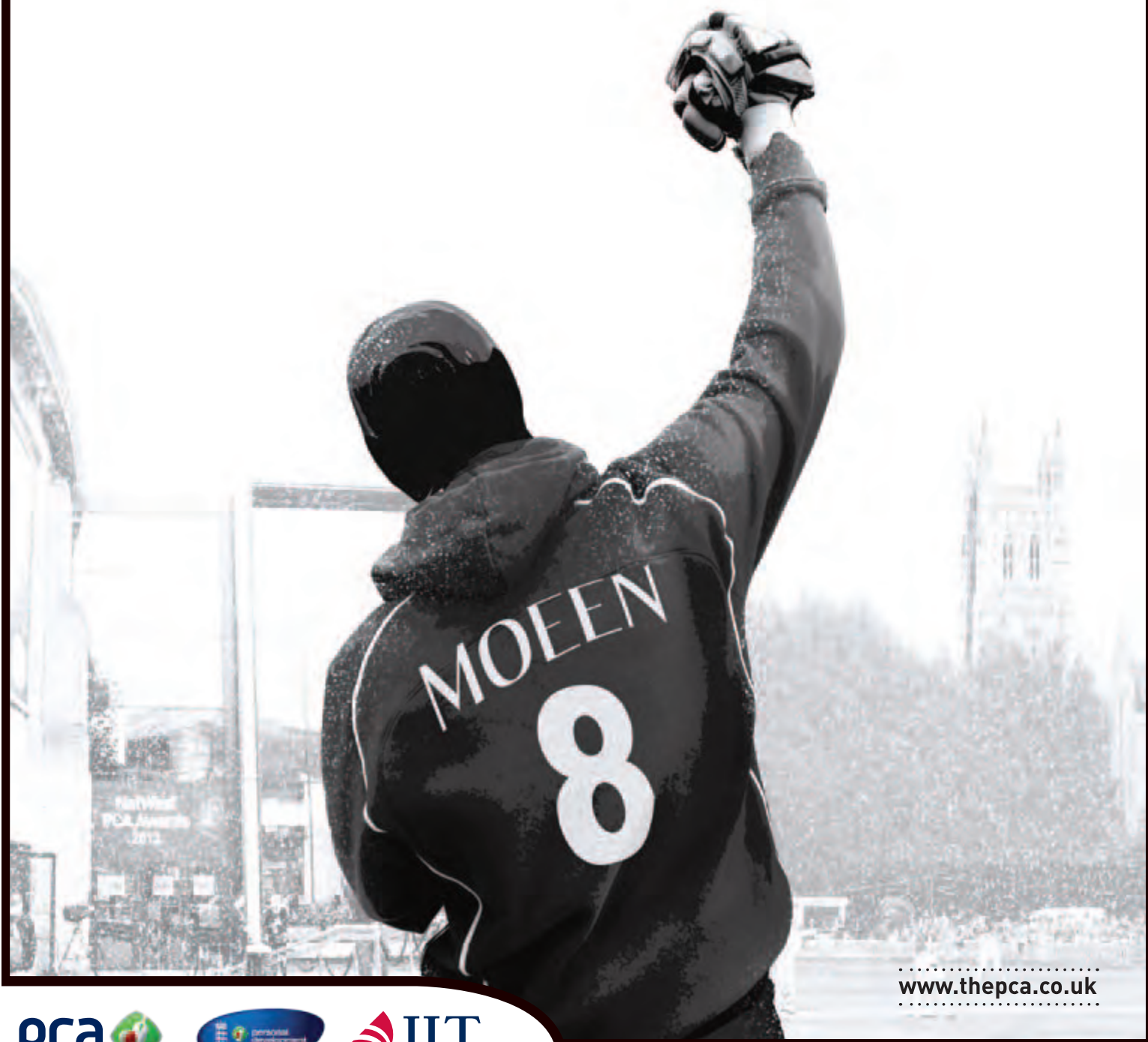
BEYOND THE

Boundaries

THE PCA MEMBERSHIP MAGAZINE FOR PLAYERS PAST & PRESENT

The power of positive thinking

ISSUE 13



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BEYOND THE BOUNDARIES EDITOR
JASON RATCLIFFE
jratcliffe@thepca.co.uk

EDITOR (FOR BOWLESASSOCIATES)
SIMON CLEAVES
simon@bowlesassociates.com

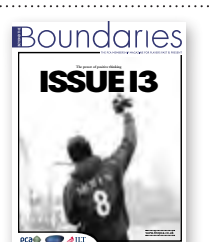
CONTRIBUTORS
NICK DENNING
PHIL DICKS
SIMON ECCLESTONE
MATT HALFPENNY
JIM HINDSON
CHARLIE MULRAINE
IAN THOMAS
LYNSEY WILLIAMS
MATT WOOD

PHOTOGRAPHY
GETTY IMAGES;
PORTRAITCOLLECTIVE.COM

COVER ARTWORK
ELLIE D'EATH
VICKY ELWICK

DESIGN & CREATIVE DIRECTION
BOWLESASSOCIATES

PRINT
GRAHAM TREGLOWN



THE COVER

PACKED FULL OF CONTENT DEMONSTRATING CRICKETERS TAKING POSITIVE ACTION, THIS ISSUE'S COVER IS INSPIRED BY ICONIC ARTWORK FROM THE 1976 OSCAR-WINNING CLASSIC ROCKY.

FROM THE EDITOR

I'm sure all PCA members will be aware that as you read this issue, 65 brave souls including current and former players and supporters are embarking on The Big Bike Ride, in aid of the PCA Benevolent Fund and the Tom Maynard Trust. The Big Bike Ride represents our biggest-ever fundraising challenge and all proceeds will go to two charities that aim to help fellow players and aspiring cricketers. The goal is to raise £200,000 and the total at the time of writing stands at around £94,000, and £106,000 when combined with Gift Aid.

We're proud that The Benevolent Fund will help ensure that we will look after our members from the beginning of their professional career to their dying day, in any way that we can. Charity begins at home, so the saying goes, so please turn to page 17 for more details and give generously to YOUR charities, by visiting www.thepca.co.uk.

There has been a lot of media coverage in the past two years on the issue of corruption in cricket and the PCA have been working extremely hard to protect the standing of the game by raising awareness of the dangers and pitfalls to all of our members.

Mervyn Westfield has gone through a lot since his conviction for spot-fixing while playing for Essex against Durham in 2009. A custodial sentence in HMS Belmarsh was accompanied by a five-year suspension from professional cricket and a three-year ban from club cricket from an ECB cricket disciplinary commission panel. Mervyn has acknowledged his wrongdoing and is now taking steps towards his rehabilitation and to ensure all players are warned of the associated pitfalls.

He has worked with us to produce a powerful educational video and will be speaking at our Rookie

Camp in February, as well as our pre-season visits to every county ahead of the 2014 season. We should remember that at the time of his offence, no such education

programmes were in place and we feel his experiences will have a major impact.

The decision from Steve Davies in 2011 to publicly announce he is gay shouldn't be regarded as a landmark in cricket, but the fact is that Steve is the first professional cricketer to 'come out'. He is a further shining example of a PCA member stepping forward to tell his story in order to help others. On page 14 he outlines the plans behind Real Talk, his new initiative to educate secondary school children about the language of sexuality.

In the previous issue of Beyond the Boundaries I wrote that the PCA had invited more than 500 past players to take part in a survey exploring their playing experiences and their move into a second career. The results and advice they provided will undoubtedly prove extremely useful to modern-day cricketers, and their Top 10 Tips can be read on page 36 and in more detail in Simon Ecclestone's excellent feature on page 24. Two key figures stand out. Firstly, 34 per cent of those surveyed felt that they struggled in the first two years of their transition from cricket to their second career, demonstrating a real need for the PCA's Personal Development & Welfare Programme. Secondly, one in five registered that they had suffered from some sort of mental illness, broadly in line with national statistics and contrary to a perception that cricket is a sport particularly vulnerable to the issue. Nevertheless, there have been some well-documented tragedies suffered within our cricket family. Alongside the work of the PCA's 'Mind Matters' series of online tutorials, I would like to thank both Graeme Fowler and Barry Richards for bravely sharing their experiences with mental illness on page 38.

Enjoy the magazine, have a great winter and keep in touch.

Ratcliffe

Jason Ratcliffe
07768 558050 / jratcliffe@thepca.co.uk



MEMBERS NEWS



KHAN'S A SHINING EXAMPLE

From carving his first cricket bat using a plank of wood from his mum's fence to an MBE, it's been quite a journey for Wasim Khan.

The first British-born Pakistani to play professionally in England, the Chief Executive of the Cricket Foundation has been awarded the gong in the Queen's Birthday Honours list.

Khan developed the pioneering 'Chance to Shine' programme - based at Lord's - aimed at giving children in state schools more opportunity to play cricket, a project that has reached out to more than two million people since 2005.

The former Warwickshire player was inspired by a surprise phone call from Sir Mervyn King, the then governor of the Bank of England.

Together, they planned to counter the disparity between cricket opportunities for children in state and independent schools.

"I remember watching cricket on TV and thinking, 'I really want to do that,' and my family around me telling me it wasn't a credible profession to go for," said Khan. "But I was pretty determined and pretty committed."

"Sport can play a huge part in your life and for me it has always been a real passion. The MBE is a wonderful achievement for myself, my family, friends and everybody who has contributed over the years, but more importantly, hopefully recognises the good work that a lot of people are doing."

www.chancetoshine.org



CUT-THROAT BUSINESS

Bustling and busy as a player, former New Zealand international Iain O'Brien is just as active now his professional playing days are over.

The latest project for the man who played 22 Tests, 10 one-day internationals and four T20 internationals, as well as turning out for Leicestershire and Middlesex in county cricket, is an interactive children's adventure story.

Well known for his work as a pundit on Sky television, his summarising on BBC radio and his active Twitter account, which has more than 14,000 followers, the Wellington-born fast bowler has now teamed up with Maths teacher Rowan Gibson and illustrator Calvin Innes to publish *Pirates Don't Play Cricket*.

The story tells of youngsters Dan and Priya and a band of friendly pirates who have to use their sporting skills and teamwork to fight off unwelcome visitors.

Uniquely, O'Brien and Gibson met and co-wrote the story over Twitter. The book was launched at Leicestershire's Grace Road ahead of New Zealand's tour match with England Lions in May.

"It's a full-colour rhyming picture book which is aimed to appeal not just at children of all ages, but also parents who are fans of all sports," said O'Brien. "It encourages children to take part in physical activity and teaches them about not judging people on first appearances."

Part of the profits from the interactive app will go to cricket charity Chance to Shine.

The book is soon to be released as an interactive app and is available to buy by visiting www.mylittlebigtown.com



TURNING A NEW LEAF

Former Glamorgan and Surrey seamer Mark Frost has recently launched his second children's adventure book *The Legacy*, the sequel to the fictional thriller *The Four*.

While the first book took in the Eiffel Tower and London's West End, this time the four children at the centre of the story visit the Chateaux of the Dordogne and peaks of the Swiss Alps. Frost, who writes under the pen name Jack Emson, launched his new offering, available on amazon.co.uk, at Penarth in July.

OUT OF THE ORDINARY

A biography of MJK Smith, published by the Association of Cricket Statisticians and Historians, sees author Douglas Miller explain why he titled the book 'No Ordinary Man.' It traces the colourful life of the former Warwickshire player who is 18th on the list of leading first-class run-getters and is the only man of the past century to have represented his country at cricket and rugby union.

For more details, please visit the ACS website: www.acscricket.com

A LITTLE BIRD TOLD ME...

@markbutcher72 (mark butcher)
Everybody has a friend like Hotspot - shows up when uninvited & is nowhere to be seen when really needed... #ashes

@AlexHales1 (Alex Hales)
Friday night spent with @JakeBall30 and @jamestaylor20 watching you've been framed. Seriously loose cannons #putusonaleash

@MichaelVaughan (Michael Vaughan)
Good luck with your GCSE results @joeroot05 ..!!!!

@RyanSidebottom (Ryan Sidebottom)
Happy Yorkshire Day !!!! Si' Thi' Later

@flintoff11 (Andrew Flintoff)
Got a busy day today , got to go shopping for a toilet seat ! #cheeky

@Lottie2323 (Charlotte Edwards)
You know you're down the pecking order when my room at my Mum's is now known as Rosie's room. #granchild #charlottewho

@StuartBroad8 (Stuart Broad)
The @PCA Masters could play at your cricket club & raise funds in 2014. Fancy a game against the legends?! Look here: bit.ly/RBTUFm

@Hoggy602 (Matthew Hoggard)
Hope I wasn't too drunk on 5 live !! (after announcing his retirement from county cricket).

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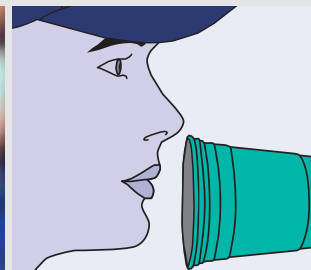
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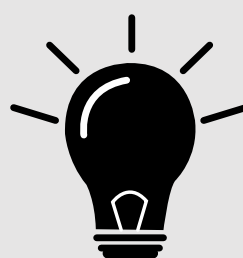
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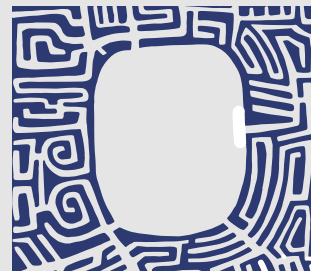
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IT'S ALL ROSY FOR GRAHAM

Graham Rose's career change after hanging up his boots means that he still requires the military precision he displayed as a capable all-rounder.

The former Middlesex and Somerset man, who scored more than 13,000 senior first-class and one-day runs and took in excess of 900 wickets in a successful 17-year career, now works closely with the armed forces.

After securing a job with the Ministry of Defence as a civil servant, his post was outsourced to aviation giants Boeing, where he works in IT and is responsible for an engineering application which looks after all front-line helicopters for the army, navy and RAF.

"It's not everyone's cup of tea and I never

dreamed that I would end up doing something like this, but I really enjoy it," said Rose.

"Boeing are a good company to work for and I get to travel around a bit, which is nice as you are not chained to the same desk or office."

So far Rose has worked in the likes of Cape Town, Barbados and California and also Basra, Kandahar and Bastion in the Middle East.

He added: "It makes playing early season games at some of the less appealing venues seem like a piece of cake, but I've been some places that you would never normally get the chance to visit like northern Norway in winter and the Falklands."



BOWLER EDUCATING AGAINST CORRUPTION

In 2009, Mervyn Westfield accepted a bribe to engage in spot-fixing during a Pro40 match between Essex and Durham. Following his conviction and prison sentence, he is now working with the PCA to ensure no other players succumb to corruption.

Mervyn Westfield has warned fellow PCA members to guard against the dangers of getting involved in spot-fixing.

The former Essex bowler was convicted for an offence committed in a 2009 Pro40 match against Durham, serving two months of a four-month prison sentence in HMS Belmarsh. Westfield also received a five-year suspension from professional cricket and an initial three-year ban from club cricket.

As part of a process to reintegrate the 25-year-old back into the game, Westfield spoke in detail to the PCA for a video designed to educate all the association's members of the risks they face.

That process also involves the fast bowler speaking at the PCA's Rookie Camp in February and at every PCA pre-season county meeting ahead of the 2014 season.

In the video, Westfield describes the lead-up to the fix, which occurred in a televised match, the circumstances in which he was caught and his time spent in prison, as well as the shame he felt in disappointing his family.

He said: "My time in Belmarsh was hell for me. They tell you literally what you can do and what you can't do, what time you can eat, what time you go back into your room, what time you come out for exercise, what time you can have a shower.

