



# Fawcett Times

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WWW.CAPTAINFAWCETT.COM



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Do Something for Nothing  
Seeing Beneath the Surface of Homelessness,  
Through the Simple Act of a Haircut  
Joshua Coombes

Available now from all good bookshops  
Opposite page: Monty, before and after.

# JOSHUA COOMBES TALKS STREET LIFE, HAIR CUTS AND HUMAN CONNECTION

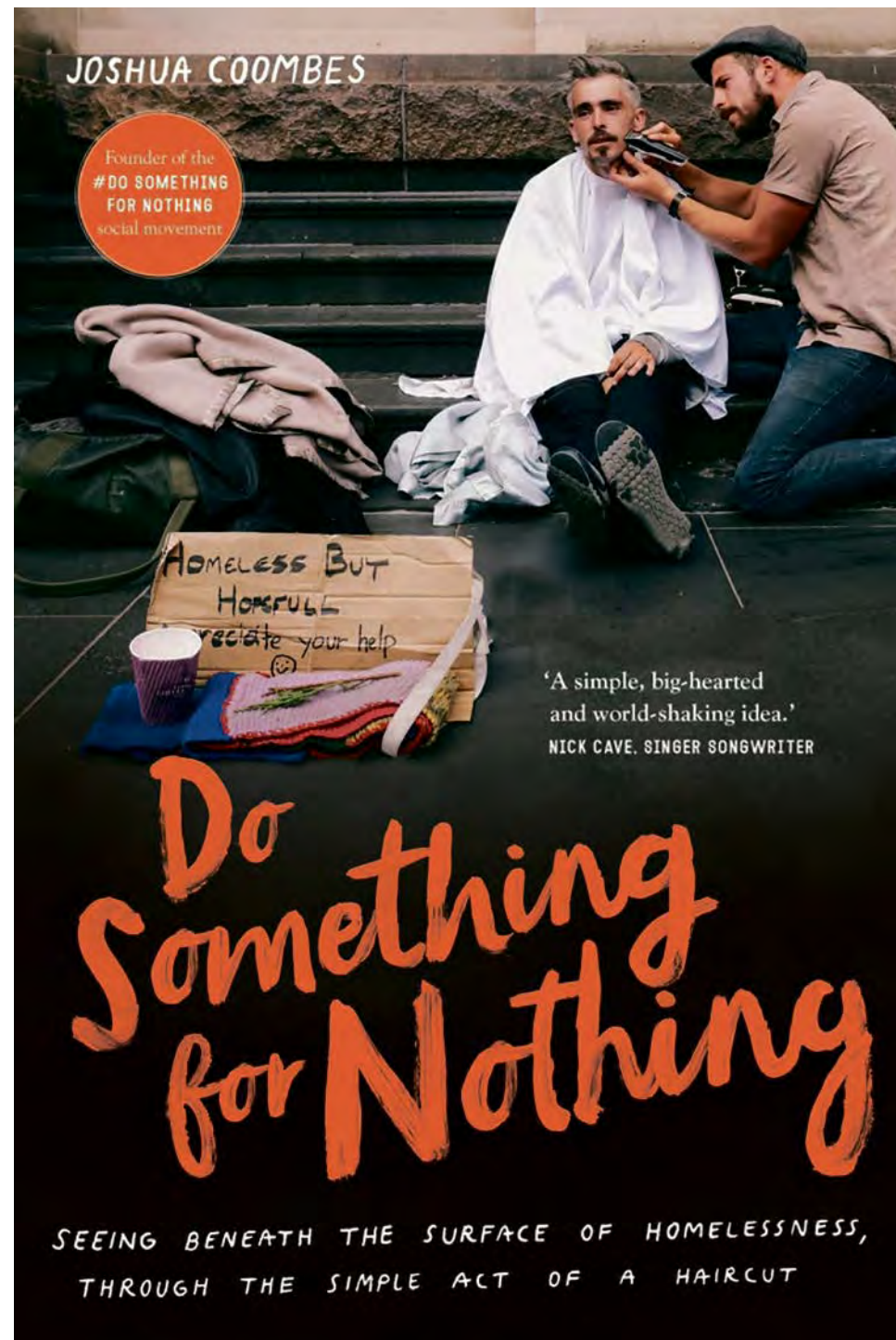
## #DOSOMETHINGFORNOTHING

## ANOTHER MASTERFUL EDITION!

I am delighted to introduce the latest in a series of bespoke collectible *Illustrated Covers* designed by guest artists for the Fawcett Times. Issue No.6 introduces the third such cover.

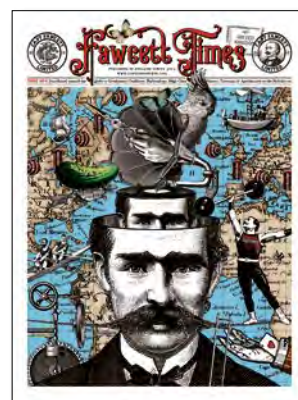
*True Gents* was created by that splendid cult pop artist, none other than the Queen of Tattoo Flash herself, QUYEN DINH. What an honour to share her simply superb work!

[www.theparlorworkshop.com](http://www.theparlorworkshop.com)



Hairdresser Joshua Coombes travels all over the world starting conversations with homeless people through the simple act of a hair cut. His work sparked a global movement, #DoSomethingForNothing, which featured in Captain Fawcett's *Quintessential Grooming Guide for the Modern Gentleman*. Now, 5 years on, *Fawcett Times* correspondent Cate finds out about Joshua's own book and his brand new Crowdfunder campaign. “#DoSomethingForNothing isn't a charity,” says Joshua, “it's a way for people to express this feeling of wanting to connect. It wasn't a conscious decision, I just tagged a space that always existed.”

