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# SINBAD™

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TESTIMONIAL 2010/11

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## JAMES SIMPSON-DANIEL – A SINCERE THANK YOU

I suppose I should start by clearing up that I'm not retiring just yet. There have been several people asking me if I'm retiring as this is my testimonial year. I'm 28 years old and hope to have at least another ten years or so before I hang up my boots for good... Or at least until all my hair falls out!

I'm extremely proud to have served ten years for this amazing rugby club with such a passionate group of supporters.

The day I arrived at Kingsholm having booked a day off school, I was shown around the shed that didn't mean or look like a great deal to me at that time, but grew to be the place that I craved for on each home game due to the fact that it would make the hairs stand on the back of my neck as we ran by in the warm up with our supporters chanting "Gloucester" at the top of their voices.

After walking around this "shed place" I was then taken into the physio room where I half froze at the closest I had ever been to a professional rugby player. Phil Vickery was in there and I had a niggly back at that time so the crazy French man Jean Pierre that was the physio at the time told me to take my top off and started to examine me. Before I knew it some bear like paws were poking and prodding at my back, I realised that Vicks was introducing himself to me in his own way. He didn't speak yet the warmth and welcoming that he made me feel confirmed what I was feeling.

I had done the rounds that day having been to other clubs like Bath and Bristol. As Gloucester was our last stop, we finished up there and set off on the long journey back up the M6 to Sedbergh School. As we set off my old man said how he had made his decision and I knew I had made mine. I thought that my Dad was going to say that he wanted me to go to Bath but when it came to the crunch we both said how comfortable we were at Gloucester and that was definitely the place that he and I saw my future.

Ever since the day I signed my contract, I have been warmly received and accepted by the Gloucester faithful, like I was one of their own.

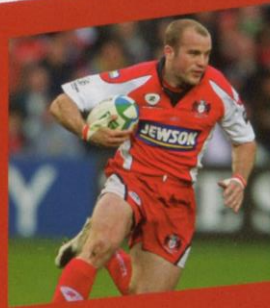
The support I have is tremendous, my wife Lucy, gorgeous little boy George and all my family have always supported me through thick and thin. I love them all so much.

To say I have an amazing committee is an understatement. They are truly phenomenal. I would like to thank them for the work they are doing, their commitment and tireless dedication to help this old carthorse run on for the next few years.

It is this type of support that gives me that extra drive to do as well as I can to help this amazing club and City of Gloucester to be the best that we can be.

Gloucestershire is a place that I'm proud to call my home.

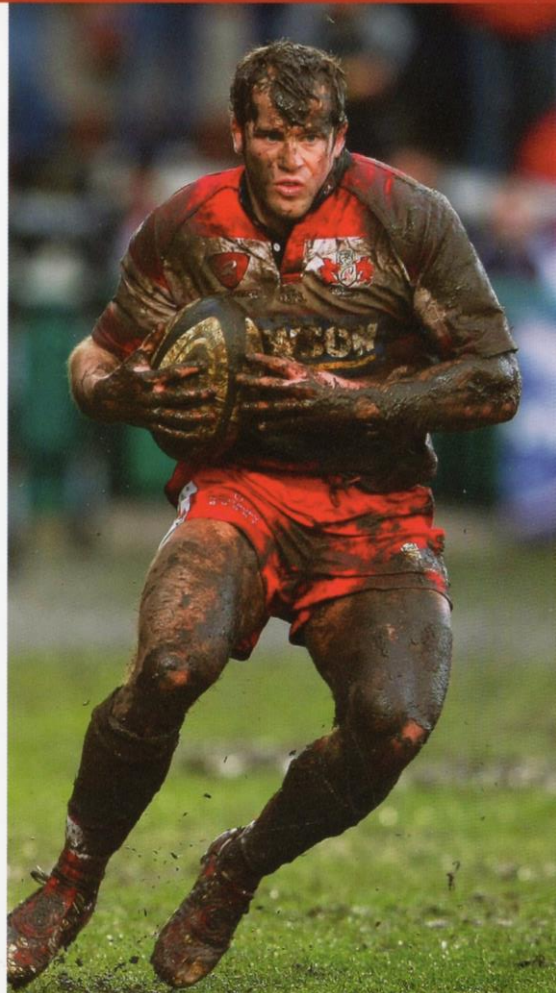
I love and have always loved this rugby county!



## CONTENTS

- 02 – Foreword by James Simpson-Daniel
- 05 – Welcome by Colin Gibson
- 07 – Mike Tindall MBE
- 09 – Trevor Woodman MBE
- 10 – Stuart Barnes
- 13 – Phil Vickery MBE
- 15 – Phil Dowson
- 17 – Junior Paramore
- 18 – Andy Gomarsall MBE
- 21 – The Sinbad Story
- 26 – Andy Hazell
- 29 – Iain Balshaw
- 30 – James Forrester
- 35 – Terry Fanolua
- 37 – Dimitri Yachvilli
- 39 – Duncan McRae
- 40 – Dean Ryan
- 41 – Will Greenwood MBE

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## A WARM WELCOME FROM THE BENEFIT COMMITTEE

On behalf of the committee, we wish you a WARM WELCOME; we are honoured and delighted to have been asked to organise and run James Simpson-Daniel's testimonial year. We soon realised that it would be difficult as a committee to do justice to the high standards that James has set and continues to demand of himself! Allowing for the usual banter expected from his supposed friends and team mates, amongst all the comments from opposition players and coaches that you are about to read, one thing stands out, he is very well respected for all he does both on and off the rugby field.

In this very special brochure we wanted to offer you something different and unexpected (a bit like James with ball in hand), so in addition to all the memories and stories from friends, family, team mates, opponents, coaches and media we have also included a montage of pictures of James through the ages; he was a very angelic baby! Also you will find a DVD enclosed, this contains some great footage of behind the scenes action at GRFC and comments from former team mates and as well as James in action.

I remember James signed for GRFC when he was only 18 years of age, and made a try scoring debut against Rotherham in 2001 with a superb individual try. This was to be the start of a very special talent and a great career and I am proud to be able to call him a friend as well as being one of his biggest fans. I am especially thrilled to be asked to sit as Chairman for his Testimonial.

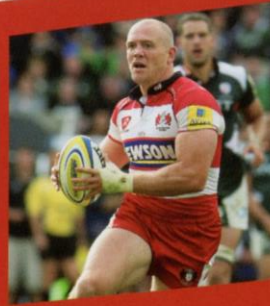
Since 2001, James has accumulated 10 England caps, but for an appalling run of injuries and bad luck with illness, I am certain that he would have added substantially to this tally. James has overcome the odds and is a stronger and more determined player than most (despite some of the stories told about his legendary eating habits).

There are not too many rugby players that you talk to who can remember, in intricate detail, every element of the match that James was involved in and who would constantly analyse what could be done better the next time. It is so refreshing that the game of rugby means more to James than just a pay cheque at the end of the month and that he will do whatever is required of him for the benefit of the team.

I would like to take this opportunity to thank you all for your support so far, I hope for a successful year for GRFC and, of course, for James Simpson-Daniel. Please dig deep to support him, we the committee know that he is worth it, we hope you all do too!

Best Wishes

*Colin Gibson  
(Chairman, JSD Testimonial Committee)*



## THE HAIREST MAN ON THE PLANET

What can I say about one of my best mates, simple really, he is the hairiest man on the planet. You may disagree when you meet him and see the receding hairline giving way to a standalone island more commonly seen on a man of 45 rather than one of 28, but believe me, when you see him stripped in the changing rooms it is common to think that he is going out in wool trousers and a wool jumper! I have the dubious honor of trimming his neck so that he doesn't look like he is wearing a wool hoodie. Why me?

Sinbad with his natural speed and agility, his exceptional handling skills matched with an uncanny knack for spotting holes and even when the defender thinks he has him covered, those obscenely big freakishly strong but very hairy pumbers just keep going.

Jamie has always been a true professional making sure every aspect of his life is in preparation for the next big game. He has the ability to laugh in the face of any carbohydrate, his diet of Worcester sauce crisps, mayo and chicken sandwiches, pork pies and ketchup keep him fueled, his body laughing in the face of the countless amount of carbohydrates he puts in it, and all without putting on an ounce of fat! But alas, this diet does come with a cost, the downside is the fact that he has to visit the loo at least 5/6 times a day for No.2's.

Things you might not know about Dib is the fact that he would possibly give up rugby and become a horse trainer even though his knowledge of horses is mainly limited to what has lost him money in the bookies.

He has a love of horses with him commonly spending his days off watching horses go up the gallops and learning to feel their legs for heat, but all the boys want is for him to get better with his tips!!