"I'd just found out my dad had cancer

as well. Obviously I wanted to be there for my Dad and I couldn't. I didn't want to let down my parents and my two little brothers as well, because they might look up to me as a role model and seeing their older brother go to prison is not the best thing. When it has been all over TV and in the newspapers, then their friends are going to ask them about it."

The ban on professional and club cricket followed shortly after his conviction and Westfield added: "I'm not trying to tell people to feel sorry for me because what I've done is bad, but not

"IF SOMEONE COMES UP TO YOU AND ASKS YOU TO DO MATCH FIXING, JUST STRAIGHT AWAY SAY NO, TELL SOMEONE AND JUST WALK AWAY."

being able to play or coach any cricket is a massive shock for me.

"I just want to rebuild my life, help the PCA out and try and get back on track. If I can give back to anyone - kids, older people... it doesn't matter to me as long as I can give something back, make sure someone doesn't go through what I went through."

In recognition of Westfield's willingness to help with an anti-corruption education programme, an ECB appeal panel this summer reduced his ban from club cricket by a year.

But Westfield's ban from professional cricket will not be lifted until 2017 and he admits his playing career is over.

His message to professional and club cricketers could not



be more clear. "If someone comes up to you and asks you to do match fixing just straight away say no, tell someone and just walk away," he said.

"Me agreeing to do this, I have lost the best job I ever wanted to do. Not being able to do it now is a massive smack in the face. I definitely would have liked to play for England, yeah, but obviously in my situation it's not possible now."

To view Westfield's interview in full, follow the link from the home page of www.thepca.co.uk



CARVING OUT A NEW CAREER: PAUL ALDRED DEEP IN CONCENTRATION AT HIS DERBYSHIRE WORKSHOP



CHIPPING AWAY

When Paul Aldred finished playing for Derbyshire in 2002, he always wanted to continue turning a profit from cricket – he just didn't necessarily expect to do it quite so literally.

Although initially setting up a business around coaching in schools and clubs, he was soon attracted to the art of bat making, prompted by the completion of an apprenticeship in the building trade before he had been taken on at the Racecourse Ground.

What started out as a hobby has now grown to the point where he is making more than 150 bats every season and, with expansion in the pipeline, the 44-year-old is set to scale back his coaching to dedicate more time to the venture.

Given that each bat is hand crafted to the highest standards at his Derbyshire home - where his garage and extension double up as a workshop - it is hardly surprising that the feedback Aldred has received has been very encouraging and he has begun to export all around the world including to the likes of New Zealand, South Africa, USA and Hong Kong.

"I started off doing it in my spare time, repairing people's bats for them, and people started asking where they could get good quality bats," explained Aldred. "It riled me slightly that the art of traditional hand crafted bat-making was being lost in this country and moved abroad and I wanted to keep it alive."

"I started to put a few bats out locally in 2007 and it has grown from there. I think I'm the only ex-professional in England personally making bats as

opposed to marketing them and I'd be interested to know if there are any others across the world doing it."

Aldred has worked extensively with the Lord's Taverners and has taken on his first professional in the shape of Surrey youngster Tom Jewell. He strives to ensure the customer experience is second to none and is happy to use his knowledge gleaned from the county circuit to offer advice and guidance.

He added: "So far business has all been by word of mouth and I haven't really marketed it, but I'm looking to step that up now I am confident the product is right. I've been able to find a niche market by keeping the quality high at an affordable price and I'll be looking to maintain that combination as the business grows."

Bats and protective equipment are supplied at a discount rate to PCA members.

www.aldredcricketbats.com



SHARP THINKING

Since leaving a coaching position at Yorkshire where he also served as a player, Kevin Sharp has set up Inspire-Excel, a company who support and inspire individuals and groups in sport, business and life through positive thinking. Both Sharp and his business partner Richard Wrighton have qualified as Neuro Linguistic Programming (NLP) master practitioners. He said: "We have heard much of late of how depression has affected many players and having been through some very challenging times myself, I know I could be of assistance to anyone requiring another perspective."

www.inspire-excel.co.uk

SWING-MAN SID SEEKS STARS

Former England and current Yorkshire paceman Ryan Sidebottom is seeking out stars of the future at his new cricket academy this autumn. Along with dad Arnie, a former county and international player himself, the swing bowler will oversee the development of players between the ages of eight and 15, with both paid-for and scholarship places up for grabs.

www.ryansidebottomcricketacademy.co.uk

WEBSITE INSIGHT

A new-look and much-improved website that outs all PCA information at your fingertips is on the horizon. The aim is that the re-designed site, which is due to go online later in the autumn, will be easier to navigate, while retaining the essential sections which make it so valuable for past and present players.

If you have any feedback on the new site, please email aprosser@thepca.co.uk www.thepca.co.uk

MEMBERS NEWS



WEATHER BEATERS

It may not have been perfect weather conditions for a round of golf, but the rain certainly didn't put a dampener on the annual PCA Benevolent Fund Golf Day in September.

Teams were joined by PCA Ambassadors including Devon Malcolm, Dean Headley, Gladstone Small and Shaun Udal at the world-famous Marquess' Course at Woburn Golf Club. Following the golf, prizes were given out during an evening of fine food and drink, with guests entertained by Welsh comedian Rod Woodward. The event raised £23,000 for the charity.

As always, the day was organised by PCA Benevolent Fund Chairman David Ford, and supported by many familiar faces, with fantastic hospitality from staff at Woburn. Many thanks to them all.





PAST LIVING ON IN THE WEST COUNTRY

Almost 60 players, male and female, relived their glory days out in the middle at the latest annual Gloucestershire past player day.

The long-running get-together took place on September 4 during the club's County Championship Division Two match against Leicestershire at Bristol.

"It's grown in popularity down the years, having been going for around 25 years now, and is something a lot of former players really look forward to," said organiser Andy Brassington.

"For some it is the only

time they will get to see each other from year to year. It was particularly nice to see some of the former players' widows in attendance, and for other players to see the redevelopment work that has been going on at the ground for the first time.

"Hopefully, we can get even more people along next year, especially those who have not long since retired."

If you wish to be part of the next Gloucestershire past player day, please email andy@finderskeepersuk.com

NEW FACES AT PCA HQ

Emily Lewis has been confirmed as the new Head of Events and Fundraising for the PCA.

Also joining the Association is Sophie Evers, as our new Events and Fundraising Manager.

The executive team has been further strengthened by the appointment of Luke Reynolds, who has taken up the newly-created position of Social Media Executive.



Emily Lewis
020 7449 4225
elewis@thepca.co.uk



Sophie Evers
020 7449 4227
severs@thepca.co.uk



Luke Reynolds
07827 980884
lreynolds@thepca.co.uk

LANDMARK MERGER TO AID MORE MEMBERS

The PCA Charity, the official charity for county cricketers who played in the era before the PCA came into being, has merged with the PCA Benevolent Fund.

Run by a board of Trustees chaired by David Graveney, the charity assists beneficiaries in need by visiting them at Christmas and during the summer holidays to ensure they are in good health.

All the Trustees - Graveney, Geoff Cook, Harold Goldblatt, John Lever, Alan Oakman, Jim Parks, Peter

Walker and Jim Watts - still have autonomy in dealing with pre-1967 cases, but the aim is that bringing the two charities together will increase efficiency and help more members receive aid.

Said PCA Assistant Chief Executive Jason Ratcliffe: "We previously had two different groups who both had the same goal in mind. Given that we are one association, all working for one membership, it made sense to streamline the way our charity arm operated and this was the

most logical way forward.

"The county cricketers charity Trustees do a great job in assisting older former cricketers. That will continue to happen and from the point of view of PCA members, nothing has changed and it's business as usual."

Ratcliffe added that the PCA are considering changing the name of the PCA Benevolent Fund to reflect the merger, and will be in touch with all members to explore the issue in more depth in the coming months.

HARBOURING HIGH HOPES

Former Gloucestershire and Worcestershire player Simon Wootton has been riding the crest of a wave since setting up his pleasure boating business earlier this year.

Based at Poole Harbour in Dorset, the former batsman now skippers luxury charters and cruises in the waters of the picturesque Studland Bay.

Wootton has previously run a bed and breakfast business for 18 years but after selling up decided to turn a hobby



into a source of income after having his vessel approved for commercial use and taking yachtmaster qualifications.

"This has been our first year in operation, but it's been really enjoyable," said Wootton. "I have been boating for 15 years so what better than to have your 'office' as a boat?"

"We have been really busy this summer having started in May and hopefully things will continue that way as the word spreads and people come back

for another trip, which has been the case with some already."

Services offered include 90-minute tasters, half and full day charters, evening firework cruises and special interest cruises. The boat, called Good Times, is a president motorboat 485 that is 50 foot in length with a deck that can be fully opened or closed to enjoy the sunshine or protect against the weather, with longer journeys featuring a snack lunch.

<http://pooleboatcharters.co.uk>

NEIL MCCORKELL

Hampshire's most successful wicketkeeper in first-class cricket between 1932 and 1951 died just three weeks short of his 101st birthday. Although his career was interrupted by the Second World War, McCorkell made 17 first-class centuries and scored 1,000 runs in a season on nine occasions. But despite his fine record, McCorkell never played for England. After he retired from playing, McCorkell worked as a coach in Johannesburg for 30 years.



TED JAMES

Sussex seam bowler, Ted James, has died aged 88. James joined Sussex in 1948 and was awarded his County cap in 1950. He played 299 first-class matches and took 843 wickets, including a career-best nine for 60 against Yorkshire in 1955, his most prolific season. Also a useful lower order batsman, James was awarded a benefit in 1961 and was later a popular coach at Eastbourne College.

DOUGLAS FREEMAN

Kent's oldest surviving cricketer died in Bristol, aged 96. Freeman, the nephew of legendary leg-spinner 'Tich' Freeman, was the last surviving player from the county who played before the Second World War. A left-handed batsman, he made one appearance for Kent in 1937 against Somerset, but played Minor Counties cricket for Dorset between 1934 and 1948.

PAUL ROBINSON

A fast bowler who played one County Championship and one John Player League match for Lancashire in 1979 as well as first-class cricket in his native South Africa, Robinson died in hospital in Durban, aged 57. Robinson also played Minor Counties cricket for Cheshire in 1978 and 1979 and as a professional for Cleckheaton in the Bradford League.

HUW JENKINS

Known as an outstanding cover fielder by his club, Gorseinon, Jenkins made his solitary first-class appearance for Glamorgan in 1970. He also played two John Player League games in the same year. A keen rugby player and a police officer in the South Wales force, Jenkins had been in poor health for some time after suffering a stroke and died in Somerset, aged 69.

KEITH DOLLERY

The former Warwickshire seamer died in his native Australia at the age of 88. He played 73 matches for Warwickshire between 1951 and 1956 and was awarded his county cap in 1954, the year he took the first of two hat-tricks for the county. Before joining Warwickshire, he also played for his native Queensland, for Auckland, New Zealand and Tasmania.

DAVID MILLS

David Mills, who played one first-class match for Gloucestershire in 1958 and another for Free Foresters two years later, died in London aged 75. Better known as a rugby player, Mills played for Cambridge University, Hartequins, Clifton and Cornwall and won a Blue in the 1958 Varsity Rugby Match where Cambridge won 17-6.



The former England and Kent captain died, aged 72, after a brave battle against cancer.

Denness, who also played for Essex, was Kent's president last year and was awarded an OBE in the last New Year Honours List.

He will be remembered as the

MIKE DENNESS

first Scotsman to captain England, leading his adopted country in 19 of his 28 Tests between 1969 and 1975. Denness made the highest of his four Test centuries against Australia in the 1974/75 series, but then resigned the England captaincy after they were beaten the following summer at Edgbaston – which proved to be his final Test appearance.

Denness made his first-class debut for Scotland in 1959 and joined Kent three years later, winning the Championship in 1970 and then with Essex nine years after that. He scored almost 26,000 career first-class runs, including 33 centuries.

He retired in 1980, but retained a close involvement in cricket until his death, working as a match referee for the ICC and then as a pitch liaison officer for the ECB.

DICKY MAYES

The former Kent batsman has died in Suffolk, aged 90. Mayes played 80 first-class matches for Kent between 1947 and 1953 and was awarded his County Cap in 1952, the season in which he scored three of his four first-class centuries. A stylish right-handed batsman, Mayes made his breakthrough in the 1951 season when he scored 719 runs, including his maiden century against Hampshire. He followed up with further centuries against Glamorgan, Sussex and Warwickshire, but his form dipped in 1953 and he was released at the end of the season. Mayes subsequently played Minor Counties cricket for Suffolk and became Coach at Woolverstone Hall School in Ipswich, where he helped mould England Test player Graham Barlow. He was also a talented footballer who played for Ramsgate Town and Canterbury City.

SIR COLIN STANSFIELD SMITH

Better-known as a successful architect, Sir Colin Stansfield Smith played 106 first-class matches for Lancashire and Cambridge University in the 1950s. He died in Winchester at the age of 80. As a young man, he scored 2,339 runs for Cambridge in 1957. Also a right-arm seamer, he took a career-best 6-35 for Cambridge against Free Foresters at Fenner's in 1955. His father played Minor Counties cricket for Cheshire, and his older brother, Donald, played three first-class matches for Lancashire in 1951 and 1952. Stansfield Smith was awarded a CBE in 1988, the Royal Institute of British Architects (RIBA) Royal Medal in 1991 and a knighthood in 1993. He became a Professor of Architecture at the University of Portsmouth and designed the University's Portland Building.

FRED GIBSON

The second-oldest surviving former county cricketer, Gibson died in Rutland, aged 101. Gibson, who played two matches for Leicestershire in 1946, was born in Jamaica but settled in England after serving in the RAF in the Second World War. He made his first-class debut against Yorkshire in May 1946, and his second and final appearance was against Oxford University in The Parks where he claimed a hat-trick and managed a couple of singles in the first innings. After sustaining injuries in a car accident midway through the 1946 season, Gibson subsequently played club cricket for Loughborough Town, Mountsorrel Castle and Carillon Old Boys and was elected as councillor for the Mountsorrel Ward on the local council.

RON THRESHER

The former Kent seam bowler died at the age of 82. Thresher played in two County Championship matches in 1957 as an amateur and took 3-70 on his debut against Yorkshire at Tunbridge Wells. He made three other first-class appearances for DR Jardine's XI and took career-best figures of 4-29 against Oxford in the 1957 fixture. He also played regularly for the Club Cricket Conference representative team.

PETER HEARN

The middle order left-handed batsman and first team regular for Kent in the 1950s has died aged 87. Hearn made 200 first-class appearances between 1947 and 1956. He scored more than 8,000 runs, including seven centuries, and took 22 wickets. A native of Tunbridge Wells, he made his first century in the first innings of his debut against Warwickshire and scored the biggest of his seven centuries (172) against Worcestershire in 1954, when he made almost half of Kent's runs in their first innings.



BRIAN FURNISS

The right arm seamer, who played four first-class matches for Derbyshire between 1955 and 1956, has died in a hospice in Retford aged 79. Furniss made his first-class debut against Scotland in Edinburgh in 1955 and played three more matches the following summer, taking seven wickets in his four appearances with a best of 3-52 in a seven-wicket win over Kent at Gravesend.

NATWEST PCA AWARDS



MOEEN SWEEPS THE BOARD

A memorable two weeks for Moeen Ali was triumphantly capped at the Roundhouse as his fellow players acknowledged the finest season of his career by voting him NatWest PCA Player of the Year.

Having already been crowned as FTI Most Valuable Player for the season, and named in England's Performance Programme Squad touring Australia in the winter, the 26-year-old Worcestershire all-rounder completed his clean sweep of county cricket's biggest awards in front of more than 1,000 guests, including PCA members, commercial partners and leading administrators of the game.

