

BEYOND THE BOUNDARIES

Issue no.21

NatWest PCA
Awards 2017
Your Big Winners



IN THIS ISSUE

Fred Rumsey
Isa Guha
Vikram Banerjee

PLUS

Durham's Class of '92
Educating Sweepers
Kevin Sharp in Bhutan
BBR 3 – Run For The Hills



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Welcome to Issue 21 of Beyond The Boundaries which reflects a busy summer on and off the pitch for the PCA in our 50th Anniversary year.



ON THE COVER

Samit Patel, Jamie Porter and Natalie Sciver - modern, energetic and multi-dimensional - in a nutshell modern cricketers. Whether dressed for 'battle' or dressed to receive the recognition and acclaim of their peers.

Congratulations to England on winning the ICC Women's World Cup, to Joe Root for a successful first summer as England's Test captain with series wins over South Africa and the West Indies and to Jimmy Anderson on taking his 500th Test wicket.

The domestic honours went to Essex, who won the Specsavers County Championship just a year after being promoted, and Nottinghamshire, who completed the white ball double of the Royal London One-Day Cup and NatWest T20 Blast.

The NatWest PCA Awards reflected those performances with Nottinghamshire's Samit Patel winning the Reg Hayter Cup after he was voted the NatWest Players' Player and Jamie Porter of Essex winning the NatWest Young Player of the Year Award.

Samit also won the PCA MVP Player of the Year and we had six winners of our new Player of the Month Award, launched with the support of Sky Sports. Congratulations to all the winners.

Nat Sciver was voted NatWest Women's Player of the Summer which was recognition of her outstanding contribution

to the World Cup win and a summer in which the women's game gained unprecedented media coverage.

The World Cup success is covered in these pages with England Head Coach Mark Robinson discussing his coaching career

and plans for this winter's Ashes series.

Isa Guha, who is the first woman to sit on the PCA Board, talks about her landmark appointment and the establishment of the England Women's Player Partnership.

Our 50th Anniversary has involved a busy year of fund-raising including Big Bike Ride 3 in partnership with our good friends at the Tom Maynard Trust. This year's route took us from Edgbaston to Cardiff via Sheffield, the Peak District, Cheshire Plain, Shropshire, Malvern Hills, Forest of Dean and Welsh mountains. The route was arduous but the five days of fun, friendship and fund-raising lived up to expectations.

The proceeds from Big Bike Ride 3 were shared between the PCA Benevolent Fund and Tom Maynard Trust and raised significant sums of money for the two charities.

During the summer we launched a new film to highlight the impact that PCA Benevolent Fund has on the lives of past and present county cricketer and their families. The film was moving and powerful but was only possible because Marcus Trescothick, Matthew Maynard, Brian Rose, Wayne Law, Simon Cusden, Chris Schofield and Josh Mierkalns had the courage to speak openly about the help they have received. In doing so we hope that other PCA members will seek our help in their hour of need.

The end of the season is a time for farewells to players who have either retired or been released. We wish you all well for the future and hope that this magazine continues to offer practical advice and ideas on alternative careers and how to get into them.

Good luck to England in the Ashes - men and women - this winter and hope you all have an enjoyable winter wherever you are spending it.





Beyond the Boundaries is published by the Professional Cricketers' Association, however the views expressed in contributed articles are not necessarily those of the PCA, its members, officers, employees or group companies.

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It is just over six months since I was given the great honour of being elected Chairman of the PCA and it has been a busy but thoroughly enjoyable period.

Within a week of being elected I had attended my first board meeting, the annual meeting and sat on the interview panel which appointed Marcus Day as our new Commercial Director.

Since then I've attended a number of events and many more meetings and I have been impressed with the work that goes on behind the scenes to make the PCA the respected organisation it is today.

I keep in regular contact with David Leatherdale and the rest of the team and I'm copied in on emails on a wide range of subjects including Personal Development and the new T20 competition.

In August I wrote to all of our county representatives asking them to canvass opinion in their respective dressing rooms about the new competition.

We had an excellent response across the country. Your thoughts and concerns will help us in our on-going discussions with the ECB about the shape of the new competition and the benefits that the new media rights deal that has been agreed will bring to our members. Thank you all for your input and we will keep you updated on how our discussions with the ECB are progressing.

As PCA Chairman I have also become a trustee of the PCA Benevolent Fund, a role that has been both rewarding and eye-opening.

We have all watched the videos of the work that the Benevolent Fund does to support past and present cricketers and their families in times of hardship. But there are many more cricketers that the Benevolent Fund supports and who, for reasons of confidentiality and sensitivity, we cannot publicise.

The work the Benevolent Fund does is humbling and, in many cases, life-changing and life-saving.

Between my Worcestershire commitments

I've also found time to attend a number of PCA events, including the Team England Golf Day, the PCA Benevolent Fund Golf Day and the Garden Party. All have showcased the PCA at its best; professionally organised and great fun.

I've been a regular attender at the NatWest PCA Awards night for many years but this year was different. As Chairman I had the honour of welcoming everyone to the Roundhouse. I must admit to feeling a little bit nervous beforehand but I enjoyed being part of the on-stage performance rather than sitting in a corner as I usually do.

Congratulations to all those whose achievements were recognised on the night, particularly Fred Rumsey who received a Lifetime Achievement Award for his courage and vision in forming the Cricketers' Association in September 1967.

I had the pleasure of meeting Fred and fellow founding fathers Mike Smedley, Eric Russell and Don Shepherd – who has since sadly passed away – at our annual Past Players' Day at Cheltenham in July.

It was fascinating to listen to their stories of the challenges they faced in establishing an organisation to represent the players and improve their conditions of employment.

There were many others at Cheltenham that day who have given outstanding service to cricket and the PCA and we thank you all for helping to develop the model players' association that we have today.



Inside this issue



DURHAM CLASS OF '92

PAGE 18



SAMIT MAKES IT A DOUBLE

PAGE 24



BACK TO THE ROUNDHOUSE

PAGE 20



VIKRAM: BACK IN THE GAME

PAGE 26



COACHING: GET YOUR BADGES

PAGE 38



BIG BIKE RIDE 3: WAY OUT WEST

PAGE 57

Royal London has continued its support of the PCA Benevolent Fund, contributing £50,000 in the assistance of past and present players. Isobel Langton, Chief Executive of Royal London's Intermediary Division said: "This is a natural fit with our core values of helping people plan for their financial futures." David Ford, PCA Benevolent Fund Chairman added. "Royal London's contribution over the last three years has been invaluable."



The passing of former Middlesex player and coach Don Bennett was honoured by the unveiling of a bench in his name at Lord's during the county's inaugural Players' Association reunion.

The passing of former Middlesex player and coach Don Bennett was honoured by the unveiling of a bench in his name at Lord's during the county's inaugural Players' Association reunion.

Bennett, who played for Middlesex from 1950 to 1968 before becoming a successful coach, died three years ago. Members of Bennett's family were invited to Lord's for the unveiling during the Specsavers County Championship

match against Yorkshire along with many of the players that he played with or helped to nurture.

More than 70 former Middlesex players attended the reunion including MPA Chairman Harry Latchman and former England players Mike Brearley, Norman Cowans, John Emburey, Angus Fraser, Mike Gatting, John Murray, Peter Parfitt, Clive Radley, Mark Ramprakash, Mike Selvey and Andrew Strauss.

TREGO ON THE BOX

Somerset allrounder Peter Trego has made his debut as a television presenter on TV show *Beyond The Boundary*.

The programme, airing on the Insight Channel, allowed Trego to travel the world showing how cricket is enjoyed in unlikely settings that included the Mongolian Steppes, the ganglands of Guatemala, and among the Masai warriors in Kenya's Serengeti.

"It's a cricket show like you've never seen before," said the ebullient 36-year-old. "It's not one of the legends of the game teaching you how to play and it's certainly not an Ashes series. This is people's cricket."

BIRD RETURNS TO THE NEST

Former Somerset seamer Paul Bird is now a familiar figure with the cigar and pipe smokers of Bristol.

Bird, who played two first-class matches for the Cidermen in 1994, spent 19 years in the sales and marketing department of Imperial Tobacco before taking over the family tobacconists on Baldwin Street two years ago. The shop, opened in 1930, was once one of more than 250 specialist tobacconists in Bristol but is now the sole survivor. Bird also runs cigar-tasting evenings for his customers.

Former Warwickshire & England fast bowler **Gladstone Small** has joined the Stronger Knowing More campaign to raise awareness of prostate cancer, particularly in black men.

Small, a PCA Ambassador, lost his father to prostate cancer and is now supporting Prostate Cancer UK's campaign, specifically aimed at black males with research showing that one in four black men will be diagnosed with prostate cancer in their lifetime, double the risk faced by all men. Over 50s are entitled to a Prostate Specific Antigen Test, but only 14 per cent of black men aware of their higher risk status.




CRICKETING ROYALTY JOINS SPORT OF KINGS

England's new-ball pairing of James Anderson and Stuart Broad are now partners in a racehorse-owning syndicate, along with England's white-ball captain Eoin Morgan. The elite sportsmen formed The Racing Cricketers & Partner syndicate after buying filly Elysium Dream in May.

Trained by Richard Hannon, the two-year-old delivered early success for her cricketing owners winning a six-furlong fillies novice Stakes at Windsor when ridden by top flat jockey Ryan Moore.

The trio also enjoyed a day out at Royal Ascot, seeing their horse finishing a creditable fifth at a price of 50-1 in the Chesham Stakes. The horse has since run three times at Newmarket, with a best finish of third in a seven-furlong handicap race in August.





CLEAN SLATE FOR JACKSON

Callum Jackson, the former Sussex and Kent wicketkeeper, has launched two successful businesses supported by the PCA.

Jackson was released by Sussex at the end of the 2015 season and signed by Kent midway through 2017 as injury cover, with the former England Under-19 international spending the winter working as a self-employed personal trainer

and developing Slate, an app designed to help sports clubs improve their method of tracking players' match fees.

The Association has helped fund Jackson's professional qualifications, "Those courses are not cheap," said the 22-year-old.

"I wouldn't have been able to do them without the PCA's funding, business workshops and general guidance."

Madsen Moved Derbyshire's batsman Wayne Madsen was moved to tears by the surprise arrival of his parents in a This Is Your Life-style reveal at his Testimonial dinner. The pair had been secretly flown from South Africa by members of 33 year-old right-hander's committee. Madsen is supporting the PCA Benevolent Fund during his year.

STAND IN THE PLACE WHERE YOU LIVE

James Middlebrook's rise from County Championship winner with Yorkshire in 2015 to a member of the first-class umpires' reserve panel may appear rapid but off-spinner Middlebrook began planning for his second career in cricket while still playing.

The 40-year-old plugged into the experience of past and present international umpires Richard Kettleborough, Rob Bailey and Peter Willey when playing for his third county, Northamptonshire. "I have gone from playing to the first-class reserve panel in 18 months and it sounds quick, even to me," said Middlebrook, a former PCA rep for Essex. "But I have umpired a lot of matches in the last four years, standing

in Australia, giving me eight back-to-back summers across four years."

A busy 2017 also saw Middlebrook on the Minor Counties panel. "My advice would be to go and stand at square leg in a school match or at your local club," said the veteran of 226 first-class matches. "Umpires are always needed, so there are plenty of opportunities to gain experience and see if you enjoy it."





ARMY ON THE MARCH FOR PCA

The Barmy Army will attempt to raise £50,000 for the PCA Benevolent Fund as their official charity partner for this winter's Ashes tour.

The Barmy Army raised £50,000 the last time England visited Australia four years ago, that time for the Broad Appeal, the charity set up by Stuart Broad and his father Chris to support the Motor Neurone Disease Association.

This winter more than 40,000 England supporters will be making the trip to Australia and the Barmy Army will be organising a range of activities, including the Fans Bashes against the Australia Fanatics.

The PCA will help to support the Barmy Army by providing high-profile cricket celebrity guests for the charity events that will be held on the third day of each of the Tests.

Money will also be raised through ticketed events, charity auctions of memorabilia and experiences, match fees and fines from their



own T20 matches.

"We are delighted that the Barmy Army have chosen the PCA Benevolent Fund as their charity for the next Ashes series," said PCA Chief Executive David Leatherdale.

"The Barmy Army has brought colour and humour to Test cricket, supporting England through thick and thin."

The Barmy Army are producing an Ashes

Guide to provide information on where they will be based in each city. "We're very pleased to be able to partner with the PCA in their 50th year and to raise money for their Legacy Year Appeal," said David Peacock, co-founder of the Barmy Army. "Supporting so many current and former players whose cricketing skills and ability has mesmerised cricket fans over the years."

The Barmy Army Ashes Guide designed for both independent supporters and those who are looking to take advantage of their official travel packages through Barmy Travel. It is free to download at barmyarmy.co.uk.

The Barmy Army was formed during the 1994/95 Ashes series and has raised more than £250,000 for different charities.

NORTHAMPTON

LOCAL HERO SCORES AWARD

Northamptonshire's long-serving scorer, Tony Kingston, is the inaugural winner of the Alan Hodgson Award, presented in memory of the former Northamptonshire fast bowler and life-long club servant, who died in October 2016.

Winner Kingston first watched cricket at Wantage Road in 1948, was umpire for Northamptonshire Colts for a decade, managed the Northamptonshire Cricket Association senior and Under-19 teams and has been the county's first team scorer since 1990.

BIRMINGHAM

BEARS REMEMBER WOOLMER

Warwickshire have honoured the memory of their former coach Bob Woolmer by re-naming a hospitality box at Edgbaston after the former Kent and England allrounder.

Woolmer guided Warwickshire to a domestic treble in 1994 before departing to become coach of South Africa. Tragically, the 58-year-old was found dead in his hotel room in Jamaica when coaching Pakistan during the 2007 World Cup.

The Box was officially opened during a gathering of the Warwickshire Old County Cricketers' Association during the England v West Indies day/night Test at Edgbaston.

NATIONWIDE

THEATRE OF DREAMS

BBC Test Match Special's Phil Tufnell and Jonathan Agnew have raised £14,201 for the PCA Benevolent Fund from their stage shows courtesy of generous collections across the country. "As well as a great night out the shows also serve to raise awareness in support of deserving past and present county cricketers and their families," said PCA CEO David Leatherdale.

2018 TOUR DATES:

February 15 - Princess Theatre, Torquay
February 17 - Richmond Theatre
March 4 - Milton Keynes Theatre
March 4 - Cliffs Pavilion, Southend

HARE OFF AND RUNNING

Former Nottinghamshire batsman Dusty Hare has ended a long career in professional sport after retiring as Academy Manager of Premiership rugby club Northampton Saints.

Better-known for his exploits as a prolific goal-kicking full-back for Leicester and England, Hare was expected to make his mark with bat in hand ball rather than a rugby ball. Playing ten first-class matches for Nottinghamshire between 1971 and 1977, it was Hare's rugby career that took off.

Playing first for Nottingham, then for Leicester, sweet-booted Hare

scored a world record 7,337 points in a career that saw him capped 25 times by England as well as touring New Zealand with the British and Irish Lions in 1983.

Hare retired from the sport to work on the family farm but then joined Leicester as a scout before he himself was scouted by Northampton in 2010 to head up their Academy. "Cricket didn't work out because I wasn't good enough, simple as that," Hare said. "I was still on the Notts staff in 1974 but by then I had an England cap. I'd also got the taste for international rugby.

"At that time it was quite easy to combine both sports. The rugby season finished at the end of April, the cricket season in the first week of September at the latest. But all that changed from the late Seventies."



AIN'T NO MOUNTAIN HIGH ENOUGH

They say walking is good for the mind as well as the body. Former Yorkshire batsman Kevin Sharp certainly thinks so. He hits some of the world's best trails as a way of winding down.

Most cricketers head for the beach at the end of a long hard summer, but not Kevin Sharp. The former Yorkshire left-hander and his wife Janette pack their bags and head off to the mountains of Asia.

Last winter they went trekking in Bhutan, this year it is Nepal and two weeks of exhausting walking in the foothills of the Annapurna and Everest. "We went to Bhutan last winter and that was quite an experience, spending three or four days in a tent up in the mountains," said the current Worcestershire Second XI coach. "We are going to Nepal this time, walking in the Annapurna foothills and then the foothills of Everest."

