

Get boardroom ready

With the Aviva Future Leader Programme

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Gareth Rowett
Rowett Ins.
Saint Austell

From a very young age had a sporting background. Have played a variety of different sports throughout my childhood. In the past few years I have joined St Austell Running Club and having held a position on the committee for the past two years am currently preparing to become the club's male captain, which starts in November, having been the vice-captain for the past 12 months. During the last couple of years I have shown that I am up for a challenge, having completed and raised over £6,000 for our local hospice running the London Marathon. Since then I have also completed the Manchester Marathon and am in the process of training for the Cornish Marathon. Outside of running I also have a keen interest in all sports, including local football and in the past have created a website and programme for Sticker AFC and now create a different programme for each game for AFC St Austell. As part of my role I also am responsible for signing up matchday and matchball sponsor and finding additional sponsors for the club – something that the club's committee have entrusted in me for the current season and something that I have a keen interest in.



Barry Bown
Dayinsure.com
Tarporley

Family is the most important thing to me. Becoming a father for the first time last year has been amazing and Mason has a tendency to keep me very busy! I also have a Siberian Husky named Cody that enjoys long walks in the countryside, which is my favourite way to spend a Sunday morning. I'm also a big football fan – I'm a Manchester United season ticket holder, although that's proving more frustrating than relaxing of late. I enjoy motorsport too, particularly F1 and more recently the WRC which was born from Dayinsure's sponsorship of the UK event. My pride and joy possession is a Ducati Panagale, a great way to unwind after a hectic day (weather permitting).

Over the last 6 months a lot of my spare time has been spent training for a charity London to Paris cycle event (I'd never really ridden before). I completed the challenge in early September and the company collectively raised over £24k for a local charity, The Joshua Tree (who support families through childhood cancer). It gave me a great sense of achievement so I'm keen to get involved in future charity events.



Charlie Upton
Cooke & Mason
Retford

I am mother to two young children, Olivia and George who keep me busy when I'm not at work.

I am a keen amateur veg grower, a past time that has helped me to develop skills such as overcoming adversity and perseverance.

I love to cook and enjoy trying new recipes, particularly Mediterranean and Middle Eastern dishes.

I enjoy keeping fit by going to the gym and taking circuit classes.

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Richard Mackie
ERMG
Edinburgh

In my spare time I currently chair the Institute of Risk Management Scotland Group which involves organising several events each year. Additionally I also have taken part in the supporting local young professional groups. For fun however I enjoy taking advantage of living in the Scottish borders. I regularly go running in the hills, cycling in the Ettrick forest trails and avid collector of wine having accumulated over 260 bottles in the cellar. (Many of which are sampled at weekends when friends are over). I also like to travel and try new activities. In recent years I have travelled across Japan, the east & west coast of Canada and USA, having done flying lessons, rally driving, off road courses and sky jump. While I do risk management as a career, this doesn't limit my sense for adventure.



Nikki Stuttard
Anderson & Co.
Blackpool

Away from insurance I have the same drive and passion for life and believe you should make the most of every opportunity and be the best person you can. It is extremely important to have a work life balance where you work hard but also enjoy the time you have out of work to create memories that last forever. I have 2 beautiful children called Harrison who is 5 and Sienna who is 3. I have been married to my husband for over 2 years and we have an amazing life with our children. We go on a lot of adventures and believe life is for living as we work hard for everything we have achieved. Together we have grown our own property rental business buying and selling houses for profit and growing our rental portfolio. In the last week I achieved something that I did not think possible at the age of 35. I am passionate about my fitness and enjoy training and pushing myself to the limit. I entered the Pretty Muddy in aid of cancer research. This was a race in the mud over fields and obstacles where I achieved 2nd place beating people much younger than me.



Craig Wilson
Stanmore
Bolton

Football - I am a big Liverpool fan and like to attend games where possible, usually around 10-15 a season.

Music - A big interest in music and attend a lot of concerts/festivals across the UK/Europe.

Travel - I am a keen traveller and like to explore new places, the next being Thailand/Malaysia in February.

Fitness - I like to keep fit and go to the gym 3-4 times a week (where possible) and walks.

New House - Myself and my partner moved in to our new (and first) home together a couple of months ago so all the bits that come with that are an 'interest' at the moment....and a burden on my bankbalance.

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Mat Kiff
BHIB Ltd
Leicester

I'm a proud family man and consider myself extremely lucky to have a very supportive (and attractive – she will read this) wife as well as 2 boys aged 5 and 18 months. Therefore a lot of my time outside of work is spent spending quality time with them and trying to make the most of watching them grow up and develop. At the moment that mostly involves zoos, football or anything to do with dinosaurs! Aside from that I'm a keen sport enthusiast and although my playing days are behind me I'm a big Leicester City fan and also enjoy playing golf. Obviously the football highlight is the year we surprised the world and won the league which led to me going on a couple of European trips. The highlight of my golfing career so far was being in the BHIB team that won the Aviva Midlands golf day this year!