The spectacular finale to the domestic cricket season saw players relaxing with their peers and celebrating the achievements of the summer, with Ali leading the way after scoring more than

2,000 runs in all cricket and taking 55 wickets. That included 1,375 runs in the LV= County Championship at an average of 62.50, featuring a career-best 250 against Glamorgan and three further hundreds, as well as eight half-centuries.

Durham all-rounder Ben Stokes also had cause for celebration, soon after his selection in England's Ashes squad, with the 22-year-old named as NatWest PCA Young Player of the Year after helping his county to a third LV= County Championship title in six years. He scored more than 1,400 runs with the bat in all cricket this summer, while also racking up 72 wickets.

The event signalled the end of NatWest's 11-year lead sponsorship of the PCA Awards, having helped raise thousands of pounds for the PCA Benevolent Fund at the same time as finishing off the season in style.

THE FULL LIST OF 2013 WINNERS

NATWEST PCA PLAYER OF THE YEAR
Moeen Ali (Worcestershire)

**NATWEST PCA
YOUNG PLAYER OF THE YEAR**
Ben Stokes (Durham)

ECB SPECIAL AWARD
Jim Cumbes

**PCA SPECIAL MERIT AWARD,
SPONSORED BY BRIT INSURANCE**
Tony Greig

**FRIENDS LIFE T20
PLAYER OF THE YEAR**
David Willey (Northamptonshire)

**YORKSHIRE BANK 40
PLAYER OF THE YEAR**
Peter Trego (Somerset)

**LV= COUNTY CHAMPIONSHIP
PLAYER OF THE YEAR**
Graham Onions (Durham)

ENGLAND FTI MVP OF THE SUMMER
James Anderson

**NATWEST ODI PLAYER
OF THE SUMMER**
Ravi Bopara

**INVESTEC TEST PLAYER
OF THE SUMMER**
Graeme Swann

SKY SPORTS SIXES LEAGUE WINNER
Ryan ten Doeschate (Essex)

FTI TEAM OF THE YEAR
Joe Root (Yorkshire & England)
Michael Klinger (Gloucestershire)
Moeen Ali (Worcestershire)
Ian Bell (Warwickshire & England)
Samit Patel (Nottinghamshire)
Ben Stokes (Durham & England)
Phil Mustard (Durham)
Stuart Broad (Notts & England)
Graeme Swann (Notts & England)
Michael Hogan (Glamorgan)
James Anderson (Lancs & England)

THE STATS DON'T LIE...

The sight of Nottinghamshire rushing through their overs in the final session on the final day of the season in what was ultimately a 'dead' LV= County Championship game illustrates just what winning the FTI Most Valuable Player title means these days. Samit Patel was lying second in the overall race and despite his best efforts, which included deputising at first slip in the hope that a catch would accrue enough points to take him over the line, he eventually conceded defeat to Moeen Ali.

The Worcestershire all-rounder, who was presented with a cheque for £10,000 on being crowned FTI MVP for 2013 and also rewarded with a place on England's Performance Programme Squad this winter, has enjoyed an incredible season. Ali scored more runs than any other player in the LV= County Championship and took 55 wickets in all formats with his off-spin.

It has been seven years since the MVP's inception and the breadth of stats it has now generated make for fascinating reading on players like Ali. A top order batsman, he was ranked 274th overall in 2008, but his year-on-year improvement in the standings has illustrated a continued improvement in his all-round contribution to the team. He is now firmly established as a senior player at Worcestershire and, it would appear, international honours are within his grasp.

BEST PERFORMANCE

"In the Friends Life t20 against Northants I made 72 (from 45 deliveries) and also took a five-fer (5-34) with was a major contribution for the team. We went on to win the game and I believe I broke a record for MVP points accumulated in that game."

YEAR-ON-YEAR IMPROVEMENT

"To get to number one in the country was extremely satisfying. I was 274th in 2008 but have continued to improve and mature as a cricketer. I'm now bowling far more overs which obviously helps to score points. I was 13th overall in two consecutive seasons and then made it to third last year. I guess the stats show that I've continued to make a great contribution to the team across the board, which is really pleasing."

DEFENDING THE MVP TITLE

"If I have a decent year I will be up there in the points table but it's not something I'll focus on at the start of the season. I just want to continue to improve as an all-round cricketer. That starts this winter when I'll be going to Australia with the England Performance Programme Squad. If I can perform out there, who knows what might happen. I've not been to Australia since I was 16 and I'm really looking forward to the trip Down Under. I don't like to have too much of a break in the winter so this works perfectly."



2,061
RUNS SCORED IN
ALL FORMATS

600
NUMBER OF
MVP POINTS
ACCUMULATED

55
WICKETS
TAKEN
IN 2013

£10,000
PRIZE FOR
WINNING
FTI MVP



KEEPING IT REAL

SURREY WICKETKEEPER **STEVE DAVIES** IS WORKING ON AN INITIATIVE TO INFORM YOUNG PEOPLE ON THE LANGUAGE OF SEXUALITY. JIM HINDSON FOUND OUT MORE.

It was Nelson Mandela who once said: “No one is born hating another person because of the colour of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love. For love comes more naturally to the human heart than its opposite.”

Those iconic words from Mandela, who has devoted his life to campaigning for racial equality, have inspired many and will certainly have a resonance with Surrey’s Steve Davies. The talented wicketkeeper, who has represented England in both one-day and Twenty20 cricket, is launching an initiative called Real Talk, which aims to educate secondary school children about the language of sexuality. Davies announced he was gay while touring with England during the 2010/11 Ashes series.

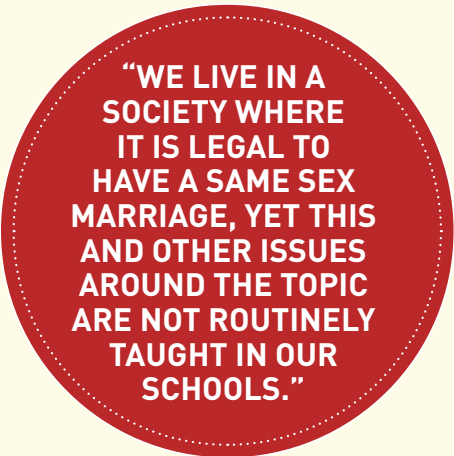
The 27-year-old, who averages a smidgeon under 40 with the bat in first-class cricket and has in excess of 600 dismissals to his name across all formats, picks up the story: “I realised I wasn’t being true to myself and to be honest, I was ready to come out.

“It didn’t seem as important when I was growing up because I was so busy with school and playing cricket, which meant there wasn’t really time to think about stuff. But when you get older, you better understand what matters to you. My announcement went really well and I genuinely think through my experience, I can help people.”

Davies was inspired to create Real Talk, an online resource that targets youngsters in Key Stage Three - within the impressionable 11-14 years age-bracket. It is also aimed at parents, carers, children’s centres and anyone within this sector. It is a creative

initiative designed to educate, inspire and inform on the language of sexuality.

Speaking candidly through his own experience, he continued: “I would certainly have benefited from something like this at school. Teachers can find it uncomfortable talking about sexuality, so this initiative takes them out of the equation if they so desire and can be worked through by young people online. If the teacher is comfortable, then naturally they can lead this.”



“WE LIVE IN A SOCIETY WHERE IT IS LEGAL TO HAVE A SAME SEX MARRIAGE, YET THIS AND OTHER ISSUES AROUND THE TOPIC ARE NOT ROUTINELY TAUGHT IN OUR SCHOOLS.”

Davies’ business partner Debra Unwin met Steve at his previous county Worcestershire, where she was involved in youth development through her role as a teacher. They became close friends and he eventually revealed to her that he was homosexual.

When she discovered a child in her own class was also gay, she asked Steve to chat to him. It was then that the penny dropped: “We realised that there wasn’t

a resource for young people in this area,” she explained: “Steve underestimated the positively and power he could bring - he is truly inspiring. Young people need role models more than ever.

“These used to be parents and teachers but thanks to social media the landscape has now completely evolved. Nowadays, they are most likely to be pop-stars, TV personalities or sportsmen and women.”

With more than 55 per cent of lesbian, gay and bi-sexual young people subject to bullying and nearly one in four trying to take their own lives at some point, there has never been a greater need for education in this area. Unwin concluded: “We live in a society where it is legal to have a same sex marriage, yet this and other issues around the topic are not routinely taught in our schools.”

Along with a heartfelt desire to help young people, working on this project has also provided Davies with an understanding of the business world that could prove invaluable when he eventually retires as a professional cricketer.

He explained: “The whole experience has been really exciting and a genuine adventure. There have been frustrations because things don’t just happen in business as they do on a cricket pitch. When I want to set up a meeting with someone - I want it tomorrow. And the same with building a website and acquiring the correct certificates to get up and running.

“Everything takes time and I’m getting to grips with that now. I’ve been speaking to HSBC and hope to secure their involvement down the line. I’ve also had fantastic support from the PCA. They have a scheme>



REAL TALK

that encourages players to consider opportunities outside of cricket - which means that when you leave the game, you are more experienced and better prepared for the next chapter of your life. I spoke to Jason Ratcliffe about it and the help I've received has been invaluable both through funding and advice."

Davies was overwhelmed by the support he received when he came out, receiving hundreds of letters from other young men in sports teams who had been agonising over that same decision of whether to publicly announce that they were gay. It also caught the attention of Sir Elton John and the pair have since become good friends.

It is true that the attitudes of the music industry are as progressive as they come, but how did the players on the county circuit react to his announcement? "The guys have been exactly the same with me on the field," he said. "People genuinely don't care - and I mean that in a good way. It's been a case of 'So what?' which is exactly the reaction that I'd hoped for. I still get sledged when I slice one over third man and we still shake hands after the game. Very much business as usual."

With Real Talk set to go live at the beginning of 2014, Davies has a busy winter ahead and he's already setting up meetings to move things forward. He is acutely aware that 'business as usual' off the field takes time, but this is a man accustomed to making progress. Watch this space...



PRIDE RATHER THAN PREJUDICE: STEVEN DAVIES, IN ACTION FOR ENGLAND (ABOVE) AND FOR SURREY (BELOW) HAS BEEN PLEASANTLY SURPRISED BY THE REACTION FROM OPPONENTS TO HIS COMING OUT. NOW HE IS BIDDING TO ADDRESS YOUNGSTERS' ATTITUDES

ABOUT REAL TALK

Real Talk takes a positive and holistic approach to well-being and encompasses physical, mental, emotional, sexual and social aspects. It draws upon the Government's 'Every Child Matters' strategy and addresses economic well-being, achieving goals, contributing to society, enjoying life and avoiding situations which may impact negatively upon one's health and safety. It is explicit in the delivery of a consistent message, providing a culture of acceptance for all young people. Homophobic bullying of students who are gay is lower in schools that explicitly state that homophobic bullying is wrong.

PRESIDENTIAL SUPPORT

Jason Collins, a 34-year-old centre from the Washington Wizards NBA team became the first active male professional athlete in a major North American team sport to come out publicly as gay via a personally written article in Sports Illustrated in April 2013. He was immediately praised for his decision by NBA star Kobe Bryant, President Barack Obama, former president Bill Clinton, and his sponsor Nike.





SUPPORT THE RIDERS

GET BEHIND THE EVEN BIGGER BIKE RIDE

THE BIG BIKE RIDE, THE LARGEST FUNDRAISING ACTIVITY EVER ORGANISED BY THE PCA, HAS REALLY CAPTURED THE IMAGINATION AND MEMBERS ARE BEING URGED TO PLAY THEIR PART IN SUPPORT OF THE TWO DESIGNATED CHARITIES.

The miles are in the legs, the routes planned out and the masseurs prepared... now all the dedicated cyclists raising money for the PCA Benevolent Fund and Tom Maynard Trust need is your support.

The team of Chris Froome wannabes will set out on an epic 440 mile (713 kilometre) trip that takes in seven different county grounds across six stages as they journey from the Durham Emirates on October 18 to the finishing destination of Lord's on October 22.

A total of 65 riders - plus others who will be joining them for some of the stages - have signed up for the epic pedalling adventure. Brewin Dolphin, one of the UK's largest independently-owned client investment managers, are lead sponsor and they have entered a team of six riders, representing their offices at Cardiff, York, Leeds, London and Manchester.

The line-up of riders includes former England batsman and Somerset legend Marcus Trescothick, Glamorgan captain and PCA Chairman Mark Wallace, PCA Assistant Chief Executive Jason Ratcliffe, Jos Buttler, Darren Gough, Andrew Flintoff and Matt Maynard, as well as PCA commercial partners and supporters.

Last year, Flintoff, Steve James and Ratcliffe were among the riders in the inaugural edition of the event - set up in tribute to former Glamorgan and Surrey batsman Tom Maynard in the aftermath of his tragic and sudden death - which raised in excess of £30,000.

In the wake of that success, the organisers then set themselves their biggest-ever fundraising challenge - to raise £200,000 in this year's Big Bike Ride. At the time of writing,

"THE CIRCUMSTANCES OF ANY PCA MEMBER COULD CHANGE OVERNIGHT AND THE BENEVOLENT FUND AND TOM MAYNARD TRUST WILL BE THERE TO GET YOU BACK ON YOUR FEET - BUT THAT'S ONLY POSSIBLE WITH YOUR DONATIONS AND THAT'S WHY THIS RIDE IS SO IMPORTANT"
JASON RATCLIFFE

they are well on their way to reaching that target, with £94,000 in pledges, equating to £106,000 with Gift Aid.

But Ratcliffe is passionate about encouraging every PCA member to lend their support and ensure the target is reached, both by making a financial donation and if they can, to turn out at one of the grounds visited en route and show their support in person.

"The fact is that any one of our members may need to call on the services paid for by the PCA Benevolent Fund at any time," he said. "There's no way in knowing what is

around the corner when you're playing or, indeed, when you have retired.

"The work of the Tom Maynard Trust is also of immense help to those cricketers and sportspeople who need financial assistance to get their career up and running.

"All the riders are taking on an enormous challenge and we're hugely appreciative to every single one of them for setting aside the time to train, raise money and ride in the event. I'm sure Tom Maynard would be proud of the way the event has grown and what a terrific legacy has been set up."

Aside from the start and finish points, the full route also takes in Headingley, Old Trafford, Trent Bridge, Grace Road and the County Ground, Northampton.

And many of those who complete the full ride will be attending the Ashes Farewell Lunch for the England team ahead of this winter's Ashes tour.

Other sponsors of the event include Cotswold Cycles and Trek Coventry, who have worked closely with the organisers to create and test the routes and are providing mechanical support along the way, Buxton Water and Jaguar. Read the review - blisters and all - in our next issue!

THE PCA BENEVOLENT FUND

The PCA Benevolent Fund is *your* charity, and a fundamental part of the PCA's ongoing commitment in helping current and former players and their dependants in times of hardship, upheaval or to readjust to the world beyond the game.

The Fund ensures that the PCA can look after members and their dependants for the whole of their lives, offering help with the provision of medical advice, paying for an operation or simply providing specialist advice, care and assistance.

THE TOM MAYNARD TRUST

The Tom Maynard Trust help aspiring disadvantaged cricketers and other sportspeople who require assistance with their career progression.

It provides bursaries, assistance with training and education, financial support for overseas placements, and help with kit and equipment.

As part of its work in supporting awareness and rehabilitation programmes within sport, the Trust sponsors the PCA Rookie Camp and allows PCA members to access educational match funding.



