

Aviva Premiership Rugby Fixtures 2017 18

Loose Head Confessions of an (un)professional rugby player Random House

The gruesome stories of the hardest, most ruthless rugby players from around the world since World War I. As talented as they were fiery, many were just as lively off the pitch as on it. In our era of citing commissioners, super slow-motion replays and trial by social media, some of their actions are quite hard to believe! Foreword by Nigel Owens.

Football, be it Gaelic, rugby, or soccer is unquestionably the most popular team sport in Ireland. Surprisingly, the modern codes of Gaelic, Rugby, and Association football in Ireland are little more than a century old. R.M. Peter's pioneering Annual was published in 1880. Reproduced here, it provides voluminous detail on more than 600 players and 50 clubs of the time: it is a mine of information for the sports enthusiast, the historian, the genealogist alike.

The Harlequin Football Club is one of the world's oldest rugby teams. Founded during the reign of Queen Victoria, it went through many difficulties in those early years before going from strength to strength to become one of the best sides in England. This book will reveal the club's secrets from both on and off the pitch. Discover how the club has evolved over the last 150 years into its present form. Find out how the infamous 'Bloodgate' saga unfolded and how the club was saved from going under. Be amazed by stories of days gone by from those with full access behind the scenes at The Stoop. With a foreword by Will Carling, the most famous living Harlequin and former captain of England, this book is a comprehensive season by season account of a club side that is internationally renowned. Even if you don't know the Harlequins at the start, you will by the end. It is an absolute must read for fans not only of the Quins, but of rugby in general.

As player, manager, and pundit, Donal Lenihan has seen it all in the world of rugby - and done much of it too. A victorious captain of Munster Junior and Senior Schools, he went on to skipper the Ireland team at the inaugural Rugby World Cup in New Zealand in 1987 and was a fixture in the second row for over a decade, winning two Triple Crowns and three Five Nations championships. Selected for three British & Irish Lions tours, he was famous for skippering the unbeaten side nicknamed 'Donal's Doughnuts', before taking charge of both Ireland and the Lions as manager. From such a stellar position at the heart of the rugby world, Donal Lenihan has a wealth of stories to tell from both on and off the pitch, from raucous antics on tour to the sometimes difficult fellowship of players in a time of Troubles. He delves deeply into Cork and Munster culture and the influence on his career of his family. And as a much-respected analyst, Donal is also not short on voicing his opinion on the rights and wrongs of the modern game, and how the transition from the amateur to the professional era has affected the heart and soul of rugby. Full of wit, insight and emotional sincerity, this is a rugby book for the ages by a sporting great.

This book is an overdue tribute to one of rugby union's greatest innovators, the former London Welsh, Wales, British Lions and Barbarians captain, John Dawes. Part of the book was written after the legendary 1971 Lions tour when author Ross Reyburn was sports editor of the Hampstead & Highgate Express in London. To his original manuscript, Reyburn has added an intriguing

postsript putting into perspective what Dawes achieved as the key figure in British rugby's renaissance in the 1970s. From the myth of William Webb Ellis to the glory of the 2003 World Cup win, this book explores the social history of rugby union in England. Ever since Tom Brown's Schooldays the sport has seen itself as the guardian of traditional English middle-class values. In this fascinating new history, leading rugby historian Tony Collins demonstrates how these values have shaped the English game, from the public schools to mass spectator sport, from strict amateurism to global professionalism. Based on unprecedented access to the official archives of the Rugby Football Union, and drawing on an impressive array of sources from club minutes to personal memoirs and contemporary literature, the book explores in vivid detail the key events, personalities and players that have made English rugby. From an era of rapid growth at the end of the nineteenth century, through the terrible losses suffered during the First World War and the subsequent 'rush to rugby' in the public and grammar schools, and into the periods of disorientation and commercialisation in the 1960s through to the present day, the story of English rugby union is also the story of the making of modern England. Like all the very best writers on sport, Tony Collins uses sport as a prism through which to better understand both culture and society. A ground-breaking work of both social history and sport history, *A Social History of English Rugby Union* tells a fascinating story of sporting endeavour, masculine identity, imperial ideology, social consciousness and the nature of Englishness.

An unrivalled insight into the sad mismanagement of rugby union in the 25 years since it turned professional, endangering its future at amateur level. The book recounts the history of the early decades as a professional sport, and suggests solutions to the injury crisis and financial apartheid operated by the major northern-hemisphere unions. 19 photographs.