Luckily he can fall back on his natural kinship with animals, all you need to do is see him on a 'relaxed' walk with Winnie and Tilly (his dogs) both of them chained and bolted together just in case some unsuspecting jogger comes round the corner and loses their life to a mauling from the pair now known around Southam as the Devil's Dogs!!

In all seriousness he has been and still is, one of England's brightest attacking forces and hopefully has more international honors to come. My great friend, Sinbad is without doubt one of the best attacking backs in the Premiership, his outstanding speed and balance allow him to either take advantage of the smallest of gaps or to just create his own and was one of the reasons I came to Gloucester.

I still believe he has a lot to offer England in the future, so please get behind him and support him in this his testimonial year, make sure you enjoy all the events his committee have planned.

Have a great year mate

Tins





**JONAH LOMU, NO FEAR, – MASSIVE BIG SPIDER, IT'S A DIFFERENT STORY!**

It was a very interesting pre season when young Sinbad turned up at Gloucester. Now this is someone who I had absolutely nothing in common with, for a start he's from up north, me Cornwall, he was educated at the renowned rugby school Sedbergh, me local comprehensive, he played as far away from the scrum as possible and he had more skills in his repertoire than a circus clown!!

We were poles apart; I would never have imagined us to get on!! But once I met Sinbad's dad MD, who was clearly worried about his young son, he had asked Vicks and me to keep our eye on young Dibble. This was rather a strange request, given that as at that very moment Vicks and I were in the bar at Gloucester slightly drunk and trying to knock each other out!! Given the fatherly concerns, I tried to put all those differences between us to one side and embrace this stranger from up North!!

One thing that was clear over time was that Dibble from such a young age had no fear of playing in the top flight, I would go out there to say that he is one of the most talented players I have ever played alongside. Now playing with some of the greats in English rugby it is a statement that I can easily defend. He would create fear into opposition's defences with his pace and his elusive running style and side step.

Sinbad has made many a great player look silly and one I remember clearly is the day he turned probably the greatest player of all time inside and out at Twickenham and that was the legendary Jonah Lomu. Now imagine being 5ft 7" 13 stone and you are facing the mammoth Lomu!! On that day even if he had any fear he never showed it. For me, it was an absolute pleasure to see him shine on the international stage.

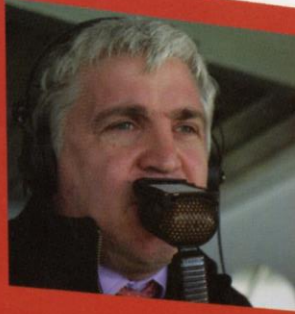
Unfortunately poorly timed injuries has probably cost Sinbad a number of caps on the international stage over the last few years but he still has the X factor to push for a place in next year's world cup squad.

Now having no fear of facing Lomu it was quite strange for me to receive a phone call from Dibble late one night in hysterics. What's wrong Dib? "Sluggie get down here quick it is massive." There was such panic in his voice I asked, "what's massive?" "A bloody great big spider in my living room!" So only living 5 minutes up the road I ventured down to his house for a bit of a laugh. On arrival Dibble is cowering in the corner with sweat dripping off him. On his living room floor was a massive black spider, Dibble wouldn't move from the corner until it was gone. So I picked it up and he demanded it was put outside and if possible would I put it on the other side of the road as far away as possible! Now to his knowledge this is what he believes I did, but walking to his front door I noticed his kit bag all packed for tomorrow's training and it was an urge I couldn't resist so I put this massive spider in amongst his training gear and I could only pray that it was still there the next day for when he went training!

Sinbad, wishing you all the very best for your testimonial year, it has been a pleasure to play in the same team as you and even with all our differences, it is an even greater pleasure to call you a true friend, even though you are a grumpy git!!

*Dougie  
Trevor Woodman MBE*





## A GOLDEN RULE BROKEN, THE EXCEPTION TO THE RULE

One of my Golden rules; never, ever commit to a player's benefit season. Write an article for one player and you end up writing them for all and it is not as if a professional rugby player's future is on a par with all sorts of other charities, now is it?

But with all rules there has to be an exception; otherwise what's the point of all those boring rules and I love those that thrive outside the conventions that hold the majority of us in their thrall. Hence these few words; James Simpson Daniel has been one of the few rugby players of the professional age capable of transcending the laws of the game as prescribed by coaches and manuals.

Here is an individual intent on doing it his way. Sadly his way has rarely been England's way. The attacking genius has been overlooked for the perceived defensive weaknesses and then there have been those injuries; those bloody injuries, as badly timed as Sinbad's runs have been so perfect.

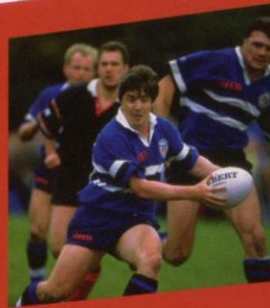
The Barbarians versus the All Blacks and JSD – a la Carlos Spencer – popping the ball into the air as he drifts diagonally and plucking it back instead of the expected pass. The defence turned to stone; magic in that most un-magical of settings, Twickenham.

Carving up the Wallabies in tandem with Jonny Wilkinson on the short side, this thrilling test career, beckoning. It has yet to arrive.

Were James Welsh he would have been feted as is Shane Williams but Englishman as James may be this was never the right country for his gifts; maybe they have been wasted at test level but England's loss has been Gloucester's gain' remember him running Lawrence D inside out.

Remember all those scintillating tries either scored or created? Yes, here is someone for whom one should break the rules. Those miserable Wednesday mornings watching 5 straight Premiership games from the weekend with the rain pouring and nothing happening bar the booting of the ball and the resetting of the scrums (yes, my fabulous job has low moments) and suddenly Simpson Daniel produces a dazzling moment and all is well...

Better than James ever looks at Cheltenham. Oh the years, the years, coming from the paddock, next race looming, JSD sidestepping the throng of race-goers, "Have you heard anything from Pipe?" A desperate gambler devoid of control; you have to love the absolute lack of gambling discipline; so un-English. Hollowed eyes at the Festival, a maximum bet gone wrong another race coming up, another shot of gambler's redemption. Cap slightly askew, eyes bordering on the wild and his father, even worse!!! How could I refuse you Sinbad?

