



NEWSLETTER

www.essexboysandgirlsclubs.org

WINTER 2012

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CHARITY NO: 301447



"Supporting young people since 1939"

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MERRY CHRISTMAS FROM THE TEAM!

We got together for tea, cake and silly hats to toast our clubs and wish you a very happy holidays. We're looking forward to an exciting 2013 working with you!
PICTURE, LEFT TO RIGHT: Gerry, Jamie, Steve, Sue, Pete, Juliet, David, Keith, Lucy, Martin. IN BAUBLES, TOP TO BOTTOM: Charlie, Val, Richard, Brian, Dave, Af.



Harry Manning from Gateway ABC tackles the Sandale Quarry cliff.

REPORTING FROM HIGH ROW...

An extract from a report by veteran High Row visitor Lewis Graham ([Linford Wanderers](#)) on Summer Camp 2012. You can read his report in full at www.essexboysandgirlsclubs.org

Summer Camp 2012 has been undoubtedly the most enjoyable I've been on yet, due to the fact that I am older and more mature than when I first went to High Row. This allowed me to take on extra responsibilities and leaderships with the group.

Having a whole group who haven't been to High Row before can be extremely tough as they take time to get used to the environment, but most took to it extremely well and settled in quickly. By the end of the first day nearly everyone in the group knew who each other was and were already starting to make new friends, who they would spend the rest of the week with.

On day three we had a very exciting and challenging day of ghyll scrambling and rock climbing. This involved splitting into two groups - one to conquer the ghyll scramble while the other tackled the quarry walls - which swapped activities after lunch. The ghyll scramble included

an uphill battle through a fast-flowing mountain river all the way to a waterfall, while trying to avoid losing balance and slipping on the rocks. This was a very fun and very demanding experience. The rock climbing consisted of a 30ft climb to the top of Sandal Quarry, which was not easy to say the least. Everyone had to put their physical and mental strengths to the test to try and get to the top.

I can undoubtedly say that the summer camp this year has been the best of my five visits to High Row and I cannot wait to go back as soon as I can.

If you'd like to be part of Summer Camp 2013 as a participant or a volunteer, contact Jamie on 01245 264783 or jamied@essexboysandgirlsclubs.org

FROM AN ASSISTANT DIRECTOR

Well 2012 feels like it's flown by! The Olympics crowned a fantastic summer of sport with the legacy now aimed at inspiring even more young people in the way that you already do every week in your Clubs. It has been a really busy year for EBGC - so far this year over **14,520** young people have taken part in our activities, training and project sessions.

For me personally, one of the highlights was being part of the 50th 100 Mile Canoe Test with young people from our clubs and some EBGC canoe test veterans returning to form part of the Essex team. Paddling 100 miles over 4 days continues to be an individual test of determination and a team challenge in equal measure. Ultimately such activities build character and instill real self-belief in what can be achieved. Helping young people realise their potential in this way will remain at the very core of what we aim to do across our programme of activities, training and projects.

There is lots to look forward to in 2013. Our activity programme can be found on our website www.essexboysandgirlsclubs.org do check it out when you have a spare minute. At the start of

the year our annual 5-a-sides take place at Riverside and once again we look forward to hosting the National and Essex Cross Country at Stubbers on 13th January. If you haven't already, get your club signed up and involved. January also sees the return of Fit For Action Month with Clubs competing against each other. **Brentwood Youth ABC** hold both the Cross-Country Boxing Club Trophy and the Fit for Action crown so we will see if any of our clubs can knock them off the top spots in 2013! There is also the opportunity for our member Clubs to get signed up and involved with Sported www.sported.org.uk Becoming a member means that you will have the opportunity to apply for small grants to support the work you do as well as get involved with our Outdoor-based Young Leader programme to help bring through the next generation of leaders and volunteers. If you would like more information on this then drop me an email at davidh@essexboysandgirlsclubs.org Finally let me take this opportunity to wish you all a very Happy Christmas and a very prosperous New Year!

