

"I GREW UP WORKING ON MY WEAKNESSES, TRYING TO BECOME THE MOST COMPLETE PLAYER I COULD, AND WHEN YOU DO THAT YOU BECOME A BIT OF AN ALL-ROUNDER."



owerful. Quick. Adaptable. Flashy. Safe... We're talking about man and car. Range Rover Sport was launched in May 2005 and quickly became the best-selling 4x4 sports tourer in the segment. It's a natural winner and so it's no surprise Josh Lewsey drives one.

As one of England's best rugby players, Josh Lewsey is well used to leading the charge for his club and country. And as one of the most senior players, too, he has seen the game change rather a lot during his career.

The professional era has ushered in a complete image change for the sport. Rugby used to be an amateur game played by educated toffs, watched by educated toffs and steeped in tradition. Now that the elitist element has been softened, Lewsey believes both the crowds and the players are more salt-of-the-earth types. "Rugby has definitely gone through a modernisation," he says. "When it was an amateur game, it was more of a posh boys sport. But these days, in the professional era, it's much more down to earth."

Something similar could be said of Lewsey's car, the new Range Rover Sport. "I think in the past Land Rover was seen as very much for the green welly brigade, for people who had farms and horses," says Lewsey. "But not any more. They have adapted with the times and become a very contemporary brand. Yes, you can still

throw the dogs in the back of these cars and go for a really good day out in the country, but polish them up and they look really impressive around town too. They serve both purposes perfectly."

It's exactly that kind of easy adaptability that Lewsey has made part of his well-rounded game. He, too, is able to operate pretty much anywhere having played at centre as well as full-back and wing this season. "You have to be able to adapt," he says. "I really don't mind what position I play in so long as I am as heavily involved as possible. I grew up working on my weaknesses, trying to become the most complete player I could, and when you do that you become a bit of an all-rounder."

Having been part of the graduation from old school to new, Lewsey is at the forefront of another huge transition in the English game, right now. As one of the few World Cup winners expected to help defend the trophy in France next year, he has been a key component in steering England through the unavoidable trough that followed the 2003 peak. "There was always going to be a period of rebuilding and remodelling after the World Cup," says Lewsey, "but we believe we're going to be in good shape by the time it comes around again." With an engine like Lewsey firing on all cylinders, England should be back in the driving seat.

MH PROMOTION



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How would you like to spend a day on the legendary off-road track at Eastnor Castle? You'll be guests of another legend, Josh Lewsey MBE, the England rugby and British Lions full back and Range Rover Sport owner. You'll put Range Rover Sport to the ultimate test on one of the most challenging off-road courses in the country. Josh will be at hand for the entire day, so there will doubtless be plenty of advice on handling and tackling obstacles, particularly in heavy mud. Please visit www.menshealth.co.uk/landrover and enter your name in our prize draw. Terms and conditions can also be found at www.menshealth.co.uk/landrover