



Heather Knight

Heather Clare Knight OBE (born 26 December 1990) is an English cricketer who is captain of the England women's cricket team. She is a right-handed batter and right arm off spin bowler. Knight played in her 100th Women's One Day International match for England in December 2019.

Heather Knight was born in Rochdale and was educated at Plymstock School, a state secondary school in Plymouth, Devon. She was offered a place at the University of Cambridge to study natural sciences but turned it down so that she would have the time to play cricket. She went on to study Biomedical Sciences at Cardiff University.



2017 Women's Cricket World Cup

Heather Knight led the England team in her first Women's Cricket World Cup as captain, and they won the tournament despite losing to India in the opening match. In the second group match against Pakistan she, along with Natalie Sciver, went on to put on a record 3rd-wicket partnership in the history of Women's Cricket World Cup as England managed to defeat Pakistan convincingly by 107 runs. In the final at Lord's Knight led England to a 9-run victory over India.

Following the team's success, she was awarded an OBE in the Queen's 2018 New Year Honours list.

In April 2018 she was named one of the five Wisden

Cricketers of the Year for her part in the 2017 World Cup victory.



2018 World Twenty20 and beyond

In 2018, Heather Knight was named as the captain of England's squad for the Women's World Twenty20 tournament in the West Indies.

In 2019, she was awarded a full central contract by the England and Wales Cricket Board (ECB) for 2019. The ECB named her in England's squad for their opening match against Australia to contest the Women's Ashes.

Later that year, during England's series against Pakistan in Malaysia, Knight became the tenth woman for England to play in 100 WODI matches.

In 2020, Knight was named as the captain of England's squad for the 2020 ICC Women's T20 World Cup in Australia. In England's second match of the tournament, against Thailand, Knight scored her 1,000th run in WT20Is. She also scored her first century in WT20I cricket and became the first cricketer to score a century in all three formats of women's international cricket.



In 2021, Knight was named as the captain of England's Test squad for their one-off match against India. Knight also captained their tour to Australia to contest the Women's Ashes. In 2022, she was named as the captain for the World Cup in New Zealand and the 2022 Commonwealth Games in Birmingham, England.



Heather Knight has also been a coaching ambassador for **Chance to Shine** since breaking into the team in 2010. Heather and the team have been an incredibly inspiring force for the game and for young girls in particular.

Heather's work with Chance to Shine has helped to inspire thousands of girls and boys to take part in the sport. Knowing how beneficial the sport has been for her, Heather hopes that the children can learn from it too: 'It's fantastic to see the smiles on the children's faces and to see they're enjoying their cricket. They can learn a huge amount from the sport that will help them later in life in terms of communication, teamwork and respect.'



Heather is also a Vitality Ambassador; she is an inspiring role model when it comes to encouraging people to improve their health and wellbeing. Heather says, 'I can't think of another brand like Vitality that mirrors my outlook on life so closely. As a sportswoman, maintaining my health and wellbeing are quite possibly the two most important things to me – and not just in my professional life. So having the opportunity to encourage others to appreciate the benefits of physical activity on both body and mind is a lovely thing.'

Her eight pieces of advice are:

- Never be put off by anyone telling you that you can't do it.
- Mind over matter is an important tool.
- Savour every moment of success.
- Even 15 minutes of exercise a day can change things.
- Always be supportive, even at the top of your game.
- Don't let injury set you back. Stay focused.
- The best advice I have ever been given, is to keep moving every day.
- Always remember how lucky you are.