David Hassard

What we've been doing for clubs...

MOBILE ACTIVITY PROGRAM

We've been supporting clubs across the county by taking our Mobile Activity Program out to run during club sessions. October was all about Dodgeball, November about Football, January will be Fitness, February is for Pool, March is about Cricket, April is the month for Air Rifle Shooting, May is Archery and June is Fitness again. The idea is that we run an hour of engaging activity for you, both to encourage members to enter a team into upcoming championships and also to give volunteers the skills to run a similar session without us. Contact Charlie to book a session on 01245 264783 or charlie@essexboysandgirlsclubs.org



BRENTWOOD & SOUTHEND

In an effort to bring our members together with other members in their area, to share local knowledge, ideas and resources, we ran our first 'Try It Out Day' on Shenfield Common in September. We took our mobile climbing wall and football skills cage, **Brentwood Youth ABC** ran boxing coaching, **Brentwood Elvers** provided rugby training, the Catholic Youth Service provided glass painting and Brentwood Skatepark Association joined us. Berna Cranmer and Sue Pell provided refreshments. The next event is an idea-sharing/training workshop for Brentwood District clubs on 30th Jan. Contact Gerry to join in in Brentwood. gerrys@essexboysandgirlsclubs.org

We are beginning a similar project to support Southend clubs, with a taster day on 26th January 2013.

Contact Jamie to join in in Southend. jamied@essexboysandgirlsclubs.org

MEET LUCY, OUR NEW ARTS WORKER



In early September Lucy Chipperfield joined us thanks to funding from The Rank Foundation. Lucy is here to develop our arts program and has a very broad brief to promote creativity - whether it's music, crafts, dance, film or more. She's getting to know how our clubs run by working in closely with four clubs to guide their members through their Bronze Arts Award—the arts equivalent of the Duke of Edinburgh scheme.

Members at **Loughton Youth Project**, **North Avenue YC**, **Rainham Royals** and **SNAC** are the lucky beneficiaries of Lucy's very cheerful creativity this year and between them they are in the process of producing two films, a theatrical production of *The Grinch*, creative cooking, and a number of radio podcasts.

"It's been an awesome few months and I'm amazed at the talent of the young people I've encountered," she says.

If you'd like yours to be one of the next clubs that Lucy works with, please contact her on 01245 264783 or lucyc@essexboysandgirlsclubs.org



FISHING

On Saturday 29 September, in fine, bright weather, members of **4 Youth Brightlingsea** and **Ingatestone Boys' Own Club** fished the beautiful lake at the Red House Fishery, courtesy of Ingatestone & Fryerning Angling Club, whose members also provided angling tuition. Angling can help children of varied backgrounds benefit from a structured pastime, and various physical and mental skills can be passed on whilst also enjoying the natural environment.

4 Youth Brightlingsea were this year's EBGC Team Angling Champions 2012 and were presented with the trophy by Sue Pell at their club. Sue said *"It was a pleasure to hear how much the members appreciate our fishing competitions. Mo and Margaret, the leaders, told me how much the youngsters have got out of the fishing and of how one young lad who came to the training day is now asking for fishing equipment for Christmas! They explained that the boisterous lads really calm down when they go fishing."*

EBGC Fishing Competitions are open to all clubs and run across the county in May, June & July.



CRICKET without BOUNDARIES



The UK season may be over but that didn't stop cricket-mad Charlie, who took two weeks off in November to go to Botswana. Working with the charity Cricket Without Boundaries he coached 1,500 8-14yr olds. Quite different to running the EBGC Cricket Squad, he says!



RUGBY

Our new Community Rugby League Coach, Pete LeMarquand, has been working closely with the **Brentwood Elvers** and Colchester's **Eastern Rhinos**. As part of our partnership with the Rugby Football League, he's also been bridging the gap between the clubs and local schools.

