



*“A manifest in how to fight adversity and win”. Nick Howson, The Cricketer Magazine*

# HOW CRICKET *Saved* MY LIFE IAN MARTIN

## About the Book

An honest, often sad but humorous account of life inside a body that no longer does as it is told!

Ian Martin was a sports-loving youngster. When he realised he was more enthusiastic than talented enough to make a career out of playing sport he left home and joined the Royal Navy. This book tells the story of his experiences at sea onboard HMS Ark Royal, his service during the first Gulf War on HMS London and his subsequent medical discharge after being diagnosed with a neuro-muscular condition. Ian talks about the impact of the diagnosis, his deterioration and mental health battles and how cricket helped him transition into a wheelchair and to him finding him- self, and a new career.

It's a tale of rejection, dreams, discovery, determination, resilience and, ultimately, success via the floors of many hotel bathrooms and scrapes with airport security.

## About The Author



Ian is married with two children and lives in North East Wales. He is a Royal Navy Veteran having served on HMS Ark Royal and HMS London during the first Gulf War. He was diagnosed with a neuro-muscular condition in 1994 and medically discharged from the Navy. For the last 20 years he has played a leading role in developing the sport of cricket for people with disabilities, becoming the England and Wales Cricket Boards first full time Disability Manager in 2007. He has led 18 overseas cricket tours and overseen the growth in participation of disabled people in cricket to over 70,000 people. Ian was awarded an Honorary Doctorate in 2022 by the University of Worcester, he is a former Trustee of the Lord's Taverners and a current Trustee of the Neuro-Muscular Centre in Winsford. He currently serves on the Cricket Committee of the Marylebone Cricket Club (MCC)

*How Cricket Saved My Life* is published by Austin Macauley and available to order from all good bookshops and on Amazon.

Ian can be contacted at [ian.martin@btinternet.com](mailto:ian.martin@btinternet.com) and is available to do talks to clubs and societies.

## Amazon Reviews

*“Don't make the mistake of thinking this is just another collection of humorous tales about cricket! So much more than that! Funny - yes but also a moving, brutally honest account of a life spent tackling adversity head on. Ian's book is ultimately an uplifting account of how one man has made a profound difference to the lives of countless thousands of people with disabilities across the globe. Couldn't put it down!”*

*“I laughed and cried in equal measure. It's a book that had to be written, and should be read, widely, by anyone. An honest account of a life well lived, and battled. I want to read the next chapters. A truly remarkable account, man and story.”*

*“A must read , even if you aren't a cricket fan (which I'm not) . Full of ups and downs , and many laugh out loud moments. Covering the Navy, Disability and sport! Ian has managed to create a book which will keep you hooked , but open your eyes to struggles many of us aren't aware of .”*

*“This is an easy and entertaining read and no knowledge of cricket is required. I laughed and was so impressed with all that that the author has achieved for himself and so many others across the world. Some of the stories particularly about managing as a person using a wheelchair really made me think and I will look at some things in a different way. Overall I was left feeling WOW for all that the author had done especially the travelling and working outside the UK. Would really recommend and as I say no prior cricket knowledge needed but it does make you want to watch a game!”*