In an individualistic world, Joshua believes the most valuable thing we have to share is our time. “There's nothing wrong with money or success but #DoSomethingForNothing represents another part of yourself it's important to connect with. We're told all the time that owning certain things will make you feel good. But oftentimes they don't so it's really important to build connections with other humans.”



Back in 2015, Joshua was working in a London hair salon. Sometimes he'd give a bit of money to someone sleeping in a doorway, maybe buy them a cup of tea. But he never had time to really connect. One evening on the way to a friend's, he realised he had his tools with him, so he offered to cut the hair of a man living on the street. “I hadn't really thought about it,” says Joshua, “but cutting hair was a way to listen.”

The bustle of the streets offers unexpected privacy, Joshua explains. “Everyone's rushing, not paying attention, so it allows for a deeper conversation. In a salon people might worry about being overheard. But in the middle of all the street noise, you get closer to the truth of people's lives.”

*Fawcett Times* readers know that Captain Fawcett supports the *Lions Barbers Collective*, who train hairstylists to recognise possible signs of depression in their clients. Joshua sees the value of having regular contact with the same barber, saying “We all have these layers for self-defence. It takes time to let people in and be vulnerable. If I'm looking after someone's hair, I'm not looking directly at them. It's less confrontational so it does allow a kind of heart-opening. I think that's a really important part of the role we have to play as hairdressers.”

Now Joshua is officially self-employed as a public speaker, paid for talking to schools, brands, agencies and businesses about his work, which enables him to keep cutting hair for free, ever curious about the lives of people he meets. Although people end up on the street for all kinds of reasons there are common threads running through the stories they share. Joshua hears about growing up in abusive families, domestic violence and people who owned a business that went wrong. “We need to see this as a collective problem,” he says “because honestly a lot of it is just about luck.”

It's hard not to feel fatigued by the world's pain, as Joshua acknowledges. “You have your own problems too so you need the balance of being kind to yourself, switching off and getting above the noise. It replenishes the energy to want to get up and do something,” Joshua stays motivated by maintaining a healthy anger. “Actually it's more a sort of healthy pissed-off-ness,” he remarks jokingly. “As one person you really can make a difference. There are small steps you can make each day to have a positive impact. That's a mantra I try to keep in my head. And it's never really for nothing because you get something from it too.”

One thing that pisses him off is the media using phrases like ‘the homeless’. Joshua expresses it as ‘people experiencing homelessness’ because words are important. He says “Being unsheltered isn't innate, it's a transient state, or that's the hope. Anything you can do to humanise this situation matters.”

He goes on, “We all know good people who are suffering, someone who's lost, who grieves, who's had something tragic happen. There's no avoiding that part of life. But I think maybe

we need to get better at sitting with that and to care for one another in those moments. Not to think we have to fix everyone's problems but just to listen so we work through them together.”

“If life goes wrong,” he asks, “how would you want your own kin and your own friends to be treated? How you would want to be treated? That's where to start.”

To close, Joshua has a few words for one of his old pals, Fawcett Ambassador Matt Spracklen. “Matt and I used to party together and do things I can't talk about right now,” he says, laughing. “Matt's amazing because he's been part of this since the start. We've been incredible friends for too many years to count. His photography is fantastic, it took documenting this to another level. I'll be forever grateful to him for that.” Now that's the quintessence of a modern gentleman!

### GET INVOLVED!

**Donate:** In February 2022 Joshua launched his first campaign via Crowdfunder in partnership with Change Please, an organisation that works with people previously homeless or currently experiencing homelessness to give them pathways to employment. Joshua says “This is about getting a solid fund together so I can take it beyond a conversation on the street. It's about being there in a practical way with whatever someone might need, like food or a night in a safe shelter.” [www.crowdfunder.co.uk/do-something-for-nothing](http://www.crowdfunder.co.uk/do-something-for-nothing)

**Read:** You can also buy Joshua's book *Do Something For Nothing*. It's about survival, optimism and the transformative power of compassion. Full of poignant, uplifting images and stories from the street told in people's own words. Joshua says “I'm just a conduit for these lovely human beings from all different walks of life. You meet people in the book who are really all of us. They echo themes that affect all our lives. I just hope it removes this notion of ‘the homeless’ and returns our focus to unique humans beings. And to having that conversation.” 100% of Joshua's proceeds go to organisations dedicated to assisting unsheltered people.

### #DOSOMETHINGFORNOTHING

As well as the *Lions Barber Collective*, Captain Fawcett supports *The Purfleet Trust*, a night shelter in King's Lynn. There's probably something similar near you. Or you can #DoSomethingForNothing by contributing your skills and time to those who need it.

As actor Morgan Freeman commented: “Joshua Coombes believes that small acts of love can make a big impact.” Huzzah to that! Everyone can #DoSomethingForNothing.



# MEET THE QUEEN OF TATTOO ART

*The Captain Fawcett brand evolved in much the same way - play around and see where it takes you! As an artist you're skilled in the use so many materials from digital drawing to sculpture. Do you have a preferred medium?*

I have a favorite for the time being. It's sculpture and dioramas now. Hopefully, I'll get bored of that soon so I can finally move onto (or back) to film!