And it isn't just the exercise that sees the Sharps out of bed early, "This time we are doing it quite posh," said the 58-year-old veteran of 218 first-class matches. "Staying in some nice lodges so we have a nice bed to sleep in and a shower, with snow-capped mountains as your backdrop. You then walk for five or six hours before being ready for bed by nine o'clock."

Sharp made 14 centuries in a career lasting 15 years between 1976 and 1990 as a counterpunching batsman, occasional off-spinner and influential fielder. "When we first began these trips we thought we would come back shattered. But the

opposite was the case. We return feeling refreshed, having enjoyed lots of fresh air, a lot of exercise, good food, good sleep and limited alcohol."

Sharp started walking, at his wife's suggestion, as a way to replace cricket when he retired from playing. The Leeds-born man picks up the story. "We were living in Shropshire and Janette bought a book called '18 Walks to Wet Your Whistle'. Which had walks around Shropshire and Staffordshire with a pub stop half way round," he said.

"On the first day of the cricket season we set off on this walk in Shropshire and we came across a bluebell wood and it was absolutely stunning.

"We did a four-hour walk and I was absolutely done in. I got in the bath then had a beer and thought; this is alright. It felt like I'd had a day in the field.

"So that summer we did one of the walks from the book every weekend and from there we have been all over the UK – Scotland the Isle of Skye, Snowdonia – as well as Austria, Nepal and Bhutan.

"We take any opportunity to get out. Whether doing three or four hours in the Malverns, on the Long Mynd in Shropshire or, if I'm back in Yorkshire, we go up to the Dales and do one of the Three Peaks."



The mysterious Himalayan kingdom of Bhutan - the latest trekking conquest for Kevin Sharp

Ashes hero **Simon Jones** is using contacts built up during his playing career to help Cardiff-based Dragon Signs.

The former England pace bowler is working part-time for the company, who are the official signage partner at the SSE SWALEC Stadium and Edgbaston.

Jones met Rhys Harrington, Dragon's Managing Director, socially and is now part of the company's sales team.

"Simon has supported us by delivering business as well as client hospitality and events at Glamorgan. We are developing Simon's business and sales skills," Harrington said.

Previously, the company also helped Glamorgan's Chris Cooke with a period of work experience.



BEARING UP UNDER THE STRAIN



Former England men Tim Ambrose, Jonathan Trott and Ashley Giles have thrown their weight behind a new campaign encouraging men to support each other.

With one in four people said to be fighting a mental health problem in any given year, the Warwickshire trio have called on men to step in if they see a friend acting differently as part of Time to Change's 'In Your Corner' campaign.

"It's important that you have an environment you can open up in," said Trott. "To have people that you can trust away from the dressing room as well. It's important that you have people in different areas of your life that you can talk to."

The PCA have already undertaken

pioneering work in raising awareness of mental wellbeing through the Mind Matters Series and are among the organisations signed up to the Mental Health Charter for Sport and Recreation.

"We are in the performance business, the sharp end of professional sport, but as a head coach or director of cricket I have a duty of care to all my players and I take that very seriously," said Giles, who is now Warwickshire's Sport Director.

"I have suffered some pretty tough times during my career. I know those stresses and I understand them so I try and look at it from a holistic point of view. We are not just trying to produce cricketers here we are trying to produce rounded, happy individuals as well."

Backing the campaign: England trio Tim Ambrose, Ashley Giles and Jonathan Trott.

Former England wicketkeeper Ambrose, like Trott, has spoken publicly about his own mental health issues, and is supportive of the In Your Corner campaign.

"It's hugely important to have someone in the dressing room looking out for you. We are a team and we are team-mates in many regards. You worry and you care about each other on a human level, not just on a professional level," Ambrose said.

"You need each other when things are tough out there and it's important that you help each other out when things are tough anywhere else.

"The more knowledge we have of mental health issues, the better we are at spotting the symptoms."

MANNERS WITH POWER TO ADD

Former Hampshire batsman John Manners has become only the second former county cricketer to celebrate his 103rd birthday.

Manners is the only surviving pre-war county cricketer and the world's oldest surviving former first-class player.

Manners, who lives in Hungerford, made his first-class debut for Hampshire against Gloucestershire at Portsmouth in 1936, but joining the Royal Navy meant he had to wait a further 11 years before he played again.

Manners scored 1,162 runs in 21 first-class matches with four centuries, his first for Hampshire against Kent in 1947 and his highest, 147, for Combined Services against Gloucestershire at Gloucester in 1948.

MJK HONOURED

The Warwickshire Old County Cricketers' Association honoured the contribution to the club made by former England captain MJK Smith at their annual golf day.

Smith, 84, played for Warwickshire from 1956 and captained the county between 1957 and 1967. He later joined the county's committee and served as Chairman from 1991 to 2003.

The tribute day, at The Warwickshire Golf Club, was the first of a planned series by WOCCA, honouring former players for their contributions.



The former Warwickshire batsman, Andy Moles, has continued his globetrotting by taking over as coach of Afghanistan's A and Under-19 teams.

Since retiring from playing in 1998, opening batsman Moles has coached the Hong Kong, Kenya, Scotland, New Zealand and Afghanistan national sides as well as the Orange Free State and South West Districts provincial sides in South Africa, and Northern Districts in New Zealand.

The 56-year-old also had a stint in

charge of England Under-19s in 2006 with a squad that included Moeen Ali, Steven Finn, Adam Lyth, Mark Stoneman and Adil Rashid.

Moles coached Afghanistan at the 2015 World Cup, rejoining for a second time to help develop the next generation of players following the ICC's decision to grant them full Test status.

Seven

number of countries in which Andy Moles has coached

64.16

Moles' average as an opener for Griqualand West in the mid '80s



Matt Machan, the highly-regarded Sussex and Scotland batsman has cut short his professional career after succumbing to the wrist problem that has troubled the lefthander since May 2016.

With advice from the PCA, Machan had already started planning for life after cricket by setting up a property business in partnership with brother, George.

Machan ended his career with five first-class and two List A centuries, and having played for Scotland 39 times in all formats including the 2015 World Cup and last year's ICC World T20 tournament.

"I don't think playing in the World Cup would have been topped if I'd played for another ten years," said a

content Machan. "I prefer to look back and think that I fulfilled a childhood ambition to play for Sussex and had the chance to play in some cool games for Scotland rather than the fact that I missed out on playing longer."

Machan was also full of praise for the sport's union body and its staff. "I'd also like to say that Nick Denning, the Personal Development and Welfare Manager, and everyone at the PCA have been brilliant," added the 26-year-old, who is also considering a career in coaching.

GRAVENEY NAMED MAN OF THE PEOPLE

David Graveney, the President of the PCA Benevolent Fund and a former PCA Chief Executive, was awarded the prestigious Peter Smith Memorial Award by the Cricket Writers' Club.

The award, which is named in honour of the former Daily Mail cricket correspondent, recognises presentation of cricket to the public.

Graveney's long involvement in cricket also included captaining Gloucestershire and Durham, 11 years as England's Chairman of Selectors and, now, working as the ECB's National Performance Manager.

Previous winners of the Peter Smith Memorial Award include David Gower, Brian Lara, 'Dickie' Bird, Angus Fraser, Jack Russell, David Shepherd, Geoff Cook, Vanburn Holder, Jim Cumbes, David Lloyd and Mike Selvey.

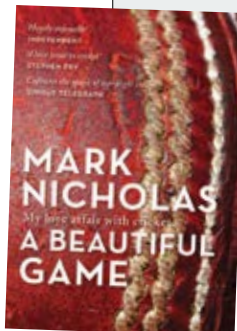
HITTING THE MARK

Former Hampshire captain and broadcaster Mark Nicholas has won the PCA Cricket Book of the Year Award at this year's Cross Sports Book Awards for his book, *A Beautiful Game*, a personal account of the world of cricket.

Books by three more PCA members, Graeme Fowler, Alan Butcher and Jonathan Trott were among those shortlisted for the prize, with Trott's *Unguarded* also shortlisted for the

Cross Autobiography of the Year Award.

The PCA Benevolent Fund was nominated as the awards' charity, providing a further boost to fund-raising during the PCA's 50th anniversary.



ADULT EDUCATION

Durham righthander Gordon Muchall is in post at one of the region's very best seats of learning. The 34-year-old tells Paul Bolton about a first year spent learning on the job.

Gordon Muchall is reaping the rewards for planning for life after cricket having completed his first year as head of boys' games at Bow School in Durham. The middle-order man retired last year after a 14-year career with his native county but made a seamless transition into his new role at Bow, the prep school for Durham School, having spent five winters gaining valuable experience there.

"I went to Durham School but it was Dale Benkenstein who said that the school could probably do with a bit of help with some of the sports coaching at the junior school. I went down and had a meeting with the headmaster and initially did some work in a cricket academy at the senior school and then moved down to the junior school. I spent five winters doing that. I'm a Level Three cricket coach but I needed a few other coaching badges to get into the job. I've got my football and rugby badges, life saving and a few other bits and bobs."

Entering a working environment he was familiar with helped Muchall make the transition from dressing room to classroom, although there was one occasion when he wished he

was still playing cricket for a living.

"A lot of people struggle to find work and don't know what they are going to do when they have finished playing but I found it pretty seamless. Obviously there was a bit of a culture change going from being in and around the dressing room to going into school with five to 11 year olds," he said.

"The first term was a bit of a change but by the end of the school year I was really enjoying it. I'd be lying if I said I didn't miss cricket a little bit. When the Durham lads were on pre-season in Dubai I was standing in the middle of a field with it snowing and raining. I did think then how things could have been different."

Muchall still plays club cricket for Brandon in the North East Premier League First Division and returned to the Riverside for the first time in August to play in Paul Collingwood's Newcastle United v Sunderland Testimonial Match. But his teaching role has allowed him to spend more time with his autistic son Adam during school holidays.

"It was great play in Colly's Testimonial match against some good cricketers and to see everyone around the ground again," he said.

FINISHING
PLAYING IS A
VERY DAUNTING
PROSPECT
FOR MOST
CRICKETERS

"With school holidays I've been able to help out with Adam more and I still play club cricket on Saturdays for Brandon so I still get my cricket fix and I've enjoyed that."

Twelve months on from finishing his Durham career, Muchall seems to be in a good place and he has some sound advice to impart to young county players about the value of gaining work experience away from cricket.

"I think finishing playing is a very daunting prospect for most cricketers. Some get picked up late having already done other work but having something in place or having an idea of something you want to get into is definitely key," he said.

"The best time to do that is before you have kids. I know that the guys just starting out in cricket think they have loads of time and they don't need to worry about what they are going to do when they finish. But other things soon come along and you find that you have less and less time. If you can give up a day a week and get experience of something that you might like to do after cricket you should go and do it."

The Running Man Recently-retired Glamorgan slow left-armer Dean Cosker raised more than £200 for the PCA Benevolent Fund by running in the Cardiff Half Marathon, finishing in a creditable one hour and 55 minutes.

Bailey, Ray



Each issue we catch up with a past player from the PCA address book - and this time we land on a 'B'

HOW DID YOUR COUNTY CAREER START?

To this day I don't know who recommended me to Northamptonshire. I played for a works team called WH Allen who made turbines for ships and I started work there as an accountant.

I played for Bedfordshire in Minor Counties cricket and then out of the blue Northamptonshire rang me and asked me to come for a trial. I took six wickets against Somerset but it was two or three weeks before I heard anything more. I was sitting at my desk at work when Northamptonshire phoned and asked whether I would like to come on the staff.

DIDN'T YOU ALSO PLAY PROFESSIONAL FOOTBALL?

I played for Bedford Boys Club and had trials with Southampton but didn't make it there so I came home and played for Bedford Town for two or three years. We played Everton at home in an FA Cup tie and after that the manager, Basil Hayward went to Gillingham.

He took me with him I signed for them on Friday the 13th of May 1966. Some people say that's an unlucky day but it wasn't for me. I played more than 170 games for them, mostly in midfield. I was also the first Gillingham player to score a goal after coming on as a substitute.

I also went on loan to Northampton Town and played one match for them so I am the last person to have played for both the football club and Northamptonshire.

HOW DID YOU COMBINE THE TWO SPORTS?

It was much easier to play the two sports then because the seasons didn't overlap as

much as they do now.

I have to say that the clubs were brilliant. At the end of the cricket season Northamptonshire would allow me to go off to football training and then come back and play and vice versa.

IN JUNE 1967 YOU AND BRIAN CRUMP BOWLED UNCHANGED IN BOTH INNINGS OF THE WIN OVER GLAMORGAN IN CARDIFF. THE LAST INSTANCE OF THE FEAT IN THE COUNTY CHAMPIONSHIP. WHAT DO YOU REMEMBER ABOUT THE MATCH?

At the time we didn't think it was a significant achievement. It was about 10 years afterwards that someone said that it was something unusual.

It was the first championship match at Sophia Gardens after Glamorgan moved from the Arms Park and the pitch wasn't the best. For us it was just a normal game. We always used to bowl a lot of overs on the trot. I always thought that if you had the ball in your hand you would get wickets.

We just got on with the game and the bonus was that we got paid for doing something we liked doing.

WHAT DID YOU DO AFTER LEAVING NORTHAMPTONSHIRE?

I worked for a firm that made moulded boxes while I was playing cricket as professional for Buckinghamshire and semi-

pro football for Romford. I had a spell managing Milton Keynes City and worked at Bletchley Leisure Centre first as supervisor then running the support side of the building.

YOU BECAME HEAD GROUNDSMAN AT WANTAGE ROAD...

Yes, I was getting a bit frustrated with working shifts at the leisure centre and I was up at the ground when I saw Norman Hever who was then head groundsman.

I asked if there were any vacancies and he said there might be one coming up. I went for an interview and they offered me the job as a groundsman under him.

A year later Norman went and they offered me the job. That was in 1983. At that time the ground was still shared with the football club and Northampton pitches used to be very slow and low. But we re-laid them all and got a bit of life into them.

I was asked by the other county groundsmen to represent them on the pitches committee at Lord's which was quite an accolade.

I then went on to be head groundsman for Rushden & Diamonds Football Club, I also helped David Powell, the groundsman at Northampton Saints, and then had six years coaching football and cricket at Bedford Modern School.

WHAT DO YOU DO IN YOUR RETIREMENT?

I enjoy horse racing. My wife, Jane, and I have been to all the racecourses in England and all but three in Ireland.

I've also been involved in a couple of owners' syndicates, one of them with Nick Cook, and the horses I've had have all won for me.

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DURHAM - COUNTY CHAMPIONSHIP DEBUTANTS 1992



It is 25 years ago since Durham became the 18th first-class county. We find out what became of the squad that was assembled for their historic debut season in the County Championship...

STEVE MCEWAN: Took 80 wickets for Worcestershire in 1989 before joining Durham for 1992. Left the county at the end of the 1993 season and now works as a management accountant in Worcester.

PAUL HENDERSON: Played Minor Counties cricket for Durham in 1991 and five first-class and three List A matches in 1992. Lives in his native Stockton-on-Tees where he works in the catering and licensed trade.

JOHN GLENDENEN: Made his Durham debut in 1988 and was awarded his county cap in 1990. Made a century in Durham's first first-class match against Oxford University in 1992. Now works as a salesman for TAG Teamwear in Middlesbrough.

SIMON BROWN: Born and raised in Durham but played for Northamptonshire from 1987 to 1990. Joined Durham in 1991 and became their first England cap when he played his only Test against Pakistan at Lord's in 1996. Worked in banking but is now Head of Regional Operations at ECB.



STEWART HUTTON: Left-handed batsman who joined Durham in 1991. Made 66 first-class and 25 List A appearances between 1992 and 1998. Went to university to train as a teacher and has also coached at Scarborough College.

PHIL BERRY: Off-spinner who played for Yorkshire from 1986 to 1991 before joining Durham in 1992. Works as a groundsman at Redcar Racecourse which is managed by his brother Stephen.

MARK BRIERS: Played Second XI cricket for Leicestershire before joining Durham in 1991. Played for Cornwall after he left Durham in 1993 and works as rackets and cricket professional at Cheltenham.

CHRIS SCOTT: Wicketkeeper who played for Nottinghamshire from 1981 to 1991 and for Durham from 1992 to 1996. Has been coach of Cambridge MCCU and the university's head of PE since 2000.

