



changing**LIVES**:



Rachael Mackenzie

Thai Boxing

In 2006 Rachael topped the Women's Thai-Boxing World Rankings in two weight categories, (50kg and 52kg). Having started Thai-boxing just 6 years before Rachael's determination and hard work had paid off.

On the way to achieving this dream Rachael took two British Titles, both by Knock-Out and a European Title. She also became the first European Woman to compete in traditional bare-knuckle Thai-boxing in Thailand and the first woman to fight under Full Muay-Thai Rules in the UK.

Throughout her Thai-Boxing career Rachael has had to overcome prejudice from people who do not believe women should compete in a contact sport such as Thai-Boxing. Through her success and perseverance Rachael has helped to improve the profile and opportunities for female Thai-boxers.