*Oh yes! You studied at film school. The Captain's Right Hand Man spent many years in the film industry - another thing you have in common with Fawcett! Some of your most popular work is inspired by film, TV and cartoons - what do you watch again and again?*

I am currently obsessed with the movie *Krampus* by Michael Dougherty. I honestly have watched it at least once a day for the past month. Don't judge. Some of my other favorites that I like to put on repeat in the background as I work are *Aliens*, *Predators*, *Splinter*, *Coraline*, *Spirited Away*, *ParaNorman*, *Charlie Chaplin* classics, etc. There are many more that widely range in taste and quality lol!

*When you were at film school Hollywood wasn't ready for you! Now there are more platforms for showing work, do you think you might make films on your own terms? What areas interest you?*

Yes, I think that's my ultimate goal. There is one story that is significant to tell and that hasn't been told yet in the format of a feature film is the plight of the Vietnamese boat-people. My father's experience alone is better than most dramas produced nowadays. You've got pirates, you've got engine failure, you've got holes in the hull and the rationing of food and water. You've got drownings, but then a divine dream that foretells a dramatic rescue. Unfortunately, for a movie like this to get produced... I may need Hollywood.

Another potential film would be a dark stop motion short film. This is way more feasible for little old me and YouTube.

*What an incredible story! We'll be queuing round the block - come on Hollywood, we need Quyen Dinh to make this film! So your family escaped Vietnam in the 1970s, after the Fall of Saigon. Does your extraordinary heritage influence your current work too?*

I don't believe my own Vietnamese heritage influences my work; rather, it is my love for everything antique and vintage that does. Visually, vintage illustrations have that simplistic aesthetics of boldness and color that I am naturally drawn to and the Americana tattoo style definitely reflects this.

*Your love for antique and vintage... sounds familiar! So is that where a certain Captain Fawcett came in?*

Haha. Yes! Everything I love about Captain Fawcett loops back to what I said about barbers. The vintage aesthetic, curly staches, dapper style and tattoos. Captain Fawcett is definitely cool!

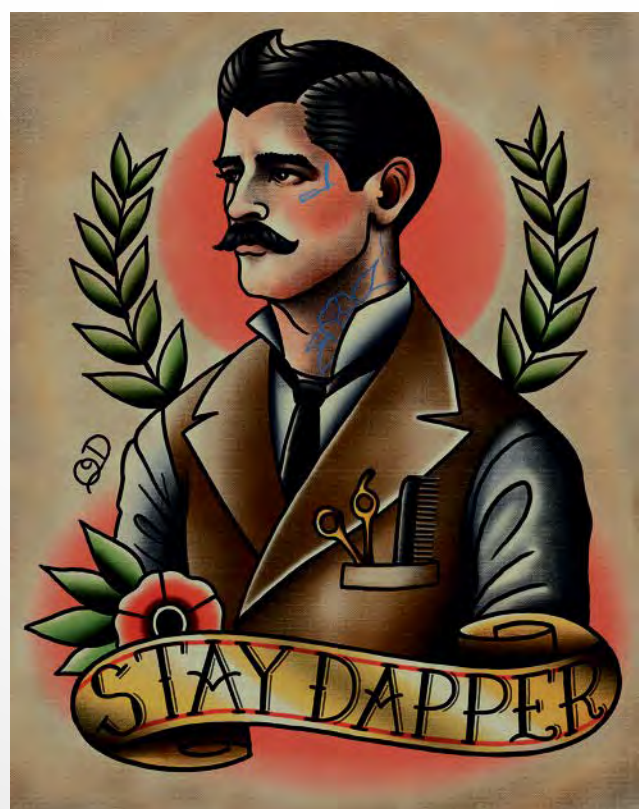
*I second that! Let's hope this mad world allows a real life meeting one of these days - it's been a weird couple of years. As you know, the Captain's motto is 'Keeping A Stiff Upper Lip Regardless'. What helped you find positives during this crazy pandemic?*

I'm fortunate that in my case, the pandemic hasn't affected me significantly; but, in general, a constant source of peace and joy comes from my faith, family, my work, and just staying true to myself outside of societal and social pressures.

*Hear hear! The Captain seconds that quite superb advice... stay true to yourselves chums!*

*Carry On...*

Interview by Captain Fawcett's roving correspondent Cate McKay-Haynes. Quyen Dinh portrait by Quyen Dinh.



AND SOMETHING FOR THOSE WITH NEW INK!



The Captain's fragrance-free *Tattoo After Care Salve* has been developed to care for new tattoos to moisturise skin and preserve vibrancy and colour of ink.  
Quantity: 125ML / 4.22 FL.OZ





Vincent Kamp behind the lens at Fawcett HQ, capturing the images to help create his extraordinary portrait of Peter McGowan before the grand unveiling at Clarendon Fine Art in London's Mayfair.



# RIDE IT LIKE A SOLDIER

On 1st February 2022 artist Vincent Kamp unveiled a new portrait specially created to support Make-A-Wish. But who is the man in the frame and what does he think of BarbersRide?