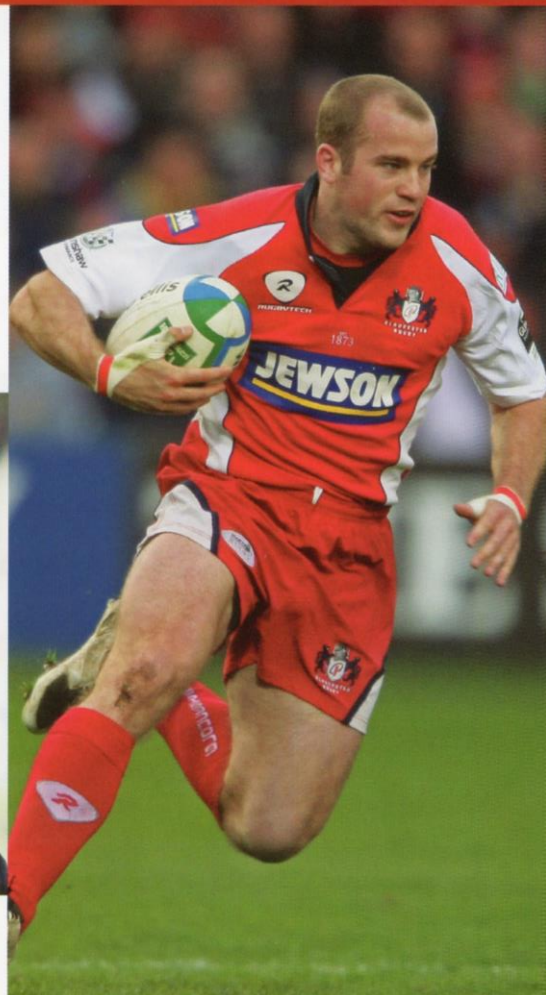


## THE ATTACKING GENIUS – A DESPERATE GAMBLER DEVOID OF CONTROL

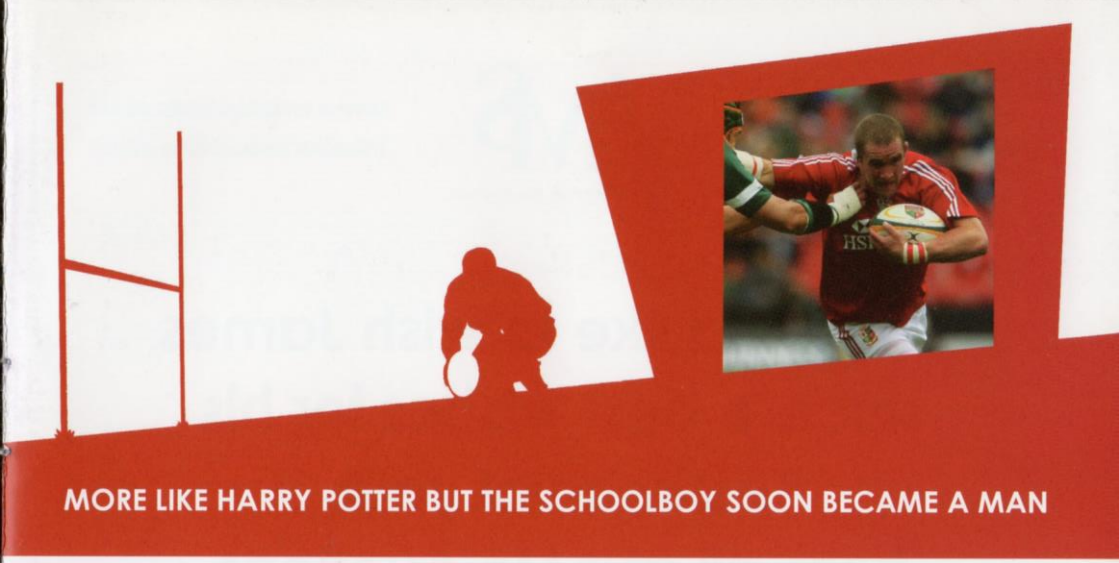
My favourite English rugby luxury of the last decade and someone whose company is always worth the keeping; good luck with the benefit year; I didn't take much convincing to write these few words but you've a way to go before I have you train any racehorses I may be lucky enough to own (or at least the steam off their \*\*\*\*).

May you stay fit for years to come, support this man Gloucester, he is one of your own.

Stuart Barnes







## MORE LIKE HARRY POTTER BUT THE SCHOOLBOY SOON BECAME A MAN

Can it really be that James Simpson-Daniel is having a testimonial year at Gloucester?

Have I really got that old? Has he really got that old?

I vividly remember the day I first clamped eyes on 'Dibble'. It won't surprise some people to know I was on the treatment table in the old slaughter house that doubled as the physio room at Kingsholm in the good old days getting a rub.

As the door swung open, the hulking great figure of the team manager at the time John Fidler stood there blocking out the light, suddenly this tiny little figure emerged from behind him: James Simpson-Daniel had landed.

He looked more like something out of Harry Potter than a potential professional rugby player but he had this cheeky little grin about him and as we were introduced I thought to myself, 'we could have trouble with this one.' He wasn't fazed meeting a half-naked front row forward – and so began one of the best friendships I have in rugby – or anywhere.

It wasn't long before Sinbad and James Forrester were well and truly involved with the club after they had both agreed terms to sign. Jango, with his wonky scrum cap and awkward legs, looked a cross between a new-born bird and giraffe, while Sinbad buzzed about in massive shorts and shirts that were far too big for him.

This might sound strange but I took it upon myself to look out for these two characters. It was soon apparent that they were both very special talents and we wanted nobody to mess with them. It is my pleasure to be able to say I have shared a field with both of them and have been

part of some of the most defining moments in their careers.

Quite simply, Sinbad is a remarkable talent, blessed with almost super-natural balance, the ability to use the ball off both hands, pace and the frightening gift to pick holes in the tightest defences from any distance, he is one of the most devastating players of his generation and is rightly loved by the Gloucester faithful for a record that is virtually unrivalled.

I am not here to go into the whys and wherefores as to why he hasn't played for England more often, but had it not been for a succession of ill-timed injuries and illnesses I am sure he would have a mountain of Red Rose caps to his name. He is a truly great player.

As time moves on, I count myself fortunate to have been part of Gloucester's recent history and therefore privileged to have been involved in a major part of Sinbad's career – a career that still has plenty to offer this season. He has come a long way since the days he survived on tomato ketchup and prawn cocktail crisps. He is still a cheeky little git at times but the school boy has become a man.

With his wife Lucy and his little boy George, 'Dib' has come full circle, and I know just how great he must be feeling.

Enjoy life mate. It's been a pleasure.

*All the best, Vicks.*





## ONE OF THE MOST EXCITING PLAYERS IN RUGBY, AS TOUGH AS THEY COME

I had the privilege of playing with Jamie throughout school whilst we were at Sedbergh, and it is largely down to him that I got a shot at playing professionally.

I was made to look good because of the vision and outrageous skill of Sinbad.

At that time he played fly half and hadn't yet developed into the strong kicker from hand that he is today. And because of this, our coach at school banned him from doing it. This led to us running the ball from everywhere. He was unbelievable at isolating defenders and making breaks and even better for me, at putting lumbering back row forwards into acres of space.

He dominated the season and everyone in the side knew that great things awaited Sinbad.

And so it transpired, the greatness we all had seen in him came to fruition. Some things have changed since 1999, he no longer plays in Brown but in the Gloucester Cherry and White, and others have remained the same. And be it if I was playing for Newcastle or playing for Northampton I have often been left under the posts cursing that "no look pass".



He still has robust and crushing defence (for a midget) and he still carves gaping holes in Premiership sides.

I sat getting drunk with a school friend in Newcastle watching him round Lomu and we thought that a glittering international career was in the making.

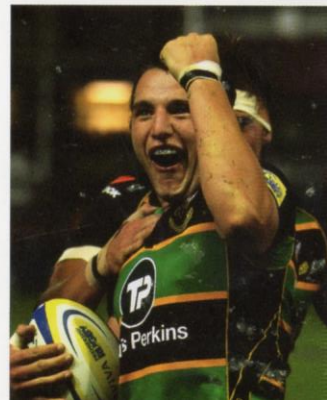
But Jamie has been hugely unlucky with injury and I feel for him every time he tells me about it. It says a lot about the man that after every medical blow he bounces back to his very high standards and returns to excite the Kingsholm faithful. I hope this year he has a good run and returns to England reckoning.

He is without any doubt one of the most exciting players in the Premiership, tough as they come and a good mate from all the way back at Busk Holme.

Have a great testimonial year Jamie, but please don't step me when you play Saints.

Cheers

Phil





## WITH THIGHS LIKE HE HAS – HE MUST HAVE SOME SAMOAN BLOOD!

Since joining Gloucester in 1999 I thoroughly enjoyed being in the team with the likes of Sinbad.

My first memory of Sinbad was when he was with the Gloucester Academy, training with the first team at Oxstalls. He was so quick, skilful and with a massive sidestep. We were all asking where is this lad from?! I think Tezza and I even joked that with those big thighs that Sinbad has, maybe his old man was a Samoan. 😊

One of my most vivid memories of playing with Sinbad was the Powergen Cup final against Northampton at Twickenham, where he scored the winning try for us. I knew we could always count on him with his speed. I always admired the way Sinbad could make something happen out of nothing. But I still remember not appreciating his fancy look-the-other-way and pass-to-the-opposite, when he caught me off guard and I fumbled that pass.... cheers mate!

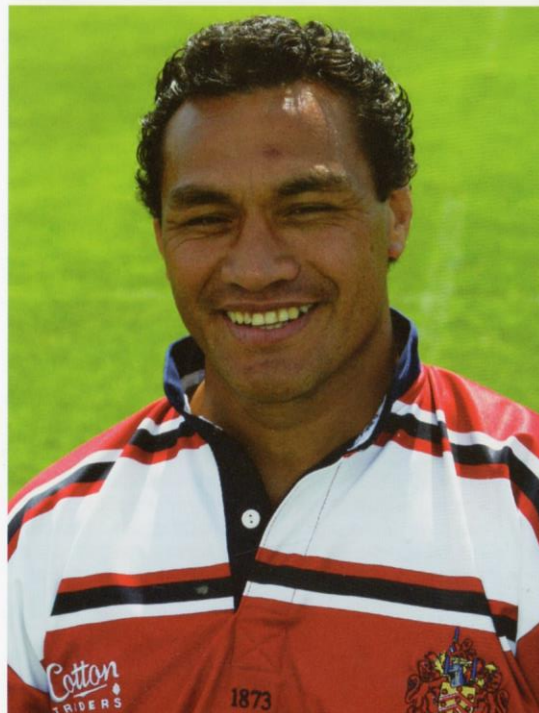
Apart from Sinbad's love of horses that we would hear about constantly, one of my favourite memories of Sinbad off the pitch was as my 'roomie' on the pre-season tour to South Africa. As I walked into our room on arrival, Sinbad had already been in and claimed the double bed, leaving the single bed free. I took one look at him, he did the same with me, and as quick as lightning Sinbad had landed himself on the single! Best roomie ever!!

