



SCOTT ADAMS

The Midford Castle owner on food supplements, Russian snipers, and finding strength through adversity

Scott Adams is the CEO of Nutrisport, the UK manufactured sports supplement brand, which he founded 35 years ago. He now runs his business from Midford Castle, made famous by once having Hollywood actor Nicholas Cage as its owner. As well as being a sports nutritionist and calisthenics coach, Scott also farms goats.

At the end of last year, Scott took a 1,700-mile, four day trip to western Ukraine to deliver 600kg of medical aid and clothing to authorities. He also donated two trucks, a Mitsubishi L200 and a Ford

Ranger Thunder, he had bought and reconditioned for the journey.

I grew up in foster care on a northern housing estate. My mother was German and 16 years old when she had me. My father was in the RAF stationed in Germany. Mum left when I was five years old.

I had a mild cerebral palsy at birth but worked hard over the years to become an okay athlete by boxing and playing rugby for college and town. Adversity can make you try that little bit harder and do better, as long as you know your limitations.

“I was shocked to see the bombed buildings”

I studied microbiology at Sheffield University and then tried the army, but it was too rigid for me.

I always thought I'd be unemployable and would need to run my own business, so 35 years ago I created protein and energy/recovery supplements from my kitchen table and then set up Nutrisport. Almost immediately I was consulting with professional athletes and in my first year I had three football and rugby teams playing in Wembley cup finals.

We moved to Bath in 2009 looking for better schooling for our five children – George, Lucy, Jemima, Harvey and Pene. We then had Arthur and Annabel, born in the RUH. Monkton was the only Bath school that could fit the children in at such short notice! When our three Ukrainian children arrived in 2022, I enrolled them in Monkton with a 50:50 bursary from the school.

When we moved to Bath there was no house for a family of our size – but there was a Grade I listed castle. It was in a terrible state. Without the painstaking restoration which followed conservation principles, the whole castle would have collapsed by now.

We bought the castle from Nicolas Cage but we didn't get to meet him. He had started the restoration work by stripping out the fixtures and fittings. I like to think that we have some things in common – lateral thinking, taking challenges, and refusing to take 'no' or 'can't be done' for an answer.

When Ukraine was invaded in February 2022, I knew there would be a refugee crisis. I was put in contact with the

Ukrainian expat community and we found Lidiia's family in Kharkiv just after they'd been bombed out of their home. Lidiia, her two daughters and three grandchildren have now lived with us for nearly two years. We eat together, play together, and share the childcare and the school runs.

I bought two trucks and transported 600kg of medical aid to the western city of Lviv and then gave the trucks to the army. I spent a couple of days in Lviv – although it's relatively safe, I was shocked to see the bombed buildings and hear an air raid siren. Everyone had a story to tell about the war.

The army badly need more trucks to transport supplies, move drones and evacuate, and preferably right-hand drive ones. To my horror I found out that Russian snipers expect the driver to be on the left-hand side.

My biggest achievement is starting the Nutrisport Trust – a registered charity with a £1m donation to help bright, non-privileged young people study STEM subjects at British universities. I believe the brightest people who can be the most productive do not necessarily come from rich parents. It's a huge waste if educational opportunities are not offered on merit, particularly in science and technology.

I love the tranquillity and privacy of Midford Castle but it's also great to be a short drive, walk or bus ride from a vibrant historic city. The castle is not open to the public but we do have conferences, Airbnb guests and, of course, there's my calisthenics class on Wednesday nights! ■

For more: www.midfordcastle.com | www.nutrisport.co.uk