SIMON HUGHES: Seamer who played for Middlesex from 1980 to 1991. Joined Durham in 1992 and has worked as a journalist and broadcaster since he left county cricket in 1994.

IAN BOTHAM: The outstanding England all-rounder of his generation, Botham played for Somerset from 1974 to 1986 and for Worcestershire from 1987 to 1991. Ended his playing career with Durham in 1993 and has since worked as a commentator for Sky Sports. Knighted in 2007 for his services to cricket and charity fund-raising. He is now Chairman of the County Club.

DAVID GRAVENEY: Captained Durham in 1992 and 1993 having played for Gloucestershire – whom he also captained – from 1972 to 1990 and Somerset in 1991. Was PCA Secretary from 1989 to 1994 and Chief Executive from 1994 to 1998. Was England's Chairman of Selectors and is now the ECB's National Performance Manager.

PAUL PARKER: Former Sussex captain who played one Test for England in 1981. Joined Durham in 1992 after 16 seasons with Sussex. Now teaches classics and modern languages at Tonbridge School in Kent.

DEAN JONES: Durham's overseas player in 1992, Jones played 52 Tests and 164 One Day Internationals. Played for Derbyshire in 1996 and 1997 and now works as a media pundit in Australia. Jones has also coached in the Pakistan Premier League.

WAYNE LARKINS: Played for Northamptonshire from 1972 to 1991 and in 13 Tests and 25 One Day Internationals for England. Joined Durham in 1992 and played for them for three seasons. Played Minor Counties cricket for Bedfordshire and Huntingdonshire and now works as a postman in the Cotswolds.

PHIL BAINBRIDGE: All-rounder who played for Gloucestershire from 1977 to 1991. Joined Durham in 1992 and became involved in marketing at the club after he retired in 1996. Now runs Rhodes Event Management in Bristol.

GARY BROWN: The brother of former Middlesex batsman Keith, Brown played for Middlesex in 1986. Made his debut for Durham in Minor Counties cricket in 1988 and made six first-class appearances in 1992. Now works as a policeman in Durham.

JIMMY DALEY: Was just 18 when he made his first-class debut against Somerset at Taunton. Made 94 first-class and 68 List A appearances in 11 years on the staff. Now runs his own welding company in Hetton-le-Hole.

ANDY FOTHERGILL: Wicketkeeper who made his Durham debut in 1983. Played two seasons of first-class cricket and then joined the club's marketing department. Now runs TAG Teamwear.

IAN SMITH: Durham-born but played for Glamorgan from 1985 to 1991. The all-rounder played two seasons for Durham then emigrated to South Africa where he works in a factory in Johannesburg.

JOHN WOOD: Yorkshire-born fast bowler who played for Griqualand West the winter before he joined Durham in 1991. Played for the county until 2000 and then had four seasons with Lancashire. Works in staffing and recruitment.



Glory Days

THE 2017 SEASON IS CELEBRATED AT THE SPORT'S NIGHT OF STARS.

Success in the county season and at the ICC Women's World Cup were reflected in the three main prizes at the 48th NatWest PCA Awards held at the Roundhouse in Camden.

Nottinghamshire all-rounder Samit Patel followed up winning the PCA Most Valuable Player Award with the NatWest PCA Players' Player of the Year, recognition for his outstanding contribution to a campaign in which he played every match to help Nottinghamshire complete a white ball trophy double and win promotion in the Specsavers County Championship.

Jamie Porter, who was also shortlisted for the Players' Player Award, won the NatWest PCA Young Player of the Year Award having taken 75 wickets to help Essex to their first County Championship title in 25 years. Unsurprisingly Porter also won the Specsavers County Championship Player of the Year Award.

Natalie Sciver, who made two centuries in helping England win the World Cup also capped

a memorable season by winning the NatWest Women's Player of the Summer Award. During her second century, against New Zealand at Derby, Sciver made headlines when she unveiled the 'Natmeg', an audacious through her legs stroke from leg stump Yorkers.

The Players' Player and Young Player Awards were voted for by current county players and the Women's Player of the Summer Award by England's centrally-contracted players.

Patel became the first Nottinghamshire player since Richard Hadlee in 1987 to lift the Reg Hayter Cup and only the county's third player to win the award most-coveted by county players after Hadlee, who also won it 1984 and 1981, and Barry Stead in 1974. The Players' Player Award was introduced in 1970.

"I'm a little surprised actually. To be up there with a world class player like Sanga, with the amount of runs that he scored in a short amount of time, is a privilege in itself," Patel said.

"Jamie has had a wonderful year. Essex

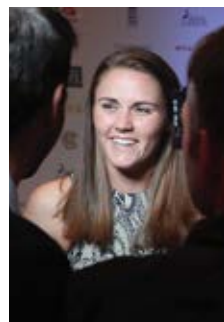
have won Division One and he has been the stand-out bowler in the First Division.

"It's a great achievement for all four shortlisted nominees. I've never been up there for Players' Player before so to win it is unreal really. I'm really happy and chuffed to bits."

Porter, who faced competition from fellow seamers Jofra Archer (Sussex), Ben Coad (Yorkshire) and Craig Overton (Somerset) for the John Arlott Cup was leading wicket-taker for Essex, who were promoted as Second Division champions just 12 months ago. He returned career-best innings and match best bowling figures – seven for 55 and 12 for 95 – against Somerset at Chelmsford and was also voted PCA Player of the Month for August in fans' poll.

"For other players around the country to give their seal of approval means a lot to me and makes this award special," Porter said.

Just three years earlier, Porter thought his career as a professional cricketer was over. He played for the MCC Young Cricketers but did not get picked up by a county so he went to



AWARD WINNERS 2017

Reg Hayter Cup for the NatWest PCA Players' Player of the Year: **Samit Patel** (Nottinghamshire)
 John Arlott Cup for the NatWest PCA Young Player of the Year: **Jamie Porter** (Essex)
 NatWest Women's Player of the Summer: **Natalie Sciver**
 Investec Test Player of the Summer: **James Anderson**
 Royal London One Day International Player of the Summer: **Joe Root**
 Specsavers County Championship Player of the Year: **Jamie Porter**
 NatWest T20 Blast Player of the Year: **Wayne Madsen** (Derbyshire)
 Royal London One-Day Cup Player of the Year: **Colin Ingram** (Glamorgan)
 Greene King PCA England Masters Player of the Year: **Owais Shah**
 PCA Lifetime Achievement Award: **Fred Rumsey**
 ECB Special Award: **Heather Knight & Mark Robinson**
 Harold Goldblatt Award for the PCA Umpire of the Year: **Michael Gough**



PCA TEAM OF THE YEAR

Alex Hales (Nottinghamshire)
 Mark Stoneman (Surrey)
 Colin Ingram (Glamorgan)
 Kumar Sangakkara (Surrey)
 Samit Patel (Nottinghamshire)
 Darren Stevens (Kent)
 Ben Cox (Worcestershire)
 Kyle Abbott (Hampshire)
 Craig Overton (Somerset)
 Simon Harmer (Essex)
 Jamie Porter (Essex)

work in recruitment before Essex invited him for trials.

"I spent six months away from the game and I thought that's where I would be for a long time. Coming back into cricket, it means that I don't play with any fear now. There are a lot of guys who are afraid that if cricket doesn't work out they don't know where they are going to go," he said.

"I want to play cricket for as long as I can but I know that I can survive if that fails."

Sciver, who faced competition from opening batsman Tammy Beaumont, last year's winner, and slow left-armer Alex Hartley for her award, was part of the side that beat India in a tense finale in front of a 27,000 capacity crowd in the final at Lord's in July.

"Nothing can take away from that day at Lord's. This caps off a brilliant year for us and hopefully we can produce a few more brilliant years. To be voted by my peers is a really nice feeling," Sciver said.

When Action Speaks Volumes

FRED RUMSEY'S VISION AND COURAGE IS
FORMALLY RECOGNISED WITH
THE LIFETIME ACHIEVEMENT AWARD.

It was while playing for Somerset that Rumsey decided to take on the cricketing authorities of the day by establishing an organisation that would improve conditions for players in an era when there was no job security, no winter employment or pension or insurance schemes.

He convened the first meeting of the Cricketers' Association – it became the PCA in 1996 – at London's Press Club on September 4 1967 and served as secretary for the first two years before he stepped down having accepted a role with Derbyshire which required him to sit on their committee.

"This is a tremendous honour. I didn't expect it at all. Fifty years ago I started this organisation and I was very much involved for the first four years but it's only in the last 10 years that I have got back involved," Rumsey said.

"The original delegates all took a chance because in those days the MCC owned cricket and if they didn't like what we were doing we could have been fired. This award is on behalf of all of them.

"There was nothing like the Awards Night when we started but, having attended two or three of them, I wish I had started doing them."

Rumsey was presented with his Lifetime Achievement Award by PCA President Andrew Flintoff who paid tribute to the organisation's founder.

"The current players owe everything to Fred and

the small group of players who met all those years ago. He was at the heart of that," Flintoff said.

"Myself, ex-cricketers and all the current cricketers out there have all benefited from the work Fred and those guys did 50 years ago so this award is very just and well deserved.

"Fred must be proud. He's seen how the PCA has gone from strength to strength. He said it was a little acorn and it's got bigger and bigger. The challenge for everyone involved in the PCA is to keep that going, because it keeps getting bigger and bigger.

"But it's the 50th year, Fred gets the Lifetime Achievement award. Perfect."



Myself, ex-cricketers and all the current cricketers out there have all benefited from the work Fred [Rumsey] and those guys did 50 years ago"
Andrew Flintoff, PCA President



Summit Patel

HE BATS, HE BOWLS, HE CATCHES EVERYTHING.
CRICKET RECOGNISES A TRUE ALL-ROUNDER
IN THE WINNING OF TWO AWARDS.

The England all-rounder earned most points in all three domestic competitions to finish clear at the top of the PCA MVP Rankings - and followed it up by being named the player's cricketer of the year at the NatWest PCA Awards at The Roundhouse in October.

Patel played a major part in helping Nottinghamshire complete a white ball trophy double of the Royal London One-Day Cup and NatWest T20 Blast as well as winning promotion in the Specsavers County Championship following relegation 12 months ago.

"I've never won it before, it's a great achievement which really caps off our year. It's testament to all our lads that we have got two trophies in the bag and got promoted," Patel said.

"I've finished second a couple of times in the MVP and to get over the extra hurdle and win it rounds off a great year.

"I follow the MVP. It's good to have a look to see where you are and where you can do better."

The PCA MVP Rankings system was introduced in 2007, an innovation which provides a more rigorous analysis of player performances than traditional batting and bowling averages.

The rankings were designed by the players to identify the match-winners and key influencers of matches throughout the domestic season.

Patel finished second in the Rankings in both white ball competitions, a point behind Glamorgan's Colin Ingram in the Royal London One-Day Cup and 27 behind Derbyshire's Wayne Madsen in T20 cricket. He made two centuries, including a brilliant

122 from 123 balls in the semi-final victory over Essex at Chelmsford, and three half centuries in 11 Royal London One-Day Cup matches and took nine wickets including three for 51 to help defeat Surrey in the final at Lord's.

Patel was also prolific in the NatWest T20 Blast with six scores of 35 or more, including 64 in the final against Birmingham Bears at Edgbaston. He also took 16 wickets in the competition and was Player of the Match in the final. His championship season included back-to-back double centuries against Gloucestershire at Bristol and Leicestershire at Trent Bridge in June. He made 906 runs in the four-day competition and took 19 wickets with a best of three for 17 against Northamptonshire at Trent Bridge in August.





VIKRAM BANERJEE

VIEW FROM THE TOP



A Matter of Timing

Vikram Banerjee is back in the game as ECB's new Head of Strategy. He met up with Beyond the Boundaries to talk about how he found himself in cricket, in business and then in a position of sporting influence.

Photoshoot Aaron Parsons

A first-class debut playing in the varsity match for Cambridge University in 2004, punctuated by some match-winning days for Gloucestershire tells the short version of Vikram Banerjee's career in the professional game.

During his time with the Westcountrymen, Banerjee secured 97 first-class victims, with wickets taken at around 46 runs apiece. Two five-wicket innings included a match-winning career-best 5-74 against Surrey at The Oval in 2010.

A slow left-armer who spun the ball hard, the 33-year-old played 43 first-class matches until leaving the game in 2011 to pursue a career in business.

CONGRATULATIONS ON YOUR NEW ROLE. TELL US WHAT IT INVOLVES?

"Thank you. It still feel very new and very exciting. I'm part of a brand-new department at the ECB, with a remit that involves a brand-new way of thinking about how things are done. On a personal level it's a dream job. Being able to return to the sport, which is also a passion, and be in a role to hopefully make a difference at a hugely exciting time is, like I said, a dream."

WHAT DID YOU DO BETWEEN LEAVING GLOUCESTERSHIRE AND JOINING THE ECB?

"I went into consultancy as part of a start-up business. I then decided to do an MBA qualification, for which the business practice I was working for said they would support me. But my mum said that if I was going to do the course I might as well do it at the best business school in the world. So she downloaded

an application form for the Harvard Business School. I filled it in but never expected to be accepted. But I was. It was a big turning point for me.

WHAT WAS THAT EXPERIENCE LIKE?

"I met some fantastic, inspirational people. There were authors of the business books that formed the course material as lecturers. That was the benchmark of the teaching."

HOW DID YOU FIND RETURNING TO EDUCATION AFTER BEING OUT OF FORMAL LEARNING FOR A PERIOD?

"Because it was the executive level MBA, most of the people on the course were older than me. Seeing what they had achieved was brilliant. I felt it elevated me to a different level than what I was operating at previously. The experience was as good as you'd expect from such an esteemed seat of learning."

WHAT DID YOU DO AT THE COMPLETION OF THE COURSE?

"I then went to work for Whitbread, working with the strategy team for the Premier Inn side of the business. It was another huge learning curve as I was only a couple of years out of cricket."

WERE YOU ALWAYS GOING TO GO INTO BUSINESS WHEN YOU FINISHED PLAYING CRICKET?

"I actually had a job lined up with Procter & Gamble in the City, which I was due to start when I got my first trials with Gloucestershire. I read Economics at university. As I went through my time there, to get out of more and more dull lectures I trained and practised my cricket more and more. Cricket happened almost by accident."

A HAPPY ACCIDENT?

"Of course! Like I said earlier, I was

always a huge fan of the game. I played club cricket for Dulwich in the Surrey Premier League and through a combination of my performances there and for the university, I got a trial with Surrey. I played a couple of games for their second team but didn't really enjoy it.

As luck would have it, I then got a call out of the blue from Stuart Barnes, who was then at Gloucestershire and who is now with Surrey. Gloucestershire had just played Glamorgan at Cheltenham where Robert Croft and Dean Cosker had taken 19 wickets between them and Gloucester's spinners had replied with only two. So they were on the look-out for new spinners. I initially said no. I had a job lined up and hadn't enjoyed my experience with Surrey, but my old man persuaded me to think again and to go and have a game. So I went.

I played a second team match against Denmark and took some wickets. It was much more enjoyable, the guys welcomed me in. I then had one more second team game against Northants. I had a decent game, I bowled pretty well and before I knew it I was in the first team squad. Two weeks after arriving on trial I was playing against Somerset and bowling at Justin Langer and Marcus Trescothick. I can remember standing at the end of my mark and thinking: what's going on?

"I also played against Surrey and that was it. I got a contract so I gave two days' notice for my job in the City. Procter & Gamble were brilliant. They had printed my name badges and

welcome packs. They were there on my desk waiting for me

"But they rolled over the contract for a year and did it for another two years and then said: your cricket is going well, come back to us when you finish."

HOW DID YOU ENJOY PLAYING COUNTY CRICKET?

"I enjoyed it although we went through some tough times while I was at Gloucestershire. I was part of an era where, as a club, we struggled. Financially we took a hit and the tightening of the belts caused difficulties and we lost some experienced players."

AND HOW CLOSE WERE YOU TO GOING HIGHER IN THE GAME?

"I went on some ECB development squad programme tours which was great but I realised that I probably wasn't going to go that far. They had another promising young lad called

Monty Panesar and then another lad called Graeme Swann came in and he wasn't half bad either..."