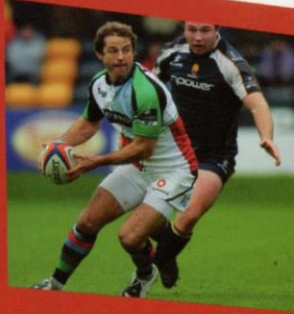
Well 'Roomie', I'm so proud of your achievements with rugby and especially with Gloucester and England. I'm so sure if it weren't for your many injuries, you would have played more games for your country and the Lions too!

You are an awesome credit to rugby and to your club and country. I wish you the very best in your testimonial year mate. And continue to show that awesome talent of yours on the field, you still have got a lot to go!

Cheers mate, and God bless you, Lucy and George.

JP





## JAMES SIMPSON-DANIEL AKA DIBBLE

When James turned up as a YTS boy, having left the slums of Sedbergh school, it was like the opening scene of the Inbetweeners, he was a mix of all four of the characters. He spent the next 2 years in the academy not saying very much, by challenging us at cards and learning how to drink properly, not guided by me I hasten to add, but by Andrew Deacon! What an initiation!

Sinbad was very, very quiet when he arrived, a smart move, which he learned from his early days at public school. At his school, when the headmaster shouted in assembly, 'Head Boy', the fourth formers dropped to their knees, I think you know what I mean! So his upbringing at school was about surviving by ducking and diving, being quiet and learning through watching others. Very sly, or so I thought!

Once he came out of his shell, his true colours really began to shine. This is when his intelligence, I thought, would start to shine through, but alas it didn't. He made his first mistake as a youngster, a true schoolboy error, by trying to nickname some senior experienced players.

So why is he called DIBBLE ?

He started with me, thinking I was the poshest player Gloucester had ever seen, he sought to name me Cuthbert, hollering it in his poshest voice. He was hoping that this would stick. My return of serve was to call him Dibble, so mature! This began to stick! Then, he made the mistake of saying, 'Please don't call me that, I don't like it!' And the name was born.

It was 6 years later, when in the car with him, travelling through London, that he told me, 'you'll never guess what Gomers, there's this billboard sign for O2, & on it has Cuthbert & then Dibble.' My response was yeah I know, & Grubb!" He replied "It's amazing (as the main England Rugby sponsor) they must know we call each other that!" Confused I retorted "It's Trumpton, the reason I call you dibble, "Pugh! Pugh! Barney McGrew, Cuthbert, Dibble & Grubb!" "What's the Trumpton?!" He had spent 6 years being called Dibble, and he had no idea why!!!!

Dibble has many records, the first is for his nicknames. He has many. Winnie, Winifred, Zindabad, Horatio, Hugo, Hubert, simpsoneh, cretin, loser, Hogarth, yarp, Leitrim, tintin, & Barnsey's lovechild!

My favourite is Winnie, and is actually his second record, it is for the most amount of winnie the pooh's before a game, 8 in total, and all before a 3pm kick off! Pre match nerves for young Zindabad, never his strength.

His next record is for getting a donkey to impersonate a race horse at Warwick races. An amazing effort, I have never seen a donkey run so fast, having missed the kick, this thing, electrically charged, made 5th, just missing the money, something the Gloucester players betting with Sinbad, have got used to!, But it was a hugely proud moment for young James being in the owners enclosure and mixing with high society! He & I were interviewed on At the Races, as the owners of Leitrim Rock! Never let the truth.....!

## WINNIE THE POOH? – DON'T ASK!

My times at Gloucester are some of the best memories in rugby I have had, and I shared some amazing ones with Dibble. He is a great tourist, introducing me to turkey stuffing and prawn cocktail sandwiches, this was his diet before he met Lucy, it was just appalling! He also introduced me to Donkey, no sorry, Horse racing, great times at Cheltenham losing money, watching Best Mate win his 3rd Gold Cup, to snooker (he beat me 17 frames to nil!), TVR Tuscan's, beating the land speed record on the M5, betfair, strangely coloured shorts at the bar, side plank on lampposts, Punto jumping. (yes Strawb's, it was Dibble!) sausage pizza, & the bandits! (fruit machines!) Then of course there were rugby memories with England & Gloucester. He is an incredible talent and was a pleasure to play with. His first start was versus Leicester at home, me at 9, him at 10. My remit was to look after James, so predictably my first pass to him, was a hospital pass, in which he got clattered, welcome to senior rugby! We went onto win the game, I had to kick, nightmare! (Have you ever seen him Kick?!!!) But his ability to run with the ball shone through, we all knew at that point, he would go onto great things. It was amazing watching him run around Jonah Lomu, with a cheeky dummy and then scoring in the corner beating Cristian Cullen in the process, but injuring himself, he should have passed to me on the inside!!! Injuries have been cruel to him at important times, but his love for the game of rugby has never ever wavered, he is one of the dying breed who truly loves this sport, he loves RUGGER!

Fran, myself and the Girls, wish him, Lucy & George, all the success in this his testimonial year. He will undoubtedly get masses of support from the true rugby fans, who have had the pleasure in watching him light up the pitches and TV

screens for over 10 years of service to Gloucester. I am sure George will grow up to be extremely proud of his Daddy.

Thank you Dibble, for all the laughs and for being a great friend and for winning games on your own.

Love Gomars.



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# THE SINBAD STORY



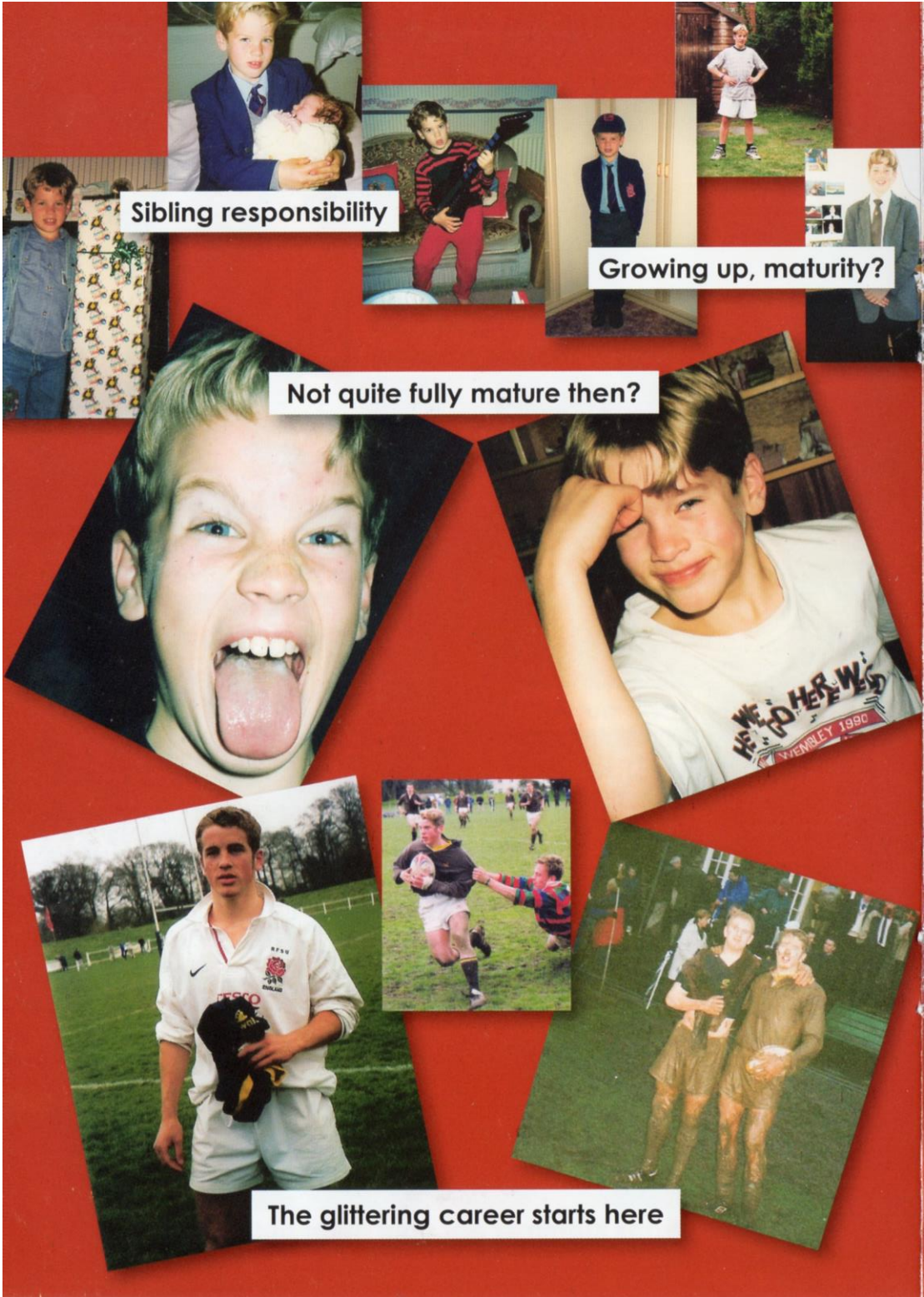
It all began here  
Teeside Hospital

Jonjo please give me a ride

Look out AP!

