



Rachael Mackenzie

Thai Boxer

Rachael's first fight against the then Amateur British Champion and World Silver Medallist set the tone for her career. Taking fights at short notice, against heavier or more experienced opponents has seen Rachael climb to the top of the World Ranking. By accepting challenges and breaking the boundaries of Women's Thai-Boxing Rachael has paved the way for future generations of British female fighters.

Notable Achievements

Highest World Ranking, nr.1 2006-2008

European Champion 2006 - 2008

British Champion 2006 – 2008

First European Woman to fight in traditional bare knuckle Muay Boran

What is your favourite/most important piece of kit?

My training gloves, they were a gift from my trainer Master A.

Best piece of advice that you have ever been given:

Anything is achievable if you try hard enough.

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

Nothing ventured, nothing gained. If you never try you will never know if you could have achieved your dream, and if you don't make it, you will always be able to look back on your life and remember the journey.

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

The day before I flew to Thailand for a really important fight I broke my foot, it was black and huge. I flew out to Thailand, strapped my foot up and spent a few days doing filming for a Thai TV promotion and then fought and stopped the girl in the third round. It was purely determination and mental strength that got me through that fight.

Why have you decided to become an Athlete Mentor?

I have been lucky to have had people supporting and encouraging me, and those people have made the difference to me between success and failure. I hope I can be the support someone else needs to start on the road to achieving their dreams.