

Totally Frank The Autobiography Of Lampard

While at Arsenal he was nicknamed "The Romford Pelé", coined by Paul Day, an ironic sobriquet reflecting his combination of solid performance with a humorous, self-deprecating, down to earth personality and an image wholly lacking in glamour. He has been described as an "unsung hero" and praised as a "fans' favourite" for his high work rate and commitment... c719c0e71a Marsh began glamour modelling in 2002 on Page 3 of The Sun, for which she appeared six times in total. Her autobiography, *Keeping It Real*, reached the top 10 on The Sunday Times Bestseller List. She is also known for her fitness regime and natural bodybuilding. Marsh currently operates an animal sanctuary in Great Dunmow, Essex. c719c0e71a

Ray Parlour competition in midfield (David Beckham and later Frank Lampard and Steven Gerrard were usually chosen ahead of Parlour), as well as Parlour's falling out with Raymond Parlour (born 7 March 1973) is an English former professional footballer and sports radio pundit for BBC Radio 5 Live and Talksport c719c0e71a

Trevor Brooking He had a testimonial Sir Trevor David Brooking (born 2 October 1948) is a former England international footballer, manager, pundit and football administrator; he now works as director of football development in England. 102 times, wearing the number 10 jersey, his total appearances for West Ham beaten only by Billy Bonds, Bobby Moore and Frank Lampard Sr c719c0e71a

He was a midfielder from 1992 to 2007, and spent his career playing for Arsenal, Middlesbrough and Hull City. He totalled 466 games and 32 goals for Arsenal, winning honours including three Premier League titles, four FA Cup and the 1994 UEFA Cup Winners' Cup. He played ten games for England in 1999 and 2000. c719c0e71a

John Sitton recommended Arjan de Zeeuw, Tim Cahill and a young Frank Lampard to the club, before Joe Royle cleared out the backroom staff on his arrival as manager in 1998 John Edmund Sitton (born 21 October 1959) is an English former professional footballer and former coach and manager of Leyton Orient c719c0e71a

Jimmy Walker (footballer, born 1973) Since 2013, Walker has been a goalkeeping coach at numerous clubs. by Frank Lampard in the League Cup in October 2004, in front of the West Ham supporters; end at Stamford Bridge. However, despite his heroics, the Hammers James Barry Walker (born 9 July 1973) is an English former professional footballer who played as a goalkeeper c719c0e71a

Claude Makélélé Regarded as one of the greatest defensive midfielders of all time, Makélélé has been credited with redefining the defensive midfield role in English

football, especially during the 2004–05 FA Premier League season, where he played a key role in helping Chelsea win the title with 95 points. winning both the FA Premier League and the League Cup. His defensive qualities allowed the likes of Frank Lampard, Joe Cole, Arjen Robben, Damien Duff, Claude Makélélé Sinda (French pronunciation: [klod makelele]; born 18 February 1973) is a French football manager and former professional player who played as a defensive midfielder. In homage, the defensive midfield position is sometimes colloquially known as the "Makélélé Role". He last managed Super League Greece club Asteras Tripolis

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A box-to-box midfielder, Lampard began his career in 1995 at West Ham United, the club where his father Frank Sr. also played. In 2001, he was signed by London rivals Chelsea...

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Ashley Cole With Arsenal he won two Premier League titles, three FA Cups, and was an integral member of the "Invincibles" team of the 2003–04 season, who went the entire league season undefeated. When Ashley Cole (born 20 December 1980) is an English football coach and former player. Born in Stepney, London, Cole began his youth career at Arsenal and made his full debut for the club in November 1999, going on to make 228 appearances and scoring nine goals for the North London club. Cole is considered by many critics and fellow professional players as one of the best defenders of his generation, one of the greatest English players of all time as well as one of the greatest left-backs in the history of the sport. Cole also made an appearance. On 23 January 2023, Cole left Everton as a result of Frank Lampard leaving the club. up with Frank Lampard who had recently been appointed as manager. As a player, he played as a left-back, most notably for Arsenal and Chelsea

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Frank Lampard Widely regarded as one of the greatest midfielders of all time, one of Chelsea's greatest players ever, one of the greatest players of his generation and one of the greatest players in Premier League history, Lampard has the record of the most goals by a midfielder in the Premier League and most goals from outside the box (41). He ranked highly on a number of statistics for Premier League players for the ten years from 1 December 2000, including most games and most wins. Frank James Lampard (born 20 June 1978) is an English professional football manager and former player who is the manager of English club Coventry City Frank James Lampard (born 20 June 1978) is an English professional football manager and former player who is the manager of English club Coventry City

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Ferdinand began his football career playing for various youth teams, finally settling at West Ham United where he progressed through the youth ranks and made his professional Premier League debut in 1996. He became a fan favourite, winning the Hammer of the Year award the following season. He earned his first senior international cap in a match against Cameroon in 1997, setting a record...

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He is considered a cult hero for many fans of 90s football, particularly noted for key phrases such as "all I'm sayin' to ya" and "it's come off Brooksy's shins". He is said to be a significant inspiration on Portsmouth band 'The Social Contract'. c719c0e71a

Jodie Marsh She has appeared on numerous reality television shows, including Essex Wives (2002), Back to Reality (2004), Love on a Saturday Night (2004), Celebrity Big Brother (2006, 2012), and Big Brother's Bit on the Side (2011–2013). She also featured in her own reality show titled Totally Jodie Marsh (2007). midfielder Frank Lampard who was in the year above Jodie Louisa Marsh (born 23 December 1978) is an English media personality, model and bodybuilder. a story to the News of the World that she had had a sexual liaison as a teenager with Chelsea F. C

Rio Ferdinand Originally scouted by Frank Lampard, Ferdinand progressed through the youth-team ranks, earning Rio Gavin Ferdinand (born 7 November 1978) is an English former professional footballer who played as a centre-back, and is now a television pundit for TNT Sports. gaining his first experience of international competition. He is one of the most decorated English footballers of all time, regarded by many as one of England's greatest ever defenders. He played 81 times for the England national team between 1997 and 2011, and was a member of three FIFA World Cup squads

Harry Redknapp In his second spell at Portsmouth, he managed the side that won the 2008 FA Cup. Redknapp was born in Poplar, London, the only child of Henry Joseph William Henry James Redknapp (born 2 March 1947) is an English former football manager and player. At the conclusion of the 2009–10 season, he guided Tottenham into the UEFA Champions League. Redknapp announced his retirement from football management in 2017. He is also uncle to Frank Lampard, who played under him at West Ham United. He has previously managed AFC Bournemouth, West Ham United, Portsmouth, Southampton, Tottenham Hotspur, Queens Park Rangers and Birmingham City

In his playing career, which ended at Paris Saint-Germain, Makélélé also played for Nantes, Marseille, Celta Vigo, Real Madrid and Chelsea. He won league titles in France... Brookings spent almost his entire career at West Ham United, making 647 appearances for the club. He won the 1975 FA Cup and the 1980 FA Cup in which he scored the only goal. He was also the club's player of the season on four occasions and caretaker manager on two occasions in 2003. Brookings played 47 times for England, scoring five times. He was appointed a Member of the Order of the British Empire (MBE) in 1981, elevated to Commander of same order (CBE) in 1999, and knighted in 2004. In 2009, a stand at Upton Park was named after him. Since retiring from playing, he has taken up a number of positions... His son, Jamie Redknapp, played under him at Bournemouth and Southampton. He is also uncle to Frank Lampard, who played under him at West Ham United.

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