



Jack Rowlands, Director of PINNA, shares with us a little of himself...

What single thing would improve the quality of your life?

Being part of a society where everyone had the opportunity to achieve what they were capable of achieving

What keeps you awake at night?

What is, being kept awake at night?

If someone made a movie of your life would it be a drama, a comedy, a romantic-comedy, action film, or science fiction?

A comedy please. Being able to make someone laugh would make me really happy.

What fact do very few PINNA clients know about you?

I can row 10k in the gym in under 43 minutes. Actually that's a porkie (I could do it until a couple of years ago – my goal is to repeat it which, I think, would put me in the top 50 in the country).

Are you a morning or night person?

Both – alarm clocks (or waking up 10 minutes before the alarm) and working late into the night have never been a problem for me. My low energy point is usually early evening – is that why I need a G&T before dinner or because I have a G&T before dinner?

What's the best piece of advice you've ever received?

Are you going to ask Helen to marry you?

What's the weirdest thing you've ever eaten?

The 'beef and cow-heel pie' that my mother made seems a little strange now but I have to say that at the time I loved it.

Where was the last place you spent a weekend away

Barcelona was truly memorable. The mix of Gaudi's architecture, Catalan culture and exceptional tapas with nice wines, all in warm sunshine is a heady brew.

What makes you laugh?

The Two Ronnies Four Candles sketch is classic

And the best comedy show ever: Radio 4's 'I'm sorry I haven't a clue' with the late Humphrey Littleton.

What would be the 3 things you couldn't live without on a desert island?

1. A life-size replica of Royal Lytham and St Annes Golf Course would be nice, complete with
2. A life-long supply of golf balls to replace the ones I would lose regularly, and
3. The 19th (with a life-long supply of course)