DONATE NOW

[HTTPS://MYDONATE.BT.COM/EVENTS/PCABFANDTMTBIGBIKERIDE](https://mydonate.bt.com/events/PCABFANDTMTBIGBIKERIDE)
DONATIONS CAN BE MADE ONLINE UP UNTIL NOVEMBER 23

MEMBER OFFERS



Former Aston Villa midfielder turned tech guru, Ian Taylor, is delighted to become one of the PCA's latest 903 Club Members, with the latest launch from his iT7Audio collection. The iT7x2 Bluetooth headphones, which incorporate the latest in NFC 'tap- connect-play' technology, is now on general sale.

These headphones incorporate the latest Bluetooth 4.0 technology and feature the Cambridge Silicon Radio (CSR) aptX® chipset which delivers a stable and crystal clear reproduction of your favourite tunes. Wonderfully comfortable over-ear cans plus truly breathtaking drivers mean that you can relax and get lost in your music. Fast pairing through NFC technology means your NFC enabled handset can pair with one touch plus you can make and take calls too as they include a high quality built-in microphone. Ergonomically designed with well-placed audio controls, which include volume and skip track buttons along with quick pause, means that the iT7x2s are a joy to use. They have a unique and stylish look with real fashion appeal, with the headphones available in matt cyan blue, matt hot pink, matt tangerine plus matt black as well as gloss finishes in both black and white. The headphones have a high-definition built-in microphone, a 20 metre optimum operating range and are powered by a rechargeable lithium battery offering standby time up to 400 hours and continuous usage up to 22 hours. There is the option to go wired too, so in-flight listening is not an issue.

iT7 via Uberphunk will offer all the PCA a special members discount code to be used in 2013 towards a 33 per cent off the current sell price* for iT7 Audio products on the website (www.uberphunk.com). To redeem your discount offer, please email your PCA membership number to pca@uberphunk.com and your code will be sent via return email.

**Offer does not apply throughout the website sales promotions or in addition to specially discounted products.*

The PCA have once again teamed up with the UK's leading ski travel agency and tour operator Ski Solutions to offer an exclusive five per cent discount on every holiday booked for travel this winter.



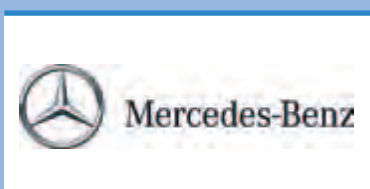
Ski Solutions offers a choice of more than 1000 different chalets and hotels right across the Alps and North America, and can tailor packages to suit your specific needs. As well as the usual seven-night packages, they can also put together shorter breaks and corporate events travelling from anywhere in the UK. The service from the Ski Solutions cricket-mad team of experts is free of charge. Visit the website at www.skisolutions.com or call 020 7471 7700. Just quote PCA when you call to get your discount. To read about Darren Gough's ski adventures with Ski Solutions to Courmayeur last winter visit <http://www.skisolutions.com/from-post-to-piste-darren-gough>



TaylorMade-adidas Golf is delighted to announce that we have recently become the Official Golf Supplier to the PCA. If you are interested in the fantastic products that the Number One Performance Golf Brand in the World can offer to PCA members please contact matthew.baker@tmag.com

TO ACCESS ANY OF THESE EXCLUSIVE OFFERS, WHICH ARE ONLY AVAILABLE TO PCA MEMBERS, VISIT THEPCA.CO.UK

**USERNAME: PCA
PASSWORD: OFFERS**



Mercedes-Benz is proud to be a commercial partner of the PCA. Mercedes-Benz VIP is an exclusive membership for current players only. We are able to provide a wealth of exclusive offers and unique benefits on our wide range of vehicles. Current playing members benefit from a 15% discount on one vehicle with the option to fund over 24 months. The current finance matrix gives an indication of where each model starts with regards to the monthly cost, but quotes with smaller or larger deposits, more mileage and all models within the Mercedes Benz range can be provided. The minimum contract is 24 months.

For more information about any of our vehicles and offers, or to accept our invitation to become a VIP (current players only), simply call VIP Executive, Andrea Carnell on 01908 301759, or email andrea.carnell@daimler.com or contact Michael Lowdell on 01273 426728 or email MichaelLowdell@lookers.co.uk.

Model/Spec	Colour	Initial Payment	Number of Payments	10,000 miles (per annum)
A 180 Cdi SE Manual	Metallic	£1,000	23	£255.00
		£1,000	35	£245.00
B 180 Cdi SE Manual	Metallic	£1,000	23	£300.00
		£1,000	35	£280.00
C 180 Cgi Executive SE Manual Saloon	Metallic	£1,000	23	£400.00
		£1,000	35	£350.00
C 180 Cgi Executive SE Manual Estate	Metallic	£1,000	23	£422.00
		£1,000	35	£365.00
C 220 Cdi Executive SE Manual Coupe	Metallic	£1,000	23	£379.00
		£1,000	35	£343.00
E 220 Cdi SE Manual Saloon	Metallic	£1,000	23	£457.00
		£1,000	35	£400.00
SLK 200 Cgi SE Manual	Metallic	£1,000	23	£114.00
		£1,000	35	£325.00
ML 250 Cdi SE Automatic	Metallic	£1,000	23	£649.00
		£1,000	35	£572.00

All prices include VAT at the prevailing rate. £180 Document Fee. RFL for the first year. Vehicles will be driven to delivery destination and the mileage will be included in the contract. Customers are welcome to collect from MB Brighton.

WELCOME FROM YOUR PDWP TEAM

Many congratulations to all players for the contributions you made to the 2013 season, which featured some major achievements for country, club and from individuals.



For some it marked the start of a career while for others, it signalled the end of their involvement with their privileged profession. As always we look forward to helping retiring players to make the transition into their new careers.

Having been involved with player transitions away from cricket, I have witnessed mixed selections in dealing with this. For some it has been an easy and quick process, for others it has taken a little more time for a number

of reasons. Either way the support is available for you, no matter how long it's needed.

The common ingredient to the success of this period in the life of a player has been 'TIME'. What players have chosen to do with their spare time, their winters, their minds, their motivation to use available time, and their planning to put time to good use.

Comments have included:
"I should have done more before now"

"I wish I'd started something years ago"
"I'm so glad I did that in my winters off"

So, this leaves me with a recurring question and on the ground, speaking with players... "What are you doing with your time in the winter 2013-14?"

We make no apologies for continually working to help you get a personal development plan in place, as evidence supports that this makes for better-prepared cricketers both on and off the field.

The recent past player survey talks a lot about this theme and although it's easy to dismiss these messages, just paying it the respect it deserves could be the start to using some of that time effectively (See page 35 for more, including past players' Top 10 Tips).

We look forward to reviewing and reflecting on players learning experiences this winter and also delivering some thought-provoking personal development workshops at the counties.

Winter well... and keep busy!
Thomo

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

POLISHING THEIR CVs

Who's doing what when the nights draw in
and domestic cricket takes a back-seat.

COMPILED BY IAN THOMAS



ADAM DIBBLE SOMERSET

"I'm going to do a distant learning course in an introduction to property development. I've been looking to do one for a while as I appreciate the need to further develop myself in areas away from cricket but was wary of studying something I wasn't properly interested in - and then regretting it. I've always been keen to get involved in property development, without the capital to do so. But I also thought it was something you just had a gut feeling for and I didn't realise there were courses to help you. On doing some research on the internet I came across this course, which looked perfect for me. As a potentially rewarding business - or even hobby - I thought it would be silly not to boost my knowledge and also it will give me some purpose and drive during the winter, other than cricket, when there is always a lot of spare time."



NIALL O'BRIEN LEICESTERSHIRE

"It's been a pretty full-on year to be honest. I've been playing cricket since mid-January and renovating a house, so I'm going to enjoy spending time in October with my girlfriend and our new puppy before heading to Sri Lanka and Dubai with Ireland for five weeks. I've still got one eye on my post cricket career, so in early January I'm spending a week or two shadowing the Managing Director of the sports agency, Big Red Management. Charlie Mulraine connected me to Mark Spoors and I'm keen to understand more about the day-to-day operations as this is an area I'm keen to get into after cricket. After that, I'm touring with Ireland again and hopefully playing some more BPL cricket with some potential TV work thrown in with the Big Bash and U19 World Cup."

DAVID MASTERS ESSEX

"Every winter I work in our family building and construction company, K.D Masters. When I was younger, I used to do the hard carrying and all sorts of manual jobs, up and down ladders in all weather, before moving on to doing some bricklaying and carpentry. It was an important part of getting me strong and fit for being a bowler, much better than any gym work. It was also important in making me appreciate the life of a cricketer, which I love. Now I can do most things anyone throws at me, except plumbing and electrics, which I might look at in the next couple of years. I'm now involved in getting new contracts and keeping our current ones - we have become successful in school maintenance and development projects in Southwark and Kent. It's great to know I've got this behind me and I'm looking forward to taking it on full-time in the future. More cricketers should look at the trades for when they stop playing. It's good, physical work. Every day is different and there's good money to be made if you're prepared to work hard."





SHAAQ HUSSAIN CHODHRY

WORCESTERSHIRE

"Last winter, I started a graphic design business called FotoGraphics Ltd. That has taken off nicely and generated plenty of work, and I will be looking to take it forward in the coming winter by including in our services bespoke card design. That will open me up to a completely different audience and add something more to what I already offer. I'm also in the process of setting up a cricket academy within the South Yorkshire region where I was born and brought up. All being well I aim to establish the academy and start providing coaching this winter. The longer-term aim is to provide a range of cricket coaching services to children, adults, schools and businesses in the local area."



STEVEN CROFT

LANCASHIRE

"I've got lots to look forward to this winter. After securing Division One status in the Championship, I'm getting married ... then I am looking forward to getting stuck into my level 3 PT Qualification. I've been wanting to do that for a couple of winters and I'm really excited about adding it to my skill sets. The course starts in November and will be part time over 16 weeks."

ARUN HARINATH

SURREY

"My planning for life outside cricket began when I completed an undergraduate degree at Loughborough University in 2009. However, two years ago I decided I needed a change of focus in my planning and with the help of the PCA I started another degree at the Open University, studying Politics, Philosophy and Economics. I think the reason why I've taken this path is to figure out what my work interests and passions are away from cricket, and this course will allow me to set clear attainable goals in an area that is relevant to me. The main things I want to get from it are an extra qualification, and greater familiarity with economic and political theory, as over the last few years it has become increasingly more interesting to me. Finally I hope it will also give me a greater awareness of the career I want when I eventually finish playing."



COMMUNICATION SKILLS



Speaking the Speak

'COMMUNICATION' – A DICTIONARY DEFINITION:

...to exchange [thoughts] or make known [information or feelings] by speech, writing, or other means...

HOW DOES GOOD COMMUNICATION ASSIST YOU IN A CRICKETING ENVIRONMENT?.....

Successful teams cannot function without strong communication. In cricket, for example, we all know that if you have information about an opposition player and don't share it you are limiting the team's chances of success.

If you are unsure of how to go about playing against a certain opponent or in certain conditions, you are limiting the chances of your own success. These are just two really strong cases for how good communication can enhance your own game and also help those around you.

Think about how well your team-mates, coaches and support staff know you. Are they able to tell when you are in a bad place, struggling with injury or unhappy with non-selection?

If they can tell, why can they tell? If they can't tell, what is the best way for you to communicate how you are feeling? The

answer here is with another question. How do you communicate with them when times are good? If you are a good communicator when things are going well it is important to have the confidence to communicate when things are not good and confidence is low.

The key word here is confidence. It's important to be confident enough to ask a coach for feedback when you are struggling for form or out of favour, or speaking to the physio when a 'niggle' has become a genuine issue that will limit your participation in a game.

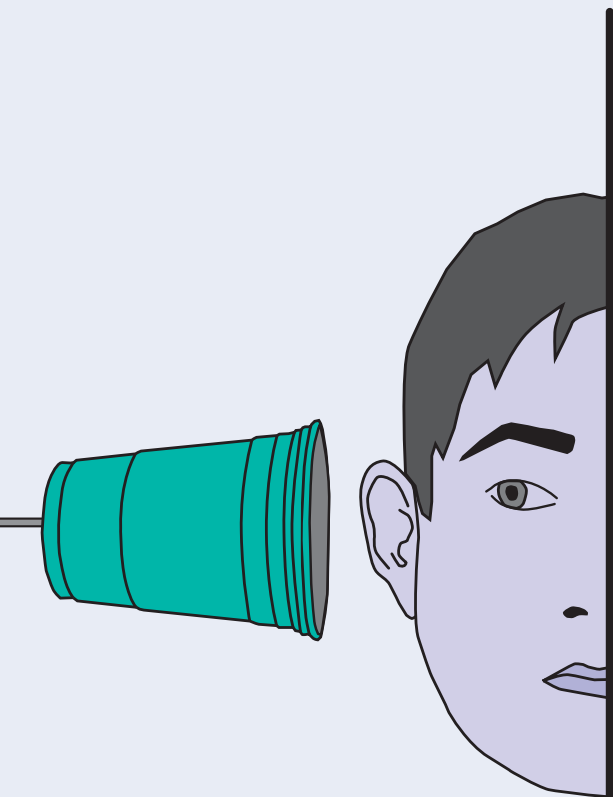
Attitudes in cricket have changed. Opening up when things are not going well is easier than it has ever been and a non-judgemental environment has been created to the benefit of the game and those who play it. It's all about having the confidence to communicate.

...AND OUTSIDE OF THE GAME?

Public speaking skills, especially when they are entertaining, are a great attribute for an athlete. Many elite athletes are invited to speak at official functions or conduct interviews with the media.

"...I DON'T KNOW
WHAT WE WOULD
DO WITHOUT THE
COMMUNICATION SYSTEMS
WE HAVE IN PLACE.
EFFECTIVE COMMUNICATION
IS AT THE FOUNDATION OF
ANY TEAM. WITHOUT IT YOU
WILL BE FOREVER MIRED
IN INEFFICIENCY..."

**SIR CLIVE
WOODWARD**



TWENTY-YEAR FILTER

The summer of 2005 was great. Ashes cricket was a 'must see' event to surpass even the big brother of football and France had one of its best vintages in history.

It had taken more than 20 years for a similar Ashes battle to grip the nation and anyone sitting on 2005 Premier Cru claret will tell you it should be at its best in about 20 years time. In today's culture it seems unfair to have to wait; we want returns now. But there might just be something in this 20-year figure...

What about working out what you're going to do after you stop playing cricket, for example? Coming from a job where contracts are awarded only for the next year or two, thinking 20 years ahead is an alien concept. But the shift in perception is invaluable when preparing for life after sport.

As a planning exercise, working out what you want your life to look like in 20 years is an interesting starting point. From there, you can back track to 10 years, five years, three years to work out what needs to happen in the different stages in your job, self, family, home, lifestyle and finances.

Now life is never neat and plans inevitably change, but having a plan and giving a focus to 'next steps' can take the stress out of daunting decisions and start answering the frustration of 'I don't have a clue...'

Cricketers have to begin their second career at a difficult time. You are in the middle of mortgage commitments, family life and demands on your time and energy are in full flow.

Even if you have a long career, most people in their mid-thirties have put in the same years in their job and are heading towards their best earning years, which they will hope to maintain until retirement.

Cricketers will have to take a substantial hit in income just at a time when their outgoings are at their highest. They also lose one identity and have to start building up knowledge, reputation and income in a new line of work from entry level. It's not easy.

In conjunction with Flemings Private Banking, the PCA run workshops with the current players to assess their financial situation and plan for the years ahead. Naturally people seek to maintain their standard of living but, even in a situation where a player has savings, living at the same level but with only an entry level income, the savings will last about two years. In situations where there are no savings, the picture is obvious and more alarming.