Mark Orrin, Assistant Headteacher at The Gilbert School, Colchester, put it better than we could... *"Thank you for all your work in developing rugby league in our school, supporting talented players into club rugby and for organising the recent tournaments. Rugby league is proving to be a fantastic alternative pathway into rugby for many boys who would perhaps struggle to fit into the established and more traditional route of local rugby union clubs. Your enthusiasm for the sport of Rugby League, combined with your concern for individuals is creating great opportunities for many of our youngsters and we look forward to working more with you in the future."*



Dofe BRONZE

We've got lots of experience with the Duke of Edinburgh Award Scheme. Our latest work has been with **Wickham St Paul's YC**

to run the expedition element of their Bronze Award. Their group of six investigated the state of their local footpaths, camping out at a friendly farm. *Contact David Hassard to find out more. davidh@essexboysandgirlsclubs.org*

ARCHERY

Archery tuition has continued to be a popular activity and we have visited many clubs this summer to enjoy great sport, In addition we organised an



Archery experience at the Heddingham Activity Day where we were ably assisted by members **Heddingham YC**.

We also ran a course of five taster sessions at **Heybridge YC** to encourage activity in the sport. The creation of a safe environment and risk awareness were stressed and by the end of the course the members were able set up and supervise an Archery session with confidence.

We have all the equipment necessary to bring Archery to your club and run sessions both indoor and out, so what are you waiting for? Plus if enough clubs are interested we will organise an Essex competition next year. Call the office 01245 264783.

NIGHT EXERCISE

After three months of planning and set-up, during which we signed up twenty teams, met and signed up five brand new volunteers, made lots of spooky props with the help of **Rainham Royals** and helped the farmer clear out his cow-yard (not a nice job!), we were gutted to be forced to cancel our Annual Night Exercise on 24th November, due to bad weather. It was a difficult decision but we all agreed that the conditions posed too high a risk for what is meant to be a fun team challenge.

We are rearranging it for Saturday 26th January, at the same location - Great Yeldham - so please contact Charlie if you'd like to enter a team... charlie@essexboysandgirlsclubs.org

NEPAL 2013

Sadly the 2012 trips were put off until 2013 due to the pressures everyone experienced raising the £2,300 each need to go. However that means we have a bigger group preparing themselves to make the trek up to the remote Himalayan village of Barpak in 2013. We've been running information and fundraising sessions and using Facebook to support the group in their efforts. For more info or to offer your support to the group, please contact David Hassard davidh@essexboysandgirlsclubs.org

FOOTBALL

Our U16 Boys' Football Squad is made up of boys from our clubs. This year's squad was picked at trials in September and continues to grow stronger. In the Spring we head North for a 4-day tour including a visit to High Row and a game vs. Carlisle Utd.

Match results

vs. Chelmsford FC - 5-2 loss
vs. Southend Utd - 9-3 loss
vs. Bealonians FC - 4-1 win

Brandon Heaney	116 ATC
Adam Lowe	Wivenhoe YFC
Alex Taylor	Island Boys FC
Billy Colgate	Chelmsford City FC
Ben Hastings	Ashingdon YFC
Charlie Durling	Wivenhoe YFC
Charlie Usher	Wivenhoe YFC
Dan Read	Wivenhoe YFC
Harry Lewis	Chelmsford City FC
Jake Phillips	Wivenhoe YFC
Joe Mendy	Chelmsford City FC
Jordan Capon	116 ATC
Laurie Nash	Island Boys FC
Max Stubbington	Ashingdon YFC
Michael Awomolo	NCS
Nic Garcia-Miller	Wivenhoe YFC
Rushane Brown	Chelmsford City FC
Sean Power	St. Cedds YC
Tom Brown	Wickford Town FC
Tom Vesey	Island Boys FC



World Champion Boxer John Conteh and Keith Wilkins of St James' Place Wealth Management present Essex cricketer Graham Napier with the Nearest the Pin Award.

