

that ring of confidence

Taking up boxing helps her to shed FIVE STONES

By Nick Ward

SHE'S one of Sheffield boxing's biggest losers...

And Sarah Fletcher looks simply knockout after taking up the sport by accident - then losing five stones.

The 29-year-old mum of two, started piling on the pounds when pregnant with her two kids Laurisa now aged four and Georgia aged 19 months.

Sarah, of Parson Cross, tried all sorts to lose the weight but still found herself tipping the scales at 18 stone nine pounds.

Then she had a bit of good luck - when she wandered into the Sheffield Boxing Centre Gym in Burton Street, Hillsborough, by mistake.

"Before I had the kids I used to do a bit of kick boxing," she said.

"I found a place in the Yellow Pages which did it and went down to get a bit of exercise.

"But when I opened the door it wasn't kick boxing but real boxing."

Sarah was about to turn around and head for the door but boxing coach Glyn Rhodes persuaded her to turn around and give it a go.

"I'm so glad I did," Sarah now recalls. "It's hard work but I would have no hesitation recommending it."

But beware - Glyn's hour long boxing workouts are punishing says Sarah who has been training for around a year.

"I've tried gyms before but found them to be very boring and I just don't feel motivated. But there's no chance of getting bored at Glyn's place he works you too hard. I always feel completely shattered when I finish a training session.

"It's getting easier though, the first few times time I went I couldn't walk for two days afterwards."

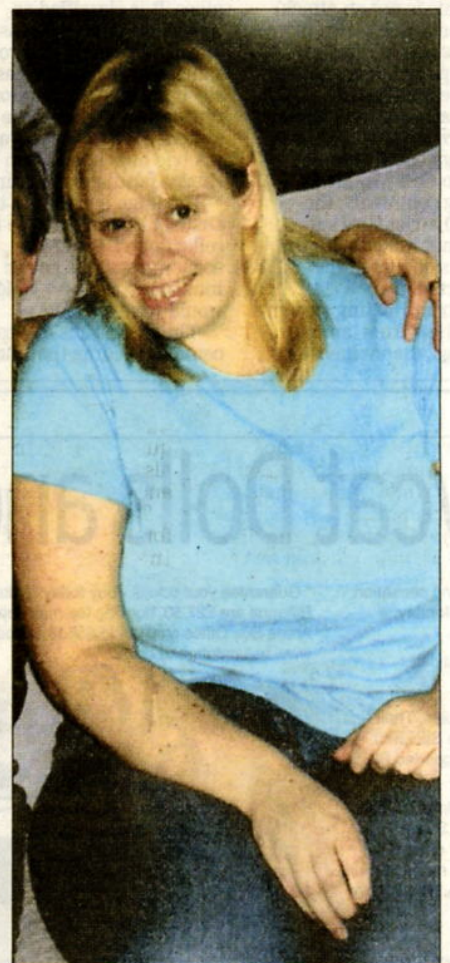
Sarah, who is 5ft 11in, now weighs in at 13st 10lb and her dress size has fallen from 22 to 14 - but she's not done yet.

She hopes to get down to 13 stone - and she doesn't intend to give up her boxing training when she does.

She said: "I really enjoy boxing training. There's no better feeling than when a session comes to an end."

Glyn, a former pro, says he's really proud of Sarah's achievement.

"She says that she can now run after her children without getting out of breath, has more energy and feels more confident in herself"



Boxing clever: Sarah Fletcher in the jeans that were once too tight for her, left, with trainer Glyn Rhodes, top and before she lost the five stones. above

Picture: Mike Waistell