AT WHAT STAGE DID YOU START PLANNING FOR LIFE AFTER CRICKET?

"I always had it in my mind that I would play cricket while I enjoyed it. I was fortunate enough to have a university degree and, having benefited from that, I'm a massive advocate of the MCCU system. I knew I wasn't going to play cricket forever. I felt that I had some other options which is what the university system is brilliant at. Coming into cricket late meant I had done some self-evaluation about who I was and what I enjoyed in life which was very beneficial."

WHAT FORM DID THAT TAKE?

"I did some Insights training through the PCA and I spoke to Ian Thomas, who was then my PDM, throughout my career."

DO YOU STILL USE THE SERVICES OFFERED BY THE PCA?

"When I started with Gloucestershire the Player Development and Welfare Programme was fairly new. But I benefited a huge amount from Ian's advice and the conversations I had using him either as a sounding board or for direct feedback. He has been a great help to me and I still chat to him and I owe him a great amount."

HAVE YOU EVER CONSIDERED WHERE YOU MIGHT BE NOW IF YOU HAD TURNED DOWN STUART BARNES' CHANCE TO TRIAL WITH GLOUCESTERSHIRE?

"Life would be very different that's for sure. I would have gone into the City and would no doubt be enjoying my life but still loving cricket. As we all know, sport and life are both decided by the smallest of margins."



"Coming into cricket late meant I had done some self-evaluation about who I was and what I enjoyed in life"

 **WOMEN'S GAME**

AN EYE ON THE PRIZE

Former England bowler Isa Guha joins the PCA roster as a non-executive director. The 32-year-old talks about her new role with the representative body.

Interview by Paul Bolton

This has been a momentous year for women's cricket, not only for England, but also the PCA.

England's World Cup win in front of a sell-out crowd at Lord's was the on-field highlight, bringing the women's game to a new audience through unprecedented exposure in the media.

But, before England captain Heather Knight lifted the trophy, steps had been put in place to ensure that the squad benefit from their success with the establishment of the England Women's Player Partnership.

The EWPP, which mirrors the long-established Team England Player Partnership for England's centrally-contracted male players, is managed by the PCA to operate

the players' collective commercial programme and financial distributions.

The EWPP management committee is made up of the current England captain, the PCA Chief Executive and an independent trustee, with Isa Guha, former England seam bowler, fulfilling the latter role having been appointed the PCA's first female non-executive director in another landmark development earlier in the summer.

Since she retired from playing in 2012, having helped England win the World Cup and World T20 in 2009 and three Ashes series wins, Guha has forged a successful career in broadcasting.

She recently became the first woman to commentate on a Test Match for Sky Sports in the historic day/night match between England and the West Indies at Edgbaston. Guha was also one of the first female summarisers for BBC Test Match Special and her broadcasting work with ESPN, Sony, Star Sports, Sunset & Vine, IMG and Triple M has also allowed her to keep her finger on the pulse of cricket around the world.

"Obviously it's an exciting time not just in the men's



Isa Guha accepts the honour of ringing the famous bell at Lord's; in action for England against Australia in 2011, Manuka Oval, Canberra

support the players and work with the ECB to make sure everything is handled appropriately. It's just a case of the players feeling they can be open and honest and the PCA provides them with the ideal platform to voice their opinions.

"The girls, even when I was playing, have always been so grateful for the

game but the women's game too. It was an easy decision to make when Matthew Wheeler and David Leatherdale approached me about the role on the PCA board. I've always had the players' interests at heart and it felt like a privilege to be asked," Guha said.

"This summer has been a case of soaking up information, learning and finding out the needs of all professional players, not only the women. As a whole it is important to help manage expectations but also push for what we believe the players deserve.

"The EWPP is a significant development and the wonderful thing about the PCA is that they are fully behind supporting the women's game. It has been great to see the support from board members first hand. David Leatherdale and Emma Reid have led the way with the contracts but the support and backing from the rest of board and the counties has been phenomenal.

"While I have felt comfortable floating my opinions, now that I am up to speed, I hope to have more of a say, especially with my background of playing in a male-dominated sport and my role in broadcasting.

"I generally have to be across what is happening, not only in world cricket but domestically with the counties, in my job which helps when it comes to understanding the context of various issues."

Although Guha retired from playing before England Women went professional with the advent of central contracts, she did benefit from National Lottery funding and is close enough to the England dressing room to appreciate the needs and concerns of today's players.

"I'd like to think the girls are relaxed enough to come and talk to me. Communication lines are so important and no matter how big or small the matter, it is vital to understand the concerns of the players," she said.

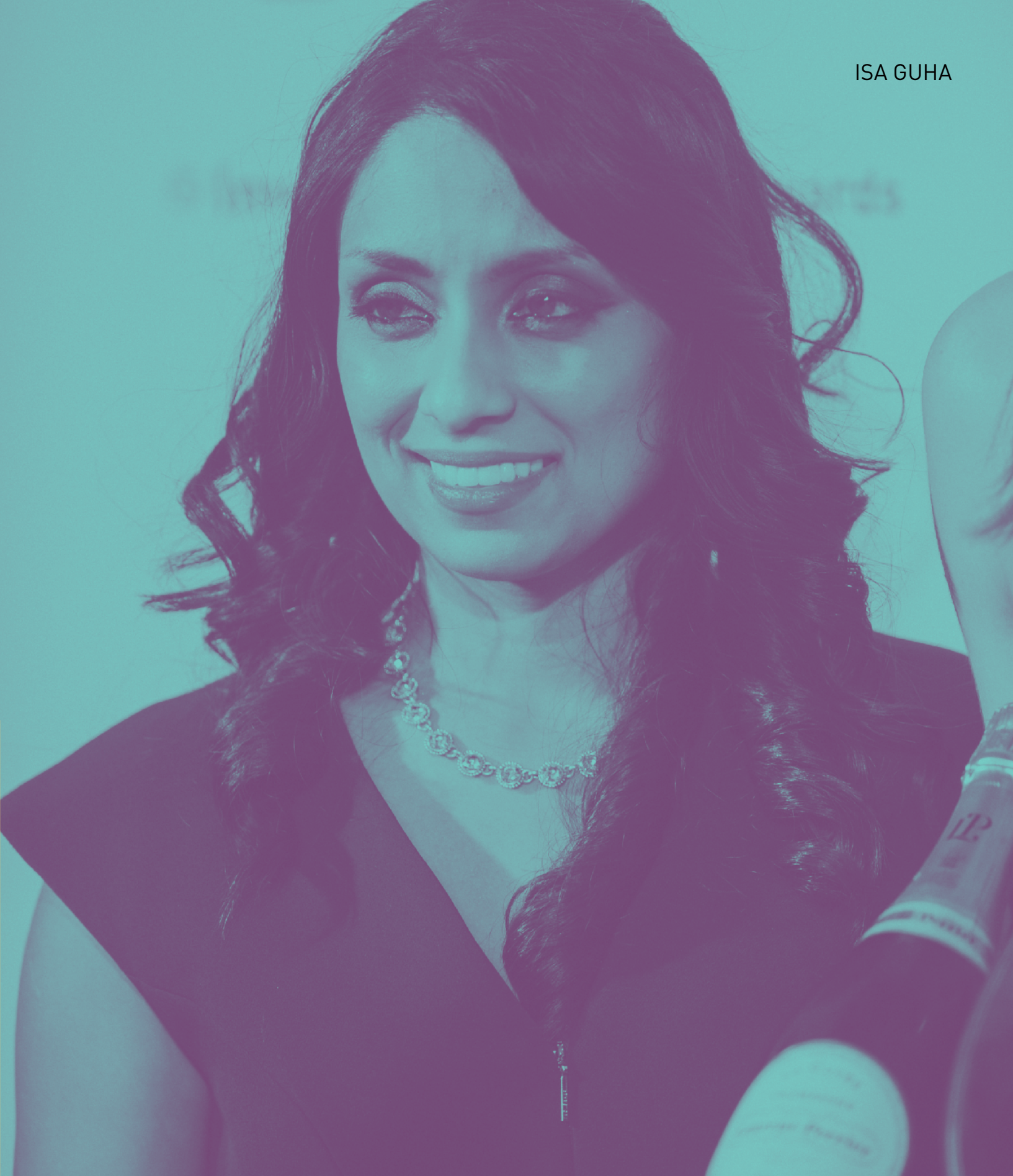
"It's then up to us at the PCA to decide how to best

support they have received, which is an admirable trait. However, through not wanting to cause a fuss, it can sometimes mean they get put to the bottom of the pile. That is where we have the opportunity to try and drive support on their behalf.

"For many years the girls were happy to do appearances free of charge. Now in the professional era it is important to realise that they need to be remunerated for their time.

"A lot of research has gone into this not just in England but around the world in terms of what all professional players should be earning relative to the economy.





This means there is concrete data that can be used to determine salaries.

"I was part of the semi-professional era. We received lottery funding which contributed to training and travel costs every month and took some of the pressure off financially. However those of us who weren't at school or university had to maintain a living somehow.

"Now the girls have the opportunity to work and play cricket full-time, which is incredible. Hopefully, it will keep women and girls playing for longer as they will now see it as a viable career option. With that comes the need to advise the girls on lifestyle choices and make sure they have back-up plans in case of injury or illness."

Guha is also keen that the players who paved the way for professionalism in women's cricket are not forgotten and is keen to support and include former England Women internationals in PCA activities and initiatives.

"We want to help past players as well. The way that Australia look at it is that that past players paved the way for professionalism in the women's game. It's because of the past players that we have got to where we have," she said.

"There is an appetite to have a Women's Past Players day next year or mix it with the men. We want to make sure that everyone who has played for England has the opportunity to be supported in some shape or form so this is also up for discussion."

Guha also has an eye on the future and is excited by the opportunities that the World Cup success has opened up.

"The World Cup success showed that cricket can capture the imagination of the nation. It's important that we capitalise on that now," she said.

"There's never been a better time to get involved in the women's game. Currently, there is an ongoing ECB softball cricket initiative to encourage women to get involved in a sport, which can sometimes be intimidating with using a hard ball.

"We saw in the World Cup final at Lord's that the majority of spectators were women. However cricket is a sport that appeals to everyone and it is part of the wider picture of cricket to make it part of the public consciousness especially ahead of the new T20 competition.

"Fortunately the ECB are doing a lot of good things with female engagement. But it's not just about women, it's about appealing to the wider audience.

"The All Stars campaign has also provided a great way to attract five to eight-year-olds - boys and girls - to the game.



"England and Wales also has a strong South Asian community who love cricket and the ECB currently have strategies in place to understand how to better engage with these communities, something that is particularly close to my heart.

"It's about appreciating what the concerns and limitations are and understanding people's needs. But it has to be a long-term strategy to make sure everyone is involved and wants to be involved.

"From a PCA point of view, it is crucial that everyone is looked after in the best possible way. That includes all professional players, men and women. I have no doubt that this will be possible with the team around us."

There's never been a better time to get involved in the women's game.

“The girls have the opportunity to work and play cricket full-time – hopefully, it will keep women and girls playing for longer as they will now see it as a viable career option”

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WHAT I'LL BE DOING THIS WINTER

Dedicated to supporting our membership across many fronts, we spoke to five players committed to their own ongoing personal health & wellbeing via activity across the off-season.



**MICHAEL
RICHARDSON**
DURHAM

This winter I'm looking to expand on a few options of life after cricket. In the past I have done two internships with Brewin Dolphin an investment firm, failed at getting one with Citi Bank and alternatively travelled to Sri Lanka, South Africa and Dubai for cricket.

This winter I'm combining cricket with studies. A company, Add Victor, headed by Steve White-Cooper which helps integrate sportsman to business helped me decide to start a CIMA qualification. CIMA is a set of professional exams that helps you be ready to work in any business – large or small, public or private, all around the world. It's going to be a long road as the full qualification requires 2/3 years work experience to be gained at some point and the exams are difficult but I am going to attempt them. The studying can be done at my own pace as the exams can be done throughout the year. After Christmas I'm thinking of heading to Cape Town, to play at Western Province cricket Club, and hopefully Hong Kong.



NATHAN BUCK
NORTHAMPTONSHIRE

As my PDM will agree, I've talked about working on my personal development for a number of years but up till now have done very little about it.

It can easily become low in the pecking order of things but my view changed when a good mate was released from county cricket last year. Seeing him having to deal with the challenges of the real world made me think it's about time I got my house in order. Through a contact at a local recruitment firm, Macildowie, I've committed to two days a week with the firm up until Christmas.

Recruitment has always appealed to me as it is a target-driven industry and one that doesn't require years of study to get up to speed. I'll admit to feeling a little nervous about stepping out of my comfort zone but I know the experience will help in the long term. Appreciating the reality of life after cricket has really given me the motivation to start planning now. Even though I intend on playing for many years to come, I see this experience as a long term investment in my future.



IVAN THOMAS

KENT

This winter I have made the conscious decision to find a balance of not only developing my cricket skills but also preparing for life after cricket through a work placement.

I have been lucky enough to secure a two week placement with CSM Sport and Entertainment. Having attended a taster day in 2016 my interest in the sports marketing industry grew and I was keen to extend my knowledge about what CSM do across all departments. This is a great opportunity for me to gain an insight in to the day to day running of such a fast paced and diverse business. Following my placement with CSM I will be preparing for the 2018 season with some competitive cricket in South Africa. The winter is looking busy for me but I know that putting these activities in place will put me in great position to hit the ground running.



OLLY HANNON-DALBY

WARWICKSHIRE

Rather than focusing entirely on lowering my golf handicap this winter I've decided to embark on a little personal development as well. First of all I'm taking part in Big Bike Ride 3 in aid of the PCA Benevolent Fund and Tom Maynard Trust.

I've been accepted onto the ECB Level 4 coaching course which will start next winter and in preparation for this I'm attending various coaching development courses run by the ECB over the next few months. I'm also attending two professional taster days endorsed by the PCA, the first being an insight into a career in recruitment and then second being a taster day on the trading floor. Finally I have enrolled on a short course in Talented Athlete Lifestyle Support out of Leeds Beckett University, this course should be transferable to my Level 4 coaching qualification and will help my future coaching aspirations. It should be a busy winter!



CHRIS NASH

SUSSEX

The time has come for me to consider which path I want to take when I finish playing.

I am interested in business development and relationship management and have some work lined up with Sussex CCC in the marketing and business development team working alongside Tony Cottey.

Because of my interest here, I have enrolled on a course to do a diploma in sponsorship through the European Sponsorship Association.

The course has been recommended to me, is highly regarded and at the same time quite rare in this country.

I am hoping it will give me a good understanding of the sponsorship and sports marketing industry therefore putting me in a good place for when I eventually hang up my boots.

“My view changed when a good mate was released last year. Seeing him having to deal with the challenges of the real world made me think it's about time I got my house in order” Nathan Buck

THE CHANGING FACE OF PERSONAL TRAINING AND NUTRITION

Two former cricketers on their new lives in the world of sport and fitness. As Matt Church and Lewis Hatchett explain, it's not all vest, shorts and 'two tickets to the gun show'...



Transitioning into the fitness industry and personal training can often prove seamless for professional athletes. In most instances it being a case of passing on training knowledge gained from years of the gym, underpinned by working relationships with strength and conditioning coaches.

Matt Church, the former Worcestershire and Gloucestershire batsman, and Lewis Hatchett, the Sussex seamer who retired from county cricket in 2016, are two players who have made that change.

Church enjoyed a four-year county career, not playing a game in his final year due to injury. It was the experience of coping with injury that prompted the attacking righthander to enrol on a degree course in osteopathy.

After an exacting first year, Church realised that his calling was in fact in Strength & Conditioning, seeing him transfer Year 1 results to St Mary's University in Twickenham. Having already gained UK Strength

& Conditioning Accreditation, completing his studies became a more straightforward affair.

Six years in county cricket as an S&C coach (four of them with Surrey), plus time spent on the equivalent of the ECB Young Lions programme and a spell with Ireland under Phil Simmons and Mark Garaway saw Church fully involved in the build-up to the 2011 World Cup.

Having moved around, Church decided that the time had come to put down some roots by setting up his own S&C business, Locker 27, in Weybridge.

"We looked at commercial properties, but they were so expensive so we are now in an industrial property which serves its purpose brilliantly," Church said.