Family Guy

Franz Klammer eat your heart out

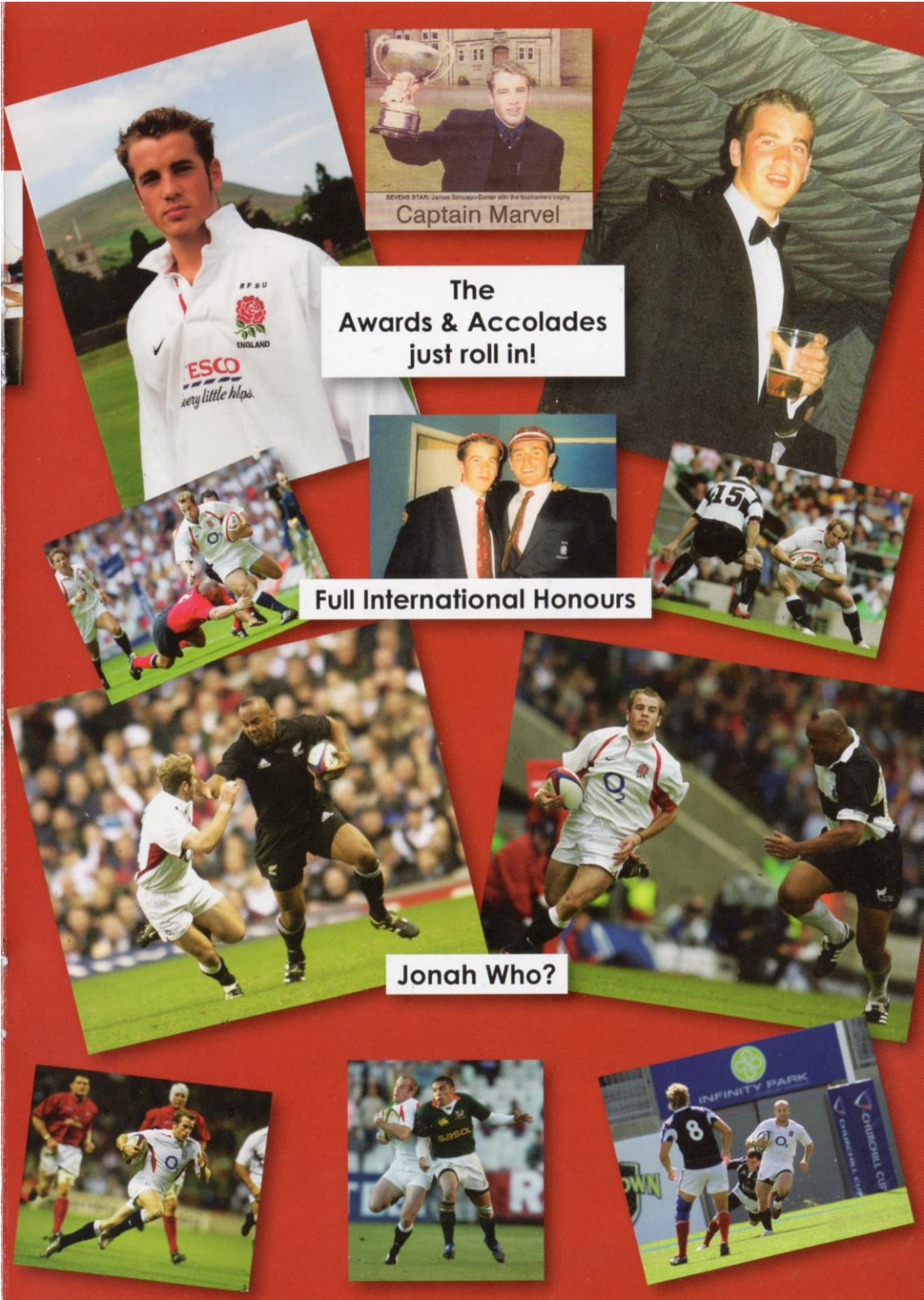


Sibling responsibility

Growing up, maturity?

Not quite fully mature then?

The glittering career starts here



SEVENS STAR: James Senechal-Carter with the Southland trophy

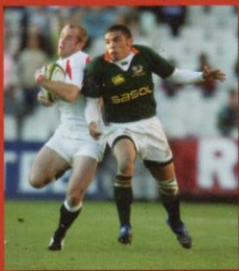
Captain Marvel

The Awards & Accolades just roll in!



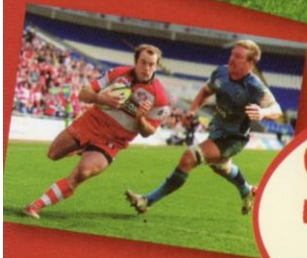
Full International Honours

Jonah Who?

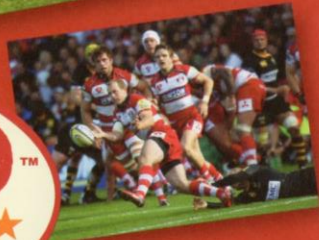




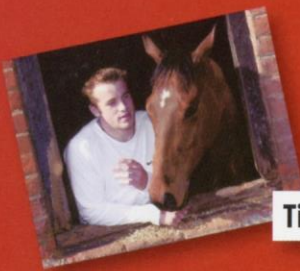
The tries keep coming



MAXIMUM HORSE POWER  
**SINBAD**™  
★ ESTABLISHED 2000 ★  
TESTIMONIAL 2010/11  
HI SPEED  
MADE IN GLOUCESTER



Baby George –  
Future Gloucester Star?!



Time to relax away from rugby





## A COMPLETE LUNATIC WITH A UNIQUE SPORTSMAN'S DIET

Andy Gomarsall used to call Sinbad "the little cretin" but I always thought this was insensitive and unfair. He is in fact a fair bit bigger than you think.

He wasn't when I first met him eleven years ago when he looked about twelve and weighed just over eight stone. This didn't stop him from launching himself at all 17 stones of Ed Pearce and we knew immediately that we had a complete lunatic on our hands.

That impression hasn't changed but what has is Sinbad's physique. I think most people believe this is down to dedicated training and hard work in the gym though nothing could be further from the truth.

The secret is Sinbad's unique sportsman's diet. In the early days this would mean ice cream for breakfast, Nachos for lunch and a few hot dogs for dinner. All athletes like to supplement their diet, most of us use protein shakes. For Sinbad it has always been Ginsters pasties and when he gave me a lift in the Peugeot 206 convertible he owned at the time, I even found huge pot of ketchup hidden in the glove box.

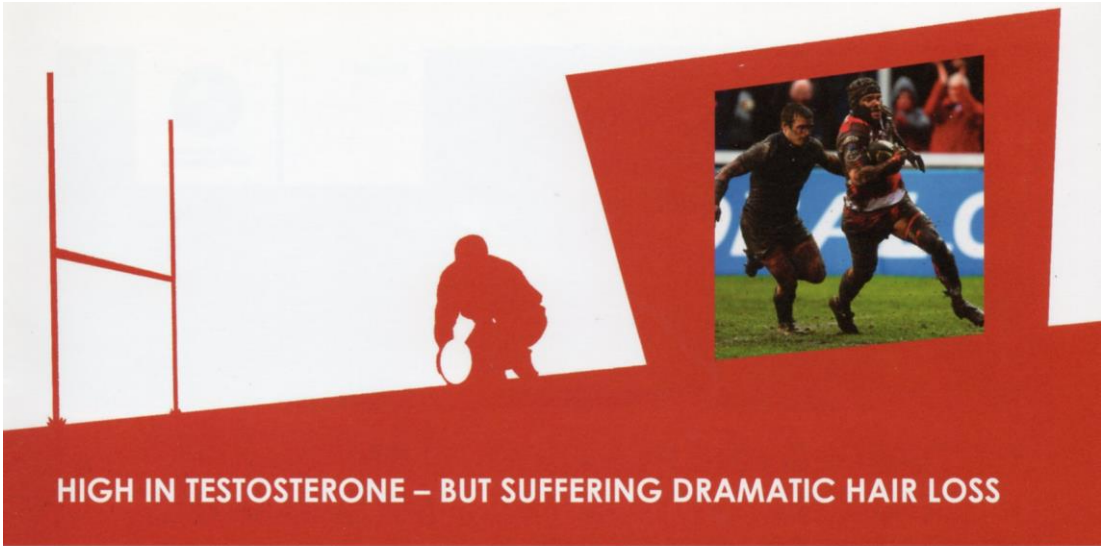
Nothing much has changed and when we toured Canada together a few years ago he ran up a £200 bill for Pringles on my mini bar account and at one stage we all had to club together to buy him pretzels. He still owes me the £200 and if there's one thing I envy about him it's not his speed, side step or handling skills; it's his metabolism.

