

Why Sailing?

I have lived most of my life near to a river, estuary or harbour. As a child, I would spend weekends at Weybridge and summer holidays on the Isle of Wight and Bath. I always wanted to own a boat and now I have a lovely little Skipper 12 dinghy and a Piranha Acrobat kayak.

I joined [Benfleet Yacht Club](#) in March and it's lovely there. There really is no sound like the clinking of the masts.



Sailing is great fun as long as you don't mind getting wet!

Ned Pepper with Luc and I in the Skipper 12



Running Like The Wind

I learnt to run distances in my late 20s when my cousin Matthew entered me into the Harry Hawkes 8—an eight mile run around Thames Ditton, Moseley and Kingston. I played football until I was 30 but football is full of stops and starts which isn't the same as maintaining a consistent speed over 40 minutes or more.

Since then, I've run the London Marathon twice, lots of half Marathons including one in Dieppe and loads of 10Ks and shorter distances.

The good thing about running is that you can practice and compete when it suits you. My other sporting loves of cricket and football require a lot of pre-planning even to arrange a practice.

Focus On Football

The standard of football that is being played at the top of the Premier League and La Liga in Spain is fantastic. However, in spite of the protection given to the better players, in the lower leagues physicality seems to be as important—witness West Ham's very effective way of playing in the Championship. What can be done about it or do fans want to see a more physical game?

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