



# BENNY HOWELL

Talent Profile





Benny is the master of the slower ball with many different varieties. He is also a very good middle order batsman.



#### NATIONALITY

British

#### DATE OF BIRTH

10/5/88

#### TEAMS

Gloucestershire

#### CAPABILITIES

Clinics  
Ambassador  
Social Media  
PR Campaign  
Appearances

#### INTERESTS

Business  
Animals  
Environment  
Health & Nutrition  
Lifestyle  
Wellbeing  
Leadership  
Family

## BIO

A talented all rounder, Benny made his List A debut for Hampshire in 2010 and made his First Class debut the following Summer. In 2012, he moved to Gloucestershire where he has become a club legend. It was a holiday in the USA that changed Benny's career for the better when he was watching a baseball game and he became enthralled with the pitchers' variations.

A three format player, Benny has batted in all positions in red ball cricket and is a versatile white ball player with the ability to clear the ropes – his strike rate in 2020 Blast Cricket was over 200. It is as a bowler in white ball cricket that he has achieved most renown. With his many variations, he has been one of the best ever bowlers in T20 Blast history taking a wicket every 16 balls and going at less than 7 runs an over. Successful stints in BPL and T10 have followed and he won a lucrative contract with Birmingham Phoenix in the inaugural Hundred Competition. Benny currently has the 3rd best Economy Rate among bowlers who have taken 100 competition wickets and he is one of only 9 players with 1000+ runs and 100+ wickets in the competition.





Benny loves spending time with family and much of Benny's down time is spent bowling and batting in the living room or at the park with his cricket obsessed 2 and a half year old son. Unlike his dad though, he is a lefty. He also welcomed a daughter to the family at the end of September. Wellbeing and nutrition is a big focus for Benny and he focuses using a log of meditation, writing and getting out and about enjoying nature with his family. Outside of cricket he is a huge fan of American sports, supporting the Miami Dolphins in NFL and Miami Marlins Baseball team. A lot of his cricket bowling has been modelled from the baseball pitch.

#### **SOCIAL MEDIA MARKERS**

5K+

**INSTAGRAM FOLLOWERS**

5K+

**TWITTER FOLLOWERS**

10K+

**FACEBOOK LIKES**

CAREER HIGHLIGHTS

2015 Gloucestershire Royal London Trophy Win  
Overseas T20 Contracts



To request more information about  
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