

James Graham

Former NRL International Captain, Media Host and Speaker

James Graham is an English former professional rugby league footballer who played for St Helens in the Super League, and at international level for England and Great Britain before arriving in Australia where he played 423 first grade games between 2003-2020.



He is regarded as an NRL All Stars player who has Captained both England and Great Britain internationally and is one of England's most capped players.

Since retiring from playing rugby league James has become a media host on popular podcasts "The Bye Round", where he offers a unique take on the world of Rugby League featuring in-depth analysis and interviews with some of the sport's fascinating characters. James also hosted "Head Noise", a 9-part series where James talks about what football has done to his brain - and faces up to deeply confronting questions about risk, reward, masculinity and responsibility.

James can also be heard on radio for Triple M NRL and on TV as a panellist on Fox Sports NRL.

James is also a business and motivational speaker and connects to all walks of life. His humble demeanour, lived professional experience and now TV and radio roles position him very strongly alongside his commitment to assisting the community and positively impacting grass roots rugby league and the game in general for future generations.

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