

Fitness expert enjoys working alongside legend



VITAL RUNS: Danny Evans

Pool don't need Sam's brilliance

HARTLEPOOL won their second ever Fifteen: 15 game last night thanks to a comfortable 22-run victory over Billingham.

Pool's star from the weekend, Sammy Jayantha, was not in the runs last night at Park Drive as he was run out without even facing a ball in the home innings.

The poor start was compounded even further when skipper Jack Wilkinson was caught for two.

Alan Tebbett and new signing Danny Evans then got things moving before Tebbett perished.

Evans and Chris Harrison then continued the assault on the Billingham attack, before both fell in the early 20s.

Dan Shurmer and Steve Purcifer steadied the ship as it appeared Pool could potentially be bowled out within 15 overs.

Shurmer and Purcifer, and later Callum Prosser, consolidated for the Park Drive side, making sure the scoreboard ticked over.

Despite their efforts, Pool posted a score of 133-9, which was a little below par from 15 overs.

Pool knew that they needed to be positive in their approach to the Billingham reply and attack wherever possible.

So they opted to use their fielding powerplay first up meaning, for three overs, they could only have one fielder placed on the boundary line.

Billingham lost their first wicket in the second over with Prosser having Chris Atkinson caught by Evans for 11.

Synthia then began to string a partnership together, albeit quite slowly. Veteran opener Keith Hewson was taking the majority of the strike and scoring steadily, while the batsman at the other end struggled somewhat.

Simon Driver was bowled by Jayantha who refused to be kept out of the game.

Billingham again re-grouped, with Hewson and Mark Atkinson putting on 55 runs in their partnership for the second wicket.

Atkinson never really got out of first gear and when he was dismissed, the subsequent batsmen had a difficult job to crank up the scoring rate.

The task proved to be too much as Pool romped home to a comprehensive victory, courtesy of some tight bowling from Kev Peek and Jayantha.

The 22-run victory puts Pool in a prime position in their group to progress to the next stage.

Pool now face a trip to Marton on Thursday in the semi-final of the Kerridge Cup before travelling to Mainsforth on Friday.

Paragonians cast spell over Merlin!

A THREE wicket win at home for Paragonians against Nunthorpe Merlin B team maintained their good form in the Cleveland League.

Nunthorpe were put into bat and were soon in trouble against the young pace attack of Micheal Williams (3-13) and Jack Burgeon (4-29) backed up by some great fielding by the home side.

Only opener I.Mee (19) offered any resistance in the visitors total of 95 all out.

Paras lost some early wickets and an upset looked on the cards with T.Mullen (4-9) spearheading Merlins reply.

But some excellent batting by the in-form Paul Davis (38) and Andy Davies (16) ensured the three wicket victory with overs to spare.

England's loss is Gough's gain

Physio joins 'inspiration' Scholes in America

PHYSIOTHERAPIST Paul Gough has recently returned from a trip to America, where he worked alongside Manchester United and England legend Paul Scholes. The fitness expert talks to SportMail's ROY KELLY about his amazing experience and gets a physio's view on the England World Cup debacle.

DESPERATE times often call for radical measures.

And Hartlepool physiotherapist Paul Gough and fitness expert believes the Football Association have been wrong to back Fabio Capello.

Gough slammed Capello's claims that the players were "tired" and believes England legend David Beckham should replace the highly-paid Italian.

"The excuses that have come out have been ridiculous," said Gough.

"He was saying the players were too tired and had played too many games.

"I think he was shown up when it was highlighted the Germans had played more games in their Bundesliga season.

"I didn't see tired England players – just players who couldn't trap or pass a ball.

"I saw unfit players, like Gareth Barry and Wayne Rooney. Not unfit in that it was down to fatigue, but because of injury.

"If tiredness was affecting them, why didn't Capello pick Joe Cole, who had not played many games for Chelsea?"

"You would have picked him out as one of the fittest and freshest players there in the squad.

"I think Capello is just grasping for straws – he's had an incredible career and his club record is second to none.

"He's got a background to protect and he's going to try to blame everything and everyone before he blames himself.

"It would have been nice for him to come out and say I got the tactics wrong – I think the country would have had more respect for him if he came out and did that.

"Looking at it from the outside it looks as though Capello's approach is my way or the highway.

"Every pundit and fan in the country had been crying out for 4-5-1 – they all can't be wrong can they?"

Gough added: "For me, you don't even need experience as a manager.

"Jurgen Klinsmann hadn't managed anyone and he got Germany to the World Cup semi-finals.

"Our last three managers were supposed to be fantastically gifted, but what have they done? Not a lot really!

"I would love to see Beckham get it – go for a complete change. He knows the team and knows



ALL SMILES: Paul Gough (seated) in the classroom at the Paul Scholes Soccer Academy in Florida and alongside the man himself (below)

what the fans want.

"He will also take the media circus away from the players because all the attention will be on him.

"The players should know how to play – they don't need coaching as such, they shouldn't.

"It just needs someone to get the best out of them."

Gough has recently returned from a trip to America, where he worked alongside a man many fans would love to have seen in South Africa – Paul Scholes.

The 29-year-old, the owner of Paul Gough Physio Rooms, provided the healing hands at the Paul Scholes Soccer Academy in Florida.

"It was one of the best experiences of my career, probably second to me starting my own business," said Gough, who is based in Church Street. "I got into it through [former Darlington boss] Simon Davey, who's a contact I've had for a while.

"He's got a company out there called Mid West Soccer Academy.

"I said I was interested in going to work in the States, either at football camps or colleges and asked if there was anything happening.

"He said he was putting on the Paul Scholes Soccer Academy in Orlando and would I like to go out and give him a hand.

"It's my goal to go out and work there – I'm considering doing my coaching badges – so I jumped at the chance."

Manchester United hero Scholes worked with the American kids every day and Gough was impressed with what he saw.

"Paul was fantastic, an



inspiration," said the former Darlington FC physio. "I couldn't speak highly enough of him, as a professional, as a footballer, as a man.

"You could see his will-to-win, even in a five-a-side game with the kids!

"You can tell why he's got to the top of the game.

"But the best thing I can say about Paul Scholes is that he's just a normal bloke, even though he's a superstar.

"He didn't want any big introductions or fanfares, each day he just pulled up in his car, put his boots on and got straight down to work."

Football, or "soccer" to the Americans is a huge sport for the youth in the USA.

Scholes is a hero to their football fans and the youngsters

hung on to his every word, on and off the pitch.

"The kids were unbelievably knowledgeable about the English game," said Gough.

"They know all the teams, all the players.

"At one of his Q and As, someone asked Paul what's the worst tackle he's been in. He said George Boateng and they all knew he played for Hull.

"And when he mentioned Teddy Sheringham, they all knew who he was and who he played for, even though he's been off the scene at the top level for a few years.

"They get to see more or less every game on TV and their enthusiasm and interest was way above what I was expecting."

Gough was kept busy during his week

"You'd be surprised the injuries they picked up," he said.

"They'd be working for six, seven, eight hours a day and by day three they'd probably used their muscles for as long as they had in a season!

"There were loads of ankle sprains, blisters etc because of the hard grounds.

"You were there to make sure they were all OK and you'd try to pass on tips and advice to parents."

For all the enjoyment of working with Scholes in Florida, Gough is pleased to be home again.

"Everyone keeps saying 'you're back?' as if they thought I was gone forever," laughed Gough, whose business provides physiotherapy to hundreds of clients in Hartlepool, Darlington, Durham and Guisborough.

"It's nice to be back at work."