When Lions Roared: The Lions, the All Blacks and the Legendary Tour of 1971 – Longlisted for the 2017 William Hill Sports Book of the Year Award The 1971 British & Irish Lions tour of Australia and New Zealand has gone down in history as one of the greatest of all time. When the enigmatic Carwyn James was appointed as coach, he faced a gruelling schedule: two matches against powerful provincial sides in Australia packed with Test players, then a hop across the Tasman Sea for a twenty-four-match slog around New Zealand, which would include a four-Test series against the All Blacks, the best side on the planet. No Lions team had ever defeated the All Blacks in a Test series. Since 1904, six Lions sides had travelled to New Zealand and all had returned home with their tails between their legs. But in 1971 a tour party led by John Dawes set out to carve their names into the annals of the sport with their assault on the great bastion of world rugby. Lying in wait were team after team of hardened rugby warriors and an All Blacks side filled with legends of the game. But as the Lions began to sweep their way across the length and breadth of the country, displaying ferocity and magic in equal measure, it became clear that a Test series of epic proportions was set to unfold. *When Lions Roared* delves into the very heart of that famous summer as Lions, All Blacks and provincial players recount their memories to bring to life one of the most celebrated tours in rugby history - one that changed the game forever and continues to resonate powerfully to this day.

In this refreshingly candid autobiography Fairclough relives the highs and lows of a colourful career. He recalls his meteoric rise to

stardom and the priceless contribution he made to the Liverpool's remarkable success under Bob Paisley. From his key role against St Etienne on arguably Anfield's greatest night, through a career that witnessed 19 major trophies, Fairclough lifts the lid on what life was really like for him in the Anfield dressing room of that time, his often fraught relationship with Paisley and explains the burden of 'the outsider'.

This book takes you on a journey of young men and women discovering themselves. It show how free the young view casual relationships and how they deal with the cost.

"...a courageous book. His relentless pursuit of truth is strikingly honest." -James Churches, co-author, *Stories of Men, Meaning and Prayer* Molested as a child, abandoned by egotistical hypocrisy, culture shocked and terrorized by the gangs of Madrid, Link Wilfley runs from suicidal tendencies and his demons with fists, drugs, alcohol, and professional rugby. In the Sin Bin (a rugby penalty box) spans five continents, where Link crosses paths with the salty characters of the Earth. The demons of trauma past cannot be defeated without facing them, however, and the turmoil of pain and confusion mean repeated visits to jail, where he finds the greatest evil of all. He returns to the States ashamed and lost, only to be saved by a woman who will punch him in the face, call him out, and mother his five children. Disturbing, unreservedly direct, and surprisingly comical, this rugged treatise on masculinity is the physical and emotional journey of a young man doing the hard work to heal the wounds of wicked circumstances.

SHORTLISTED FOR THE TELEGRAPH RUGBY BOOK OF THE YEAR The truth about being a rugby player from the horsey's mouth. This book is not just about how a psychiatrist called Humphrey helped me get back on my horse and clippity-clop all the way to the World Cup semi-final in Japan. It's the story of how a fat kid who had to live up to the nickname Psycho grew up to play and party for over a decade with rugby's greatest pros and live weird and wonderful moments both in and out of the scrum. That's why I'm letting you read my diary on my weirdest days. You never know what you're going to get with me. From being locked in a police cell to singing Adele on Jonathan Ross (I'll let you decide which is worse), being kissed by a murderer on the number 51 bus to drug tests where clipboard-wielding men hover inches away from my naked genitalia, melting opponents in rucks, winning tackles, and generally losing blood, sweat and ears in the name of the great sport of rugby. This is how (not) to be a rugby player. *The Science of Rugby* is the only book to examine the scientific principles underpinning the preparation of rugby players for high performance. Drawing on the very latest scientific evidence, and covering both codes (union and league), the book explores every aspect of preparation and performance that introduces best practice by leading coaches and sports science professionals from around the rugby world. The book covers key topics such as: Physical preparation and conditioning Strength and power training Monitoring match and training demands Match-day strategies for enhancing physical and technical performance Management of fatigue and recovery Training and playing in the heat Travel and jet lag Injury epidemiology Psychological preparation Performance analysis Biomechanics Nutrition Talent identification and youth development The book also incorporates several case-studies to demonstrate how scientific principles have been applied in practice. No other book bridges the gap between theory

and applied practice in rugby, from grass roots to elite international standard, and therefore this is essential reading for any student, researcher, sport scientist, coach, physiotherapist or clinician with an interest in the game.