"It was purely a case of build it [the business] and they will come. However, this is designed as a performance gym, a place where people come to leave their egos at the door, work hard towards improving

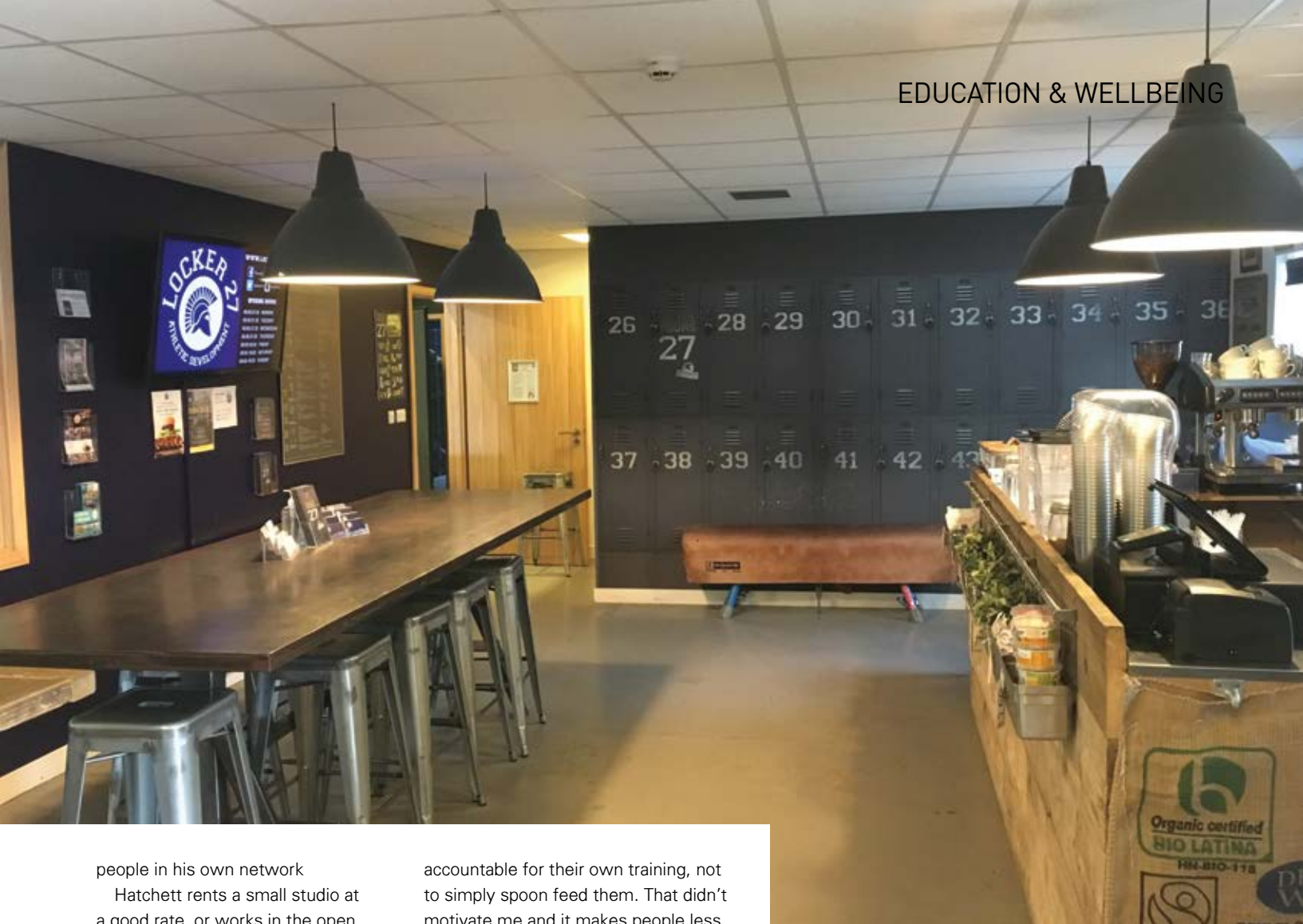
their athletic development."

"Locker 27 is now eight years old and it has been a case of working 15-hour days from the moment of inception up until now. And it is only now where we are starting to find a healthy work/life balance."

Church's clients are encouraged by a team of highly-qualified staff from fully-qualified strength and conditioning coaches to physiotherapists, and even a champion Muay Thai fighter and a sports acrobatics gymnast.

Locker 27 attracts athletes from recreational level to elite athletes including the Wales rugby team, Premiership rugby team Harlequins, National League hockey team Old Georgians and Surrey cricketers living in the Weybridge area.

Hatchett gained a Personal Training qualification at the PT Academy while he was still playing and he has a different philosophy to Church. Hatchett's business has developed by word of mouth and working with



people in his own network

Hatchett rents a small studio at a good rate, or works in the open, rather than basing himself in a large warehouse or a big brand chain gym. His clients are not elite level athletes and his aim is to make simple lifestyle changes which can make a significant difference to their fitness levels.

"This isn't about radicalising people's way of life. If someone is overweight and wants to get healthier we talk about cutting out small things that are manageable, taking sugar out of coffee, making sure they follow a sensible meal plan," he said.

Hatchett also likens his approach to personal training to coaching cricket at recreational level. "I try not to spend too much time with people, maybe six sessions or so. After that it is a case of touching base if they need a few reminders or even pass on a few tips to help them take their training or lifestyle up a notch," he said.

"I want to make my clients

accountable for their own training, not to simply spoon feed them. That didn't motivate me and it makes people less independent trainers."

Instead, Hatchett encourages his clients to find what training methods they most enjoy or find beneficial.

"Make training interesting. Play games with clients. Introduce moving drills by involving a football as it takes the focus away from working hard and feeling knackered. There are so many ways of doing things, it is about finding your favourite and making sure that it motivates you."

Through the increased use of technology and his knowledge of yoga, Hatchett now hopes to develop an app for stretching exercises.

"With my PT qualification, my yoga and sporting background I want to develop an app where people can access the right exercises for each part of the body. People can then decide how it best applies to their sport or lifestyle."



Locker 27 - the strength and conditioning brand established by Matt Church



COACHING

CAREERS: COACHING

Take a look at gaining a cricket coaching qualification. It'll come in useful whatever the level you shoot for.

There are very fewer certainties relating to life after cricket than at some point being asked to do some coaching.

Whether that be for the local club, your child's school or for the England Test team.

For some it will be brilliant. For others completely panic inducing. But for most - initially at least - potentially a little bit daunting, but somewhere in the middle. Especially if you don't see your professional future in that direction.

The assumption will be that as a past professional you will immediately and instinctively be a good coach. A coaching qualification never hurts.

There are clear advantages to having



PATHWAY

played the game at a high level. To start with, coaching qualifications up to ECB Level 3 are funded by the PCA, with Level 4 half-funded over the two-year term of the course. Also, as an experienced cricketer there will always be opportunities to coach and access to the knowledge of those you know from within the game. A good network can be a vital tool for a coach at any level.

The ECB Coach Education programme has undergone a significant change recently. The Level 1 qualification no longer exists, being replaced by a basic level 'Coach Support Worker' qualification, which is not a pre-requisite requirement for studying higher up the pyramid. Beyond

these 'coaching foothills', there are still some well-trodden paths to tread in the ECB Coaching Pathway...

UKCC LEVEL 2 COACHING CRICKET: CHILDREN OR COACHING CRICKET: YOUNG PEOPLE AND ADULTS

The professional game leads naturally to Level 2 as a starter. There are now two qualifications available. One tailored at coaching children and the other aimed at young people and adults.

The course is covered within eight, three-hour modules, delivered over four days to include online home learning outside of contact days and six hours of supported coaching practice at a club. Candidates are

also required to have a valid First Aid certificate and an up-to-date DBS check, however these are often delivered and completed as part of the course content.

UKCC LEVEL 3 PERFORMANCE COACHING COURSE (LEVEL 3)

The next tier is the ECB UKCC 3 Performance Coaching Course (Level 3), designed to meet the needs of coaches looking to work in Performance Environments with the most talented young players in the ECB pathways. For those who see coaching as a future career option then this is becoming a pre-requisite for applications to most full-time roles.



The course is delivered over eight days of group tutoring, usually in three residential blocks spread over three/four months. There are areas of work, both practical and theory, to be completed prior to, during and after the course which make up the assessment process. The whole course has a nine-month completion schedule.

The next available course runs in January 2018, with applications already being taken via the ECB website. You'll need to have completed a Level 2 Qualification and have an up-to-date First Aid and DBS certificate before applying, along with an endorsement from your local cricket board.

Successful applicants through the initial submission phase should expect to attend an interview stage before final candidates are selected.

UKCC LEVEL 4 MASTER COACH AWARD (LEVEL 4)

At the top of the coaching pyramid is the ECB's Level 4 programme. This has long been the preserve of former Warwickshire and Worcestershire batsman Gordon Lord, but is now under the direction of new Head of Coach Development, John Neal. This transition sees the course currently under review. But will no doubt continue to be regarded amongst the top coaching qualifications in the world.

Most recently the course has been run over two years, in conjunction with the University of Gloucestershire, with successful candidate emerging with a Post Graduate Diploma in Personal and Professional Development as part of the course.

The course is highly competitive

to access, with successful Level 3 graduates undergoing a lengthy interview and presentation process, should their initial application pass muster.

So whether you see yourself coaching daily, weekly or every now and again, look at gaining a formal qualification to sit alongside your playing experience. You've earned it.

England Coach Trevor Bayliss in the nets with wicket-keeper Jonny Bairstow

HIGHER & HIGHER

FURTHER EDUCATION

Two former county cricketers set out why pushing academic attainment offers benefits during and after a playing career

A Masters degree is a level 7 qualification that sits on the National Qualifications Framework (NQF) above a Bachelor's degree and below a Doctoral degree (PhD).

Careers like teaching and science sectors require it. Other areas such as business and media do not. But it is increasingly viewed as advantageous, with research showing that a Masters degree can improve both job prospects and earning potential.

Others embark on a Masters degree for the intellectual rigour, mental stimulation and to widen their professional network. Masters in Business Administration students report the significant merits in mixing with like-minded individuals in creating opportunity to advance a career.

It is a great option for people, like professional cricketers, who are looking to transition from one career to another. It provides a structured way of developing new and specialised knowledge, skills and experience, and helps to demonstrate to a future employer the individual's ability to adapt.

Masters degrees can be either taught or research-based. Taught Masters degrees are similar in style and structure to undergraduate degrees containing lectures, seminars, assignments and assessments through exams, dissertations and projects. Students work independently but can still receive close tutor support.

Research Masters degree students receive support through an appointed supervisor but are expected to study independently in creating a thesis.

Masters degrees can be broken down into specific qualifications. Masters of Arts (MA) and Master of Science (MSc) are the two most common, but other well recognised types include MBA (Master of Business Administration), MPhil (Master of Philosophy) and MEng (Master of Engineering).

Typically, programmes ask for prospective students to have an undergraduate degree in a related subject with a 2:1 classification or above. However, many institutions have a more flexible admissions procedure for mature students and may accept students without a



first degree provided they can evidence relevant and sufficient prior learning and experience in the subject and an ability to cope with level 7 study. If in doubt, always ring the admissions department to enquire about their entry requirements and your suitability.

The qualification typically takes one to four years to complete as a full-time or part-time commitment. Courses usually start in September or October.

AND HOW MUCH DOES A MASTERS COST?

Fees for a Masters vary enormously between universities with most programmes costing UK and European students between £4000 and £9000 per year. In addition to PCA education funding support, other funding can take the form of government-backed postgraduate loans, scholarship and bursaries, research council grants, professional and career development loans and even crowdfunding.

Before choosing to study a Masters degree ask yourself: does your career area of interest require a Masters qualification? Consider whether work experience or specific vocational qualification will make you more employable.

Are you passionate about your subject? This is important. Often Masters are done part-time or alongside multiple other commitments and so a genuine interest and focus on your subject is vital.

Masters degrees require high levels of academic rigour. Support is available to mature students in developing their skills and confidence in academic writing. Make sure guidance is sought from admission tutors and your PDM.

Are you ready for a year or more of university study? Make sure you map out how the course will fit around your cricket and wider life. Consider how long you have to complete the course, what mode of study is best for you (distance learning or attendance), and whether you want to complete it part- or full-time. Prospects.ac.uk provides an excellent overview of postgraduate study - visit www.prospects.ac.uk/pgstudyguide

STEPHEN MOORE

MASTER OF BUSINESS ADMINISTRATION

From Straight Drives To Straight As



I did a Masters in Electronic Engineering at Exeter University before I became a professional. At the back end of my Lancashire career, while still playing, I did an MBA at Manchester Met University Business School.

It did mean making some sacrifices, particularly family life. Instead of spending my down-time around matches with them I had my head in book, particularly around exam times or deadlines for work to be handed in. They were very supportive.

There was a lot of digital content so it meant that I could take my work with me on the road. If I got out early I would find a quiet corner of the changing room and do some studying.

An MBA is very practical, there's lots of reading so it's easy to find time for that. When I was looking at business schools some of them were happy to accommodate my cricket, others weren't.

Before I started I spoke to the head of the programme and said that I had a slightly different career to most of the students. There were times when, for whatever reason, my season was more onerous and I needed some extra support they were brilliant and would arrange that for me.

The key things were that I investigated the universities first, spoke to the people running the course and got some buy-in from them.

The PCA were brilliant too. I got educational funding to support me and lots of lots of practical advice. I had lots of input from the PDMs before I made my decision and while I was studying.

Although I had done a Masters there was a gap of more than 10 years when I started my MBA and I was a little nervous about going back into a learning environment. With a Masters there's a lot more critical analysis. You have to be comfortable with the reading and learning how to write academically is a trial and error process, but the biggest challenge was getting through the information.

I was at university when I started my career with Worcestershire I remember Tom Moody saying: look, finish your degree, get that out of the way and make sure it's a good one, your opportunities at the club will come. It allowed me to never view cricket as a job. I always viewed it as a privilege and a chapter in my life, but having that Masters degree gave me the confidence that there was going to be something after cricket that I could get my teeth into.

TONY FROST

SPORTS PSYCHOLOGY MSc

From Catching To Cramming



I'm completing a Masters in Sports Psychology at Cardiff Met University. I've just got my dissertation and a presentation to complete.

I've enjoyed it a lot. It's been very challenging in terms of trying to fit it in around my coaching commitments with Warwickshire. From pre-season to when university finishes for the summer break I have found really challenging. Time-wise, I'm trying to juggle studying and working a family life. That is always going to be an issue when you are working.

But I have enjoyed the course. The information has been really good and I'm really glad that I went on it.

Doing the ECB Level Four coaching course helped me get used to writing academically. The Masters is a step up on that. The more you read journals and academic works it becomes natural.

You get feedback on your essays. It would be interesting to read some of my early essays and compare them with now. But you get there naturally.

There are six modules to the Masters in 10 week blocks. The lectures were in Cardiff on Mondays so I have been going down on Mondays. Warwickshire have been very supportive, they have allowed

me to go down and they have got other people to fill in for me.

It was a bit strange going into lectures because everyone else on the course is straight out of under graduate degrees. They looked at me and wondered: who is this grandad? Is he a lecturer?

If there are others out there thinking about doing a Masters I would highly recommend it. You gain a lot of knowledge but it's also fantastic for personal development, building life skills and managing time.

It can only add to you as a person. I finished school and went straight into cricket so from that background, going into education has taken me out of my comfort zone. But, it has made me more confident, it's given me new skills and to appreciate that if you knuckle down and work hard you can get through it.

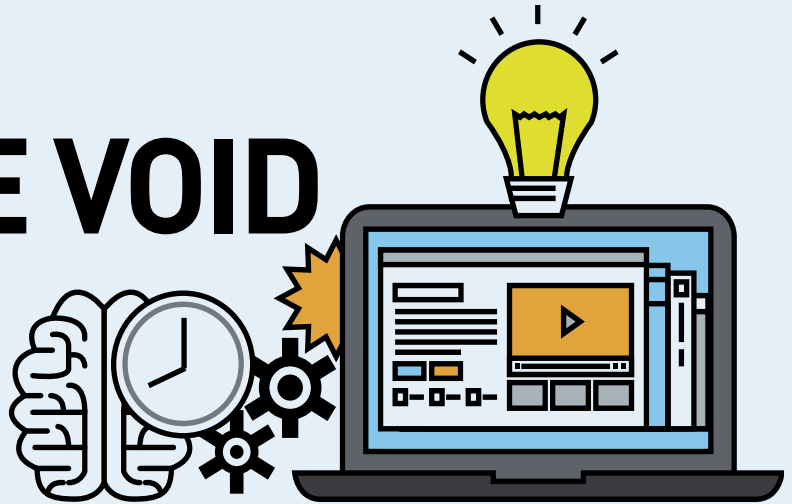
I've also had some excellent support from Lynsey Williams, our PDM at Warwickshire. She gave me lots of advice when I was thinking about doing the Masters and I can't thank her enough.