Planning a smooth transition can be challenging and frustrating but the earlier you start to plan before your playing days finish, the more you can narrow that gap between income and outgoings when they end. Waiting 20 years certainly benefits many things - and looking that far ahead is a sound place to start the rest of your life.

Sometimes even sponsors would like an athlete to represent their product and promote it within the broader community.

Having sound public speaking skills can allow athletes to enhance their income and present a polished image to sports consumers, sponsors and the general public.

Being a strong communicator outside of cricket to those who don't know is a vital area of image and impression management. To be conscious of the three main elements of communication - speaking, listening and body language - is to have half the battle won.

Then, to understand what information people take in when you are communicating - the words you say make up seven per cent, the tone you use 38 per cent and body language 55 per cent - is to be pretty much all the way to having put across a message that will be retained by the listener who was engaged and interested by the engaging and interesting speaker.

THE END RESULT

In short, success is driven by strong communication. When things are going well and your confidence is high or, most importantly, when you're under pressure and confidence is waning... it's good to talk.

WHEN THE GOING GETS TOUGH...

...the tough get going.
As your cricket career comes to end,
it can be a testing time - but
having a clear plan in mind can
help with the adjustment.

WORDS: SIMON ECCLESTONE

I've never enjoyed common sense. It's my type apparently. I like to take things as they come, make instinctive choices and go for long shots. Why else would I not plan a contingency for my temperamental cricket career? Answer: because in my mind, the end was only going to happen on my terms.

But my knee went 'bust' at the age of 27 and it was all over in a flash. The end of a career is a painful process, especially if it was taken out of your control, considered by psychologists to be the equivalent of suffering bereavement, and the recovery process follows the same model.

The PCA recently conducted a survey of more than 500 past players, looking at the issue of life after cricket. It's not news that it's a bitter truth to accept when you are no longer required at a club or are physically unable to play any more. Yet the reality for 62 per cent of players is that that's how it ended.

Even for those who retire themselves, it is never how they imagine. As Mark Twain wrote: "Denial ain't just a river in Egypt".

Like so many, the day I left the county for the last time was desperate. I was acutely aware that something fundamental had changed, that I was Western Gazette

chip paper, that my team-mates had immediately moved on, that I had to find something else to do.

But the true unravelling of that desperate feeling hadn't really begun. That would be a work in progress in the years to come - and it still is. There will be different details in every individual's story but, whatever your exit from playing cricket professionally, the inevitable impact



will be greater the less of a clue you have about your next step.

In the recent PCA survey, 51 per cent of players said they were dissatisfied with their preparations for their post-cricket days. At a time when levels of professionalism on the field have rocketed, the fact that failing to prepare properly for the inevitable transition into a second career by over half the players is a shocking statistic.

The PCA are throwing all possible resources at evolving the player's Personal Development provision to mirror the playing side of the sport.

From the survey, five points stood out as being key factors in a successful transition to a second career:

1. Satisfaction with your playing career
2. Preparation for the future
3. Retiring on your own terms
4. The quality of the transition
5. Regaining control of your life

A sad finding from the survey was that, despite the undoubted achievement of making it to the top level in your sport, 14 per cent of sportsmen were disappointed when they reflected on their careers. Of those who reported experiencing health (mental and physical), addiction or financial difficulties, the figure rose to 20 per cent.

It would seem that drawing a line under the cricket-playing past in a positive way and with no regrets is imperative in being able to move on with what the rest of life has to offer.

There is a startling example taken from a 2012 survey of New Zealand rugby players, past and present, of which 50 per cent were All Blacks, status bordering on deity in New Zealand. Nearly 40 per cent had suffered from anxiety or depression since their playing days. And these problems are not just in the Southern hemisphere.

The down-side of the survey found the following results that should be enough to encourage all players to take this area seriously and start preparing for life beyond the boundary ropes:

- 12% are regularly looking for work
- 16% are less than satisfied or dissatisfied with their second career
- 18% are concerned about finances or financially insecure
- 14% are dissatisfied with their health
- 20% suffer health consequences from playing sport
- 5% have received help for mental health issues >

62%
OF CRICKETERS
SAW THEIR
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BEYOND THEIR
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51%
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DAYS



MOVING ON

The final finding that stood out from the survey was the idea of regaining control. To explain what that is referring to, playing sport for a living can be likened to being in the armed forces. The job is all-consuming, a sole-focus job that grabs you from the moment you get up in the morning and demands total attention.

The work environment is also dominated by a regimented routine that controls and organises what you do every day. The loss of control is referring to what happens when that routine is taken away? What happens when the focus is not there? What happens when you have to find your own structure and control in your life?

Research has pin-pointed that the first two years of moving on are the most important and 32 per cent of past players felt it took them longer than that to regain control over their lives. For players in a dressing room, that's one in three of those around you.

The problem is that cricketers have a Peter Pan syndrome while they're playing. Such problems happen to other people and the world outside the cricket bubble can too often feel like Never, Never Land.

The evidence from the survey is doubtless the beginning of more studies into this area but there are already some important truths to be faced. Moving on, whatever your situation, it's a reality for every cricketer and preparing for it is as crucial as making sure your box is in your bag before you go to the ground.

A 2012 SURVEY OF
NEW ZEALAND RUGBY
PLAYERS - HALF OF WHICH
WERE ALL BLACKS -
REVEALED THAT NEARLY 40
PER CENT HAD SUFFERED
FROM ANXIETY OR
DEPRESSION SINCE THEIR
PLAYING DAYS

HAVE A LOOK AT THE
TOP 10 TIPS FROM THE
PCA PAST PLAYERS
SURVEY, TURN TO
PAGE 36.



WHY OH WHY USE MBTI?

PDMs Charlie Mulraine and Nick Denning explore how the MBTI Career Report can help you better understand yourself and others in the game, while also helping to find fulfilment beyond it.

ILLUSTRATIONS COURTESY OF OPP LTD

One of the challenges faced by cricketers building a career away from the game is how to explain your sports specific talents to a future employer. Being able to make a ball 'reverse' or the ability to 'play it late' is not necessarily on a company's list of 'required skills' and therefore the ability to understand and then communicate how these skills cross over is essential.

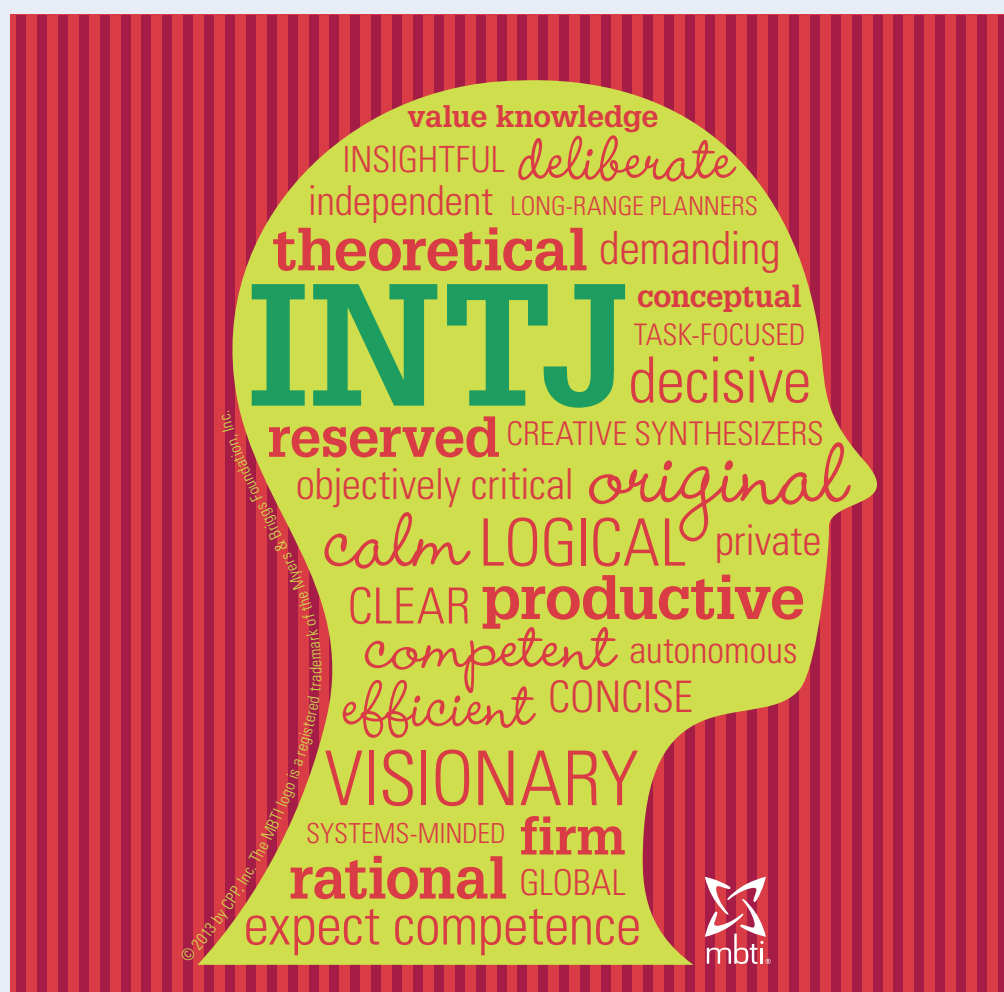
The Myers Briggs Type Indicator (MBTI) Career Report is a specific tool that can help you successfully do this. It helps identify job families and occupations that are a good fit for your reported personality type. Since it is based on your preferred way of thinking and acting, without marking these as either 'strengths' or 'weaknesses', the report clearly illustrates how your personality can be best expressed in each role.

We are going to focus on two MBTI personality types, INTJ and ENTJ, to illustrate how their preferences in thinking and acting manifest

themselves on the cricket pitch and in the workplace. Both share similar traits – being able to see patterns and the bigger picture, basing decisions on logic and enjoying a more organised approach to life – but the difference is that the INTJ prefers to focus on the

inner world of ideas while the ENTJ prefers the outer world of people and activity.

Are you aware whether you are an INTJ or an ENTJ when in a *cricketing environment*? Let's find out... >



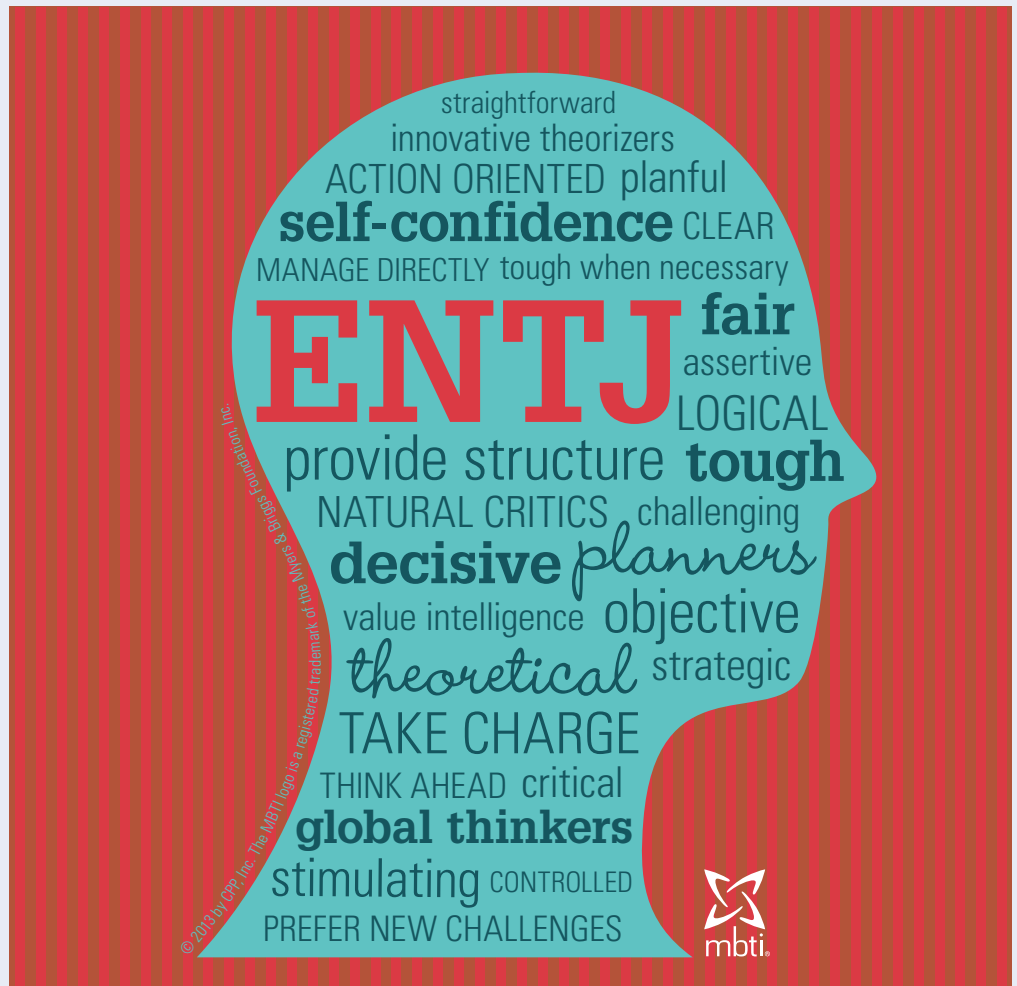
FIND YOURSELF

HOW MIGHT SOMEONE WITH AN INTJ PREFERENCE COME ACROSS?

The INTJ type may come across to others as quiet, reserved and sometimes even hard to get to know in a dressing room environment and on the cricket pitch. In training they will appear to do things in their own way with originality, independence and trying to develop new skills. It is sometimes difficult for players with a preference for introversion to communicate openly so it's important to give them a platform to express their thoughts. What the INTJ preference will give you will be seen as insightful, creative and conceptual. Ultimately, what they offer will be with a view to an end goal - a way to win a game. In team meetings the INTJ preference will speak clearly and concisely, be rational, detached from emotion and objectively critical. That might sometimes come across as harsh criticism, but it will be meant with good intentions and will have been carefully considered feedback, not an emotional reaction.

HOW MIGHT SOMEONE WITH AN ENTJ PREFERENCE COME ACROSS?

To others the ENTJ preference may come across as challenging and direct. They will be willing to talk in depth about how to approach a game or situation tactically, but will want a clear decision before executing a plan. It could be conceived that ENTJs will more easily see patterns in play or an individual players preferred style of play and would be useful to consult when the need arises. They are able to plan ahead and see problems before they arise – a useful trait when planning tactically and in team meetings. The extroversion preference for people of this type will allow them to express their thoughts openly and come across as direct and assertive, while making a point in the dressing room and on the pitch. They have a natural capability for logical and analytical thinking.



And how about in the working environment – do you have the traits of INTJs or ENTJs?

HOW MIGHT SOMEONE WITH AN INTJ PREFERENCE COME ACROSS?

In the workplace, an INTJ may have the ability to define a compelling and long-range vision, to think strategically and devise innovative solutions to complex problems. That capacity to focus on the task in hand may mean they can be seen as a little 'distant' by other workers, a point that INTJs need to be conscious of, and their preference for looking at future possibilities can mean that smaller details are not given the same focus.

