The person who has influenced you most... The BBC foreign correspondent Brian Barron. Watching him on TV made me think, ‘That’s what I want to do.’ I ended up working against him for ITV in Asia, but he never knew I was in awe of him. He died in 2009.

The film you can watch time and time again... I’ve seen Butch Cassidy And The Sundance Kid so many times I can recite the dialogue.

The story about the foreign correspondent in Asia...

The priority activity if you were the BBC foreign correspondent...

The piece of wisdom you would pass on to a child... In life you need to get stuck in to reap the rewards. Don’t languish on the sidelines.

The unlikely interest that engages your curiosity... Drumming. I was taught from the age of 14 and I still love it.

The unfulfilled ambition that continues to haunt you... To play cricket for England and be a drummer in a successful rock band.

The crime you would commit knowing you could get away with it... I’d have pleaded with him to let Muhammad Ali fight again after the Rumble in the Jungle in 1974.

The song that means most to you... The theme to The Great Escape.

The unending quest that drives you on... To play two relatively decent rounds of golf in succession.

The misapprehension about yourself you wish you could erase... People think I’m confident, but I’m not. I’m always waiting for a tap on the shoulder and for someone to say, ‘You’ve been rummied, best leave quietly!’

The event that altered the course of your life and character... Not so much an event, but the gradual dawning that I wanted to be a foreign correspondent. It allowed me to witness some of the most extraordinary moments of our time.

The way you would spend your fantasy 24 hours, with no travel restrictions... I’d wake up at Curtain Bluff hotel in Antigua with my wife Catherine and our three children. I’d start the day playing tennis with the pro Nigel, but inevitably I’d lose. I’d head off for poached eggs and smoked bacon at the Crosby Street Hotel, New York, then take my Jack Russells Popey and Pebbles for a walk on Black Down in the South Downs National Park, West Sussex. I’d have a Bloody Mary mixed by my mate Henry at the Noah’s Ark pub in nearby Lurgashall, then a round of golf at Kingsbarns in Scotland with my son, where I’d get a hole in one on the Par 3 15th. I’d have lamb and a Tuscan red for dinner with the family at Riva in Barnes, south-west London, then watch the sunset at Llandudno beach. Cape Town, before listening to Miles Davis and John Coltrane play at Smalls Jazz Club in New York.

The happiest moment you will cherish forever... Nothing beats the births of your children, but it was pretty special to be in South Africa when millions of black people voted for the first time and banished apartheid.

The happiest time that shook your world... When one of my daughters recently became ill with anorexia. I thought we were going to lose her.

The philosophy that underpins your life... Accept what is, let go of what was and have faith in what will be.

The order of service at your funeral... Sorry, but my children won’t let me answer this question!

The way you want to be remembered... As the exceptional cricketer and top rock drummer I wasn’t.

The Plug... Please support the Place2be charity, which helps children with mental health issues. Visit place2be.org.uk. (And look out for my book... if I ever write one!)

As told to Rob McGibbon

NEXT WEEK

- Rochelle Humes on her hit show Ninja Warrior UK
- Tom Kerridge serves up a second helping of his delicious Dopamine Diet dishes
- PLUS Britain’s best TV listings

PS...

Natalie Portman plays JFK’s wife in Jackie – in cinemas Friday.

Mike Oldfield’s new album Return To Ommadawn is out the same day. And Strictly dancer Joanne Clifton stars in Thoroughly Modern Millie at the New Wimbledon Theatre from Tuesday