The Definite Article

We ask a celebrity a set of fiendish questions – and only accept THE definitive answer. This week: former England rugby captain Matt Dawson

The prized possession you value above all others... My World Cup winner's medal from 2003. It's the ultimate in rugby and the realisation of my dream.

The biggest regret you wish you could amend... Publishing my diary of the coaching years. I was totally focused on rugby, and upset the whole team.

The event that altered the course of your life... Winning the World Cup in Sydney in the dying seconds. I remember falling to the floor in total disbelief. All the hard times and extreme lows were suddenly worth it.

The happiest moment you will cherish forever... Seeing my grandfather Sam die of cancer when I was 14. He was the first person close to me to die.

The philosophy that underpins your life... Tackle everything in life full on, but always play fair.

The order of service at your funeral... I'm not religious but I'd be happy for my loved ones to decide what works for them. I'd like everyone to sing Jerusalem and Abide With Me. And I'd like my ashes kept in an urn on the mantelpiece so I can keep an eye on people!

The way you want to be remembered... As a loving son, a decent brother, a good husband and a great dad.

The Plug... Matt Dawson's Bioglan superfod superfood range is available at Holland & Barrett. From £8.99, www.hollandandbarrett.com

As told to Rob McGibbon

The book that holds an everlasting resonance... The hymn Jerusalem. When you heard the fans singing that during a match it would give you extra drive.

The misapprehension about yourself you wish you could erase... That I'm arrogant and cocky. People have that impression from my playing days. I'm actually a very respectful, humble guy.

The unfulfilled ambition that continues to haunt you... To make a big impact in rugby. I've recently enjoyed David Walliams' autobiography Camp David.

The unending quest that drives you on... The philosophy that underpins your life... Tackle everything in life full on, but always play fair.

The crime you would commit knowing you could get away with it... I'd go to MI6 to find out what the spies are up to.

The treasured item you lost and wish you could have again... A Rolex watch given to me for my testimonial in 2003. It was engraved with the name of a friend, Mick Owen, who died from cancer, and had irreplaceable sentimental value. It was stolen in a burglary at my home.

The priority activity if you were the Prime Minister... Amending the immigration laws. I'm in awe of people who've faced the mechanics of big business.

The song that means most to you... The National Anthem. It reminds me of standing on a pitch and looking up and seeing my dad in the stands.

The next step you'd take in football... As told to Rob McGibbon

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Scarlett Johansson's a man-eating alien in Under The Skin – in cinemas Friday. Natascha McElhone and Kristin Davis star in Fatal Attraction at the Theatre Royal Haymarket. And Paloma Faith's new album A Perfect Contradiction is out on Monday

PS...