In fact Sinbad's body has a number of unique features. He is particularly proud of the fact that when a few years back the whole squad had blood tests, his testosterone reading was far and away the highest at the club. Of course this can have a flip side which brings us to the subject of premature hair loss.

Over the years we've watched Sinbad struggle with this problem. It's earned him many nicknames, Alan Shearer is my favourite, but he has never given up the fight. We've seen a number of different hairstyles and attempts at disguise including one where he grew a large tuft in the middle of his head that looked a bit like a roundabout on the A40. So, sorry Sinbad it's time to face the truth mate and just make sure you stand between Sharples and Morgan on the next team photo.

Sinbad has had his fair share of injuries and setbacks of course. One disappointment we shared was when we were both cut from the 2003 World Cup squad on the same day. Bitterly disappointed I vowed to work even harder and fight for my place. He took it with equal maturity and professionalism blowing £40,000 on a new car and refusing to open his post or answer his phone for six months.

Sinbad enjoys an occasional bet and takes his gambling very seriously to the extent that some time ago he decided to establish a gambling room at home. Things got a little out of hand as he created the new concept of the 'reverse makeover' and five bedrooms were reduced to two. This was a small price to pay for the master punter who surrounded by three giant plasma screens could now watch all his horses lose at the same time.



## HIGH IN TESTOSTERONE – BUT SUFFERING DRAMATIC HAIR LOSS

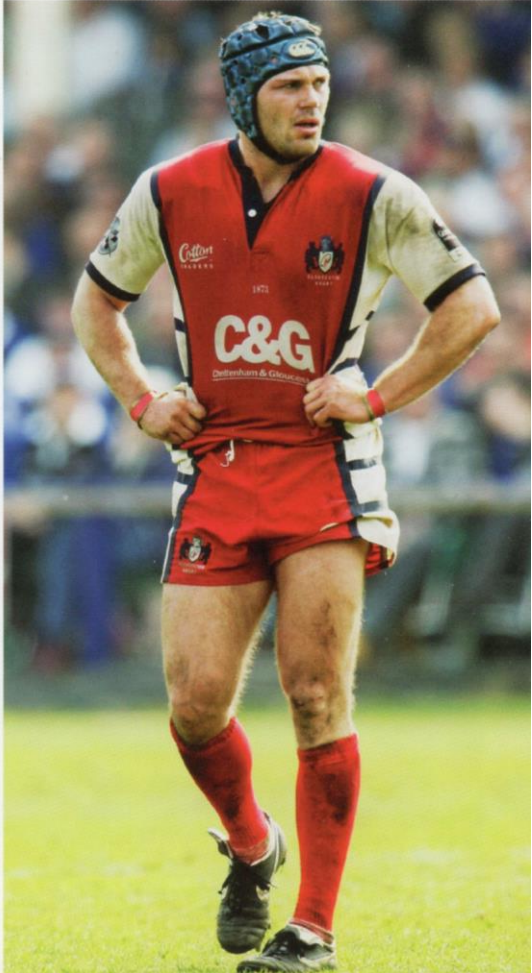
On the plus side I know Sinbad would want me to mention that all the TV's and surround sound system were expertly fitted by SMART HOME SOLUTIONS of Gloucester contactable at [smarthomesolutions@me.com](mailto:smarthomesolutions@me.com).

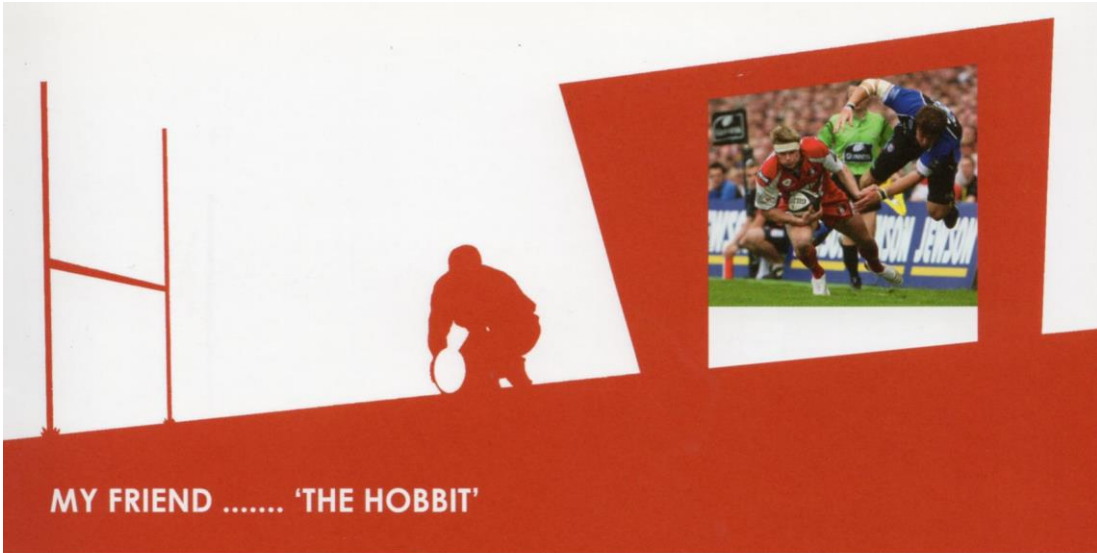
Being a bit more serious, Sinbad has been a great servant to Gloucester and is without doubt the most talented player I have ever played with. He should have had and may yet win, many more caps for England but the extraordinary thing is that he genuinely has no idea just how good he is.

Most importantly he is a great mate. He has recently become a dad and based on the way he has always been with my two girls, Sinbad will make a fantastic father.

So Sinbad, good luck to you, Lucy and of course little George.

*Hazy*





## MY FRIEND ..... 'THE HOBBIT'

I have very fond memories of Sinbad.

The ultimate lover of Worcester sauce flavoured crisps, fizzy drinks and Doner kebabs, with a complete hatred of any food green in colour and any food that would be considered healthy. JSD epitomises a true rugby professional.

I have never met a player with stubbier legs, a hairier body or "Hobbit" like feet than him. Not to mention the anaphylactic shock he goes into when he takes a bite from a lemon and herb chicken at Nandos. A real lover of spicy food!!!

Being the President of the under 18 to 26 club at Cheltenham Racecourse, he thinks himself as a bit of a John McCririck, only he has worse dress sense than the famous chauvinistic tipster!!!! Unfortunately for us he always seems to win when he goes to the races on his own and, you've guessed it, picks the three legged donkey when he is with the boys, he obviously possesses all the attributes of a fine trainer in the making.

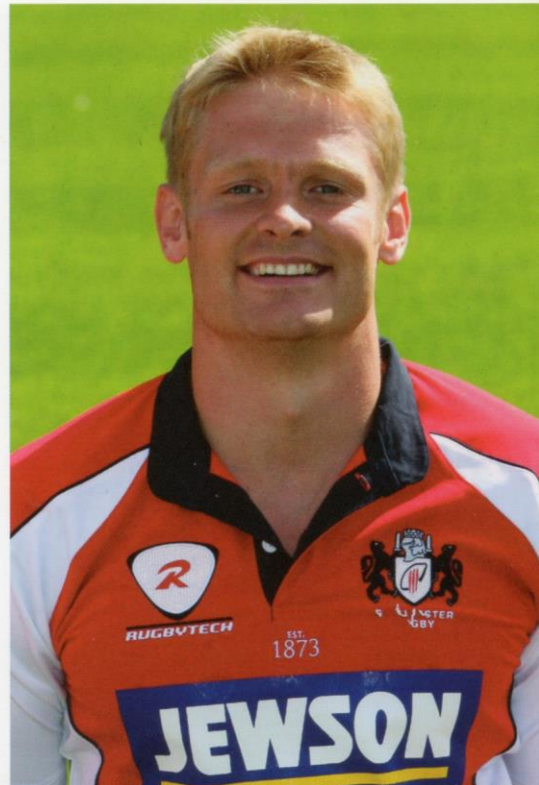
Luckily for us he is not too bad at rugby. I have had the pleasure of playing with him for a number of years and against him on a few occasions. In that time, I have become accustomed to the devastation he causes on the rugby field. With his mesmerising step and blistering pace, he can bring the Kingsholm faithful to their feet and opposition defences to their knees, there are few people in the game who have done and will continue to do the unbelievable things he does on a rugby field.

