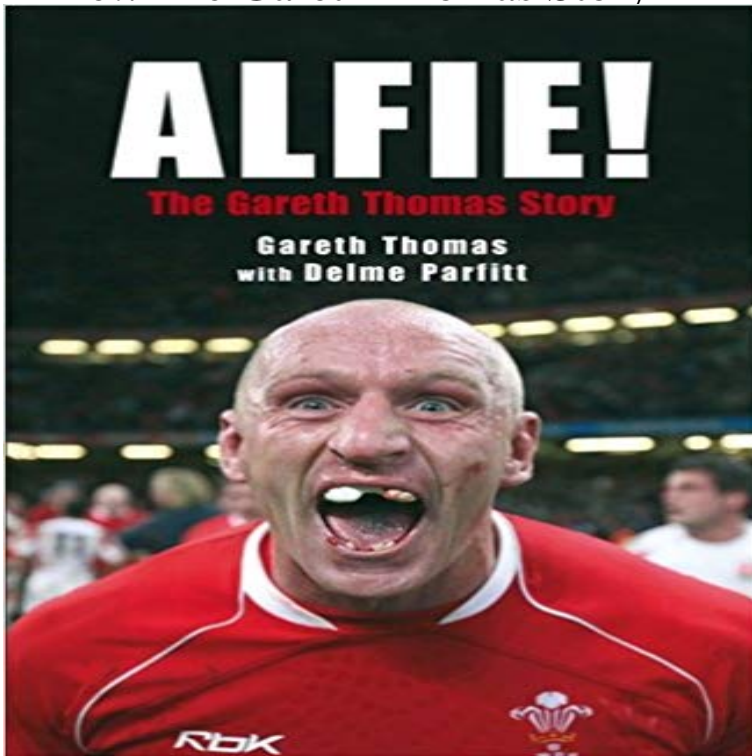


Alfie!: The Gareth Thomas Story



From postman to captain of the British and Irish Lions, Gareth Thomass story is a remarkable one. Universally known by his nickname Alfie, Thomas has amassed an incredible list of achievements in more than a decade at the top of his sport: in 2005, he racked up not just the Grand Slam but also a Heineken Cup-winners medal with Toulouse; he stepped into the breach as leader of Sir Clive Woodwards Lions when captain Brian ODriscolls tour was prematurely ended; and he reached the milestone of 100 caps, the most won by any Wales player, during the 2007 Rugby World Cup. Away from the field, Thomass experiences have often read like a real-life soap opera. In 2006, a potentially life-threatening neck injury resulted in a mini-stroke that almost ended his career. There was also a French court appearance for alleged affray, the anguish of the saga surrounding Mike Ruddocks controversial departure in 2006, and a Six Nations ban following an altercation with Ulster supporters at a Heineken Cup match. Yet, amid the highs and lows of a remarkable rugby odyssey, it is Thomass alternative yet engaging personality that marks him out as a true one-off. Never afraid to speak his mind, he has made it to the top simply by being himself. In Alfie!, Thomas reveals the inside story of his incredible life and offers readers an insight into one of the most intriguing personalities in rugby.

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