

Mark SALTER

PROFILE	
Starts:	437
Substitute:	13
Goals:	292
Signed From:	Stoke Sub Hamdon (1999/00)
Transferred to:	Southend United (2002/03)
Signed From:	Bath City (2003/04)
Transferred to:	Bitton (2010/11)
Nickname:	Salts
Normal Number:	9

RECORDS	
Highest Transfer Fee Paid (£1000 to Bath City)	
Record Appearances made (450)	
Record Goals scored (292)	

HONOURS WON	
Western League Division One Winners (2001-02)	
Western League Premier Runners Up (2008/09)	
Somerset Premier Cup Winners (2008-09)	
Players Player of Year (2000-01 / 2004-05 / 2006-07)	
Supports Player of Year (2006-07)	



Q. You scored almost 300 goals for the Club, is there one that stands out for you as your favourite or that's special to you?

A. I can't remember all of them unfortunately, but the first one that came into my mind as being the most special was the goal I scored was away at Salisbury in the FA-Cup. I don't score many from that far out and it was the last minute and took the game to a replay.

Q. Its fair to say that in your first season at the Club the campaign was one of the low points of the Club's history as we finished at the bottom of the First Division of the Western League but you still finished as top scorer in a poor team. Did you have second thoughts about not signing for the second season?

A. I didn't even have to think twice about it as I had enjoyed the season despite the poor results. The only thing I did check was that I would not be playing right back for the following season. Some fans will remember me playing in that position for some of the season.

Q. The Club has come a long way since your debut season, how have you seen the club change over the years?

A. The club has changed massively over the last 10 years on and off the pitch. When I arrived the main stand had just been demolished and the roof was just about to be added on the new one. The pitch was a lovely shade of brown and it certainly looked different than the AlderSmith Stadium looks today. Paul McGuinness worked very hard to change the clubs fortunes and when Simon White came in and we began to turn things round, the whole club was lifted and things went from there. The club is now run so professionally and the facilities are getting better year on year.

Q. You have had many strike partners over the years. Have you had a favourite and why?

A. I haven't got a favourite, although Simon Gale who is now a close friend will disagree with me, but I have had some great partnerships with a few players. Matt Fricker was the first real strike partner I can remember and we scored a lot of goals between us. He was very unselfish for a striker and we knew each other's strengths. Gary Lewis probably had the biggest influence for me as he had a lot of experience and I always enjoyed playing football. I learnt a lot from him. I also have to mention Dean Griffiths as well because on his day, he was brilliant! I was starting to slow down a little at that time and he was so quick. He will tell everyone he set up all my goals whilst he was at Frome. I tell him that I could have scored even more!

Q. There have been plenty of managers during your long spell as well. Who helped you the most or was the biggest influence on your career? Who did you enjoy playing under?

A. I have enjoyed playing for nearly all the managers at Frome and I can't really say that one helped me more than the other. Simon White got us very fit and bought in some very good players. He gave us all a winning mentality, which isn't easy for a manager to do. Paul Thorpe bought me back to Frome from Bath City and Andy Black gave us all the opportunity to play football and enjoy it. Andy Crabtree then took over and like me had been at the club for a long time. He loved the football club and it meant a lot to him to achieve promotion and the Somerset Premier Cup. I always enjoyed playing for him and helping him if I could. We have the greatest respect for each other.

Q. You moved into league football with Southend United, how big was the culture shock of part time Western League football to the full time league game? Did you still keep an eye on the Clubs results?

A. It was a whirlwind for me to make such a big move and it all happened so quickly. I loved everything about being a pro and it is something every player dreams about. The hardest part was training everyday - my body really struggled to cope and instead of having a few days to recover from games, you were back in training the following day. I always kept an eye on Frome's results and my Dad always kept me up to date with what was going on.



Q. After Southend you joined Bath City in the summer but shortly after you were back at FTFC. Was it a difficult time at Bath? Did you jump at the chance of rejoining Frome or was it a difficult decision?

A. I found it really difficult at Bath, I went back working full time and was travelling up there three times a week. My son Josh had just been born and after having such a great year with Southend, it was so different and I wasn't enjoying playing anymore. Paul Thorpe called me and I met with Paul McGuinness and I didn't have to think twice about coming back.

Q. Out of all the players you have played with at FTFC what would be your dream team XI?

A. Sorry if I have offended anyone but I've played with so many players during my time at the club - here goes 3-4-3

Goalkeeper: Stuart Parris
Defence: Paul Thorpe, Jon Crowley and Jamie Cheeseman
Midfield: Tony Pounder, Neil Smith, Alex Lapham and Adam Fricker
Strikers: Gary Lewis, Dean Griffiths and I'd have to play myself I think

Q. Many people often refer to the excellent support the team receives home and away, and anywhere in the country, do the supporters really help make a difference and what are your views on the Frome faithful?

A. Incredible! They really do make a difference to the players. How many times over the years have the number of Frome Fans out weighed the number of home fans at away grounds? I can remember how many travelled when we had the run in the FA Vase, none of the players could believe how many had travelled so far to support us.



Mark always had a special relationship with the Robins supporters and is seen above receiving an award to mark yet another milestone in his Frome career.

Q. You are still going to be registered for the Club under a dual registration so would you still like the chance to hit those last 7 goals to reach your 300?

A. If the opportunity arises in the future then it would be a great feeling to reach the 300.

Q. Are there any special moments or games that stick in your memory?

A. I've already mentioned the Salisbury away game, but the game away at Skelmersdale is the game that always sticks in my memory. I scored twice I think and we beat one of the best sides in the competition. It was the first time we all thought we could actually get to the final. Scoring against Leyton Orient at Roots Hall and winning 1-0 will always be the special one for me.

Q. Your dad has always been on the touchline and probably your biggest fan. How important an influence has he been on your career?

A. I will never be able to thank my Dad enough for the support he has given me over the years. I'm not sure he's missed any games I have played for Frome and he came to nearly all the games at Southend home and away. I can remember my full league start for Southend away at Hartlepool and he was there to see it. The only time I was able to speak to him was as I jumped back on the bus to leave the ground! He travelled to Doncaster and I was sat in the stand opposite! He is very special and is now a Frome fan for life.

Q. Will it be strange pulling on a different shirt next season?

A. It will be very strange for me and I'm sure I'll shout out 'Come on Frome' at some stage this season. I'm just pleased they play in red!

Q. What are your thoughts about leaving FTFC?

A. It was the hardest decision I have had to make. When you have been at a club so long it becomes a big part of your life and I will miss everyone at the club. I thought I would retire in a Frome shirt, but things change and I felt that now was the right time to leave.



A proud moment as Mark lifts the Somerset Premier Cup as captain and receives the runners-up trophy of the Western League Premier Division in 2008/09.