Roving reporter Cate McKay-Haynes investigates

ONE OF BRITAIN'S most sought-after contemporary portrait painters, Vincent Kamp, is famed for intense cinematic compositions. His work suggests a gritty, surreptitious urban subculture, often depicting renowned barbers and their associates, not least the *Right Hand Man* and his enigmatic partner-in-crime, *Iain Crockart*. So what's a friendly silver-haired Yorkshireman doing sitting for Vincent on a summer afternoon at Fawcett HQ? 🍷 Rewind to the locked down beginning of 2021. *Pete MacGowan*, a member of the *Wakefield & District Motorcycle Action Group*, was reading the membership magazine, *The Road*, from the back as he always does, dreaming of the open road. Like a good omen, the first thing he saw was an article about the *BarbersRide*. 🍷 Pete's not a barber. But he does love to ride. In fact, since he passed his test on a BSA Bantam aged 16, Pete's only ever had two breaks from riding motorcycles. "And the first one was because I was driving tanks," he says. His motto "*Never get separated from your kit*" comes from those army days between 1965-74 when Pete served in the 13TH/18TH Tank Regiment of the Royal Hussars - *Huzzah!* 🍷 And the second time? "*I've got a fake right hip and a pinned foot from when I came off my bike near Bridlington. I couldn't ride for 18 months. The doctor said that was a hell of a way to jump the list for a new hip.*" 🍷 Sleuths may detect that Pete has a good few years of adventure under his wheels. Every year in the third week of July he takes part in the *Faro Rally* and he's ridden his trusty Harley-Davidson Dyna in Spain, Belgium and Portugal but never in Scotland - until he joined BarbersRide 2021 aged 74. "*I never missed a mile,*" he says, "*did every single one. To go on roads I've never been on before was fantastic. Scotland was beautiful, really breathtaking, though as we rode into Glasgow the rain was driving into our faces so hard you couldn't see a thing.*" 🍷 Does that mean he won't be doing it again? "*Oh no,*" he says, "*you need the challenges for the camaraderie! In the evening you're sat there having a burger and a beer, all together and laughing and you just forget the difficult bits, the wet feet. You're just looking forward to the next day. It's brilliant! I'll definitely do it again in August.*" 🍷 What if you're tempted but feeling a little shy? "*Some of the riders have done BarbersRide before but I didn't know anyone. It didn't matter! They're lovely, welcoming people with the common interest of bikes. And the weather was appalling so we also had the common interest of survival! The last day is such a great feeling and there's a WhatsApp group so we all stay in touch.*" 🍷 But how on earth did this lead to being the star of a portrait by Vincent Kamp? "*I phoned Fawcett HQ about an order for badges and just said, while you're at it, put me down for the raffle. Never thought I'd win!*" 🍷 Fast forward to 1st February 2022 and the prestigious Clarendon art gallery in Mayfair, London. Vincent Kamp has worked his dramatic magic and Pete sees his likeness in oils for the first time. "*Oh my god! It's fantastic! Unbelievable! Vincent that's fantastic! That's made my day - it's made my whole year! It's not every day a normal person has their portrait painted is it? And it's all for BarbersRide and Make-a-Wish.*" 🍷 "*It's my pleasure,*" said Vincent. 🍷 It must be said, Vincent's latest work brilliantly captures Pete's inner steel - and I don't mean the surgical pins! The portrait reveals the modest courage fuelling this most charming gentleman of the road and will, we're assured, have pride of place above Pete's mantlepiece. Magnificent work all round! *Ride safe until BarbersRide 2022 Pete!*

