



## **Dermot Gascoyne**

### **Boxer**

Dermot is a former international heavyweight boxer. As a professional he was managed and promoted by Frank Warren and boxed in some of the world's most prestigious boxing venues. Although he never won a major title he holds victories over British, Commonwealth and European champions and was regularly employed by both Frank Bruno and Lennox Lewis as a sparring partner. His motto is – "it's better to be laid back than laid out!"

#### **What is your favourite/most important piece of kit?**

My gumshield it saved me from having my teeth knocked out on many occasions!

#### **Best piece of advice that you have ever been given:**

Don't try whistling with custard in your mouth!

#### **What advice would you offer for any one looking to try something new or to better themselves?**

You only live once – live life to the full.

#### **What is the most challenging situation that you have been in and what was the outcome?**

When my first child was born it happened so quickly that we did not have time to get to the hospital and I thought that I would have to deliver the baby myself. Luckily the midwife arrived in the nick of time. The outcome – one beautiful baby girl!

#### **Why have you decided to become an Athlete Mentor?**

Because I love working with young people and I like to come home from work and think that what I have done is worthwhile. It makes me feel good about myself.