**INTERESTED? CONTACT YOUR PERSONAL DEVELOPMENT
MANAGER FOR INDIVIDUALISED SUPPORT AND GUIDANCE...**

FURTHER EDUCATION

FILLING THE VOID

**Something there for everyone:
how to get the best out of the
remote-learning experience.**



The landscape of professional sport is undeniably fast-changing. Fortunately for those involved, so is access to further education and learning. Gone are the days of having to prioritise. Career chosen over studies was the norm. With a clear plan and excellent time management the opportunity to explore dual aspirations is easier than you may think.

Flexible and bespoke learning can be a great use of time, fitting around the demands of high performance competition and training schedules. Life on the road can also be great for leaving you with time on your hands to do something positive. As nothing kills self-esteem like the feeling of time being wasted.

If this sounds like you then why not explore the opportunities available with distance or online learning. From bite-size courses in music, accounting and finance to learning a new language, to a full Master's Degree, the opportunity for personal development is open to all.

What is it?

'Distance learning' means studying a subject without physically attending a school, college or university. Designed to make learning available to EVERYONE, distance learning means predominantly home study

with all the materials, resources and correspondence posted in order to complete the course. 'Online learning' is slightly different, as this requires a computer and access to the internet. The material of each module is housed on the 'net and sent electronically, including modules, webinars and lectures held online, with a supporting tutor.

ADVANTAGES OF ONLINE (E)LEARNING LEARNING

You can learn whatever you want

Nothing is too out there or boring when it comes to courses. Simply type into Google 'Courses in' followed by whatever interests you and you are sure to find some options. If you are just dipping your toe then look out for free introductory courses that will allow you to get a feel for the subject before you invest.

Study in your own comfort

Avoid the all-consuming commute to college to spend hours in uncomfortable chairs. Create a pleasant study space in your home or hotel and allow yourself some uninterrupted study time. Grab a WIFI connection or link to the internet from your mobile phone.

Self-paced

Access to courses 24/7. Online courses are available round-the-clock to any student with a computer and internet access, working at a pace that suits their learning style. On-campus courses generally require students in class at specific times.

Spread the cost

Online learning can help manage cash flow via modular payments. Courses range from 'free' to upwards of £20,000 for the most comprehensive and resource heavy strands.

Open University Master degrees typically start at £5,000. Usually payment is required at the start of each academic year.

CONS OF ONLINE LEARNING

Social interaction

Online students can lack contact with fellow students, when interaction can aid understanding.

Technology problems

As great as technology is, it also has users at its mercy. Online students with connectivity problems could find completing assignments and exams challenging.



Motivation

Some students need the positive push that 'getting to class' brings with it. Online students, if not self-starters, can find it easy to procrastinate and lose time and focus.

Questioning quality

Despite its popularity and growth, the quality and validity of distance education is often questioned. The biggest reason for this prejudice against distance learning is the presence of online "diploma mills" that hand out fake degrees. The only way to beat this bias is to make sure you earn your qualification from an accredited institution.

SOME HELPFUL WEBSITES TO CONSIDER:

Massive Open Online Courses (MOOCs) are free online courses made available to anyone. MOOCs provide an affordable and flexible way to learn new skills, advance your career and deliver quality educational experiences at scale. MOOC.org is an extension of edX, a leader in online learning and education. Future Learn is also a brilliant start point for exploring free online courses, visit futurelearn.com



Yorkshire opening batsman Alex Lees on his productive relationship with remote-learning...

"You need discipline and to be able to plan ahead. Look for study windows in your training programme and fixtures and tell people around you - personally and professionally - what you are doing.

Be genuinely interested in the subject you're studying. If available, go out and get hands-on experience in what you are learning. Make new contacts and immerse yourself in

the subject matter and the learning environment."

Practically, I spread the cost of studying by paying module-by-module. The PCA has part-funded 50 per cent of that figure, which has proven a big help."

For more information regarding eLearning speak to one of the PCA Personal Development Managers.

The Great Outdoors

CAREERS: GROUNDSMANSHIP

THERE'S NOTHING BETTER THAN BEING OUT IN THE FRESH AIR. TAKE A LOOK AT A CAREER DEDICATED TO JUST THAT. GROUNDSMANSHIP IS INCREASINGLY TICKING BOXES FOR CRICKETERS.



For a lot of cricketers the lure of staying in the game after playing days are over is a strong one.

Many will look to go down the coaching route, others will see umpiring as a new challenge, while the amount of former players taking up administrative roles within the game is also on the increase.

However, groundsman might be a relatively untapped area of employment that a lot of players are

overlooking when they assess how best to transfer their skillsets into another area of the game.

Former Yorkshire Academy Player Jason Booth, now works for the Institute of Groundsmanship (IOG), and he highlights this point when he describes the area as, 'the hidden profession' within the sport.

"The days of the groundsman being seen as the grumpy old bloke in the scruffy clothes are long gone. The guys who are out there working

now are seriously skilled individuals. We've got some wonderful grounds and pitches in this country and that doesn't happen by accident. Just like the players are expected to put on a good show out in the middle, the groundsman is expected to perform too. Day in, day out. Under pressure".

Booth believes that choosing groundsman as your next career is a great fit for cricketers past and present. "There's loads



The groundsman or woman now has to be a scientist, an engineer, a businessman, be media friendly and have a detailed knowledge of agronomy"

Geoff Webb, CEO Institute of Groundsmanship

of transferable skills gained from playing and an in depth knowledge of the cricketing side is a real asset," he says. "There's a huge amount of skill involved and plenty of different options to train and learn the trade be it online, at local colleges or getting your hands dirty on the job. There are so many parallels with the dressing room environment which will appeal too, like teamwork, great camaraderie and above all you're outside doing a job which is highly

enjoyable and rewarding."

Groundsmanship skills are also being seen as a real asset on CVs of those applying for jobs within the private school sector. While some fee-paying schools will have the budget to employ a cricket professional or specific coach full-time the majority are now looking for a second skill which will benefit the school. That might include an ability to teach another subject, coach another sport or, as we're increasingly seeing, an ability to work on the school grounds when there are gaps in the timetable.

And of course it's not a profession that limits you to cricket either. With relevant qualifications and experience there's ample opportunities to work in other sports like golf or football or to move into wider areas like landscape gardening or horticulture, which opens up opportunities for those with designs on setting up and

running their own businesses.

Salaries are competitive with other jobs on offer for those leaving the game and getting up to around £50,000 for those at the top end of the profession.

Booth is adamant that it's an area that players are missing out on. "If you think you might have an interest in staying in the game have a look at it," he says.

"There are loads of different qualifications which can see you get a leg-up. At IOG we do some really good flexible options, which fit nicely around a players schedule. Qualifications go all the way up to degree level."

Speak to your PDM if you've got an interest in exploring groundsmanship as a potential career option. Look out for player workshops offered around the counties.

Steve Rouse

THE FORMER WARWICKSHIRE FAST BOWLER IS A 'LIFER' AT EDGBASTON. HE TALKS ABOUT HOW HE GOT INTO THIS 'GROUND LEVEL' PROFESSION, DESPITE A FAMILY TRADITION AS 'HIGH FLIERS':

When I left school my mother wanted me to become a pilot. It was a family tradition. My father and uncle were in the RAF and mother worked in the air force tracking room where she met my dad.

Dutifully, I went off to RAF Cranwell and sat the entrance exam, before returning to Birmingham to await results. Whilst waiting, one winter Saturday I saw me head down to the indoor school at Edgbaston to watch a mate netting. With no heating in the indoor school, coach, Derief Taylor, suggested I warm up by having a bowl. I'd never bowled a ball in my life, but after I'd bowled for about 20 minutes, I must have impressed Derief sufficiently as he asked if I would consider a place on the groundstaff.

I went down on the following Monday to meet club secretary Leslie Deakins, who offered me a job working on the ground, but also meant playing for the Club and Ground team. I signed a contract and rushed back home to tell my dad. He never spoke to me after that. Until the day he died. He never forgave me for not joining the RAF.

Bernard Flack was head groundsman then. He was a strict disciplinarian but taught me everything I know. I was under him

for three or four years before I was offered a full playing contract with Warwickshire.

After I retired from playing I started as groundsman at Moseley and built up a network of other clubs in and around Birmingham. From there, Dennis Amiss asked if I was interested in taking over at Edgbaston.

It was a huge learning process. Edgbaston was very different from what I had been working on. They had taken out the local soil and replaced it with Ongar loam. I'd have to say that without assistant groundsman Rob Franklin I would have struggled.

We had the 'Brumbrella' then. It was a full-ground cover that meant play could restart half an hour after it stopped raining. But it also meant that the square rarely saw natural rainwater. It led to cracking and once a square starts cracking, no matter how much water you put on it, it never recovers. As soon as we let natural rainwater back on, by doing away with the big cover, the square became better and better.

I'm retired now but still find time to work part-time with Ian Maddocks at Knowle & Dorridge cricket club. Together we look after five or six grounds, but I only go in for two or three hours a day.

'Big' jobs at international grounds come up now and again, but I don't think it's possible to go straight in at the top. The nature of the job means starting at the bottom and learning the basics.



I'd say that if there are players out there who are interested in becoming a groundsman I would suggest they visit the Institute of Groundsmanship website to see what courses are coming up. Chris Wood at the ECB is also a good man to talk to about course availability.

My advice to players would also be that if you are interested in becoming a groundsman, talk to your county groundsman and go in on a day off to learn some of the basics of the job. I'm sure any head groundsman would be delighted to help out anyone who showed interest.

It's not just a case of turning up and batting or bowling, like it is as a player. There is a hell of a lot of work that goes into preparing a cricket pitch. It's a very demanding job but if you get to the top you get paid well.

Nick Selman

THE GLAMORGAN BATSMAN SPEAKS ABOUT THE APPEAL OF THE ROLLER AND MOWER AND HOW THIS POSITIVE DISTRACTION HAS HELPED HIS CRICKET.

I've been interested in groundsmanship for a while. I have worked on grounds back home from the age of 15 or 16, helping out on the roller and other bits and bobs at my club on the Sunshine Coast.

I had a chat with Mark Wallace, who is our local PCA Personal Development Manager, and he suggested that I did an online course with the Institute of Groundsmanship.

There are three modules and although it's fairly basic it does go into depth around certain aspects of groundsmanship. After finishing the online course there is a two-day practical element.

I think it's a good idea to have something behind you for when you finish playing and it also helps in making cricket feel less stressful. When you have qualifications it means that if cricket doesn't work out you can do something else.

It also helps to take your mind off cricket while you are still playing. I've found that to be very helpful.

The course has also given me a new perspective on what goes into preparing pitches. I always like to have a look at the surface and to have a chat with the groundstaff about how they have gone about preparing what I'm looking at.

Playing professionally offers

the chance to learn about pitch preparation from top groundsmen. We're fortunate at Glamorgan to play at a Test Match ground, but insight from groundsmen is available countrywide.

When I return to Australia this winter I am going to play for a new club, the University of New South Wales in Sydney, and I also hoping

I can do some work on the ground there as well as playing.

That should be good fun as well as keeping me busy during the week. It's the chance to gain some hands-on experience which will be useful, as this is something I am going to do in the future and I intend to do more online tutorials and practical work as well.



THE DOORS ARE OPEN!

Let the PCA support your wider interests and ambitions by becoming one of 2018's personal development scholars.

We know that courses and qualifications can be expensive. That's one of the reasons why the PCA created the Personal Development Scholarship Award to reward those of you who have invested in yourselves over the past 12 months with an extra financial boost - as well as to shine a light on the interesting and varied things you are doing.

There are three categories for entrants:

The NEWCOMER

The Award for a player making his first achievements in personal development

The CURRENT PLAYER

The PAST PLAYER



Best of all, there's no restriction on what constitutes personal development. Examples of achievements could include: personal or professional development courses, professional or vocational qualifications, cricketing development (where relevant), work placements, or even involvement in charity or community-based work.

To win one of the awards, you are required to document your achievements gained over the last 12 months and then present to a panel of PCA staff. As a winner, you can take home a significant financial reward that can be used towards the costs of further personal development or even to invest in a future business.

Closing date for entries is Friday 15th December 2017.

To learn more please contact your PDM or Charlie Mulraine - cmulraine@thepca.co.uk or 07867 459201.

Winners in 2017:
Tim Linley, Lewis Hill, Will Bragg, Billy Godleman, Paul Best and Alex Lees

PCA BENEVOLENT FUND

NEW FILM FINDS A FOCUS

The PCA has recently published a new video highlighting the breadth of its support of past and current players. From practical help to emotional sustenance, the players' representative body is there to help.

Former England batsmen Matthew Maynard, Marcus Trescothick and Brian Rose are among seven cricketers who have thanked the PCA Benevolent Fund for coming to their help in their hour of need.

Maynard and Trescothick have both benefited from counselling funded by the Benevolent

Fund, Maynard and his family to help cope with grief following the death of his son Tom in tragic circumstances, and Trescothick for depression.

"You need to talk, you need that avenue of communication and that channel is very helpful. Speaking to a counsellor about Tom really helps. And it continues to be very beneficial. I still have dark days but I know that I can always pick up the phone and speak to someone if I need to," Maynard said.

"One of the hardest things for sportsmen to do is to ask for help. We all need a bit of help some day or at some time and that's exactly what the PCA Benevolent Fund is there for," said PCA President Andrew Flintoff.



Wayne Law and Matthew Maynard - two of the former players who shared their difficult stories

Words of Wisdom

In a round-up of the latest Words of Wisdom articles, we pick out a few of the best quotes from players who have been there and done it:

“

HUGH MORRIS

My advice would be to keep learning, and that goes for all aspects of life,” Morris says. “Use your off seasons wisely. Think about what you want to do when you finish playing and look to get experience in that field. Seek out people from different areas that might interest you and talk to them, use their knowledge to further yours and once you know the direction you want to take get qualifications, don’t be scared of learning new things.

“The transferable skills you take from cricket, allied to some professional development, diverse experience and qualifications will put you in a great position to have a really rewarding life and career after playing. There’s a great future out there to be had if you’re willing to invest in yourself and give yourself the best opportunity to go out and get it.”

“

JULIAN WOOD

Surround yourself with good people and not just people who are around you because you play cricket.

Find something to get up for every morning that isn’t cricket related and set yourself a goal to achieve. Finally, play the game your way.

“

ALEX LOUDON

Was the transition out of cricket a positive experience? Looking back, I’d say yes the transition from cricket was positive as I achieved what I set out to do. However, whilst I had always planned for a life beyond cricket via internships etc in my winters, I did no real planning for immediately after retiring. I did find the first few months after my final season pretty challenging; feeling like I was starting again from the bottom, not having the next step in place, reflecting on my decision to retire... thankfully though it always felt like the right call. I would strongly urge a better planned aftermath for future retirees!

“

IAIN WARDLAW

I enjoyed being a pro, I loved meeting new people and knew there was always a life away from the game when it finished. I was lucky. I was a better player at 30 and could have played longer somewhere else. Things had developed in my personal life and my home was in Yorkshire I was getting married and we have since had a baby. No longer could I live the life I wanted and play cricket. Life was moving on.

I have since returned to work with new skills and it has reinforced my mind-set. Being Managing Director of SIM I have followed my passion for project management and product design. I embrace the team atmosphere and make the environment as good as I can.

Looking back on your career, what advice would you give to your younger self?

There are no boundaries, when you have a desire and an appetite to improve personally on or off the pitch, look for the steps to working towards it and focus on that.





PENSIONS & SALARY SACRIFICE

Pensions are one of the best savings vehicles for retirement, mainly due to the tax benefits on offer. With much of the population living longer, government offers numerous incentives...