Hey you! Yes, YOU! Lemme make it clearer for ya, you readers! Will (or Wiley but don't use that, please) Carpenter here, a 10th grader! Well, umm... This is my real name (I guess). Whatever! I'm slipping off the main point. This is Season 1 by the way! Wanna know a secret? Whether you really want to or not, I'm gonna tell you anyway, 'cus y'all can't just pop into the book and tell everyone about it. Ha! So I have this stalker called Greig Smirnov? Yeah, I guess that's what the name was. So, anyway, this Smirnov guy has been stalking me ever since I was... born. Terribly bizarre, huh? But that's the least of my worries now, as we have moved to Nashville, Indiana, from Minnesota, joined Phoenix High, met the annoying – I mean amazing – Mr. Horace Sparrow, but we just call him Sparrow, and yeah, my best pal, Richie Marsh! We're like soap and lotion. Yeah, I know that's a weird simile... Is it even a simile? Nevermind! Okay, then we met Amber Letters somewhat two months after we reached the 10th grade, and there's something I need to tell you. I felt some tension between Amber and Richie soon after. You think they're gonna get together? I won't ruin your inquisitiveness, so you gotta find out on your own. And don't ask me in person 'cus I might just get really exhilarated and blurt out what happened! And now, we're having a summer break and I'm gonna be an 11th-grader in two and a half months. Stay tuned with us to find out whether my identity gets revealed (which I hope doesn't happen by the grace of Providence but I dunno!) and if that stalker actually finds us! I gotta go now. We're currently in Keys, Florida, and I gotta go surfing with Rich. And read the book, okay? Or you're... grounded. For three weeks! I'm kidding! I can't even ground a frickin' cricket. Just... read the book... even if you don't like it. I gotta say the author's got a really bad sense of humour! Alright then! See ya!

Szymanski and Zimbalist pay special attention to the rich and complex evolution of baseball from its beginnings in America, and they trace modern soccer from its foundation in England through its subsequent expansion across the world.

The Journey of Miles is a tale of struggle, acceptance, personal baggage, addiction and how an average guy becomes a reluctant superhero empowered by ancient Egyptian mythology. One stormy night, during the Arizona monsoon season, Miles was bestowed a gift that no mortal has ever received. The events following that fateful night confuse, concern, frighten and enlighten Miles. His life is forever altered. Miles must find an internal balance for his new powers and the eating disorder that plagues his daily life. With the help of his friends, Miles learns to use his gifts. A new ally provides guidance and teaches him the source of his powers. With the secret now revealed, he questions everything around him, including his faith in what he believes to be true. The power of words is undeniable. When his secret name is whispered to him, the concept of duality is introduced into his life and with one word spoken, he transforms to Baniti Asar, the defender of Mat.

In RUGBY TALES, Lawrence Dallaglio recalls with affection and razor-sharp humour, the behind-the-scenes stories that have previously only been shared within the world of international rugby, together with some classics from his rugby-playing colleagues and mates. There's the one about the 2003 World Cup winner who curtsied to the queen and another featuring the rugby legend

who was affronted by the suggestion that he had been out on the town until 3 a.m. days before a crucial match. 'Don't you look at me,' he cried indignantly, 'I got in at six.' Featuring big games, bigger personalities, quick-fire banter and the odd pint or two, these are the best of the best from the legends of the dressing room, pitch and pub.

Simon Shaw has played more professional matches than any other player in English rugby history, which is remarkable given that he didn't pick up a rugby ball until he was 16. With a World Cup winner's medal in 2003, a runners-up medal in the 2007 competition, fifty England caps and ten trophies won with London Wasps, the ultimate Lion, Shaw is one of the biggest names in rugby. Yet he has experienced his fair share of disappointments. Sir Clive Woodward delivered the lowest blow, dropping him from the World Cup squad in 2003, although he'd been named man of the match in the final warm-up fixture against Wales. Shaw eventually joined the England squad in Australia, replacing the injured Danny Grewcock, and was subsequently handed a winner's medal in Sydney. But while Shaw partied with the rest of the players, he couldn't forget that he was merely a late addition who hadn't played for a single minute during the tournament. In *Simon Shaw - The Hard Yards: My Story*, the 6 ft 9 in. lock forward recounts his bittersweet memories of that time and charts his eventful rise to the top, from the early days playing for Bristol to lasting success at both club and international level. He talks openly about his England career, reveals why he believes he was a better player than his arch-rival for the England number 4 jersey, Martin Johnson, and takes us inside the England and Wasps dressing-rooms armed with his razor-sharp sense of humour and cutting put-downs. Simon Shaw is a big man with an even bigger story to tell, and no stone is left unturned in this candid autobiography.