GOLF CLASSIC

We held our annual Autumn Golf fundraiser this year at Wanstead Golf Club, just 7 miles from the City of London and very easy for our corporate supporters to get to. We had a really fun day, which included a proper fry-up for breakfast, shotgun start, putting competition, slap-up dinner, comedy entertainment and awards presented by World champion boxer and long-time supporter John Conteh. The day raised a fantastic £5,369 to go towards our work, and we are very grateful to those who attended, including the young people who volunteered to caddy. Our next Golf fundraiser will be on 3rd July at Gosfield Lakes Golf Club in N. Essex. If you'd like to book a team please contact Juliet on 01245 264783 juliet@essexboysandgirlsclubs.org

LEJOG

10 mad cyclists covered the length of the country this August to support our work. Starting out from a misty Land's End they averaged 125 miles every day, staying overnight in youth clubs from our network and that of The Rank Foundation. By the time they finally arrived at John O'Groats in bright sunshine at 10.30am on the eighth day, they had raised a whopping £5,287.09.



Our next cycling event is the High Sheriff's Cycle Challenge and we're looking for clubs to greet the cyclists as they go from Epping to Harwich - contact Juliet if you'd like to get involved.

What you can do with us in 2013...

JANUARY

- 5th 5-a-side Football Tournament in Chelmsford
- 12th North Essex Table Tennis Development Day
- 13th **Cross-Country Championships**
- 19th South Essex Table Tennis Development Day
- 28th North Table Tennis Competition
- 19th South Essex Table Tennis Development Day
- 26th Southend Bringing Clubs Together Taster Day
- 26th Night Exercise
- 28th North Essex Table Tennis Competition
- 30th Brentwood Bringing Clubs Together Evening



For runners from across the country, with shelter for spectators!

FEBRUARY

- 4th South Essex Table Tennis Competition
- 9th Essex Table Tennis Championships
- 22nd Stubbers Activity Day

MARCH

- 2nd EBGC U12 & U14 Rep. Squad Cricket Trials
- 3-8th Winter Skills Course in Scotland
- 16th Pool Championship
- 23rd North Essex Mobile Activity Day

APRIL

- 2-5th Easter Cup at High Row
- 5-7th Cricket Camp at Halstead Cricket Club
- 8-11th EBGC U16 Rep. Football Squad Tour of North UK
- 12th Stubbers Wet Activity Day
- 13th U13 Kwik Cricket Day
- 20th **The Essex Jailbreak**
- 28th Laser Quest at Stubbers

Fun and fundraising for your club



MAY

- 4th Air-Rifle Shooting Competition
- 4-5th High Sheriff's Cycle Challenge
- 5th Canoe Training Day
- 11th Maldon Paddle
- 17th **Essex Boys & Girls Clubs AGM**
- 24-28th 100 Mile Canoe Test
- 26th Fishing Competition Round 1
- 31st South Essex Football Cage Competition

*You're all invited!
It's at Gosfield Lakes Golf Club again.
Our record is 7 minutes for the AGM,
which is followed by dinner and awards.
Look out for your invitation in the Spring.*

JUNE

- 2nd South Essex Mobile Activity Day
- 14th South Essex Football Cage Competition
- 16th Fishing Competition Round 2
- 21st North Essex Football Cage Competition
- 28-30th **Essex Adventure Weekend at Stubbers**

**** This is seriously one for the club diary.
We take over Stubbers for the weekend,
so bring your whole club and camp with us!
Meet and share ideas with other club leaders,
take on the Stubbers adventure challenges
and sing songs around the campfire.
Let us know early on if you're short of
funding and we will see what we can do
to make sure you can make it...*

JULY

- 3rd Gosfield Golf Classic
- 7th Fishing Competition Round 3
- 14th Archery Competition
- 21st Super Team Event
- 25th 6-a-side Cricket Day
- 28th Stubbers Triathlon

AUGUST

- (dates tbc) Summer Camp at High Row
- (dates tbc) Nepal Expedition

AUTUMN PROGRAM IS PUBLISHED IN JUNE/JULY 2013

THE BOXING NEWS

With 44 Boxing Clubs now affiliated, and an extremely active partnership with the Amateur Boxing Association, our Boxing Development Officer Af has a lot to report on...