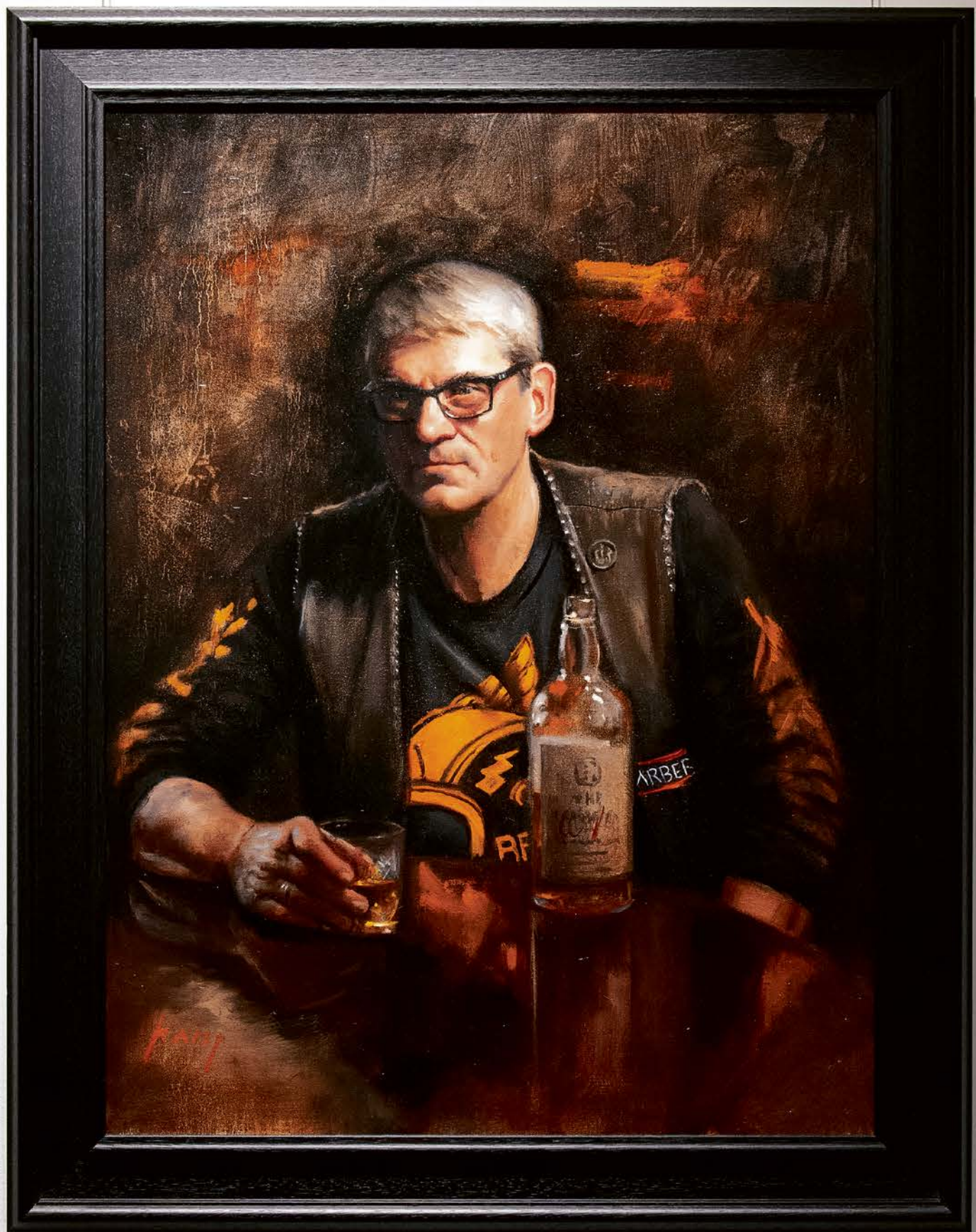
BARBERSRIDE  
◆ 2022 ◆

WE RIDE AGAIN!  
6-11 AUGUST 2022

BarbersRide was started by a bunch of biking barbers and industry guys that wanted to combine their love of biking and barbering with a fundraising charity event. In August 2017 the first event kicked off, from Dundee to London over 5 days and was a roaring success, raising over £10,000. Since then, every year has got bigger and better! We've raised over £86,000 for charity so far! We are very proud of the fact that 100% of all funds received are donated to the charity and that the BarbersRide crew give all their time willingly and completely free of charge.

2021 (our 5TH year) presented itself with a few challenges but against all the odds, 30+ bikers enjoyed the ride of their lives, making great new friendships along the journey and raising much needed funds for children with life debilitating illnesses. This was our BIGGEST YEAR to date with regards to riders and we raised over £20,000. Our 2022 mission: To raise over £25,000 for *Make-A-Wish* whilst enjoying the unbeatable sense of camaraderie that only a motorcycling road trip could offer. Are you riding with us? Full details: [www.barbersride.com](http://www.barbersride.com)

PROUDLY SUPPORTING  
Make-A-Wish  
UNITED KINGDOM



**SPECIAL ANNOUNCEMENT**  
Shortly after the unveiling of the portrait, in fact it was during the liquid celebration in a west London boozier, Vincent Kamp once again offered the amazing opportunity to see yourself in oils. Look out for announcements on how to grab a ticket!



AVAILABLE MARCH 2022 FROM YOUR PREFERRED OUTLETS

# SCRUBBER!

CAPTAIN FAWCETT IS DELIGHTED TO UNVEIL HIS PATENT FACE & BODY EXFOLIATING SEA SALT SCRUB... A VALUABLE ADDITION TO A GENTLEMAN'S SKINCARE REGIME.



*New!*

## INSTRUCTIONS

Always use on clean, damp skin. Scoop a small amount of *Captain Fawcett's Patent Exfoliating Sea Salt Scrub* (a thumbnail size should do the trick) & mix well with warm water in the palm of your hand. Massage with fingertips in circular motions to gently exfoliate. Rinse thoroughly with clean warm water.

*Huzzah!*

100ml e 3.4fl.oz

Photograph: Iain Crockett

With over 1 million miles under his tyres, the amazing Mr Child is a multiple UK Record Holder, international motorcycle journalist, romantic, proud father and Fawcett Ambassador Extraordinaire. He's also a familiar face at Goodwood. So we asked...



## WHAT PUTS THE GOOD INTO GOODWOOD?

If you only do one event, do Goodwood. It's the highlight of my year. The period dress means it's like being in a movie, fantastic attention to detail. But the racing's properly tough, real racing. It's very prestigious, you have to be invited by Lord March, the Duke of Richmond. It's unusual for a journalist to be on the track at the sharp end with the BSB boys so I really like that side of it. This year my son met Brian Johnson, frontman of AC/DC and Mr Bean. Amazing who Goodwood brings together!

## FIRST ROAD BIKE?

Suzuki RG125.

## NEXT BIKE?

Vintage Ducati 900SS. It's on my brother's workbench right now. He's an engineer.

## ROAD OR TRACK?

Road. It's not the speed, it's the variety. You could do 180 miles down a high street on the Isle of Man or be in an open face helmet, taking it easy on a Harley in California.

## FASTEST RECORDED SPEED?

I did 247 mph on a Kawasaki ZX10 with a turbo charged engine. The world record is 251 mph. I might go for it.

## THE WORLD'S ULTIMATE ROAD TRIP?

India has a special place in my heart. It's where I met my wife Sarah when she was riding a motorcycle on a charity ride. It's also where I met Richie and Iain, 13 years ago.



## WHAT'S IT LIKE TO RIDE WITH KEANU REEVES?

He's really down to earth and normal. We rode for a day in the canyons north of LA. He had an old Norton and his kit's very well-worn. Not flashy. He loves motorcycling because his helmet gives him the freedom of anonymity.

## ADVICE FOR ANYONE THINKING OF JOINING BARBERSRIDE?

Take your time and enjoy the ride. No one is judgemental, it doesn't matter if you've been riding for 50 years or two weeks. No one cares about what kind of bike you're on. It's not about being at the front, it's about the journey. The best people are usually the ones at the back who take the longest in the coffee shops because it's about the friendships you make and the camaraderie.