Sinbad has been and will continue to be a great servant of Kingsholm and I wish him, his family and Gloucester all the best for the future year and beyond.

Good luck mate, enjoy your testimonial year.

Au revoir.

Balsh





## SINBAD MY NEMESIS

Jamie - the most posh man to ever come out of the North West of England was a great team mate and friend throughout my rugby career. We came into the Gloucester squad at around the same time and enjoyed many ups and downs together, ranging from winning trophies to; on many occasions consoling each other on the news of yet another injury.

While Jamie was always a good friend he is not always the easiest person to hang around, he had the uncanny knack of outdoing me at every opportunity. One sometimes feels like the slightly less talented, slightly less bright older sibling (I am clearly not actually referring to his IQ!) Jamie makes everything both on and off the field look so easy, he beat me at almost every activity and computer game we ever played (Mario kart being the only exception.)

Let me give you a few examples, I was very proud to buy my first flat in Cheltenham, Jamie bought the slightly nicer, slightly more expensive one downstairs. I was extremely chuffed to secure a sponsorship deal with Mizuno, a few weeks later Jamie got a Nike sponsorship.

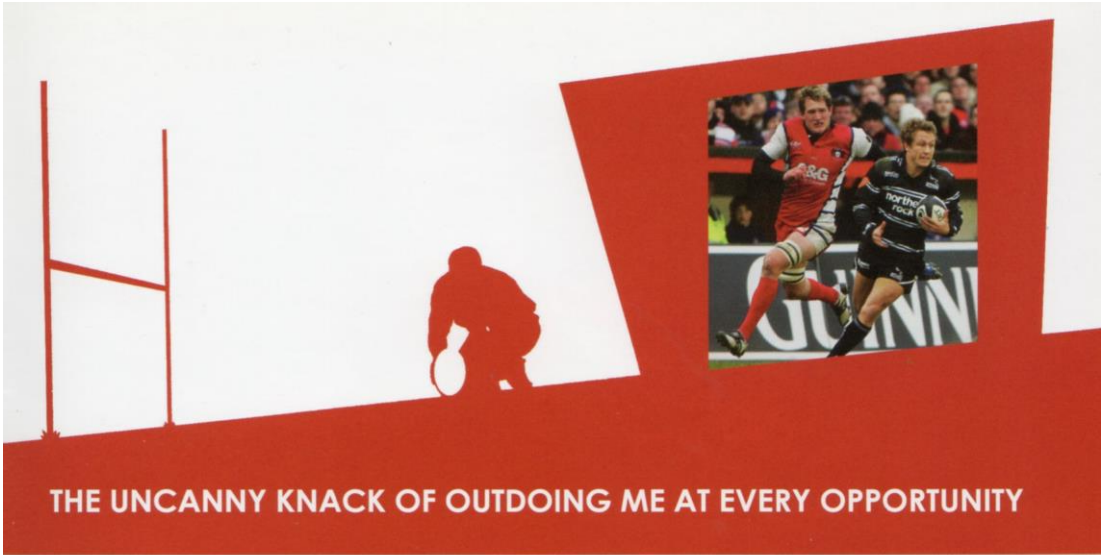
On our debut for England I scored probably the best try of my career going round Jonah Lomu, the Twickenham crowd were just sitting back down again and I was still dreaming about all the great write up's I would get in the papers when Jamie decided from 50m out to outrageously dummy Percy Montgomery, run around Jonah Lomu and then beat Christian Cullen to the corner for pace in what is surely one of the best individual tries to have been scored at Twickenham.

The irritating list goes on. I bought myself a very smart mountain bike, Jamie bought a race horse. I got myself a 30kg Boxer dog; Jamie bought a 60kg Bullmastiff. I got myself a sponsorship deal for a nice Saab; Jamie got a TVR Tuscan sponsorship (which actually nearly killed him). When we roomed together at England camp he would force feed me endless chocolate, ice cream and ketchup on toast, at the end of the week at our weekly fat test he would be very pleased with his 3% reduction while I was being berated by the nutritionist for my 3% gain. And to top it all off he even asked Lucy to marry him before I had asked Jenni - something I got an earful about...or two.....I could go on and on...

However I did find solace in some ways, Jamie's receding hairline at 21 always cheered me up as did his constant impression of Bubba from Forrest Gump. Despite his un-questionable passion for horse racing he is without doubt the worst tipster on the planet, if you ever bump into Jamie at the Gold cup ask him who he is backing... and avoid the horse like the plague.

On the field Jamie is without question one of the top players I ever played with, and I strongly believe he was WAY beyond unlucky not to have been on the plane in 2003, a decision I will never really understand. Off the field he is a top lad and a good friend.

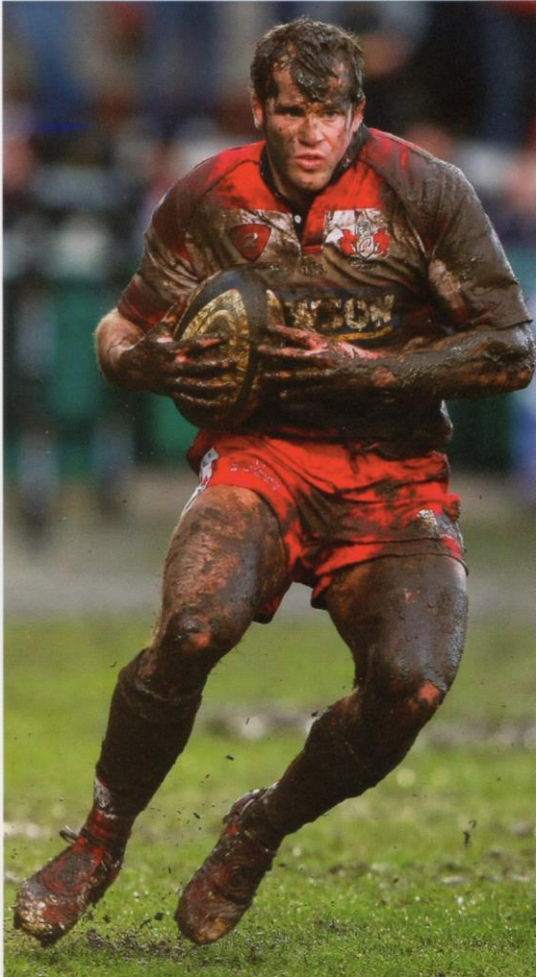
However many caps Jamie does, or does not get he will be remembered by his peers and by the people who watched him over the years as one of the most talented, honest players of his generation.



**THE UNCANNY KNACK OF OUTDOING ME AT EVERY OPPORTUNITY**

It was an honour to play with you mate, and to call you a friend, I hope you get all the support possible in your testimonial year.

*Jango*





## THE PLANK VERSUS THE SAPPHIRE

Sinbad where do I start?

I first met Sinbad when most of the 1st team squad were playing poker during our lunch break from training at Kingsholm. This 14 maybe 15 year old boy walks into the room with not much hair with his father holding his hand! They were passing from player to player saying hello to everyone, I have to admit that I didn't really pay any attention, this was because I was losing all my money to Pasty - Stan!!!!. All I can hear is some of the boys whispering amongst each other, that this kid is the dogs..!!

He wanders over to the table and asks what card game we were playing. What got my attention that day was actually what this kid said to us before walking off, as bold as brass, he boastfully stated that he was pretty good at poker, and that he will clean us all out. Pretty cocky for a young lad I thought!

Over the years I got to know Sinbad, and he was always a confident person, during training he amazed me with his skills with ball in hand, his quick, but very hairy feet and no look passes. His skills are legendary!

I want to set the record straight about our snooker encounters, The Plank versus The Sapphire. He wrote on my testimonial brochure that it was always a one sided affair, with him winning the majority of the frames. I want to say that it is far from the truth, quite simply his claims are not true and it is better that I will leave it at that because I do not want to embarrass him even more.

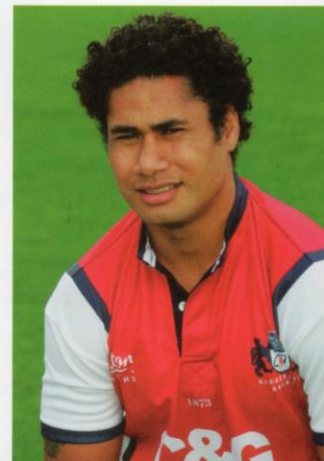
Our friendship grew stronger and stronger over the years. It was mostly banter and abuse towards each other, the pair of us were always joking and laughing together, even in the weight room, especially when it was my turn to do chin ups. There I am, struggling to do even one chin up and he is on the floor laughing his head off.