1 Tax relief at your top rate of Income Tax on personal contributions made to pensions, subject to an annual limit of your earnings from employment or £40,000, whichever is lower. This can mean for top rate taxpayers that a contribution of £40,000, provided you earn more than this, actually costs you £22,000, after tax relief has been received from the government

2 Money in pensions grows free of Income Tax and Capital Gains Tax, which enhances the returns

3 When you retire (from age 55, rising to 57), 25% of the pension should be available tax free as a lump sum. Many people use this to pay off mortgages

4 If you die before you are 75, the pension would be available to pay out to your beneficiaries tax free; after 75 the pension would be available to your beneficiaries at their rate of Income Tax

CONTROLS

There are various caps and controls involved with pensions – such as the Lifetime Allowance of £1m which is the maximum you can save in pensions before suffering a tax

charge – but they are invariably a useful pot of money to build whilst you are earning, and will be very welcome when your playing days and post-cricket career are over.

Sportsmen have some of the shortest careers around, so it is important to focus on saving for retirement as early as possible. Even putting a little away in your twenties can pay off handsomely in retirement, due to tax free compound interest. One option for you now is to sacrifice some of your salary in exchange for pension contributions. This is attractive because if the money never hits your bank account, you might find that you don't miss it as much, but you are putting money away for the future.

SALARY SACRIFICE

The idea is simple; you give up some of your salary, and in return your employer gives you a non-cash benefit – in this case increased pension contributions. Once you accept a salary sacrifice, your overall pay is lower, so you pay less tax and National Insurance (NI). Your employer often passes on these savings to you (as they also save on employer's NI). If you are a current player you should check your contract or with your County to see if this applies to you

So you get more in your pension, and everyone saves some tax and NI.

POTENTIAL PITFALLS

Be careful with the annual limit on contributions – as noted above this is generally your earnings or £40,000,

whichever is lower. The limit applies per tax year (6th April to 5th April) rather than the calendar year.

Also be careful with the Lifetime Allowance (currently £1m) – if your total pension entitlements are significant you may be at risk of breaching this before you retire. Sacrificing part of your salary means you earn less. Can you afford to meet your expenditure needs if your salary goes down? Could it affect any benefits you receive, or maternity/paternity pay? Could it affect a future mortgage application which is likely to be based on what you earn?

Salary sacrifice can also affect State Pension contributions, tax credits and life cover offered by your employer

All should be considered before committing to salary sacrifice, and the same advice may not apply to everyone as your situation and objectives will invariably be different. One thing is common for everyone though; saving more now will definitely pay off in the long run, so do what you can to make the most of the tax breaks on offer.

For more on pensions and salary sacrifice, your first port of call should be Ian Thomas, ithomas@thepca.co.uk

Also, visit independent information website moneyadvice.service.org.uk



TMS... THAT'S TOO MUCH SHARING

Have you ever wondered, if someone wanted to build a profile of you based on what information was available online, what that would look like?

Your name? Your age? What you look like? That's all quite standard for a professional cricketer. But what about your home address? Or even where your kids go to school?

If you didn't tick the right box on the election forms that come through the post then there's a fair chance that your home address is available on the website 192.com and it only takes a "proud dad on sports day" post on Instagram (or similar post by your wife, parents or significant other) and that information is available to all.

Information like this being online creates serious risk. Both examples above are risks we have had to deal with for high profile clients before.

In the last year, a prominent client of ours had his home burgled whilst he was away on holiday – a fact he had advertised on Instagram. His family's Instagram pages also featured numerous pictures of their home, just so that the burglars could be sure where the property was and what was in it.

We urge all individuals, particularly those who are in the public eye (to whatever extent), to keep personal information (no matter how insignificant it might seem) to an absolute minimum.

Here are a few tips:

.....
It might seem insignificant but does it need to be said? Something as insignificant as tagging a friend into a photo can open the door to privacy breaches. The friend, who is not in the public domain, might have less strong privacy settings and might give away greater deal about themselves and about you. People who wish to cause problems will find the weakest link in the chain in order to find information about you. Be guarded, be careful and make sure your family is too.

.....
Snapchat: go on Ghost Mode. The latest update on Snapchat uploads Snap Map to the App. This allows you to share your location with all of your "friends". This means that, every time you open the App, the people you are connected to can see exactly (to within 100m accuracy) where you are. That is, on any estimation, completely unsafe. If you didn't do it when your App updated then go to Settings / Who Can / See My Location and check "Only Me"

.....
Don't give away answers to your security questions. Many email accounts and other online services (particularly iCloud) have Security Questions which, when answered correctly, allow you to reset your password if you've forgotten how to get in to the account. We had a client, a model, who had set up a Yahoo email account before she was well know. The answer to one of her security questions, was now available on Wikipedia, which resulted in a fan hacking into her account.



Matt Himsworth is an expert in social media and legal affairs, for help and advice call 07799 66 0355 or 01727 800237



Managing The Risk



Problem gambling affects many lives. With professional sportsman particularly vulnerable, the PCA is committed to supporting current and past players in remaining safe.

It is well documented that gambling is on the rise within society. Sporting professionals are equally vulnerable to its draw.

Professional cricketers are by definition competitive, making them never wanting to walk away from what may appear to most a losing position. With extended periods of down time and potential boredom, this combination all contributes to players proving vulnerable to gambling addiction.

Gamblers often feel shame and attempt to hide their habit, which can impact negatively on finances, relationships, careers and entire lives. We have long recognised this issue at the PCA and want to offer the best possible support to professionals in danger of developing an addiction.

In the months leading up to the 2017 season, the Personal Development and Welfare team embarked on a gambling education project that was rolled out to professional squads and management at all 18 counties. It was delivered by EPIC Risk Management, a company that specialises in gambling prevention methods. Their managing director Paul Buck delivered hard-hitting sessions where the audience got to hear Paul's own powerful and engaging story of addiction. He highlighted symptoms both in themselves and the people around them, and offered practical tips and coping strategies.

The project was a brilliant opportunity to dig

a little deeper into the thoughts and behaviours of our current professionals. It was primarily designed to educate and inform, but we were also able to gain some fascinating insights through a confidential survey, which will help us provide even better support in the future.

We found out that 78 per cent of the 384 players who attended felt that they knew someone, including their selves who gambles 'too much'. While 79 per cent gambled at least monthly. That means a greater proportion of cricketers regularly gamble compared to the general public. Cricket players are prone to gambling by using higher risk formats like horse racing and casinos with 74 per cent believing there 'is or might be' a gambling culture at their club.

We discovered that a large number of players are gambling regularly without currently experiencing serious harm, but if their circumstances change through injury or emotional issues, the situation could spiral out of control. These are the players who we hope we can help, and we would encourage them to talk to us before things get out of hand.

The sessions delivered struck a chord with players, 95 per cent of which found the sessions helpful. Proving that the gambling education project had the desired effect. It is now important that we follow up the project with more in-depth support where necessary and we encourage current and past players alike to utilise the support processes that are in place for them.

The support we offer PCA members can range from an informal chat to more structured help. Players can contact their regional Personal Development Manager at any time to arrange this support and there is a 24-hour confidential helpline available on 0844 8006873.



78%

of players say they know someone who gambles 'too much'

74%

believe there 'is or might be' a gambling culture at their club.

95%

found the PCA's gambling awareness sessions useful

COACHES' CORNER

AND HERE'S TO YOU MRS ROBINSON...

It's been a great summer for the women's game. A World Cup final win at Lord's proving a career high for one of the county game's own.



England Women's head coach Mark Robinson has his mother, Joan, to thank for setting him out on the path that led to her son guiding his charges to the Women's World Cup title at Lord's.

It was Mrs Robinson who encouraged her son to think about what he would do if his career as a county cricketer did not take off and advised him to make sure that he gained as many qualifications as he could.

It was sound advice. Although he enjoyed a long playing career with Northamptonshire, Yorkshire and Sussex, Robinson always made good use of his spare time.

He worked as a supply teacher and as jeweller and a sports coach in a prison during stints playing in New Zealand and also got his cricket coaching badges as well as coaching qualifications in rugby and badminton to give him the best possible chance of finding a new career when his playing days were over.

"My mother was very good in terms of asking: what if? What are you going to do if you break down or get released?" Robinson said.

"Mum always made me use my time wisely. I had a couple of winters away but I got my qualifications and I got my coaching qualifications very early and did some qualifications in other sports.

"Mum was a teacher as is my sister. I would probably have been a teacher too.

Working with players and young people is always something I have enjoyed."

At one stage Robinson considered setting up his own indoor cricket school in his hometown of Hull. He was well advanced with his plans when he received a late call-up by Sussex to join them for the 1997 season.

The move to the South Coast changed Robinson's career path forever. Having played in a successful Sussex side under the captaincy of Chris Adams and the coaching of Peter Moores, Robinson cut his coaching teeth as the county's Second XI coach.

When Moores departed to take charge of England's National Academy, Robinson took over the first team and guided Sussex to back-to-back County Championships in 2006 and 2007. After a decade of county coaching he was appointed head coach of England Women in 2015.

Defeat by Australia in the semi-finals of the World T20 in 2016 prompted Robinson to criticise England's fitness levels and to replace Charlotte Edwards

as captain with Heather Knight.

With a squad lacking in big match experience, England were not favourites to win the World Cup on home soil, particularly as they were beaten by India in their opening match at Derby, but they did not lose again and held their nerve to avenge that defeat in a nerve-shredding final in front of capacity crowd at Lord's.

Robinson has helped England become fitter and more professional but he has not lost sight of the fact that cricket is just one part of a player's life and, from his own experiences, he appreciates the benefit of developing other skills and interests.

"For us to get the girls together and give them proper periods off is difficult. I encourage them to take breaks and how to take them to ensure that they switch off," he said.

"People need interests outside sport. Family is important. I say to the girls: you can find a gym anywhere in the world but if you have eight days off, use it properly. Use your time out to get away and recharge your batteries. See family, keep in touch with your friends. Having hobbies is important. We work hard to make sure the girls do that.

"We also try to get them to say no to things. Because they are so lovely they always say yes to absolutely everything and the next minute they are over-worked and it means that they are always on duty, doing an appearance or doing some coaching. So when you are off you are off."





Am I addicted to my phone?

I'm scared my phone could kill me. I hadn't noticed just how much I now check for updates, social media comments and notifications. It has got to the stage where I look every two minutes.

Last week I reached what I believe to be a crossroads. My phone was on the car passenger seat as I drove home after a day's play. I have been guilty of texting while driving in the past even though I know it is illegal. The country road I was on was quiet, I saw a text pop in and for some crazy reason I began to type a reply. Moments later I

found myself in the middle of the road, causing an oncoming car to swerve to miss me. We both pulled over, which allowed me the opportunity to apologise. The driver was rightly angry and accused me of not concentrating because I was on my phone.

At the start of the year I was doing well, gaining lots of support for my good performances on social media. Just lately the comments have turned nasty towards me as form dipped. Not only has this become all-consuming, it has now started to affect my mood and anxiety levels.

Nomophobia is the term commonly used to describe mobile phone addiction. Receiving of notifications and message alerts triggers a release of dopamine similar to that linked with the addictions such as drugs and gambling. This 'high' can fuel desire too high to resist. If you struggle with the temptation then a quick fix is to leave your phone off, or place it in the car boot when driving. Turning any notification alerts off in settings will also help.

HOW MANY OF THE SYMPTOMS BELOW DO YOU RECOGNISE IN YOURSELF?

Do you find yourself spending more time on your smartphone than you realise?
Do you find yourself mindlessly passing time on a regular basis by staring at your smartphone even though there might be better or more productive things to do?
Do you seem to lose track of time when on your mobile phone?

Do you find yourself spending more time being sociable in the virtual world than talking to real-life people?

Has the amount of time you spend on your mobile phone been increasing?

Do you secretly wish you could be a little less connected to your phone?

Do you sleep with your smartphone on your pillow or next to your bed?

Do you find yourself viewing and answering texts, tweets, and emails at all hours, even when it means interrupting other things you are doing?

Do you respond to your phone whilst on activities that require your focused attention and concentration?

Do you feel reluctant to be without your smartphone, even for a short time?

When you leave the house, you ALWAYS have your smartphone with you?

When you eat meals, is your phone part of the table setting?

When your phone rings, beeps, buzzes, do you feel an intense urge to check it?

Do you find yourself mindlessly checking your phone, even when you know there is likely nothing new or important to see?

If you answer yes to any of the above you could be at risk.

FIVE ESSENTIAL TIPS FOR HEALTHY MOBILE PHONE HABITS

- 1** Make the first 30 minutes of your day phone free. Get up early and get into the day before you pick up your phone.
- 2** Create 'no phone' time zones in your day, especially when with your children.
- 3** Put your phone out of sight during meetings and catch-ups with friends.
- 4** Charge your phone away from your bed, ideally in another room or downstairs.
- 5** Turn your phone off when in the car. The road your undivided attention. Always.

If you are concerned by the issue raised, get in touch with your GP or contact the PCA for further help.



Big Bike Ride 3

BIRMINGHAM – SHEFFIELD – CREWE – WORCESTER – MONMOUTH – CARDIFF

90 miles

65 miles

86 miles

60 miles

62 miles

They never expected it to be easy, but few of the 60 cyclists who tackled Big Bike Ride 3 in October imagined that the 360-mile route from Edgbaston to the SSE SWALEC Stadium would be quite so challenging.

Over five days the peloton climbed a total of more than 26,000 feet through beautiful, but hilly, terrain in Warwickshire, Derbyshire, Yorkshire, Cheshire, Shropshire, Worcestershire, Gloucestershire and South Wales to raise money for the PCA Benevolent Fund and the Tom Maynard Trust.

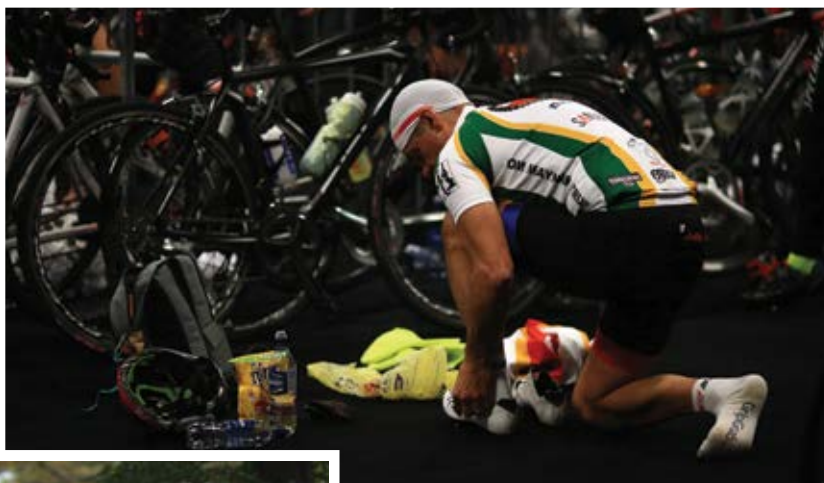
England Test players Marcus Trescothick, Tim Bresnan, Geraint Jones, Michael Vaughan,

Steve James, Matthew Maynard and Gavin Hamilton were joined by past and present county players – including PCA Chairman Daryl Mitchell and Chief Executive – plus sponsors, cricket supporters and sponsors on the gruelling journey.

Whatever challenges were thrown at them, the Big Bike Ride 3 cyclists met them, climbing to the top of the Peak District, tackling a switchback ride through Shropshire, ascending to the highest point in the Forest of Dean and conquering the notorious Tumble and

England all-rounder Tim Bresnan completed his first Big Bike Ride; Dave Fulton conquered the famous Y Tymbi near Blaenavon





To get through with good mates in the group is pretty special. It's definitely something that I will look back on be very proud of myself"

Daryl Mitchell, PCA
Chairman and cyclist

British Mountain climbs in Wales.

"It's certainly one of the hardest things I have done physically and mentally as well. It's been pretty tough but all for two good causes. To get through that with good mates in the group is pretty special. It's definitely something that I will look back on be very proud of myself," said Mitchell who took part in Big Bike Ride 3 with his father-in-law Mel Saunders, a keen cyclist.