## WHY ARE YOU NICKNAMED CHAD?

No idea! My older brother was also called Chad. I was Baby Chad or Little Chad. I'm only called Adam by strangers, authorities, race marshals and my parents. It's a barometer of how well I'm behaving!

PHOTOGRAPHY BY IAIN CROCKETT



# A FEW MORE TONSORIAL TREASURES FROM THE CAPTAIN'S COLLECTION!



CAT. REF: CF\_2021.666

**'Cut-Throat' Razors & Leather  
Strop in Mahogany Box**

After their introduction in 1680, straight-edge 'cut-throat' razors became the principal method of manual shaving for over two hundred years and remained in common use until the mid-20TH century. Eventually straight razor production fell behind when the new safety razor was introduced in the late 19TH century, thwarting the dastardly plans of would-be Sweeney Todds everywhere.

CAT.REF: CF\_2021.091  
Postage Stamps





# BEHIND THE SCENES OF THE MAHARAJAH FILM SHOOT

**T**HE INVITATION IS a delightful short film inspired by the magnificent portrait, commissioned by Captain Fawcett in celebration of the *Maharajah Signature Series*. This delectable gentleman's grooming range comprises a *Moustache Wax*, *Beard Oil*, *Beard Balm* and an opulent *Eau De Parfum*, created in close collaboration with *The Jodhpur Company*, famed for exquisite bespoke tailoring.

Contemporary artist *Vincent Kamp* imagined The Jodhpur Company founder, *Viraj Singh*, standing proudly in character as the valet to the Maharajah. This powerful expression of time-honoured friendship featured as the cover of the *Fawcett Times* limited 5TH edition.

The film was inspired by the story of *Captain Fawcett* and the *Maharajah*, a magnificent Indian prince. It tells how, as *Captain Fawcett* dashed pell mell down Pall Mall, he spied the Maharajah's Rolls-Royce parked outside his club. Over a pink gin, the old chums reminisced about Rajasthan and strolling amid groves of mango and rose in the Maharajah's fragrant gardens, where fountains sparkled under the sapphire stars of India. Although famed the world over for *'Keeping A Stiff Upper Lip Regardless'*, the prince was a trifle melancholy, homesick for the rav-

ishing colours of his own sovereign state. Thus did Fawcett contrive a most delightful remedy; a *Grand Ball!* In no time his noble friend's spirits revived.

And so to the evening of *The Ball* where *The Invitation* now takes up the tale. We become privy to the *Maharajah's* preparations, with the assistance of his trusty valet played by *Viraj Singh*, echoing his real life expertise designing outfits for splendid occasions.

We see the Maharajah's luxurious dressing room as he dons a fine suit of gold embroidered cloth, adorned with pearls and precious jewels. For this scene, only one location would do. And so a small bespoke film unit from Fawcett HQ arrived at *The Jodhpur Company*, in the imposing surroundings of Hatfield House in Hertfordshire.

Vincent Kamp's original painting appears in *The Invitation*, gracing the wall of The Jodhpur Company location, having been hand delivered by the artist prior to the shoot. The crew were given exclusive permission to film outside the impressive entrance of Hatfield Hall itself. The Maharajah is seen being driven along the Hall's long tree lined drive in a hand built 1910 *Rolls-Royce Silver Ghost*, its polished chrome and brass accoutrements gleaming in the late afternoon sun.

His attentive chauffeur is played by none other than *John Fasal*, the very same gentleman who lovingly restored this distinguished Edwardian conveyance. With the classic style of open coachwork popular before the Great War, the beautiful racing green touring car is legendary for style and performance. Favoured for stately use, it is acclaimed as *'The Best Car in the World'*. Mr Fasal is a friend of Viraj Singh's family, who share an interest in the Rolls-Royces owned by the Maharajahs of the princely states. Indeed, John has published the definitive volumes on the Edwardian Rolls-Royce, detailing every car made from 1904 until the end of the Great War. Highly recommended for all admirers of this most magnificent machine.

*The Invitation* is screening on Captain Fawcett's very own YouTube Channel, all day, every day.

*And that's a wrap. AHTH!*

Photography: [www.iainrockart.com](http://www.iainrockart.com)



## SCENT NOTES

Redolent of court life's sensual opulence, of balmy air perfumed with aromatic smoke, the warm fragrance of masala chai & the crush of bright petals whose voluptuous bouquet stirs the heat of the enchanted Indian night.