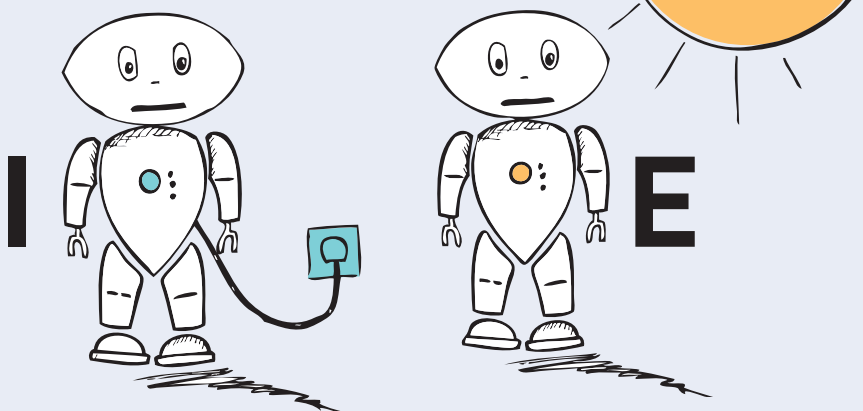
HOW MIGHT SOMEONE WITH AN ENTJ PREFERENCE COME ACROSS?

In the workplace, an ENTJ will share many of the qualities of the INTJ – the ability to think strategically about the future, set long-term goals and logically analyse problems. The difference is that ENTJs may feel more comfortable with developing networks of people who can help achieve their goals. Since ENTJs are typically more outward facing they also need to be aware that their logic based decision-making can intimidate others. Making a point of understanding and respecting other people's roles and views can help to lessen this affect.

THE BATTERY-POWERED ROBOT NEEDS TO RECHARGE ALONE. AS IT RECHARGES, THE ENERGY LEVELS ARE REPLENISHED AND IT IS READY TO GO OUT AND PERFORM ITS DUTIES. AS IT WORKS, ITS ENERGY LEVELS START TO FALL AND EVENTUALLY IT WILL NEED TO GO BACK TO THE SOCKET TO RECHARGE.

THE SOLAR-POWERED ROBOT IS LIKE AN EXTRAVERT – WHEN IT GETS EXTERNAL STIMULI, IT ENERGISES. WHEN LEFT ALONE OUT OF THE SPOTLIGHT, THE ENERGY WILL DRAIN AWAY.

THE IMPORTANT POINT IS THAT BOTH ROBOTS PERFORM EQUALLY WELL AND IT IS IMPOSSIBLE TO DISTINGUISH BETWEEN THEM WHEN THEY ARE FULLY CHARGED...



Suitability for work:

INTJ: PREFERRED WORK TASKS

- Analysing complex problems
- Devising technical solutions to problems
- Applying creativity to improve processes or products
- Organising resources to achieve lofty goals
- Devising complex systems to implement a vision
- Thinking strategically

PREFERRED WORK ENVIRONMENT:

- Offers opportunities to work with people who are experts in their field
- Is on the cutting-edge or innovative
- Provides opportunities to work on complex problems
- Is hard driving and achievement oriented
- Challenges people intellectually

YOUR TYPE STRENGTHS WILL HELP YOU:

- Determine your long-range goal
- Develop a plan to achieve your goal
- Logically analyse the pros and cons of your career options
- Focus on the big picture
- Use technology effectively in your career exploration

ENTJ: PREFERRED WORK TASKS:

- Organising resources, including people, to achieve lofty goals
- Communicating a vision for the future
- Preparing a systematic plan to achieve the vision
- Solving system-level problems
- Making the tough decisions needed to move forward

PREFERRED WORK ENVIRONMENT:

- Is fast growing, with continual new challenges
- Has people who drive hard to meet goals
- Offers organised and efficient tasks, resources, and people
- Has people who are task oriented and focused on achieving their goals
- Fosters competition and rewards achievement

YOUR TYPE STRENGTHS WILL HELP YOU:

- Set clear goals for your career exploration
- Drive yourself to achieve your goals
- Logically analyse the pros and cons of your career options
- Appear organised and decisive during interviews
- Establish an extensive network of people you can contact

EXAMPLES OF JOBS AND SUITABILITY

The majority of jobs will have core elements that may suit certain MBTI types.

There are two main groups of occupations that appeal to INTJs. The first involves careers in the sciences, primarily in the life, physical, and social sciences, but also the natural sciences. The other group involves applied science, with occupations in the architecture and engineering group. The remaining occupations in the most popular 24 cover a variety of fields, but many have in common an interest in being the top executive in that field.

Below are the top 10 most popular occupations for INTJs:

- 1 SURVEY RESEARCHER**
- 2 NATURAL SCIENCES MANAGER**

- 3 MEDICAL SCIENTIST**
- 4 PLANT SCIENTIST**
- 5 TOP EXECUTIVE, PROTECTIVE SERVICES**
- 6 NUCLEAR ENGINEER**
- 7 MANAGEMENT CONSULTANT**
- 8 ARCHITECT**
- 9 INTERNIST**
- 10 MANAGER/SUPERVISOR OF ARCHITECTS**

The major occupational trend for ENTJs is their attraction to positions that enable them to be in charge: as executives, managers, supervisors, officers, or directors. It is very important for ENTJs to be in positions in which they can run things, almost regardless of the other tasks involved. In the other two fields that appeal to ENTJs, the sciences and medicine, the nature of the work takes priority over managing the tasks.

Below are the top 10 most popular occupations for ENTJs:

- 1 ANAESTHESIOLOGIST**
- 2 MANAGEMENT CONSULTANT**
- 3 TOP EXECUTIVE, LEGAL**
- 4 TOP EXECUTIVE, ARCHITECTURE AND ENGINEERING**
- 5 TOP EXECUTIVE, LIFE, PHYSICAL, AND SOCIAL SCIENCES**
- 6 URBAN/REGIONAL PLANNER**
- 7 TOP EXECUTIVE, TRANSPORTATION AND MATERIALS MOVING**
- 8 INTERNIST**
- 9 TOP EXECUTIVE, SALES**
- 10 TOP EXECUTIVE, ARTS, DESIGN, ENTERTAINMENT, SPORTS AND MEDIA**

To undertake your MBTI Career Report, contact your regional PDM.

INTRODUCING THE REAL BACK ROOM STAFF

With long spells away from home, being a professional cricketer requires real support and understanding from their wives and partners.

WORDS: LYNSEY WILLIAMS & MATT WOOD

The important contribution coaches and support staff make in developing and supporting professional cricketers in their journey to the top is widely reported these days.

What we hear much less about is the role that families - particularly wives and partners - play in supporting performance, both during and on retirement from the sport.

Indeed, too often we hear the opposite with relationship breakdown in elite sport being all too common, as highlighted in an article published earlier in the year in the Telegraph entitled 'Beverley Agnew: Who would marry a sportsman?'

We asked three couples to provide us with an insight into the challenges involved. They are Tracey and Damian D'Oliveira, the former Worcestershire player and current Assistant Coach and Academy Director; Justine and Darren Maddy, the former Warwickshire player who retired at the end of the season, and Gemma and Oliver Newby, the Lancashire player.

All three players have been fortunate to have families that have fully supported them in developing their cricket careers, although they are very mindful of the fact that it has involved many sacrifices along the way...

DD: I met Tracey in a nightclub in 1980; we married three years later and now have three wonderful children. My family have been very supportive throughout my career and always take second place to cricket. We have only ever had two family holidays and one of those was when we were invited by the South African Cricket Board to attend the Test Match in Cape Town when they re-named the Trophy that South Africa and England play for The Basil D'Oliveira Trophy. We extended that trip by a couple of weeks to catch up with family.

DM: Justine and I met during a dinner at Grace Road in 1997. We married in 2000 and have two delightful young boys. The biggest way she has supported me in my career is by her giving up her successful law career as a Criminal Solicitor to look after our children and home for the past eight years.

Alongside the day-to-day running of the family home she also helps me with admin when needed. That sacrifice enabled me to focus on my cricket, giving me freedom to travel, even in the off-season, to develop my career. I wouldn't have been able to do what I've done with her support.

ON: We met at a friend's BBQ - and Gem has been good for me and my

career. She has her own business too, which is great, and I enjoy helping her with that when cricket allows. It is good that we both have busy lives while I spend so much of the summer away with the team.

"DURING INJURIES, I TAKE ON THE ROLE OF COUNSELLOR, AND WORK HARD TO KEEP HIM POSITIVE. IN FACT, I'M CONVINCED HE WOULD HAVE RETIRED YEARS AGO IF I HADN'T SUPPORTED HIM IN THAT WAY"
JUSTINE MADDY

WHAT IS IT LIKE BEING MARRIED TO A PROFESSIONAL CRICKETER?

JM: It is a privileged position. You get to travel with the family, see the world, go to balls and charity events, and the kids love the free kit! On the down side, there's a lot of time apart and it can be very isolating, the term 'cricket widow' springs to mind. Darren has had to miss some fundamental events with the children, such as first day at school, sports days, concerts etc. You can get frustrated at times because you feel you're doing the lion's share of >

TEAM EFFORT



TEAM EFFORT

work at home and in bringing up the children. I've found it important to keep busy and having family close by and a good friendship network has been essential to managing long periods apart.

TD: Being married to Damian has not always been a bed of roses. It has its ups and downs, like any other marriage, and I feel you have to be a strong person to cope with it as cricketers spend a fair amount of time away from home. You are left holding the fort and with three boys and a house to run it can be hard work. However, I must say we've had a fortunate life out of cricket and done things that many other couples wouldn't, like going to Buckingham Palace to receive the County Championship Trophy

GN: I like how driven Oliver is. I think the nature of his job can be unpredictable though. I have learned to keep things in perspective and I think it is good how sometimes I can offer him a different point of view.

DOES POOR PERFORMANCE, INJURY, BEING RELEASED AND CAREER UNCERTAINTY AFFECT HOME LIFE?

JM: When things are going well you're invincible and when they're not, everyone at home is affected. It has always been hard to hear negative comments about how Darren has performed. Long periods of injury are an emotional roller coaster. He had several serious injuries and they caused anxiety for us all. The worst was when I was called up in the middle of the night and told that Darren may have lost his sight! During injuries, I take on the role of counsellor, and work hard to keep him positive. In fact, I'm convinced he would have retired years ago if I hadn't supported him in that way.

Waiting to hear about contracts and salaries caused some financial anxiety as since having children, Darren was the sole provider for the family. In most jobs you generally get better with age and experience and in turn, your money goes up until retirement age.



With cricket being a relatively short career, salaries can vary year-on-year based on performances. Then, more often than not, the transition into another career post cricket results in a significant salary decrease. It makes financial planning very important.

TD: The injured player is always difficult to deal with as they can become a bear with a sore head, just like the dropped player. The hardest transition we found was when Damian changed roles from player to coach but he has flourished in the role over time and it now takes over our lives just as much, if not more, than when he was a player.

GN: Dealing with injuries can be difficult at times, depending on the type Oliver picks up. He can get down with it and miserable but in a funny way it means I see him more. Dealing with the contract issues we are quite flexible. I understand it is a short career and if anything happened around moving we would have to weigh up our options.

DO YOU THINK THERE IS ANYTHING LACKING BY WAY OF SUPPORT FOR CRICKETERS AND THEIR WIVES, PARTNERS OR FAMILIES DURING

OR POST THEIR PLAYING CAREER?

JM: I've had great support from Warwickshire over the years and they've been very good at making us feel part of the team. As a wife of a senior player, I've always made an effort to welcome new partners or wives because that meant a great deal to me when I was younger.

TD: I think it would be nice if there was support for players leaving the professional game if the family requires it as you probably still have 20-plus years of your working life remaining. We have been fortunate to stay within cricket so that transition was fairly smooth but not everyone is so fortunate.

GN: We talk about life after cricket a lot. I am always trying to get him to do courses put on by the PCA and I think he is still unsure what to go into when the time comes. Yes ... we do talk about it.

As the saying goes: "Behind every great man is a great woman". Whether that's true or not, you cannot argue that the partner and close family play a crucial role both during and after a cricketer's professional career.

Tracey and Damian D'Oliveira celebrated their 30th (Pearl) Wedding Anniversary in September so many congratulations from the BtB team

EXPERT SUPPORT FOR PROFESSIONAL PLAYERS



PHIL DICKS
DURHAM



MATT WOOD
LANCASHIRE,
YORKSHIRE, NOTTS
& DERBYSHIRE



LYNSEY WILLIAMS
WORCESTERSHIRE
& WARWICKSHIRE



IAN THOMAS
GLAMORGAN,
SOMERSET &
GLOUCESTERSHIRE



CHARLIE MULRAINE
LEICESTERSHIRE
& NORTHANTS



NICK DENNING
HAMPSHIRE,
SURREY & SUSSEX



SIMON ECCLESTONE
MIDDLESEX,
ESSEX & KENT

Wherever you are based, there is a Personal Development Manager for you. Contact your County PDM for off-field guidance, help with your career or simply some impartial advice.



PARA-PHRASING

Charlie Mulraine speaks with Martin Hewitt, former Parachute Regiment Officer, Paralympic skier and Leadership Consultant about the challenges of facing life after the forces, building high performance teams and his epic "Adaptive Grand Slam" Adventure Series.



HAVE YOU ALWAYS BEEN DRIVEN?

In some ways but not academically! I went to University on the advice of my Dad to have a backup plan in case I didn't get into the military. I also became a ski and mountaineering instructor to strengthen my military application.

DID YOU EVER EXPERIENCE ANY FEELINGS OF SELF-DOUBT?

Yes, numerous times. During the selection phase for the Paras, I knew I was one of 12 guys at Sandhurst, all of whom had significantly stronger CVs than mine. I went to a normal Comprehensive, then Sixth Form college, and then got a degree in Economics and Business from Manchester. I used that as a motivation to inject more enthusiasm in other attributes of mine: team building, drive and encouraging others.

WHAT'S BEING IN THE 'BEST OF THE BEST' ALL ABOUT?

The basics done well, it's as simple as that. When something unconventional happens you can react to it because your basics are so strong and rehearsed. The impact you can have on fate and chance as an individual through preparation is enormous.

YOU'VE SAID THAT IF SOLDIERS ARE NOT COMPLAINING THEN SOMETHING IS WRONG. WHAT DID YOU MEAN?

It's a demanding job and sometimes it's justified but there is a time and a place for it and they know that. As a leader, you've got to keep a separate distance. It can be a lonely place at times; especially when you've got to make difficult decisions. The

moaners will see the junior leaders just get on with the task and that inspires them. How did you sustain your injuries? It was in 2007, when I was back in Afghanistan for the third time. We were attacking an enemy position and I got shot in the chest. At the time I didn't know how bad. The bullet severed all the nerves in my arm, severed an artery, collapsed my lung, shattered the scapular and resulted in medical discharge.

WHAT WAS THE IMPACT ON YOU MENTALLY?

It's been huge and that's still a challenge today. Losing that career, the camaraderie and the satisfaction from work. Trying to achieve that outside is something I've found personally difficult. For the first year, I thought one day my arm would work through training. For the first couple of years, I was just focusing on the rehab.

YOU DESCRIBED YOUR CAREER AS BEING QUITE PRECISELY PLANNED. DID THAT WAY OF THINKING KICK IN AGAIN?

Not to the same degree. I was learning to live with a fairly serious disability. I was right arm dominant before. The simple tasks were the toughest, making dinner, going to the toilet. I had to physically and psychologically accept that I was not going to be quite as effective and efficient as I previously was or at least that's what I thought at the time. My next thoughts were 'what will this mean? What can I achieve with this injury?'. There was a huge amount of uncertainty. What made it harder was that I wasn't in a structured environment like before, with a clear career

pathway. In once sense you have nothing, no structure around you and no idea what to do. But in another, you've got a world of opportunities that are out there. You've just got to search out what you can add value to, what you're going to get satisfaction from and then devise a plan of how to go about doing it.

WHAT'S THE ADAPTIVE GRAND SLAM?

The Adaptive Grand Slam is climbing the seven highest mountains on seven continents, walking unsupported to the North and South poles with a team of disabled adventure athletes; something that has never been done before.

