

English translation of Y Cymro Cryfa. Robin McBryde once made a name for himself as The Strongest Welshman on a television series, but his strength on and off the field is what earned him respect. He has consistently displayed a ruthless commitment to the game, from his early days at Porthaethwy and Mold RFC to his success with Swansea and Llanelli. Though he spent long periods on the bench and suffered several injuries, he proved his doubters wrong and succeeded in representing his country - becoming the most capped North Walian. In this autobiography he reveals the highs and lows of his career, including the euphoria of the Grand Slam and his experiences as forward coach with Wales during the 2007 World Cup. In his personal life, having lost his father suddenly, and his great friend Grav during the year, he reminds us that rugby, after all, is just a game.

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