The 1908 Olympic Games were controversial. There was almost constant bickering among the American team and the British officials. Because of the controversies, the 1908 Olympics have been termed "The Battle of Shepherd's Bush," referring to the site of the Olympic Stadium. Reports of the 1908 Olympics have been rare and do not for instance contain full results for archery, track and field athletics, football (soccer), gymnastics, motorboating and shooting. A great deal of new information has been discovered by the authors, and this work gives complete results for all events. The information presented is based primarily on 1908 sources. For the first time, definitive word on the sites, dates, events, competitors, and nations as well as the event results are available for all of the 1908 Olympic events, including boxing, cycling, diving, fencing, field hockey, lacrosse, polo, raquets, swimming, lawn tennis, tug-of-war, weightlifting, wrestling and yachting, among other sports. A series of appendices include rarely seen information about the many controversies surrounding the Games.

October 31st 1978. Thomond Park, Limerick. The mighty New Zealand All Blacks, on an Irish tour, take on the none-too-mighty Munster team - and, to everyone's surprise, they lose 12-0. From this piece of Irish sporting history John Breen has fashioned a funny, lively play in which both teams, plus fans, children, relatives and even a dog, are portrayed by a cast of six, with no props and only a half-time change of shirt.

Two Welshmen who've been given the accolade of being the top rugby referee in the world. The only two Welshmen to have refereed a World Cup final. They've not only served the game that they love, they've contributed to its development and appeal

over many decades.

Packed with photography from the RFU's own archive and items of memorabilia plucked from the Twickenham Museum, this stunning book also includes the fascinating Twickenham memories of numerous rugby greats including Bill Beaumont, Will Carling, Jonny Wilkinson and Sir Clive Woodward. Featuring the greatest players, the best tries and the most memorable matches ever played at the stadium, this lavish coffee-table book is a fitting tribute to the 100th anniversary of Twickenham in 2009-10. Brand new, fully revised and updated edition of the best-selling Ireland Rugby Miscellany, published in celebration of Ireland's historic 2009 Grand Slam triumph. From Ireland's first international in 1875 to this year's dramatic last-gasp victory - clinching only Ireland's second ever Grand Slam - the Ireland Rugby Miscellany is packed with facts, figures, stories, lists and quotes from the rich history of Irish rugby union. Which Irish player played with a monocle? What happened during the Ireland match when the pitch was invaded by frogs? Which Irishman captained the All Blacks? You'll find the answers to all these questions and many, many more on the pages of this neat little green book.

Discover this evergreen destination with the most incisive and entertaining guidebook on the market. Whether you plan to ride the length of the wonderful Wild Atlantic Way, take a foodie tour of the southwest or discover a city reborn in Belfast, The Rough Guide to Ireland will show you the ideal places to sleep, eat, drink, shop and visit along the way. - Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. - Full-colour maps throughout- navigate the backstreets of Dublin's Temple Bar or Derry's famous city walls without needing to get online. - Stunning images - a rich collection of inspiring colour photography. - Things not to miss - Rough Guides' rundown of Ireland's best sights and experiences. - Itineraries- carefully planned routes to help you organize your trip. - Detailed regional coverage- whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. Areas covered (all Ireland's counties) include: Dublin; the Midlands; Cavan; Mayo; Galway; Clare; Limerick; Kerry; Cork; Kilkenny; Kildare; Meath; Belfast; Antrim and Derry. Attractions include: The Giant's Causeway; Dublin's Trinity College; Titanic Belfast; the Wild Atlantic Way; Bruna Boinne; Skellig Michael; Kylemore Abbey; Bantry House; the Burren and Croagh Patrick. -Basics- essential pre-departure practical information including getting there, local transport, accommodation, food and drink, health, festivals, sports and outdoor activities, culture and etiquette, the media and more. -Background information - a Contexts chapter devoted to history, traditional music and literature, plus a handy language section and glossary. Make the Most of Your Time on Earth with The Rough Guide to Ireland.

Originally published in 1928, this is a wonderfully comprehensive look at 'rugger'. It includes personal reminiscences of some of the top players from the 1900s and goes on to offer a complete training and tactics guide. Illustrated throughout

with photographs and diagrams, the book still has much practical advice to offer the modern rugby enthusiast, as well as the historical interest. Many of these earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork.