WHAT ARE THE QUALITIES YOU LOOK FOR IN YOUR TEAM?

Mental robustness! This is not a game. The required physical attributes are tough enough but the mental side is arguably tougher.

WHAT'S BEHIND YOUR BUSINESS NAME?

Fieri is a Latin word, meaning "to become/to be made", and is a leadership development organisation. We use injured soldiers who have demonstrated their ability to overcome adversity to deliver seminars. Our main focus is off-site team development, using military scenarios and training techniques to enhance skills of junior leaders through a completely different mechanism.

IF YOU WOULD LIKE THE OPPORTUNITY OF WORKING ALONGSIDE MARTIN AS HE GROWS HIS BUSINESS, PLEASE CONTACT CHARLIE MULRAINE ON 07867 459201 OR EMAIL CMULRAINE@THEPCA.CO.UK

DON'T BET ON IT

THANKS TO THE PCA, CRICKETERS WORRIED THEIR GAMBLING HAS DEVELOPED FROM AN OCCASIONAL HOBBY TO SOMETHING ALTOGETHER MORE SERIOUS CAN NOW CALL ON A SPECIALIST SERVICE DESIGNED TO TACKLE THE PROBLEM.

When it comes to potential pitfalls a player may encounter in their career, problem gambling is unlikely to be the first to spring to mind. Yet the danger of the odd flutter leading into a regular habit that cannot be kicked is very real.

Other addictions in the sporting environment, such as drink and drugs, have increasingly been addressed in recent years - and the PCA have certainly played their part in making members aware of such issues, with its addictive behaviour programme featuring the first-hand experience of former Warwickshire wicket-keeper Keith Piper.

Now the PCA are keen to put awareness of problems gambling to the forefront of players' minds too. Their work has already drawn on the personal experiences of former New Zealand and Gloucestershire batsman Craig Spearman to highlight his own battle with the urge to have a bet, as one of the PCA's online Mind Matters Tutorials.

However, as the UK's fastest growing social problem, there is an acceptance that problem gambling is not going to go away, and the PCA have been pro-active in attempting to ensure other members do not go through the same difficult times encountered by Spearman.

As a result, it has established a ground-breaking partnership with the National Problem Gambling Clinic, based in Soho, London, that will deliver both education and treatment. The clinic's Director, Doctor Henrietta Bowden-Jones, and Lead Psychologist and Manager, Doctor Neil Smith, lead a team now on hand to give advice and guidance as and when required to PCA members.

Members who have a concern and would like to discuss it further are encouraged to contact the PCA Confidential Helpline on 0844 800 6873 (UK calls) and +44 (0) 1373 858080 (international calls) in the first instance. For more details visit: <http://www.thepca.co.uk/mind-matters.html>.

"We currently run the only dedicated NHS problem gambling service in the UK and it's delivered face to face by a team of experts over eight sessions and then follow-up sessions," explained Dr Smith. "Working with the PCA, we will provide treatment for any professional cricketers who experience problems. Our help will only be a phone call away."

Gambling is not always seen as a genuine cause for concern. Indeed, for a big percentage of those who enjoy a flutter, it is a bit of light-hearted fun. For some, though, things can gradually spiral out of control.

With that in mind, there are plans in 2014 for National Problem Gambling Clinic staff to travel around the country visiting counties to conduct educational workshops for players, particularly at rookie camps, and also train the PCA's team of Personal Development Managers.

Dr Smith added: "For sports players, an addiction is a way of coping with difficulties and it's also an outlet for people who are, by their very nature, hugely competitive. If the attention provided to a talented young cricketer starts to fade, either during or at the end of their career, it can hit them quite hard and gambling may be a way of coping."



CRAIG SPEARMAN HOPES DIVULGING HIS OWN PROBLEM GAMBLING EXPERIENCES CAN HELP OTHERS

AROUND
500,000
PEOPLE IN THE UK
(0.9% OF THE
POPULATION)
ARE AFFECTED BY
PROBLEM GAMBLING.

84%
TREATED BY THE
NATIONAL PROBLEM
GAMBLING CLINIC
SUCCESSFULLY
OVERCOME
THEIR ADDICTION.

WORDS FROM THE WISE

PCA MEMBERS WERE AMONG THOSE TO TAKE PART IN PROFESSIONAL SPORTS' LARGEST-EVER SURVEY OF PAST PLAYERS. FORMER CRICKETERS WERE ASKED FOR ADVICE THEY WOULD OFFER TO CURRENT PLAYERS. HERE'S THEIR TOP 10 TIPS.

01 THINK AHEAD/ PLAN/PREPARE



Planning for life after cricket is very important as you never know when your professional career might end through injury or your contract not being renewed. Be prepared for any eventuality and have a 'plan B'. Don't waste the winters - you will never have as much free time as you do when you're a professional cricketer.

"Think fully about your future while you're playing so that you have a direction and options when your time comes. It's too easy to get caught up in the excitement of professional sport."

02 GAIN EXPERIENCE/ QUALIFICATIONS



There are very few cricketers that can make a career out of cricket after retirement, so make sure you are qualified enough to take the next step in your life. Try to get qualifications and any work experience before your career ends to make the transition between playing and retirement smoother.

"Take every opportunity that arises which is of interest to you. If there are none, then get out and create your own opportunities. The two most important things in life are health and education."



03 USE THE PCA

Make the most of all resources available to you via the PCA. You may not think you need the PCA's help, but retirement can be a real shock to the system and a difficult transition. Use all the support and advice available to you.

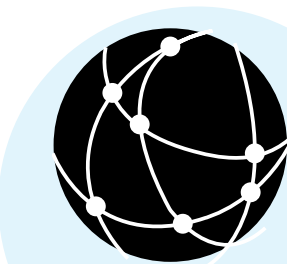
"Look into the services on offer from the PCA and plan thoroughly with your Personal Development Manager, well in advance of retirement. Use the services to become more qualified and employable for the years ahead."

You've managed to spend time doing something you love for a living, when many others don't have that chance. You probably won't experience the closeness of the friendships that you have in cricket again, so cherish these moments. Appreciate the time you spent playing and make the most of it. Come away from the game with no regrets.

"Being a cricketer is the best job in the world - respect it, but be sure you have planned for the second innings."



04 APPRECIATE YOUR PLAYING DAYS



05 MAKE CONTACTS/ NETWORK/ TAKE ADVICE

Network and meet as many people as you can inside and outside of cricket, as they may be able to help you when you retire. Also talk to past players about their life after cricket - maybe even seek a mentor. Speak to the people closest to you and the PCA, who have access to trained professionals to help.

"Take the opportunity to work for companies during the winter months and build relations with anyone and everyone."

"Talk to family and friends about how you feel. Sometimes they don't understand what you are going through, so talk to past players or the PCA to help you on your way."

06 BEHAVIOUR



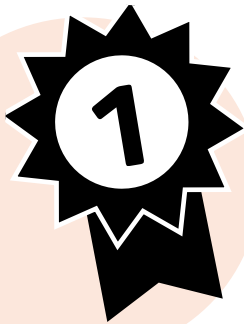
Be kind and courteous to everyone you meet. You never know when you might need their help. Try to maintain a professional attitude throughout your cricketing career so that people perceive you well in the future. Try to keep a positive mental attitude - this is vital in any walk of life.

“Make sure that your actions as a sportsman make you hireable after you finish. Too many sportsmen make themselves unemployable by their behaviour while being a sportsman.”

08 USE YOUR EXPERIENCE

You learn and develop many valuable skills as a cricketer (e.g. teamwork, leadership, communication and organisational skills). These are invaluable in other working environments. Use other cricketing-specific skills to gain qualifications such as coaching and umpiring. Use everything you have learned, develop it and look forward to your future.

“Never underestimate your value as a professional sportsman. You have great skills and work ethic that can give you success in other walks of life.”



09 LOOK AFTER YOUR MONEY



Money doesn't last forever, so make sure you look after it. Ensure that you budget well enough during your career to avoid getting into debt after retirement. Put some aside as a 'safety net' or 'launching pad'. It may seem a long way off, but you also need to start thinking about your pension.

“Set realistic financial levels of living so you can sustain the lifestyle you desire as a cricketer and continue on to your second career without downsizing and restrictions.”

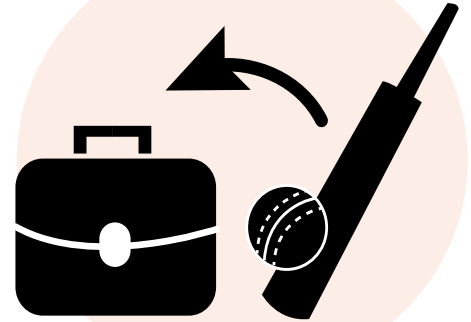
10 SEEK A CAREER/PASTIMES OUTSIDE OF CRICKET

Broaden your horizons and seek a new career or pastime away from the sport. It can help give you perspective and your mind another focus. This will allow you to avoid comparing your two careers - they are different parts of your life but neither is less important.

“Be curious about life, engage in self-development, educate yourself, learn, and expand your horizons culturally and intellectually. Pursue your interests outside of cricket. This will not detract from your performance on the field - on the contrary, it will give you perspective, liberate you and actually help you perform better.”



07 CRICKET ISN'T EVERYTHING/YOU ARE A LONG TIME RETIRED



Cricket will always be part of your life, but it isn't the only thing. Think of your playing career as simply a stepping-stone to working life. You're a lot longer retired than you are a professional cricketer, so make sure you get a job you enjoy doing, because you could be doing it for a long time.

“Don't be precious about your career. By the time you reach retirement age, it should just be another job on your CV. Don't be 'defined' by playing the game.”

THE PCA JOINED FORCES WITH THEIR FELLOW PLAYER ASSOCIATIONS IN FOOTBALL (PFA), RUGBY UNION (RPA) AND RUGBY LEAGUE (1EAGU3) TO CONDUCT A MAJOR SURVEY OF PAST PLAYERS EARLIER THIS YEAR. FOR FULL DETAILS ON THE RESULTS AND ADVICE FROM YOUR FELLOW PCA MEMBERS, GO TO [**WWW.THEPCA.CO.UK/**](http://WWW.THEPCA.CO.UK/) **TOP-TEN-TIPS**



DOWN,
BUT
NOT
OUT

OVERCOMING DEPRESSION

Latest figures from the Office of National Statistics show that almost one in five adults suffer from anxiety or depression, meaning there's a good chance that you'll know a PCA member who has been affected. Matt Halfpenny spoke to two former international stars who have bravely shared their first-hand experiences of how the illness can strike hard – and what can be done to overcome it.

GRAEME FOWLER

It wasn't the pressure to perform at the highest level as a cricketer that brought it on, nor the sense of loss often felt when county professionals hang up their spikes. Graeme Fowler's slide into depression was simply inexplicable.

The former Lancashire and England opener had never encountered the illness during his playing career where he made 16,663 first-class runs - 1,307 of them for his country, including a memorable knock of 201 against India in 1985.

It was not a problem during the sometimes traditionally tricky period between playing retirement and life after cricket either. Fowler adapted quickly to become a well-respected radio commentator and also took up a coaching role at Durham University - the university where he studied - setting up their Centre of Excellence in 1996, which has produced the likes of former England captain Andrew Strauss and wicket-keeper James Foster, among many others.

"IF YOU ARE TALKING TO PEOPLE WHO DON'T HAVE AN UNDERSTANDING OF MENTAL HEALTH ISSUES, IT'S INCREDIBLY DIFFICULT FOR THEM TO HAVE EMPATHY."

In fact, it was at a time that he seemed at his most settled and comfortable that his depression struck, turning his life upside down for several months. "Most of the time in cricket you have to deal with failure - you don't get the runs or wickets you want or you don't get the right result," said Fowler. "It's very obvious to people whether you're playing well or not, which brings with it a pressure. It's also true that the game you dedicate your life to is suddenly gone when you retire, which brings a different kind of pressure.

"Both can be triggers for depression,

but it's not always those things. I went through my whole career and my transition after it without a problem and I was fine for seven years after that before the depression struck when I should have been at my happiest. Sometimes it is a trigger that you are aware of, but for others there can be no apparent reason whatsoever - it just happens."

Like most people, Fowler didn't



know how to spot the symptoms... why should he have? The majority of those who are eventually diagnosed with clinical depression by medical staff believe that it will be a short-term problem that will remedy itself. Certainly friends, family and team-mates close to the sufferer are not aware just how long-lasting the effects can be.

"It's not immediately obvious and something you can see the same as if you, say, had stitches on a really bad cut," Fowler explained. "If you are talking to people who don't have an understanding of mental health issues, it's incredibly difficult for them to have empathy, but there's a big difference between being fed up and being depressed.

"My advice in the first instance would be to go to your doctors, who are normally pretty good and can help you sort it out. I have suffered from clinical depression for eight or nine years now, so I know what it feels like and I have my own little system, but people may not be aware they are depressed the first time it happens to them."

Fowler's 'system' was only put in >

OVERCOMING DEPRESSION

place when he sought professional help, which initially saw him put on medication. As is so often the case, getting back to something like normality was a drawn-out process and even now he is still fighting those same demons.

He added: "I haven't been on medication for years now because I have been able to find another way of dealing with it. I grade how I feel. If 10 is a natural state of being okay, anything above that was good. But if I dropped below it, I'm struggling and I know I need to do something about it.

"But now at least I do know when I'm not right. Personally, I have to get away from everyone on my own. I need to get away from people and I turn inwards, but I also have to be careful not to get too introverted."

"IT'S A MASSIVE STEP FORWARD WITH WHAT THE PCA ARE DOING. WHAT I WANTED TO KNOW WAS: 'AM I THE ONLY ONE IN THE WORLD WHO FEELS LIKE THIS?'"

Depression can vary in its severity from relatively mild to severe, and the symptoms are rarely the same from person to person. Psychologically, individuals can have low self-esteem, feel tearful, guilt-ridden, find it difficult to make decisions and have suicidal or self-harming thoughts. Physically, they can lose their appetite, it can affect their weight, and it can cause unexplained aches or pains, a loss of libido and disturbed sleep. Socially, it can result in failing to achieve at work, neglecting hobbies and interests and prompt difficulties in home life.

Those who experience some of these symptoms for most of the day, every day, for more than two weeks are advised to seek help. Fowler recognises that not everyone wants to follow his example in addressing issues they may have, just as each individual's depression manifests itself in a contrasting manner.



"I ask for advice, but ultimately I make the decision on what I think is best for me," he said. "For others, it is entirely different and they feel they need people around them all the time because they are not as self-analytical."

As with some of the other personal problems that can afflict cricketers that the PCA are striving to bring to members' attention - gambling and alcohol addiction being two examples - the subject of depression can often be swept under the carpet. There can also still be a stigma attached to the illness, meaning players in a busy, bustling county dressing room can be reluctant to admit their concerns for fear of a lack of acceptance from others.

**IN FULL FLOW:
GRAEME FOWLER
HITS OUT FOR
LANCASHIRE IN 1990.
IT WAS ONLY WHEN
THE LEFT-HANDER'S
PLAYING DAYS
WERE OVER THAT
HIS BATTLE WITH
DEPRESSION BEGAN**

Fowler is hopeful the PCA's online tutorials can help address the matter - and that by telling his own story he can help improve understanding. He said: "I've never felt ashamed by my condition - nor, I think, should I have. I think it's a massive step forward with what the PCA are doing. What I wanted to know was: "Am I the only one in the world who feels like this?" I didn't necessarily want to open up and talk about my situation, but I just wanted to know that I wasn't on my own.

"The more these issues are out in the open and people come to realise that they aren't on their own, the more it helps. People can only learn if they are educated in the right way and when you have the PCA talking about it, members listen."