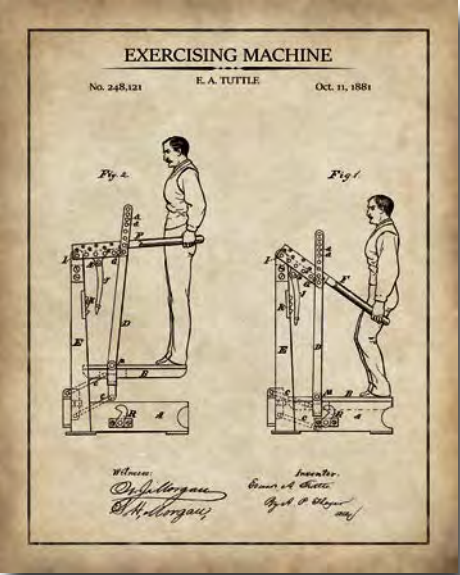
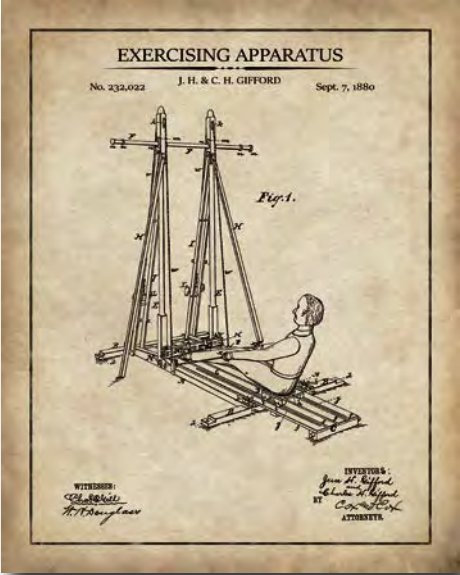
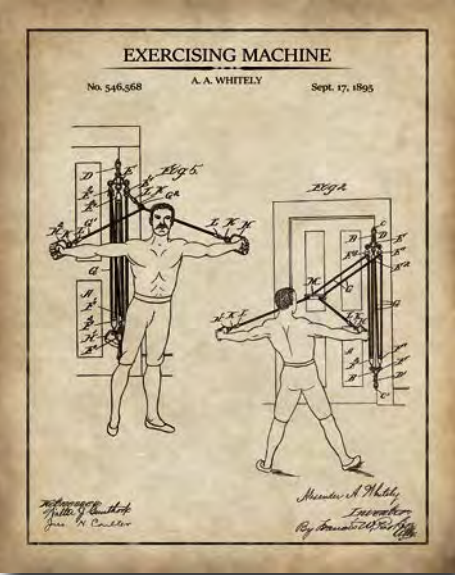
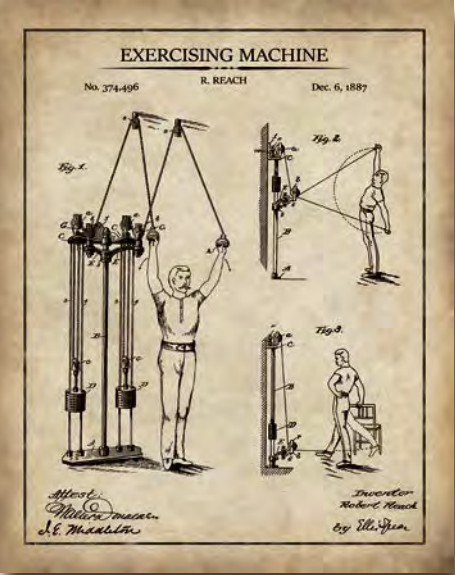
The Captain's *Master Blender* has woven heady rose with peppery spice, rich musk, cedar & leather studded with dazzling citrus top notes. *Huzzah!*





What ho chums!  
Those of a horizontal inclination may wish to look away,  
for the time has come to bend and stretch! The body is  
capable of extraordinary things! It's the mind we have to  
convince. So without further ado I present...

# CAPTAIN FAWCETT'S A-Z OF EXERCISE



**A IS FOR AGE**

My physician told me that exercise could add 10 years to my life. He's right. I feel a decade older already.

**B IS FOR BLAZER**

Never lift to the point where one's biceps strain the lining of one's blazer.

**C IS FOR CARBS**

The Right Hand Man is an enthusiastic advocate of cutting carbs. Particularly when helping himself to another slice of Victoria sponge.

**D IS FOR DAILY DOZEN**

Calisthenics of the 1920s, invented by Walter Camp, designed to exercise "the unseen and usually unremembered muscles". I say!

**E IS FOR EVERYDAY ERRORS**

Do not confuse 'exercise' with 'extra fries'. The results are invariably discouraging.

**F IS FOR FITBIT**

A device worn upon the wrist encouraging fellows to walk 10,000 steps a day in exchange for a single moment of tingling vibration. Other methods for tiring one's wrist are available.

**G IS FOR GORGONZOLA**

A rich, ripe odour emanating from old plimsols.

**H IS FOR HABIT**

PG Wodehouse said 'The habit of exercise should, like the Measles, be caught young'. Most wise.

**TIP 1 FROM A BEAR OF LITTLE BRAIN**

"A bear, however hard he tries, grows tubby without exercise." - A.A. Milne, Winnie-the-Pooh

**I IS FOR INDIAN CLUBS**

Donald Walker's 1837 book *British Manly Exercises* included strength training with clubs from India which, according to a British officer, offered "the most effectual kinds of athletic training known anywhere". Maharajah Moustache Wax is the perfect complement.

**J IS FOR JERKS**

Don't be one. However many PBs one may have, ahem, 'smashed', a gentleman wears his smugness on the inside.

**K IS FOR KNUCKLES**

Wor, fisticuffs? No indeed, for bare-knuckle boxers followed the London Prize Ring Rules, such as not thumping a chap when he's down. Quite so.

**L IS FOR LUNGE**

Frequently confused with 'lunch' by the Right Hand Man. Unless duelling with swords, lunging is uncouth and to be avoided at all costs. However, a sudden forward movement is permitted if catching a rapidly falling object, such as a crystal decanter or rosewood cigar box.

**M IS FOR MACHINES**

Contraptions made of the finest mahogany with pulleys, cords and weights attached formed the new fangled gymnasium equipment of the Victorian era. Health and safety was secondary to the correct exercise attire. As etiquette guides of the era advised: "Horses sweat, men perspire and ladies gently glow." How very civilised.

**TIP 2 FROM THE KING OF ATLANTIS**

"Whenever I wake up, I'm up, I don't lie there like an idiot. I get up, run up a hill, get some exercise and have some time with my thoughts." - Jason Momoa in Men's Health Magazine

**N IS FOR NOWHERE**

The destination of anyone running on a treadmill.