In addition to raising money for two worthy causes, Big Bike Ride 3 again connected the elite and grassroots levels of cricket in England and Wales as 16 community clubs, Monmouth Boys' School and three county headquarters hosted the cyclists.

"The camaraderie of people on the ride, who are already asking 'when are we going to do the next one' shows what they think about it," Leatherdale said

"We have done nearly the height of Everest in total climbs over the five days – between 26,000 and 28,000 feet, which is a fantastic effort.

"I think everyone will look back and say; it was hard work, it was a challenge but, boy, I will remember it for the rest of my life."

Although Big Bike Ride 3 is over, fund-raising will continue until November 30 with the aim of raising £125,000 for the two charities.

"A number of the guys have done all three Big Bike Rides but they said this was the hardest," said Maynard, the father of Surrey batsman Tom who died in tragic circumstances in 2012.

"Completing it gives you a sense of achievement. You have to dig deep and find something that you didn't think you had.

"That's what life is about. We have had to go through it as a family, but in sport it doesn't always come easy. There are times when you have to dig deep.

"This ride has given business people, who have so kindly supported us, an understanding of what sports people have to go through throughout their careers."

Donate can be made at: <https://mydonate.bt.com/events/bigbikeride3/386971>

A LEAD SPONSOR OF BBR3

Full-Time Cover is insurance built specifically for the sporting community offering comprehensive insurance cover across personal and commercial lines, with a dedication to putting premiums back into the sporting community and grassroots sports. Whether you're an individual looking for home insurance, an athlete looking for injury protection or a sports club insuring facilities; we've got you covered. At Full-Time Cover we look to build on the communities in the sporting world and use this strength in numbers to get better deals for insurance – just good team work. Our team of ex-professional sportsmen, combined with insurance professionals mean we understand your needs and offer practical solutions with a round the clock service. We ensure your premiums are put to best use and reinvest back into the game we all love.



Daryl Mitchell is amongst the Peloton as the riders make cross from England into Wales; the whole team - including the incredible support staff - celebrate at The SSE SWALEC, Cardiff



Cricket United Day

KIA OVAL

Brian Rose, the former Somerset & England batsman, displayed the returning confidence that the PCA Benevolent Fund has helped restore when he represented the charity at the fifth Cricket United Day.

Rose lost confidence while in post as Somerset's Director of Cricket after losing teeth due to severe rheumatoid arthritis.

He became embarrassed about his appearance but, thanks to dental implant surgery funded by the PCA Benevolent Fund, Rose is again comfortable speaking in public, appearing in a new film to promote the charity and being interviewed for television and radio at Cricket United Day.

"Initially, the mental problem was a big one to overcome. I understand people who have had depression and mental problems much better now," Rose said.

"Everybody in all forms of life needs help. The quicker you can talk to someone, the better it is for everyone. Once you get help from professionals it makes a huge difference to your life.

"Once the interpretation came from my dental surgeon back to the PCA, it only took days to sort out. It has been a big change. I have gone out more; I could not cope with speaking, as I would have been lisping and too embarrassed to talk because of not having any teeth. Being able to confront the problems I have had is quite something for me."

Rose joined representatives of the other cricket charities, the Lord's Taverners and Chance to Shine, who again joined forces for Cricket United Day on the third day of the England v South Africa Test, the 100th Test Match at the Oval.

The majority of spectators wore blue with Sky Sports, Channel Five and BBC Test Match Special commentators again dusting down their blue suits and ties to help promote the event.

Blue bails and stumps were used and the sponsors' LED boards around the Kia Oval were also turned blue for a day in support of Cricket United.

England players again threw their weight behind Cricket United Day by drawing doodles



Brian Rose talks to the media ahead of Cricket United Day; Moeen Ali gets to work on his piece in support of the campaign



of some of the greats of the game associated with significant performances at the Kia Oval. Joe Root drew Graham Gooch, Moeen Ali sketched cricketing Knight, Sir Vivian Richards, and Jimmy Anderson produced three for the price of one, sketching 'two legends and Swanny' in Shane Warne, Muttiah Muralitharan and Graeme Swann. The unique doodles raised more than £9,000.

All proceeds from Cricket United Day will be shared between the three charities with the PCA Benevolent Fund's share being used to support past and present players, like Rose, and their immediate family members in their hour of need.

"I've had several falls over the last 18 months, with two or three occasions resulting in hospital visits," Rose said.

"If you're not physically able to do anything it becomes hard to cope. If you can't work for extended periods you start losing confidence, contact and contracts."





PCA Benevolent Fund Golf Day

WOBBURN GC

The annual PCA Benevolent Fund Golf Day proved as popular as ever and raised more than £20,000 for the charity.

The event, host by Benevolent Fund Chairman David Ford, attracted a record entry of 24 teams to Woburn's Marquess course in Buckinghamshire.

PCA Chairman Daryl Mitchell took part for the first time and although sunshine gave way to rain, the weather did not dampen spirits on another day of fun and fund-raising.



From The Ground Up



15

PCA England
Masters fixtures
in 2017

£230k

Total funds raised by
host clubs during
the season



Without grassroots the higher levels
wouldn't be around – I thought I
owed Cockermouth for all they gave
me as a youngster” Ben Stokes

Cockermouth CC v PCA England Masters

CUMBRIA

England all-rounder Ben Stokes took the PCA England Masters back to the club where his career began this summer. The 26-year-old joined Cockermouth at the age of 12, playing his formative cricket for the North Lancashire & Cumbria League Premier Division club before signing terms with Durham.

The club was one of many in the region whose grounds were damaged by Storm Desmond, leaving them with an £80,000 clean-up and repair bill.

Although Stokes has since gone on to become one of the world's leading all-rounders, the veteran of 39 Tests has never forgot his cricketing roots. "The club gave me the opportunity to play cricket – and do it on a regular basis," said Stokes.

"I had been thinking of doing something to help, but wasn't sure exactly what it might be. I spoke to my agent, Neil Fairbrother, and he mentioned the PCA England Masters due to the potential of raising a huge amount of money while bringing the local community together."

The Masters team was captained by Mark Ramprakash and included Stokes' current and former Durham team mates Graham Onions and Steve Harmison.

"When we heard about Ben Stokes wanting to do something for Cockermouth after the terrible floods they had to deal with in 2015, the PCA were only too willing to come out and support," Ramprakash said.

"It's a cause that is close to Ben's heart as a club that he played a lot of cricket for as a youngster."

Sponsored by Greene King, the PCA England Masters have travelled up and down the country adding star power to matches for the collective good of the game. Ben Stokes' support for the club credited as part of his personal story fits within a long line of past players 'taking the game' back to their roots. In previous years, former England fast bowlers Dean Headley and Phil Defreitas coordinated matches at their respective schools, whilst England one-day star Phil Mustard hosted the PCA England Masters at South Northumberland during his testimonial.

For more information about bringing the Masters to your club or school, email pcamasters@thepca.co.uk or visit thepca.co.uk/pca_masters



A Day To Remember



Past Player Day 2017

CHELTENHAM

Three of the PCA's Founding Fathers were among 90 former players at the Cheltenham Festival, celebrating the association's fiftieth year. Fred Rumsey, whose idea it was to form a players' association, was joined by Mike Smedley, Eric Russell and Don Shepherd, all of whom had attended the inaugural meeting of the Cricketers' Association in 1967.

Worcestershire batsman Daryl Mitchell, the current PCA chairman, was the youngest attendee at 33 with 90-year-old former Worcestershire and Yorkshire wicketkeeper Roy Booth the oldest.



"The organisation has done everything that I hoped it would do and more," said former England, Worcestershire and Somerset left-arm pace bowler Rumsey. "There are still things to do, but it continues to cover off all the fears I had as a founder."

Despite opposition from the cricketing establishment – then the MCC – Rumsey convened the inaugural meeting in the Daily Express offices on Fleet Street in the autumn of 1967. "The fortunate thing, looking back, was that I didn't care. If they wanted to attack me they could attack me. I was prepared to take them on," Rumsey said. "If you are going to be involved in what amounted to a union you are sticking your neck out with your employers. Employers don't like to deal with people who say: we don't like how you are doing things."

Rumsey and Russell were among the 20 former Test players on show at an event that was also attended by sponsors and PCA staff. Between them the former players boasted 17,909 first-class appearances, 603,355 runs and 23,457 wickets.





PCA Past Player Day 2018

Join former team-mates and adversaries at next year's Past Players Day – our ever-popular event that brings together players from across the ages. The 2018 date will be announced shortly...

For more details please contact Ali Prosser - aprosser@thepca.co.uk



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SYD STARKIE

At the time of his death aged 91, off-spinner Syd Starkie was Northamptonshire's oldest-surviving cricketer.

A native of Lancashire, Starkie joined the county on a special registration in 1951, taking 166 wickets in 95 first-class matches over six seasons. 1954 saw the bowler take six for 33 against Warwickshire and record match figures of 10 for 123 against Somerset at Northampton, earning him his county cap. Starkie also registered a highest score of 60 in a county record ninth wicket stand of 156 against Lancashire at Wantage Road in 1955.

BRIAN TAYLOR

Brian 'Tonker' Taylor, the former Essex captain and wicketkeeper, has died aged 84.

Taylor's first-class career lasted from 1949 to 1973, laying the foundations for Essex's success in the late '70s and early '80s under Keith Fletcher.

Taylor toured South Africa as understudy to Godfrey Evans in 1956/57, playing in only the non-Test matches.

He gave Essex outstanding service for more than 31 years, taking 1,084 catches and made 211 stumpings in first-class cricket. But it was as a captain that he made his mark. Upon calling time on his first team career, Essex utilised Taylor's vast experience by putting him in charge of the second team to help battle-harden a crop of talented youngsters including Derek Pringle, Mike McEvoy, Alan Lilley, David East and Neil Foster.

CHRIS WINN

Chris Winn, the former Sussex batsman and England rugby player, has died aged 90. Winn played 60 first-class games between 1948 and 1952, scoring three half-centuries for the county with a highest score of 71 against Leicestershire at Ashby-de-la-Zouch in 1951. Winn also scored two first-class centuries for Oxford University.

A winger of repute, Winn played rugby for Oxford, Rosslyn Park, the Barbarians, Surrey and Sussex, winning eight international caps between 1952 and 1954, scoring a try on debut against South Africa at Twickenham.

MEGAN LOWE

Former England bowler Megan Lowe has died at her home in Canterbury aged 101. Lowe played four Tests in 1949 on England's tour of Australia & New Zealand, scoring 77 runs and taking four wickets at Auckland.

ANTHONY ALLOM

Anthony Allom, the former seamer has died aged 79. 6ft 9ins tall Allom, the son of former England pace bowler Maurice, made one appearance for Surrey against Warwickshire in the County Championship at The Oval in 1960. Allom played first-class matches for Free Foresters and MCC, and took five for 79 for the former on his debut against a strong Oxford University side in June 1959.



JAN BRITTIN

England's leading run-scorer in Women's Tests has died from cancer aged 58. Brittin played 27 Tests and 63 One-day Internationals between 1979 and 1998 and was a member of England's World Cup-winning squad in 1993. She top scored with 48 to help set up victory over New Zealand in the final at Lord's. The Surrey batsman made 1,935 Tests runs with five centuries – both records – and her one-day record of 2,121 runs stood until 2003 when passed by Charlotte Edwards.

Although playing in an era when women's cricket was still amateur Brittin helped to blaze a trail for the professional era that followed. Making her Test debut against the West Indies at Canterbury in 1979, the right-hander made the first of her centuries against New Zealand at Headingley in 1984. Her highest Test score, 167, was made in what proved to be Brittin's penultimate Test against Australia at Harrogate in 1998. She was awarded an MBE for services to cricket in 1999.



DON SHEPHERD

Arguably the best cricketer never to represent England, Glamorgan's most legendary bowler has passed away.

Don Shepherd, Glamorgan's leading wicket-taker and a founder member of the PCA, has died just a week after his 90th birthday.

Shepherd took 2,174 first-class wickets for Glamorgan and 2,218 in a career that spanned 23 seasons, the most by a bowler never to be capped by England.

Successfully switching from seamers to bowling off-cutters in the mid-1950s, Shepherd made his first-class debut in 1950, taking the first of his 123 five wicket hauls against Middlesex at Cardiff Arms Park later that summer and was awarded his county cap in 1952, the season in which he took 100 wickets for the first of 11 times.

Best figures of nine for 47 came against Northamptonshire at the Arms Park in 1954 he took 10 wickets in a match 28 times and was particularly effective on dry, turning pitches.

Also a useful lower order hitter, Shepherd clobbered a half century in 50 minutes against Australia at Swansea in 1961. Seven years later he captained Glamorgan to a famous victory over the Australians on the same ground.

As a professional who was respected and liked by team-mates and opponents alike, Shepherd was the obvious choice to be Glamorgan's representative at the inaugural meeting of the Cricketers' Association in the autumn of 1967.

After retiring from playing, Shepherd retained his links with cricket as Glamorgan's bowling coach and a popular and knowledgeable broadcaster with BBC Radio Wales.



DOUG INSOLE

The former Essex captain and England batsman, who became one of English cricket's leading administrators, has died aged 91.

1967 saw Insole make headlines for the wrong reasons as England's Chairman of Selectors during what became known as the D'Oliveira Affair.

The controversy went some way to overshadowing what was a fine playing career that began at Cambridge University in 1947. Insole played county cricket as an amateur for Essex whilst working in public relations for builders George Wimpey, captaining the county from 1951 to 1960 compiling more than 25,000 runs with 54 centuries.

A Test debut against West Indies at Trent Bridge in 1950, Insole was appointed Peter May's vice-captain on the successful tour to South Africa in 1956/57 where he topped England's batting averages, making a century in the third Test in Durban.

Retiring from playing in 1963, Insole served as a Test selector from 1960 to 1979, finding himself chairman of the TCCB at the formation of Kerry Packer's World Series Cricket.

Insole served as Essex Chairman from 1976 to 1978 and as President from 1994 until his death. He was appointed a CBE for services to cricket in 1991.

DENNIS SHAW

Dennis Shaw, the former Warwickshire leg-spinner, has died aged 86.

Shaw made his only first-class appearance in a draw against Combined Services at Edgbaston, taking two wickets. He also played for the Combined Services while serving in the Army.

PETER LEWINGTON

Peter Lewington, the former Warwickshire off-spinner, has died aged 67. Two spells with Warwickshire, between 1970 and 1976 and again in 1982, Lewington was a prolific wicket-taker for his native Berkshire in the Minor Counties Championship.

He took seven wickets in the match on his County Championship debut against Somerset at Edgbaston and proving a dependable deputy to West Indies off-spinner Lance Gibbs.

TOM PRITCHARD

Tom Pritchard, the former Warwickshire and Kent fast bowler, has died in his native New Zealand at the age of 100.

Making his debut for Wellington on New Year's Eve 1937, it was future Warwickshire captain Tom Dollery - who fought with Pritchard in Italy - that persuaded him to try his hand in county cricket.

Pritchard made his debut for Warwickshire aged 30, ending career with 818 wickets in 200 first-class matches.

GRAHAM WILTSHIRE

Graham Wiltshire, the former Gloucestershire seamer and coach, has died aged 86.

Wiltshire made 19 first-class appearances in a career that spanned eight years before serving the county as Second XI captain, then coach. He took his only five wicket haul against Yorkshire at Headingley in 1958.

MIKE BORE

Mike Bore, the former Yorkshire and Nottinghamshire left-arm bowler has died aged 69.

Bore had a lengthy career with Yorkshire before making him myself a valued member of Nottinghamshire's County Championship-winning sides in 1981 and 1987 as a genuine utility bowler, able to bowl spin and seam.

Capped by Nottinghamshire in 1980, the tailender came close to helping the county claim another championship in 1984, taking them to within three runs of victory. Only to be caught on the boundary edge at Taunton when aiming the winning hit.

After retiring from playing, Bore became a successful and popular coach at youth level, first with Nottinghamshire then in the Nidderdale area of Yorkshire.

BERT LATHAM

Bert Latham, the former Warwickshire fast bowler and committee member, has died aged 84.

Latham played 10 first-class matches for Warwickshire between 1955 and 1959 taking a career-best six for 49 against the Combined Services in 1958. He was a prolific wicket-taker for Moseley in the Birmingham League and worked tirelessly for the Warwickshire Supporters' Association.



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