



Fighting fit: Former model Hilary Mack

IT is a sport recently promoted by celebrities Jack Osbourne and Coleen McLoughlin as a trendy way to keep fit.

But for Scots girl Hilary Mack, the violent martial art of Thai boxing has become a way of life.

So much so that she even put her career as an educational psychologist on hold to become a full-time fighter.

And now the 28-year-old former model is reaping the rewards for her dedication.

She is the sport's Scottish and British champion and is set to star in the country's biggest-ever martial arts event.

Miss Mack is heading for Thailand to train for the Fight Spectacular, which will draw a crowd of 6,000 to Renfrewshire's Braehead Arena in March and be shown on television all over Europe.

She said last night: 'All the hard work will

Boxing champ Hilary proves girls can really pack a punch

By **Grace Macaskill**

be worth it for the thrill of putting myself through the ultimate test.'

In Thai boxing, fighters can use hands, feet, elbows and knees to strike opponents.

Miss Mack, who has a masters degree in psychology from Strathclyde University, has been hooked on the Thai boxing since her first bout six years ago.

She said: 'I know doctors and lawyers who take part. It gives you a great work-out.'

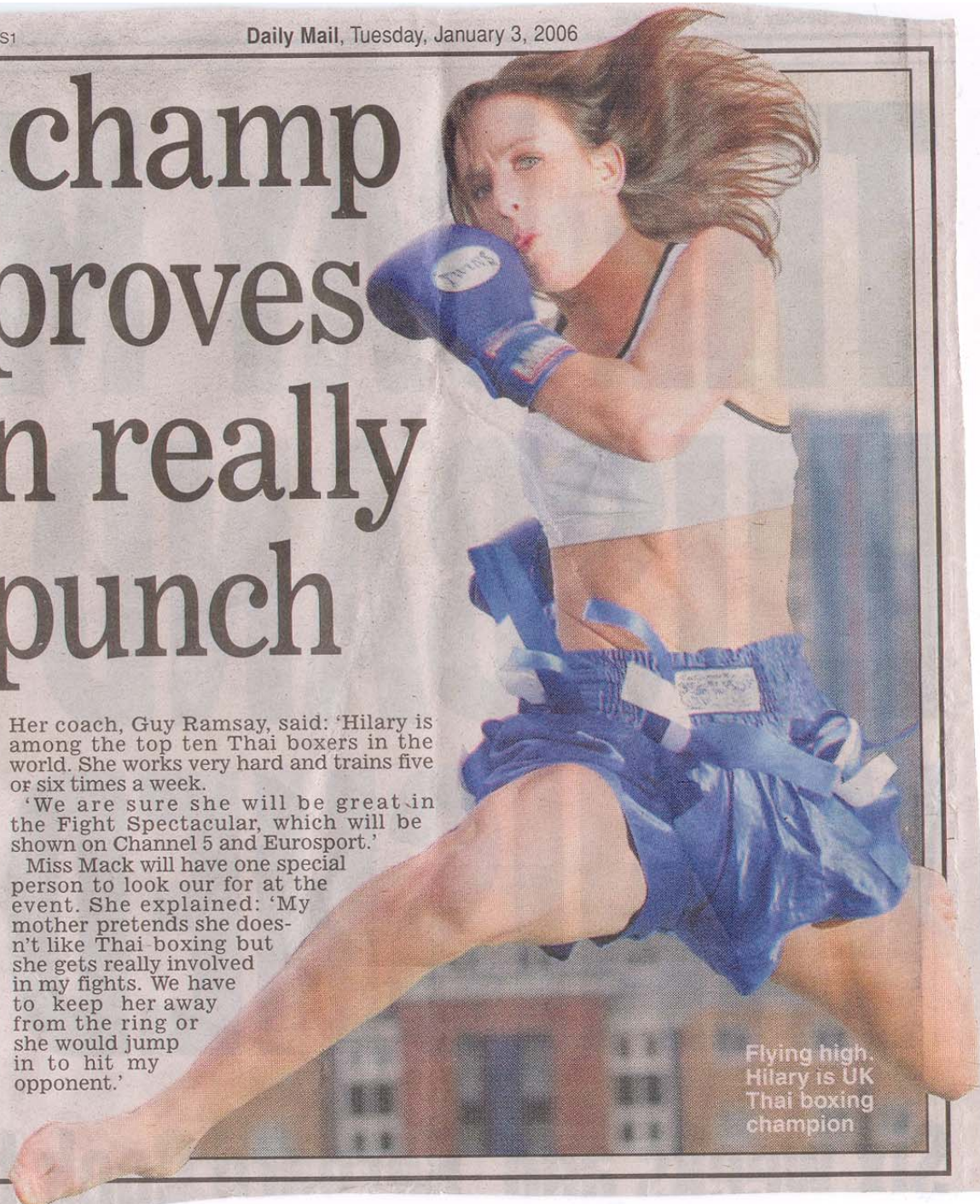
Former wild child Jack Osbourne, 19, used Thai boxing as part of a fitness regime which helped him shed five stones. And footballer Wayne Rooney's 19-year-old fiancée Coleen McLoughlin features the sport in her new exercise DVD.

Miss Mack, who trains at the Griphouse gym in Maryhill, Glasgow, is trying to make the sport more accessible to women and children by running female-only classes.

Her coach, Guy Ramsay, said: 'Hilary is among the top ten Thai boxers in the world. She works very hard and trains five or six times a week.'

'We are sure she will be great in the Fight Spectacular, which will be shown on Channel 5 and Eurosport.'

Miss Mack will have one special person to look out for at the event. She explained: 'My mother pretends she doesn't like Thai boxing but she gets really involved in my fights. We have to keep her away from the ring or she would jump in to hit my opponent.'



Flying high.
Hilary is UK
Thai boxing
champion