

DALTON GRANT

HERITAGE

Dalton's Caribbean heritage shaped his life, the food, music, discipline and pride. Sundays meant reggae, rice and peas, yam and ackee.

Visiting Jamaica and seeing children playing happily with very little reminded him how fortunate he was growing up in Wales and deepened his gratitude for his Windrush grandparents.

WALES MEANS...

PASSION DRAGON FAMILY

One of only a few mixed-race children in his primary school, Dalton learned early that he would be seen differently.

He was taught to show extra respect and represent himself well.

Despite experiences of racism in sport, Wales remained in his heart, especially when putting on the red jersey.



RUGBY

CONTRIBUTION

Dalton began in rugby union with the Dragons before moving into rugby league, representing Wales and Great Britain at the highest level, including four World Cups.

After bouncing back from serious injuries, he now focuses on coaching and mentoring young people from council estates and disadvantaged communities.

STRENGTHS & JOY

His superpower would be reading minds, so he could help people struggling before it's too late.

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SUCCESS IS NEVER A STRAIGHT LINE:

ONCE TOLD BY THE HEADMASTER, 'THE ONLY THING YOU'LL BE DOING IS SELLING TICKETS FOR WALES.'

THAT DROVE ME TO PROVE HIM WRONG – AND I DID. ”