

Grew up in Rutland, played at Melton Mowbray and junior County rugby for Leicestershire.

In 1991 was invited to play at Leicester Tigers, leaving in 1995 for a career in London.

Played national league rugby from 1995 - 2004 also representing Middlesex until a ruptured disc halted rugby.

In 2005 he moved to Hitchin 100 yards from the club and began coaching, since then he has helped teams win 6 league titles.

Progressed teams further in county and national cups than the club had previously seen.

A qualified PTI Jim believes that hard work, fitness and ball skills win leagues.