John Daniell is a rugby mercenary. A brutal word for an often brutal game. In 1996, when Rugby Union turned professional, John emigrated to France where he played for a decade in top competitions. His team ricocheted between fear and ecstasy, as they battled to save the club from relegation and their careers from the scrap heap. Now he lifts the lid on the dark world of the journeyman player, where losing a home game is considered a crime, coaches and club owners will do anything to win, and agents ruthlessly manipulate players. His compelling confessions are both shocking and funny, taking you behind the scenes, onto the field and into the very heart of the scrum.

The game of rugby has changed significantly in the course of its history. In the early part of the 19th century it evolved from a folk game played by the working class to a recreational activity for public schoolboys. From the 1820s rugby represented an opportunity for gentlemen to demonstrate physical prowess and masculinity and in more recent times it has developed into an activity that reflects the changing attitudes towards professional sport. For the most part of the last one hundred years, rugby union became an important international sport that represented the nationalistic ideals of a number of countries. However, a number of developments, including the increasing influence of a business ethos within sport during the latter decades of the twentieth century, exposed rugby union to the realities of commercialism and all the factors associated with it, especially the demands of a more diverse spectating public. Drawing on interview material with forty-eight elite level rugby union players from England, Wales, Scotland, France, Ireland, South Africa, New Zealand and Australia who participated in elite level rugby union either before, in the overlapping period or after the declaration of professionalism, this book traces the evolution of attitudes towards professionalism from a players' perspective and develops a critical review of the impact that professionalism has had upon the sport of rugby union. *Rugby Union and Professionalisation: Elite Player Perspectives* is fascinating reading for all students and scholars with an interest in rugby union, sport history, sport policy, sport management and the sociology of sport.

Would you like to earn millions by talking about your favourite subject? A new generation of vloggers have become millionaires by sharing make-up tutorials, comedy sketches and gaming videos. These people didn't start off with fancy equipment, expert technical knowledge or huge audiences. They are self-made. This book examines how they achieved success and provides a step by step guide to the process of finding fame and fortune online. Featuring advice from vloggers including Jim Chapman, Fleur De Force and KSI alongside business tips from YouTube CBO Robert Kyncl and

Gleam Futures founder Dominic Smales, this book contains insider information about the mechanics of making money by vlogging. Subjects covered include brand-building, filming and editing equipment techniques, social media, working with talent managers, dealing with digital marketing agencies, making merchandise and negotiating with brands. Author Zoe Griffin is an established blogger, who set up her blog Live Like a VIP in 2009. She's worked with several vloggers and has noticed that the most popular ones have things in common. This book explains what these things are – so you can adopt similar tactics and get rich vlogging!

Nigel Owens is a familiar figure on stage and television, and is considered one of the best rugby referees in the world. But before reaching his current status in the world of professional rugby, he went through an excruciating personal crisis. 'A beautifully-written, amusing and insightful book that gets to the very heart of Exeter Chiefs – a rugby club with one of the most remarkable stories in British sport. Rob Kitson's Exe Men is the best rugby book I've read in years' – Donald McRae, twice winner of the William Hill Sports Book of the Year 'Forensic, funny, captivating, a story told with relish as well as insight' – Mick Cleary, The Telegraph 'No Exeter fan should be without this book, nor any sports fan who loves a fairy tale grounded in professionalism. Splendid stuff' – Stuart Barnes, The Times 'Exeter Chiefs – the community club that grew into a European giant. This is how they did it. A quite brilliant combination of great story and great storyteller' – Tom English, BBC Sport 'Beautifully told, this is a rare insight into the remarkable rise of the Chiefs, from their homespun roots to the pinnacle of European rugby – surely one of the most heart-warming tales in all of British sport' – Alastair Eykyn, BT Sport 'Punchy and penetrative, Rob Kitson has done justice to one of sport's greatest stories. If you don't already love Exeter, you will now' – Alan Pearey, Rugby World 'captures the establishment of the culture and some of the key moments in the rise of the Chiefs. So much more than a rugby book and full of genuinely funny anecdotes, this is a read for anyone interested in building a winning team' – Chris Bentley, Express and Echo, Exeter Among the best stories in modern British team sport has been the rise of Exeter Chiefs. How, exactly, did an unfashionable rugby team from Devon emerge from obscurity to become the double champions of England and Europe? What makes them tick? What are their secrets? Exe Men is a compelling story of regional pride, fierce rural identity, larger-than-life local heroes, remarkable characters, epic resilience, big city snobbery, geographical separation, steeping ambition and personal sacrifice which will strike a chord with anyone who enjoys a classic underdog story. This is not any old rugby book, it is the inside story of Exeter's incredible journey from the edge of nowhere to the summit of the English and European club game.