**O IS FOR OMBROPHILOUS**

Meaning: tolerant of large quantities of rainfall. Essential trait of all British runners, cyclists & hikers.

**P IS FOR PHANTOMS**

No need to fear one's gym is haunted. Everyone inside is exorcising.

**Q IS FOR QUEENSBERRY RULES**

The English aristocracy further refined pugilism with an etiquette named for the 9TH marquess of Queensberry. Gentlemen, the gloves are on.

**R IS FOR RESISTANCE TRAINING**

Also known as refusing to go to the gym.

**S IS FOR SQUATS**

Life is full of ups and downs. Whilst in motion, avoid squits, squirts and squeaks. Never squat on a squirrel, squire or squadron leader.

**T IS FOR THONG**

When asked if anything is worn under the shorts the only permitted response is 'No sir, it's in perfect working order.'

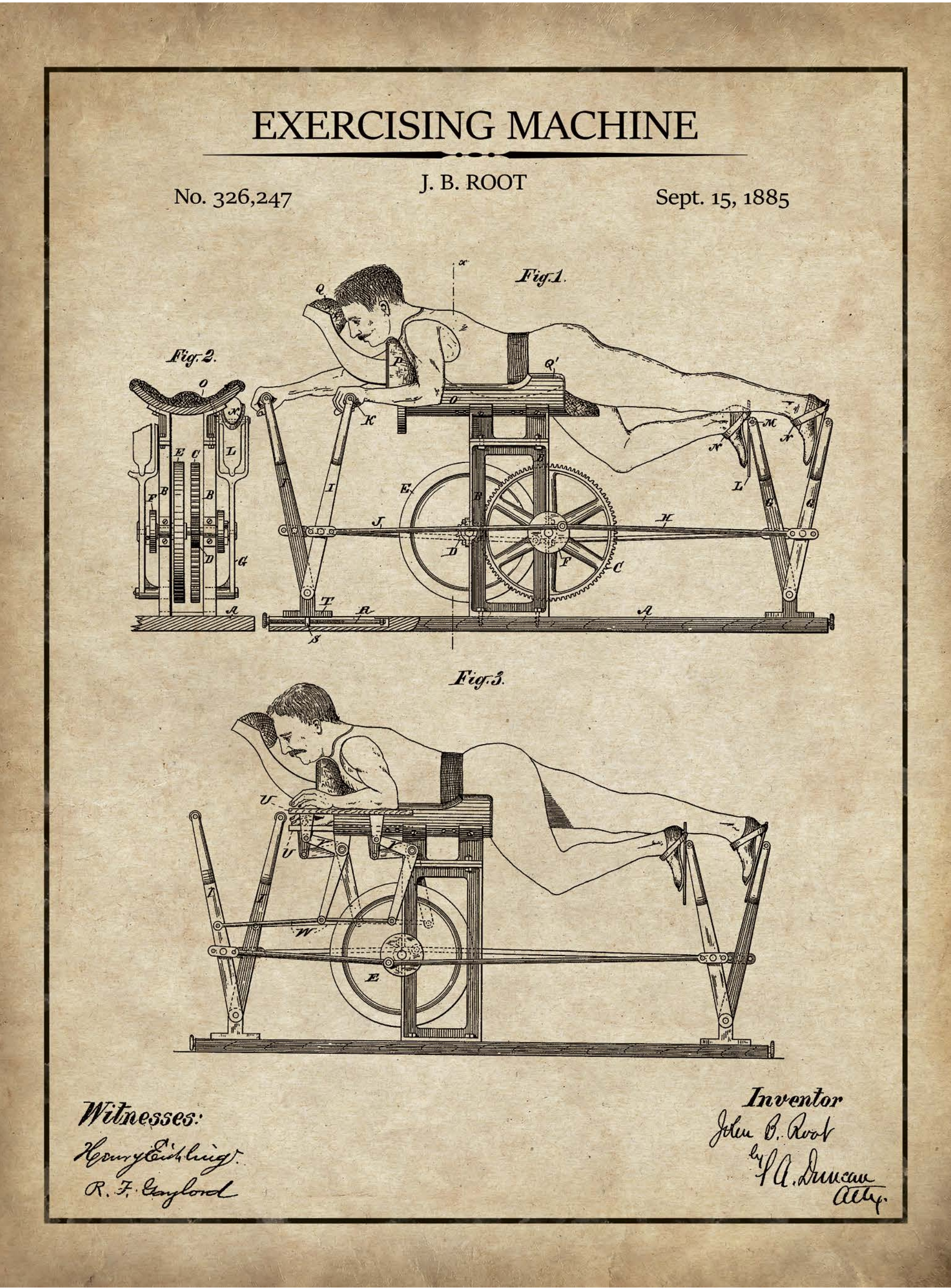
**TIP 3 FROM AN OLD GENTLEMAN**

"Whenever I feel the need to take some exercise I lie down until the feeling goes away." - Attributed to Winston Churchill. Also to Mark Twain and assorted gentlemen now deceased.

Here displayed are a collection of fascinating patents for Victorian *Exercising Machines*. Waistcoats optional. Moustaches preferred. 'Keeping A Stiff Upper Lip Regardless'. Tally ho!

**TIP 4 FROM ATHLETE, COACH & VETERAN**

"As certainly as the sun will rise tomorrow, you'll win some and you'll lose some. And if you only enjoy the one you win you'll spend far too long with a sad-on. Enjoy the workouts that challenge you as much as the ones you fly through!" Richard Hill owner of @GritStoneCrossFit





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