Your first memory of painting...

Winning a painting competition when I was 8 years old. I appeared on a TV game show in the UK called 'The Golden Shot'. The painting was recreated on a large scale, and used as a target for contestants to shoot at with crossbows. Whatever happens in the future it will probably be the biggest audience I'll ever get.

How did you decide to become a painter?

It crept up on me. I now accept that things don't work out if I stop.

Did an artist particularly inspire you?

I found my way into the Mark Rothko room at the Tate gallery when I was 16 years old. I knew nothing about him or modern art. The fact that art could have such a powerful and direct effect was a complete revelation.

Also Peter Halley at the Saatchi Gallery in the mid 80s. It planted a seed. The potential painting has to be relevant, new, exciting and unexpected.

Do you need to understand to love a painting?

It is strange but you don't. If the artist matches their intention to an appropriate form then the work convinces. Often the art I have gone on to love has initially challenged me the most.

Is there a work for which you said to yourself "This is exactly what I wanted to do"?

No. Although there are aspects of many artists' works that I wish I could emulate, I like to think that no one shares my particular intentions.

The famous work that you don't like...

Salvator Mundi.

What is essential for your creation?

Black coffee, exercise and an early start.

What is your relationship to recognition?

If the ideas you are in touch with also spread into the larger culture, a multiplier effect can come into play. I think you might then have a chance of producing something that resonates with a public.

If tomorrow you could no longer be a painter, what would you do?

I have zero aptitude for it but my fantasy alternative career would be scientist.

Your artistic dream...

To shed some light on the evolutionary forces which shape our visual experiences.

Thank you Francois.