Essex Boys and Girls Clubs were well represented at this year's London Olympics with many of our affiliates wearing the famous purple and orange gamesmaker uniform in the capital. I was lucky enough to be working ringside, putting in the stool for Anthony Joshua and Fred Evans. Dan O'Sullivan (Dagenham ABC) was the MC, John Griffin (Centurions ABC) was leading the security at the boxing and many of the young gamesmakers flag bearing at the boxing were members of Repton, West Ham, Finchley and the Lynn AC.

This season we have had two new clubs affiliated to us to start their competitive boxing journeys in the ABA circuit. Holland Shore ABC, run by former 1972 Olympians Graham Moughton and Billy Taylor, have had a number of competitors already, including Lewis Adams, boxing in the NABC Championships. Mayland Sports and Development ABC have also had their

first ever competitive boxer with Shane Allen. Shane was part of a community project that took place in Mayland during 2011 to deal with young people with a dispersal order. The sessions were held at Lawling Park Village Hall, where 16 year olds were taught boxing as an activity to engage them. Shane would hand around outside on his micro scooter wanting to join in. We let him have a go on the pads one week and he showed all the teenagers up so we let him join in and he went from strength to strength. The project, which was originally planned to last 6 weeks, turned to 6 months, at which point more volunteers were recruited and the club was formed and became affiliated to EGBC and the ABA.

October and November were packed, as the National Ambition Boxing Championships (NABC's) got underway. We staged the Anglian Championships, the London Championships, the Regional Championships and the National Quarter Finals. We had 45 Anglian Entries and 65 London entries with a total of 61 bouts entertaining the thousands of spectators who came to watch the 4 different shows.

The Regional Finals on the 28th October had boxers competing from Essex, Suffolk, Sussex, Surrey and Kent with Essex Clubs having a number of champions progress to the Quarter Finals. The Quarter finals saw Regional Champions compete against the London Champions for a spot in the National Semi-Finals in Wales.

22 boxers from clubs affiliated to Essex Boys and Girls Clubs were successful in reaching the finals which are being held on the 6th, 7th and 9th of December.

Well done to the following boxers who all reached the Finals!

From our Essex Clubs:

Jake Harrison (Brentwood Youth ABC), Callum Smith (Billericay ABC), Karl Davis (Billericay ABC) and Nicholas Tipler (Chalvedon ABC).

From our London Clubs:

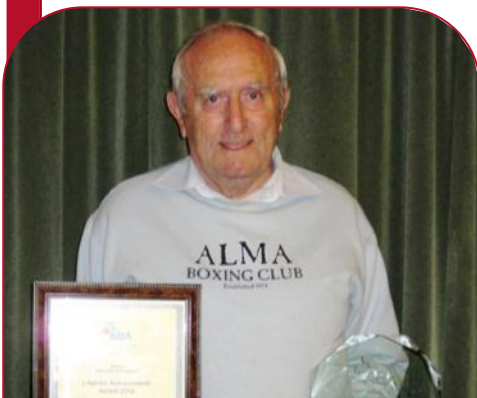
Sunny Edwards (Repton), Jack Brooker (Northolt), Billy Beer (Repton), Eunnis Chaima (Finchley), Haroon Nikai (Fairburn), Ernie Rutherford (Orpington), Harvey Horn (Repton), Archie Sharp (Lynn), Adam Chaima (Finchley), Sean Robinson (Hooks), Jordan Reynolds (West Ham), Yahia Chelli (Dale Youth), Shane McDonagh (Stowe), James Branch (Repton), Gerry McDonagh (Lynn), Sam Bezzina (West Ham), Kwaku Sarpong (Repton), Charlie Eastwood (Epsom and Ewell).

