

### THEOPHANE'S THOUGHTS

#### BRITAIN'S LIGHT-WELTERWEIGHT CHAMPION

#### Back To Business

**After an intense three months training for my fight on the 23rd July, including another fantastic training camp over in the United States, it all paid off as I retained my British title at Wembley against Jason Cook.**

For some of the disbelievers it has made them sit up and take notice, yet some still suggest that I think I'm better than I really am.

But I'll tell you this – the only British fighters to have gone abroad and beat world ranked fighters are David Haye, Amir Khan and Carl Froch.

And me.

The only thing missing from my waist is a world title and I am definitely good enough to hang with the best of my division.

Fights with Peterson, Bradley, Morales, Maidana, Berto and Ortiz are the fighters I am aiming for.

I predicted that my fight with former European and IBO Champion Jason Cook would be an easier fight than Lenny Daws and I knocked Jason out in the 10th – on a night that boxing made a welcome return to terrestrial television and Tyson Fury snatched the British and Commonwealth title from Dereck Chisora.

For the critics that say I'm not world class they only have to look at opponents such as former world title challenger Delvin Rodriguez, who I beat exactly a year ago. I also won against former world champion Demarcus Corley, just after former world WBC champion Devon Alexander and before current IBF World number one Randall Bailey.

I achieved that as an opponent – as the

underdog and as the man who was brought in to lose.

Imagine what I could do if I had a promoter backing me?

I've said it before and I'll say it again, it's a good time for British boxing. John Murray and Kevin Mitchell had a great domestic war a few weekends back, just like George Groves and James DeGale put on another good fight earlier this year.

But for me there is no one in Britain other than Amir Khan where I could get a mega fight like that.

Saying that, Commonwealth champion Lee McAllister turned down a fight with me as he didn't want to come down to London so I'm willing to come to Aberdeen in September or October to put on a unification clash if his promoter is up for it.

So now it's time to relax and unwind after all the intense 25-30 hour week I've been doing in the build up to the fight – all possible because I'm a qualified nutritionist and dietician so everything I do is 100% healthy and I refuel my body with clean energising food.

But however healthy and fit you are, everybody needs a break to recoup and refocus.

After that, it's back to business and time to retain my title again to keep the Lonsdale belt.