



Richard Doughty **Cricketer**

In the 1980's Richard Doughty was a fast-medium bowler and attacking middle order batsman. Richard began his career as a wicketkeeper with the MCC Young Cricketers at Lords Cricket Ground and following enjoyed seven seasons as a professional from 1980 to 1987, with Gloucestershire CCC and Surrey CCC – Best Bowling 6-33 vs Warwickshire CCC and Glamorgan CCC and Best batting 65 not out vs Derbyshire CCC.

What is your favourite/most important piece of kit?

Bowling boots

Best piece of advice that you have ever been given:

Keep it simple.

What advice would you offer for any one looking to try something new or to better themselves?

Don't be afraid to make mistakes.

What is the most challenging situation that you have been in and what was the outcome?

Being diagnosed with cancer and being given the all clear five years later.

Why have you decided to become an Athlete Mentor?

To try and help someone learn from my experiences and become the best they can.