As well as the elite side of the sport we have also been introducing the sport to beginners with the use of Sportivate funding. The Sport England initiative looks to introduce new participants to clubs with 6 week boxing projects. The majority of clubs in Essex have now taken part in one of these projects and seen the benefits that external projects bring to the clubs such as increase in funding and an increase in membership.

2012 must be one of the greatest years for British Boxing in recent times at elite level and there are more opportunities than ever for boxing clubs to be a part of whether it be club development, funding or international trips. 2013 will be the start of the next Olympic Cycle and the ABA's Whole Sport Plan. We would like to encourage all clubs to get involved with Essex Boys and Girls Clubs in terms of club development and also activities and events. Why not start at the 2013 Boxing Team Cross Country Challenge at Stubbers on January 13th?

Afsheen Panjalizadeh

afsheenp@essexboysandgirlsclubs.org



LIFETIME ACHIEVER

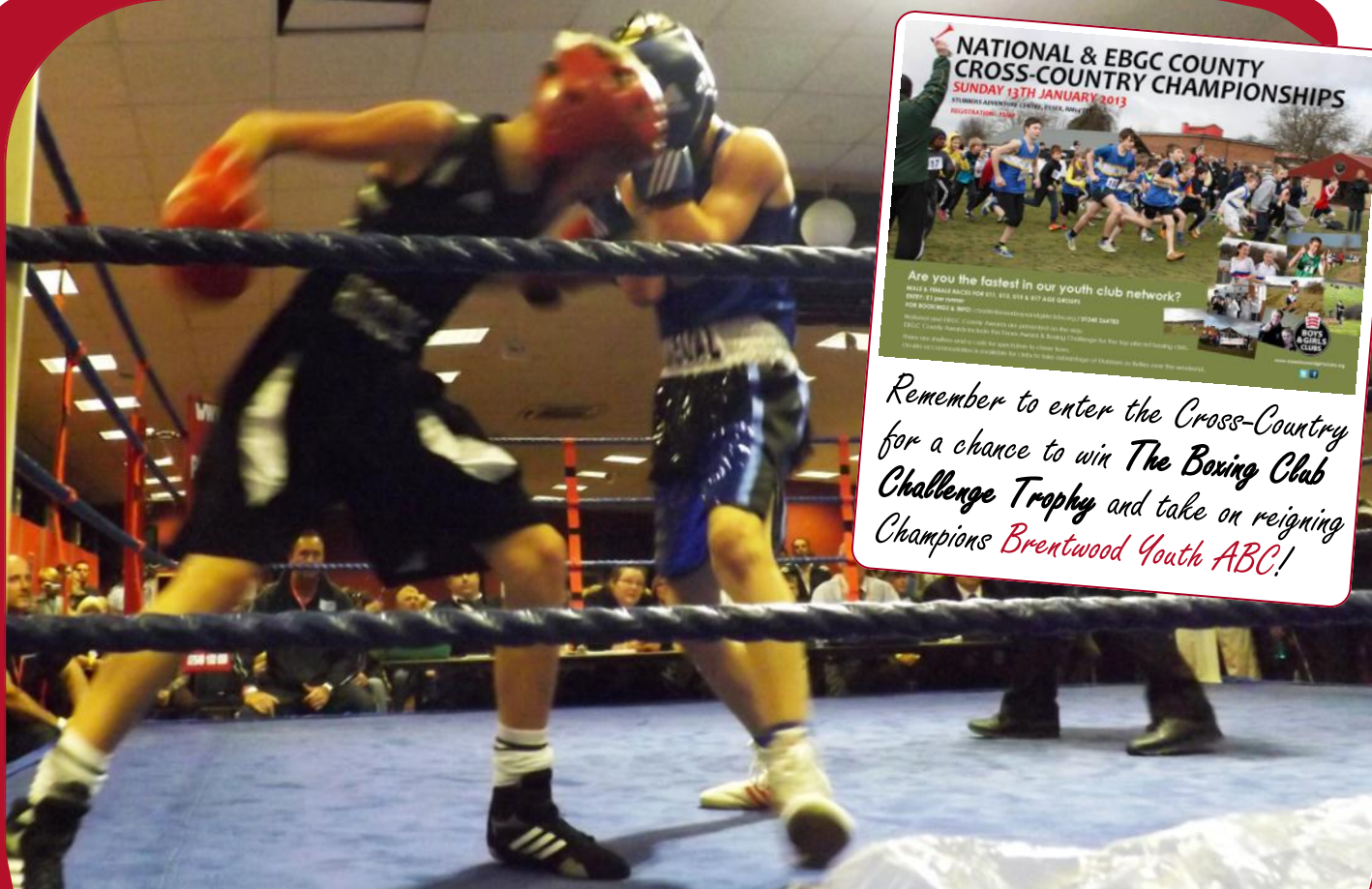
Alma ABC's Roy Quince was recently awarded the ABAE's 2012 Lifetime Achievement Award in recognition of many years of volunteering for the club in a variety of roles. It was presented at the ABAE's AGM at the Hilton Hotel in Sheffield. Well done Roy, you deserve it!