Exam Board: Edexcel Level: GCSE Subject: Business First Teaching: September 2017 First Exam: June 2019 Endorsed for Edexcel Let Ian Marcouse successfully steer you through the new specification with his proven and popular approach

to Business; clear content coverage is enhanced by numerous real-life examples to create a course that engages, motivates and develops every student. - Breaks down the content of the 2017 specification into clear, accessible explanations of important concepts and theories - Helps students apply their knowledge to a range of real business examples, issues and contexts, supported by 'Talking Points' that encourage critical and commercial thinking - Improves quantitative, investigative, analytical and evaluation skills through end-of-chapter exercises - Builds students' confidence approaching their exams as they practise calculation, short answer and extended-writing questions with stimulus materials - Boosts students' vocabulary and supports revision with definitions of key terminology for each topic

This lavish coffee table book has been produced to mark the 150th anniversary of one of the world's most famous rugby clubs. The book - written by Daily Telegraph rugby writer Brendan Gallagher - will bring the illustrious history of Harlequins (based in South West London, but famous the world over) to life through a wealth of discovered photographs from the club's archive and historic, never before seen, memorabilia.

Rugby union has undergone immense change in the past two decades - introducing a World Cup, accepting professionalism and creating a global market in players - yet no authoritative English-language general history of the game has been published in that time. Until now. A Game for Hooligans brings the game's colourful story up to date to include the 2007 World Cup. It covers all of the great matches, teams and players but also explores the social, political and economic changes that have affected the course of rugby's development. It is an international history, covering not only Britain and France but also the great rugby powers of the southern hemisphere and other successful rugby nations, including Argentina, Fiji and Japan. Contained within are the answers to many intriguing questions concerning the game, such as why 1895 is the most important date in both rugby-union and rugby-league history and how New Zealand became so good and have remained so good for so long. There is also a wealth of anecdotes, including allegations of devil-worship at a Welsh rugby club and an account of the game's contribution to the Cuban Revolution. This is a must-read for any fan of the oval ball.

A biography of the early life and the playing career of John Dawes, the London Welsh, British Lions (1971) and Barbarians captain. The biography is the result of extensive interviews, with a postscript giving a current analysis detailing Dawes' place in rugby history as one of rugby's greatest innovators.

Further insights into the world of sport spectating from returning author John Rigg.

'What's so special about Thomond Park? The crowd. Simply the crowd. The atmosphere is electric.' Donal Spring, one of Munster rugby's greatest. Since the first game played there in 1934, Thomond Park has become one of the world's iconic rugby venues. It is a magnificent stadium, famous for many great occasions, notably Munster's 1978 victory over the All Blacks and the 'Miracle Match' against Gloucester in 2003. It also has a worldwide reputation for tradition, wit and an outstanding sense of fair play. Here the history of Thomond Park is traced in a colourful and entertaining style, featuring some rare photos of Munster favourite Paul O'Connell, and highlighting great games played and great characters who have graced the arena.

'Rugby is great for the soul,' he writes, 'but terrible for the body.' Rugby hurts. It demands mental resilience and resistance to pain. It explores character, beyond a capacity to endure punishment. Dylan Hartley, one of England's most successful captains, tells a story of hard men and

harsh truths. From the sixteen-year-old Kiwi who travelled alone to England, to the winner of ninety-seven international caps, he describes with brutal clarity the sport's increasing demand on players and the toll it takes on their mental health, as well as the untimely injury that shattered his dreams of leading England in the 2019 World Cup. The Hurt is rugby in the raw, a unique insight into the price of sporting obsession. 'Few have had more twists and turns in a pro rugby career' Robert Kitson, Guardian 'Anyone who cares about the game, in which he won 97 caps for England and played 250 times for Northampton, should read Hartley's book' Don McRae, Guardian
THE SUNDAY TIMES BESTSELLER 'Hilarious, and straight talking but also articulate and insightful – I am just hugely fond of this guy'
–Eddie Jones 'James Haskell: what a flanker, what a book' –Rugby World

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