It is very rare these days to see any player stay with one club for over a decade. That is why Sinbad deserves all the praise that is heaped upon him, praise for his true commitment and passion for the Cherry & Whites.

Congratulations my friend on all your achievements for Gloucester, you are a true professional and a great role model for any youngster who has the dream of becoming a Gloucester player.

We wish you a wonderful testimonial year. God bless you Lucy & George

*Fanolua Family*





## SINBAD – HE SHOULD HAVE BEEN FRENCH!

I joined Gloucester Rugby Club in July 2001 and my first memory of JSD the very young winger was during one of my first rugby training sessions. We played touch rugby and JSD was the most impressive player with very good steps and wow! He was very fast!

He also played really good touch rugby and I thought to myself back then, he should be a Frenchman because he played in the same way that all French players do, he played with "French flair".

My favourite game was my very first game for Gloucester in the Premiership against Northampton at home at Kingsholm, it was a great memory for me to wear my first jersey for Gloucester, and we won!!!!

My favourite opponent was Matt Dawson of Northampton Saints, he played against me in that first game. The way in which he carried the ball and how he played his rugby always really impressed me.

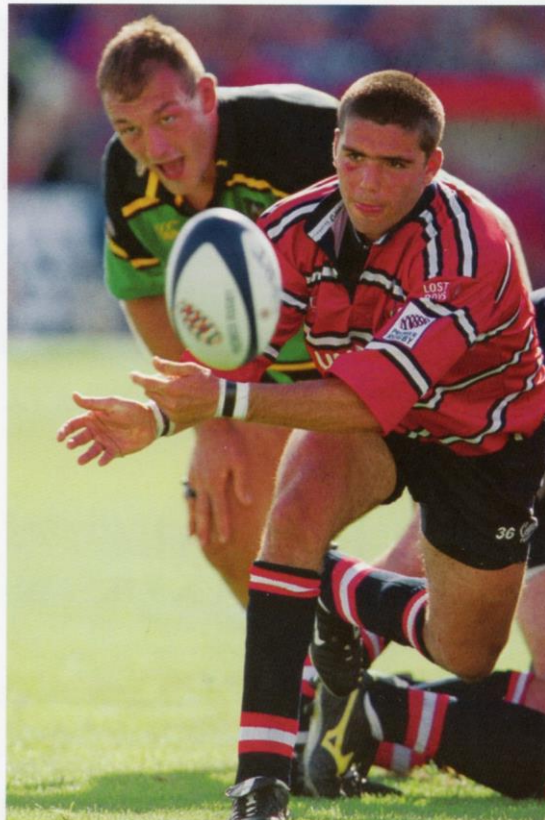
The worst opponent I played against was Tuigamala when he played for Newcastle, the reason he is my least favourite is he was always really hard to tackle, and very big, it makes me wince just thinking about him.

My greatest memory of JSD playing rugby was another home match at Kingsholm against Leeds, he intercepted the ball from our 22 meters and nobody could catch him, he was gone, rapier fast! Try time!

Off the pitch JSD is a legend and one particular night out in Gloucester, at the Jumping Jacks, sticks in my mind, always, what a night! I do not need to say any more.....

Sinbad! I was very happy and proud to play with you! I hope your testimonial year is a great success. See you soon mon ami!!!!

Salut ... Yach







## CHALK..... AND CHEESE

So often in relationships we talk about how opposites can attract, well in the case of this particular individual, never has there been a truer word spoken.

How in the world can a rugby player with a hyphenated last name play for the proudest blue collar club in the land? Well it is simple really, in this relationship with the cherry and whites and James Simpson-Daniel, they share the same core values.

Commitment, application, hard working and proud of whom you represent, is the corner stone of what has been a phenomenal journey.

In this era of professional rugby, for a player to come to a club at age 16 and still be here 5 years let alone 10 plus years later, is simply incredible and tells you so much about the man.

As a player we all know what Sinbad can do, the memorable moments are too many to mention, but suffice to say that I have never seen a player ever before, that can run like the wind and hit like a steam train the way he has done over his career, it is truly scary stuff.

Personally I am so thrilled I have been asked to contribute by writing a few words about Sinbad for this, his testimonial year brochure.

Throughout my career, I have never played rugby with a nicer bloke. Furthermore, I am sure that everyone, family, friends and fans alike, cannot wait to get behind him and help him celebrate what has been a wonderful career so far and I am sure that the best is still yet to come.

Good luck Sinbad

Duncan McRae





## A HIGH BALL DUMMY SWITCH, AN OUTSIDE BREAK AND A HOT FINISH, WHAT A TRIO TO RUN RINGS ROUND!

As a player and then a coach I was pretty sure I had seen just about everything in rugby. After all, I had the pleasure of working alongside Pat Lam and Inga Tuigamala and some of the things they could do on a rugby field at times belied belief. But as I sat on my sofa in May 2002 I watched a young James Simpson-Daniel – wearing a shirt so big it would easily have fitted his opposite number (more of whom shortly) – produce a piece of jaw-dropping skill that is still talked about today. First, the high ball dummy switch that transfixed Percy Montgomerie, then the outside break and turn of pace that left the mighty Jonah Lomu for dead and finally the finish that was too hot even for Christian Cullen – not a bad trio to run rings round in an England shirt. Imagine my delight at not only such a remarkable piece of skill but more importantly my impending move to Gloucester in the summer and the chance to work alongside Simpson-Daniel and another player who graced the field that day, James Forrester. What followed was probably the most invigorating and exciting chapter in my coaching career – to get a chance to work with a player of Sinbad's quality. With players like James at the forefront we were able to re-write what it meant to be a Gloucester player, adapt and evolve a style of play that allowed us to explore what type of game was achievable with the right individuals given the freedom to express themselves.

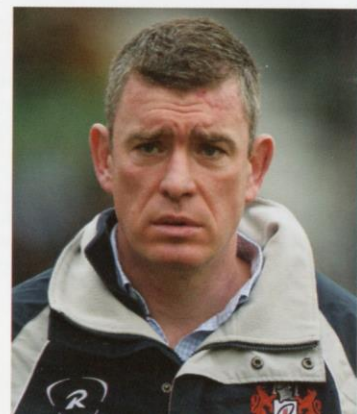
Gloucester topped the table during these years and James rightly went on to representative honours with England as perhaps the greatest attacking free spirit of his generation, with his ability to mix brilliant ball skills with exceptional

balance and pace, with an uncanny knack of spotting game breaking opportunities. Now, celebrating his testimonial, it is a mystery why he has only 10 England caps to his name. A volatile mixture of shocking bad luck with injuries and illness and various management regimes who were not prepared to share in his uniqueness leaves a feeling of an international career unfulfilled. At the age of 28 much has changed in Sinbad's life. He has finally been able to rid his dependency on prawn cocktail crisps and with a young family to devote his time to these days get some balance to the rollercoaster life that professional sport puts you through.

But there is still much to come from Sinbad on both stages and I for one would love to see him set free from restrictions and just for a moment allowed to recreate the form and freedom of Twickenham all those years ago.

Good luck with your Testimonial year Sinbad. I will just be happy to have watched from the best seats in the house!

Dean





## ONE OF LIFE'S GREAT MEN – A GREAT PERSON TO BE WITH

James Simpson Daniel – one of life's great men. Gentleman and athlete. James and I went to the same school, Sedbergh, a man of ridiculous calf muscles and quads. He is a typical northern diamond of a lad; you will never meet a nicer person in rugby. He was always amazing in attack and even though he is somewhat vertically challenged he always tried his best in defence, whether it be Lomu or Healey. He would be like a ferocious ferret around the ankles of even the biggest of opposition.

My favourite memory of James playing for England is back in 2001, when after another masterful, sidestepping run he put Ben Cohen under the posts for a significant score in a game that up until that point, England looked like they were going to lose. He is an outstanding natural talented rugby player; furthermore he was always a great person to be with at the England training camp at Penny Hill Park.

It is such a shame that his appalling luck with injuries have robbed him of many more England caps than the 10 he has gained. An injury free run would have seen him reach a half century of caps no doubt.

Off the field he is equally outstanding, given the huge changes that we have all witnessed in this era of professional rugby, with strength and fitness now taken to unbelievable levels, with diet and nutrition so vital to success, Sinbad continues to buck the trend! His love of all foods that are unhealthy beggar's belief!

James, I wish you all the best in your testimonial year, you are one of Gloucester's own, it is clear that the Kingsholm faithful adore you. It was my great pleasure and privilege to play alongside you in an England shirt. Enjoy all the support that will without doubt come your way.

*Will Greenwood MBE*