IN MEMORIAM

We are sad to report the recent deaths of two members of the boxing community. Kane Steff from Berry Boys' Club, died at the age of just 19. Kane boxed in the NABC's last year and was well-known and well-liked on the boxing circuit.

Kane will be sadly missed and we send our condolences to his family.

Ernie Harris of Dale Youth ABC was possibly the best matchmaker in the sport and a man of immense knowledge and wisdom which he freely shared to benefit others. He will be remembered with fondness by all who knew him - a really complete AmBox man. With a tribute piece shown on Sky's BoxNation it really is testament to the popularity of the man who produced the likes of Olympic Champion James Degale and British & Commonwealth Champion George Groves.



Remember to enter the Cross-Country for a chance to win The Boxing Club Challenge Trophy and take on reigning Champions Brentwood Youth ABC!

THE LONDON CLUBS

We welcome the 18 London boxing clubs that affiliated this year so that they could enter the National Ambition Boxing Championships (NABC's, formally known as the CYP's). We are hoping that these clubs will take advantage of the full activity programme that we offer, including the famous boxing club cross-country challenge on January 13th 2013. The clubs are...

Bromley & Downham YC, Dagenham P&C ABC, Dale Youth, Downside Fisher YC, Fairbairn ABC, Finchley ABC, St Pancras Boys' Club, Hooks Boxing ABC, Islington BC, Lynn AC BC, Northolt ABC, Nemesis ABC, Newham ABC, Orpington ABC, Repton Boys' Club, Ruislip & District ABC, Stowe ABC, West Ham Boys ABC.

CLUBMARK

This season Colchester ABC, Billericay ABC, Dagenham ABC and Harwich ABC have all achieved ClubMark status—the gold standard Sport England award - which is a fantastic achievement. Each Club has now received a certificate and a plaque which were celebrated at an awards evening and dinner shows.

Sport England recognises and values the commitment made by sports clubs to develop high quality, welcoming environments for young participants.

Get in touch with Af if you're interested in seeing what difference the ClubMark could make to your club. afhseep@essexboysandgirlsclubs.org



BOXING FOR NEETS*

***(NOT IN EDUCATION, EMPLOYMENT OR TRAINING)**

We have been working with Essex County Council (ECC) to increase motivation, self-confidence and general fitness for 16-19 year olds who are currently NEET. After successful projects in Basildon, Harlow and Colchester and Chelmsford, former World Light-heavyweight Champion John Conteh joined the graduates for our awards ceremony.

Many participants have gained their boxing tutor qualification and moved on to training, employment or education since completing the programme. The young people trained twice a week for 6 weeks and then completed the Boxing Tutor qualification to become a qualified boxing tutor and deliver non-contact boxing. The sessions are free and a great opportunity to have fun, meet new people and learn new skills. Guidance in job searching, CV writing and interview skills is provided by the ECC NEET intervention team. Many great success stories so far include participants going back into education, gaining apprenticeships in engineering and as electricians, and also some finding employment through the support that they receive on the project. In 2013 new projects will start in Braintree and Thurrock.