OVERCOMING DEPRESSION

BARRY RICHARDS

Batting legend Barry Richards achieved so much during an illustrious playing career, but there was one tragic battle he could not use his god-given talent to win.

The great South African batsman dominated attacks playing for Natal, Hampshire and South Australia to score more than 28,000 runs and 80 centuries in averaging almost 55 through his first-class career. South Africa's absence from Test cricket due to apartheid meant Richards played just four times at the highest level - scoring two hundreds and two half-centuries against Australia.

In retirement, Richards enjoyed a successful stint as a television commentator and also finished a seven-year spell on the MCC World Cricket Committee this year, where he has helped oversee the governance of the game.

Yet all those accomplishments faded into insignificance in 2009 when he was powerless

"THE SIMPLE FACT IS THAT DEPRESSION IS SO HARD TO DIAGNOSE AND PEOPLE OFTEN POO-HOO IT. BUT THE MORE PEOPLE WHO CAN UNDERSTAND IT, AND THE QUICKER PEOPLE GET HELP, THE LESS TRAGEDIES THERE ARE GOING TO BE IN THE FUTURE."

to prevent eldest son Mark from committing suicide after suffering from depression.

It has left a huge hole in the life of one of cricket's great entertainers - a feeling he would not wish on anyone. That's why he's hoping his story will inspire others to take the debilitating illness seriously, which he believes has not always been the case in the past.

"Cricket has never been better resourced, but in terms of helping those with depression, the game's governing bodies are still only touching the surface," he said. "That's why I'm so pleased to see the PCA grasping the nettle on this because, by shying away from it, it will only get worse.

"Speaking from personal experience, I have only come to understand more about depression since I suffered the devastation of losing my son - and it shouldn't be that way. There are a lot of people playing sport who could potentially fall into the trap.

Richards insists there is strong value in early diagnosis and seeking professional help, even when a sufferer of depression seems to be back on an even keel.

He added: "Depression is hugely difficult to overcome - it's not a month or sixth months, but years. Sometimes it cannot be solved, just as my former wife put in an enormous amount of effort with Mark without ever succeeding.



BATTING GENIUS BARRY RICHARDS IN FULL FLOW; (BELOW LEFT) WORKING AS A RESPECTED TELEVISION COMMENTATOR FOR A 2007 ICC CRICKET WORLD CUP CLASH BETWEEN SOUTH AFRICA AND ENGLAND

"But that doesn't mean we should stop trying. We have to make every effort to ensure that anyone suffering with it gets the right support they need; both medical, from psychologists, and from those around them, including friends and family."

Richard's other son, Steve, has now completed three bike rides of between 600 and 1,200 kilometres, raising in excess of A\$100,000 for the Youth Focus, which targets young people suffering from depression and those considering suicide, in Perth, Western Australia.

Richards senior, who now lives back in his native South Africa, has offered his own support by raising money through a golf tournament he organises along with good friend Jacques Kallis.

"I believe one of the things that can best help is to give people a target and a focus, something they can work towards slowly and gradually. They have to have a meaning to their lives, whether that's through work, sport or something else."



STORMIN' NORMAN

NORMAN GIFFORD HAS BEEN IMMERSSED IN PROFESSIONAL CRICKET SINCE THE 1950s. HIS VAST EXPERIENCE MAKES HIM WELL-PLACED TO COMMENT ON ITS FASCINATING EVOLUTION IN RECENT YEARS - AND HE DID JUST THAT AT THE CHELTENHAM PCA PAST PLAYER DAY.

The midday sun beamed down on the parched turf at Cheltenham College, creating a sweltering scene that was in stark contrast to sodden Arundel at the PCA's first Past Player Day a few weeks earlier.

Here in the Cotswolds, Gloucestershire's fielders mopped salty brows as visitors Worcestershire built a commanding first innings lead, while former players looked on quenching their thirst. Conversation flowed and a healthy debate ensued over the story of the moment, with some members bemoaning Stuart Broad for not walking in the first Ashes Test match at Trent Bridge.



As Master of Ceremonies, former England captain Chris Cowdrey was charged with gathering opinions and as ever with cricketers, there were plenty. Some balance was given to the discussion when David Steele was handed the mic and revealed 'some' batsman preferred to let the umpire make the decisions, even back in his day. Raucous laughter followed along with knowing nods. Old battle ground was being revisited here.

Gerard Brophy, who left the professional game in 2012 after a number of years with Northants and then Yorkshire offered a different perspective. 'That was a £20,000 per man nick', he whispered to me, eyes darting around the room before continuing. 'And it

could have been £200,000 if the series hinged on it. What did you expect Broady to do?'

The game has certainly evolved over the years but cricketers have always strived to get the edge on their opposition, none more so than Norman Gifford. Born in Ulverston, Lancashire, this wily left-arm spinner would occasionally test the batsman's attention by turning to bowl when he least expected it. He joined Worcestershire in 1958 and remarkably has remained in professional cricket ever since.

He was involved in the first ever one-day final at Lord's in 1965 and 50 years later can still be seen working with spinners such as Moeen Ali and Shoaib Choudhry, who were both plying their trade in the Cheltenham sunshine. It came as no surprise to find Worcestershire's spin bowling coach outside the marquee watching over his latest protégés and he happily accepted the invitation to cast his mind back over a mammoth 24-year career with Worcestershire.

Although he was quick to explain that leaving the 'Pears' wasn't quite the end of the road for Gifford the player. 'I'd more or less finished then - I was really old (he was 43)! Then I got a call from Bob Willis and David Brown at Warwickshire asking if I fancied a year or two at Edgbaston, because: 'We could really do with your help'. I signed and then Bob bloody retired from captaincy and I finished up skippering for a couple of years.'

Gifford, now 73 years of age, has experienced many changes to the professional game during his seven-decade tenure at the top, both as a player and also as coach at Sussex and Durham, not least in pre-season preparation. 'We used to turn up on April 1 and if it rained, the senior players would just go home. If this went on for a couple of days, the skipper would say: 'We'd better go for a run or have a kickabout in the car park.' We did practise and have nets in the winter but it was down to each individual to look after their own fitness. There was no testing to see if you were fit enough to start the summer.

'Once the season got underway, we'd bowl at the senior players before a game. Then we'd get changed for ground duties - either operating the scoreboard,

GIFFORD ON...

UMPIRING

In my day, a player would prop forward and defend a ball with his pad - and be given not out because the umpire felt he was guessing. Now with DRS they are given and I think that brings the left-arm spinner into the game massively. I'd have got 600 more wickets under this system. And it's also why you have to play spinners if they are good enough, whatever the format of the game.

FIELDING

When I first started, you'd have one or two players who would be outstanding. I remember going on a Commonwealth tour in the early 60's. I saw Colin Bland and he was absolutely brilliant. We had a lad called Jim Standen who was outstanding when he played for Worcestershire in 1967 as we won the Championship - and he also picked up an FA Cup Final winners medal in the same year, playing as a goalkeeper for West Ham United.

THE PCA

I think it's right that the money generated in the game goes towards organisations like the PCA, enabling them to do all of their work. I've been sat at the Worcestershire table today and it's great to see that they've helped Tom Graveney. Has there ever been a greater servant to the game than TWG? He's an old man now and is struggling - and it's right that we are looking after our own.



serving wine in the dining room or looking after the car park. And if a member rang up the secretary and wanted a net – you’d be back in your kit to bowl at him at the end of the day.”

Pre-season has evolved over the years and county cricketers are now all on 12 month contracts, able to hone their skills both at home and overseas (in consultation with their club) with the security of a year-round salary to back them up.

Post-game routines have changed too, and Gifford laughed as he remembered the ‘old times’ before continuing: “At the end of a day on the field, you’d dive into a lager rather than an ice bath. The senior players would have a few pints, mix with the opposition and the general chat would be cricket.

“I remember playing against Leicestershire when Tony Lock was captain. I bowled 20 odd overs on the day and was stood in the bar after when he tapped me on the shoulder and said: ‘We’d better have a sit down and a natter young man.’ He talked through his thoughts on my spell – and asked what mine were. It was a priceless. The sort information gathered in that chat might take you five or six years to learn through simply playing.”

One of the major changes to professional cricket over the last decade or so is Twenty20 cricket. Many feared its introduction in 2003 would be disastrous for spin bowlers, but that theory couldn’t have been more wrong.

And Gifford himself would have relished the challenge of

PAST PLAYERS FLOCKED TO CHELTENHAM TO CATCH UP WITH OLD FRIENDS AND ADVERSARIES AND SOAK UP THE GLOUCESTERSHIRE SUNSHINE

playing this form of the game. “I loved one-day cricket from the moment it was introduced,” he added. “I enjoyed the challenge of having to bowl when someone wants to smack you out of the park and working out what you do to stop it happening. It meant finding a different way of bowling and it presents a similar test to the one that guys face now. When we first started the one-day stuff, it was all about getting the seamers on, then deciding whether to risk a spinner. Now, if you have two good spinners on the staff, they will play.”

A stifled appeal in the middle caused Gifford to pause and he nodded towards the action: “I went to the Worcestershire nets on Tuesday. I still do quite a bit of work there with the likes of Moeen Ali and Shaaq Choudhry. I was saying to this boy (Shaaq) that he’d done alright in the Twenty20 game where his pace was quicker, but that he’d have to slow things down to comeback into four-day cricket. I used to find that as well.”

Gifford’s would certainly know, having taken an incredible 2,068 wickets in first-class cricket. His appointment last season as part-time spin bowling coach for Worcestershire exemplifies how preparation and support off the field has evolved from the old ‘lone’ manager role at county clubs.

What hasn’t changed is that raw talent, hard work and a willingness to learn still form the vital components of the professional cricketers make up. Gifford is still playing a key role in this jigsaw and that has to be good for the game.

GIFFORD IS HELPING WORCESTERSHIRE TO RAISE FUNDS TO BUILD A STATUE OF BASIL D’OLIVEIRA IN FRONT OF THE BRAND NEW HOTEL ON THE GROUND, 50 YEARS SINCE HE FIRST PLAYED FOR THE COUNTY. VISIT WWW.DOLIVEIRAFUNDATION.ORG.UK FOR MORE.

DRESSING ROOM NOTICES



Take on the PCA Masters

Can you help us bring the PCA Masters to your club or school?

We're looking for PCA members involved with a local club or working at a school with a big interest in cricket to get in touch.

Whether your club is looking to raise funds for a special initiative like building a new pavilion, or your school has a significant anniversary coming up, a match against the PCA Masters could be the perfect publicity opportunity and is always a memorable day for all involved.

Go to www.thepca.co.uk/5877 to find out more or email pcamasters@thepca.co.uk



ADIDAS EYEWEAR

adidas Eyewear has teamed up with the PCA to offer all members an exclusive 50% off RRP.

To find out more, contact Karen Hudswell on k.hudswell@adidas-ep.com or 020 8987 2448

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



Help your own charity

A big thank you to David Masters, Stephen Peters, Arul Suppiah, Graeme Swann, Jim Troughton and Mark Wallace, who have all donated monies raised during their Benefit Years to the PCA Benevolent Fund - supporting players past and present in times of need.

Want to raise money and awareness?
Call Jason Ratcliffe on 07768 558 050

Past Player Days

The PCA will again be hosting two Past Player Days next season, at Arundel and Cheltenham. Keep checking thepca.co.uk for dates, or contact Ali Prosser: aprosser@thepca.co.uk or 07769 880888

FTI MVP Rankings -

how did you fare in 2013? Check the full rankings for yourself and your team-mates.

England - www.thepca.co.uk/mvp-england-13

County - www.thepca.co.uk/mvp-13



THE PROFESSIONAL CRICKETERS' CONFIDENTIAL HELPLINE

Worried about drink, drugs or gambling dependency?
Struggling with family or relationship problems?
Feeling stressed or not in control of your private life?

**NEED TO TALK, IN STRICT CONFIDENCE,
TO A PROFESSIONAL WHO CAN HELP?**

Experienced, professional
counsellors, therapists and life
coaches who understand the
pressures of your profession

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and support when and
where you need it

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Jason Ratcliffe
 Assistant Chief Executive
 Mobile: 07768 558 050
 Email: jratcliffe@thepca.co.uk

Angus Porter
 Chief Executive
 Mobile: 07584 262 083
 Email: aporter@thepca.co.uk

Ian Smith
 Vice-President - Legal Affairs
 Mobile: 07798 698 201
 Email: ismith@thepca.co.uk



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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THE PCA ADDRESS BOOK...
THIS ISSUE WE LAND ON 'R'

RUMSEY, F

THE FOUNDER OF THE PCA AND A PIONEER ON THE FIELD TOO IN FORGING A SUCCESSFUL ONE-DAY CAREER AFTER RETIRING FROM THREE-DAY COUNTY CHAMPIONSHIP ACTION. THIS LARGER-THAN-LIFE LEFT ARM PACEMAN SHARES THE HIGHS AND LOWS OF HIS TIME IN THE SPORT.

HOW DID YOUR CAREER FINISH?

It actually ended twice - first my County Championship career and then finally my one-day career. I finished the longer form of the game in 1968 - the year after I'd formed the Professional Cricketers' Association. But then I left Somerset and joined Derbyshire to play one-day cricket for a few years.

AND WHAT DID YOU DO NEXT?

I was already into property. I was a developer from around 1970 onwards and made a lot of money both through commercial and residential property.

SO WHAT HAPPENED THEN?

The game was changing. We were moving from playing three-day county cricket to one-day cricket - which was being played in three different competitions: the Sunday League, the Gillette Cup and the Benson & Hedges Cup.

A lot of the decisions that were being taken by the administrators weren't being discussed with the players and I thought that was unfair. These men on the field had their livelihoods at stake here and in my opinion, they had to have a say. In 1967, I felt the time was right and formed an association of cricketers so we could have that say.

HIGHLIGHTS ON THE FIELD?

Playing for England, without a doubt. I remember walking out at Old Trafford, closing the gate behind me (I was last out of the dressing room) and as I made my way onto the field thought: 'No one can take the three lions away from me now.'

AND A LOW POINT?

I made every career move in cricket through my own decisions and enjoyed every minute - apart from getting dropped by England.

BEST FRIEND IN THE GAME?

I had a number of them. In Somerset, it was a man called Brian Langford, who has unfortunately just passed away. In the opposition, it would be Mike Page who played for Derbyshire. And at Test level, I got on exceptionally well with Colin Cowdrey and was also great pals with Jim Parks.

BEST PIECE OF ADVICE TO A CRICKETER?

That's very simple: Don't give up. To stay in the game, I learned that I had to keep believing in myself. All cricketers have to be particularly selfish to a certain extent - and believe in themselves - in order to succeed. Otherwise they have no chance.

ON THE PCA

What the PCA are doing now I applaud beyond measure and they have taken it much further than I believed it could have gone. I'm not really involved any more - but watch this space, as I do still think I can help the organisation in some capacity.



Congratulations to England, a whole team of MVPs!

We're delighted that England have won the Ashes and that the team's winning performance has given us a great set of stats to crunch. At FTI Consulting, we're working with the ECB and PCA to make better sense of stats for coaches and fans alike, using the same advanced data techniques we use in business.

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THE BIGGEST TEST IS YET TO COME



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The pressure is on, and the whole world feels like it's against you... only this time it's not a game. Sometimes the greatest challenges cricketers face are not on the pitch. This is when they need our support more than ever. With your help, the PCA Benevolent fund safeguards our players against illness or at a time of crisis, while we provide the care and support that's always been at the heart of the game.

For more information, or to get involved
Jason Ratcliffe, *Assistant CEO* jratcliffe@thepca.co.uk
Emily Lewis, *Head of Events and Fundraising* elewis@thepca.co.uk 0207 449 4225

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