Keri Egan
Circle Ins.
Coventry

When not at work you will either find me exploring the world with my seven year old daughter or hanging upside down. As well as being a devoted mum I am an aspiring aerialist – loving all things circus. I have trained static trapeze, corde lisse and aerial hoop but my main passion is aerial silks where I love to climb, hang and drop. More recently, and when time permits, I have enjoyed flying trapeze and the benefits of this cascade back to my personal and working life. Not only has flying trapeze taught me to push outside my comfort zone (It's a beautiful place but nothing ever grows there!) and confront the things in life that challenge us, but it is a perfect example of trust and teamwork and how the small details matter.



Graeme Wooden
Hugh J Boswell
Norwich

I am a Father of two children, Callum 4 and Ava 2 months old, it is fair to say that together with my Wife Amy whom I have been with for almost 10 years, they are my absolute priority and focus. Everything I do in my work is aimed at providing for them and ensuring financial stability. Equally, I do really believe in a healthy work/life balance and push myself to ensure that I am home 2 nights a week to sit with them as a family and eat our dinner together at the table (something I am really strict on). My social life is largely dictated by family and I really enjoy family days out to the beach and whatever the current craze is (currently crazy golf and the Dinosaur Park)

Aside from this I enjoy playing golf, having once held a handicap of 8. It is fair to say with my family now I spend less time on the course but still really enjoy playing when I do.

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Peter Lycett-Williams
AMB Ins.
Newcastle-under-Lyme

I enjoy sports and follow my local football team Port Vale which has been great for building my character! I spend a lot of time with my own four dogs, walking them through the country and training them, I even spent a holiday teaching two of them how to recognise and indicate scents.

I have recently taken up Kung Fu and enjoy the challenge of sparing and self-defence, the fitness and mindfulness that it brings.

I play a little golf but I don't play as much as I'd like



Alex Edmunds
Uttings Ins.
Hingham

Outside of work I enjoy family time with my little girl Sophie, who's not so little anymore, and my wife. We both love to travel and our favourite place is definitely Italy. Best wine and food in the world!

I am a massive Norwich City fan even though we aren't very good at the moment, and I am a keen cyclist and try and do as many events as I can.



Julie Thurlow
Hinks & Co Ltd
Hull

I am a big believer in "do it while you can" so am always looking for that next challenge. Over the last 4 years my list is getting longer, High ropes, Wipeout, Climbing snowdonia, The accelerator slide, Off road 4 by 4 trucking, White water rafting, One of my biggest fears are heights, so I took the challenge of attempting the longest Zipwire in Snowdonia, the experience was amazing.....but still scared of heights! I love travelling my favourite place is Italy from the architecture, ancient ruins, culture, food, wine and people, every region has its own charm which tempts your back. I have a large group of friends and love socialising, from good food to a night of drinking, theatre, cinema. I have a son who is in his final year at University studying Bio chemistry and is applying to carry on his study to do Medicine.

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Neil Thomsett
Adler Ins.
Birmingham

I am married and a father of two beautiful children – a three-year-old girl and a 6-month-old boy. When I am not hanging out with the family, I'm a huge golf fan and I enjoy playing, practicing and watching the sport. I can be found on the course most Sundays and enjoy both the social and competitive sides of the sport. I am passionate about food and the art of presentation (i.e. food snob!). I also enjoy travel and thanks to some great opportunities I am fortunate enough to have travelled extensively throughout the UK; I really enjoy meeting new people and seeing new and exciting places; when meeting new people and asking where they hail from there aren't too many occasions where I can say that I haven't been to their home town! I'm also a bit of a globetrotter generally but my favourite overseas destination has to be northern Italy – a place that perfectly combines my fondness of food, history and fabulous weather!



Adrian Davies
Davies Craddock
Llaneli

Outside of work I have played rugby for most of my life and with my playing days 'almost' behind me I found it rewarding becoming Treasurer of the club, still being able to be involved but not getting bashed up each weekend. I've been a talented sportsman in Rugby, Cricket, Golf and Football. Within this or any other task I have found myself to be elevated towards a position of responsibility. In school I was lucky enough to be chosen as Headboy and in various teams I have played for, the captain's armband has come my way. Most recently I joined the Board of Directors for the Business Improvement District in Llaneli to enhance the town centre after many years of neglect. However, what gives me a lot of satisfaction in my work is being a point of reference amongst my colleagues, helping them with their insurance related problems and queries.