We're looking for...

10 CLUBS TO JOIN OUR **sported.** PROGRAM

We're partnering with **sported.** to offer an outdoor-based leadership training program for 20 Young Leaders. The aim is that we teach these youngsters how to pass on what they learn with us, so that their whole club can benefit. We're looking for 10 clubs to volunteer to nominate 2 young leaders each from their club. The club will need to join **sported.** and will also become eligible to apply for a £2,000 grant. Contact David Hassard.



CLUBS TO JOIN OUR **Sportivate** PROGRAM

From January to March we're hoping to run six-week Sportivate programs, designed to get young people aged 14-25yrs playing sports in which they don't currently take part. We're expecting to have funds to cover venue hire and coaching fees. Contact David Hassard to find out more.

16-17yr olds TO JOIN OUR NCS PROGRAM

In 2013 we will have 750 places available on the National Citizen Service (NCS) for young people across the region in schools Years 11 and 12.

This CV-enhancing short project (3 weeks in July/Aug or 1.5 weeks in Oct/Nov) teaches teamwork and lifeskills which evolves into planning and delivering a community action project together, which could include volunteering at our clubs. Contact David Hassard.



CONTACTS...

ALL ENQUIRIES: 01245 264783

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PROJECT DELIVERY: David Hassard
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D. of EDINBURGH & GOLF: David Shelton
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YOUNG LEADERS: Jamie Drummond
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BOXING: Afsheen Panjalizadeh
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RUGBY: Pete Le Marquand
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ARTS: Lucy Chipperfield
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OUR ESSEX AND EAST LONDON ALUMNI

Thousands of boys and girls have been members and volunteers in our member clubs since we were set up back in 1939. In 2014, when we'll hit 75 years, we'd like to celebrate in style by gathering our alumni together, whether they're famous or not. Can you help us find them? Contact Juliet on 01245 264783 or juliet@essexboysandgirlsclubs.org



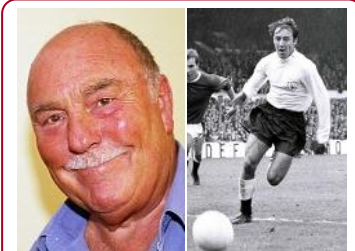
Michael Watson, MBE
Club: Crown & Manor
Born: 15th March 1965
Known for: Boxing
Achievements: A British legend, his professional career highlight was his May 1989 victory over Nigel Benn to secure the British Commonwealth Middleweight title. After a near-fatal injury sustained in a WBO Super-Middleweight title fight defeat by Chris Eubank in 1991, he came back to complete the London Marathon in 2003 in 6 days.



Ravinder Singh 'Ravi' Bopara
Club: Frenford Clubs
Born: 4th May 1985
Known for: Cricket
Achievements: An English cricketer who plays for Essex and England. Originally a top-order batsman, his developing medium pace bowling is making him a vital all-rounder and he has the best bowling figures for England in a Twenty20 International. Ravi played in the EBGC Representative Cricket Squad and regularly visits his old club, Frenford.



Robert Coles
Club: County Park Football Club
Born: 2nd September 1972
Known for: Golf
Achievements: An English professional golfer who currently plays on the European Tour. Claimed the second and third Challenge Tour victories of his career in 2009 to secure a return to The European Tour for the second time via the Challenge Tour route. Came close to winning his first European Tour title at the 2011 Avantha Masters.



James Peter 'Jimmy' Greaves
Club: Docklands Hainault
Born: 20th February 1940
Known for: Football
Achievements: England's third highest international goalscorer, highest goalscorer in the history of Tottenham Hotspur football club, highest goalscorer in the history of English top flight football and more recently a television pundit - famous for his catchphrase "It's a funny old game". As a lad, Jimmy played for our Rep. Football Team (see page 4).