

Wayne McCullough

Belfast's 35-year-old former WBC bantamweight champion based in Las Vegas, 27-6 (18)

Photo: Chris Farina

Age started boxing? Seven or eight.

First boxing memory? My first bout. I knocked out the guy in the second. I weighed about 4st.

Inspiration? Among the moderns, I looked up to Barry McGuigan. As for the old-timers, it would have to be Henry Armstrong.

Favourite all-time fighter? Armstrong, an all-action fighter. Remember he held three world titles – feather, light and welter – all at the same time, and in an age when there were only eight weight divisions.

Best fight you've seen? On TV, Marvin Hagler against Thomas Hearns, and live, the first match between Diego Corrales and Jose Luis Castillo. Both real thrillers.

Pre-fight meal? Cheesecake.

What do you do to relax? I train other guys, including male dancers.

Pre-fight superstition? I'm not superstitious at all.

What training (if any) do you do between fights?

I spar between 12 and 20 rounds every day.

Typical breakfast? Fruit, toast and yoghurt.

Toughest part of being a boxer? No sex four or five weeks before a fight [Wayne is interrupted at this stage by his wife/manager Cheryl, who says with a laugh, "You can stop there".]

Favourite music? U2 all the time. I saw them recently at the MGM Grand in Las Vegas and they were brilliant, as usual.

Last book you read? The Bible. I read it yesterday, today and will again tomorrow. I read it every day.

'TOUGHEST MAN FACED? DEFINITELY ERIK MORALES - HE WORKED NON-STOP'

Favourite film? Naturally I like boxing movies like *Raging Bull* – and *Cinderella Man* won me over. Outside of boxing films, I like action ones, particularly the first *Die Hard*.

What car do you drive? A Toyota Highlander.

Where do you train? I have a gym at home in Vegas, complete with a ring, and Cheryl holds the pads for me. But before a fight I work out in Freddie Roach's gym in Los Angeles for three or four weeks.

Training routine? With a fight coming up, I get up early, do four or five miles roadwork, then in the afternoon do two or three hours in the gym, sparring, bag work, the pads...

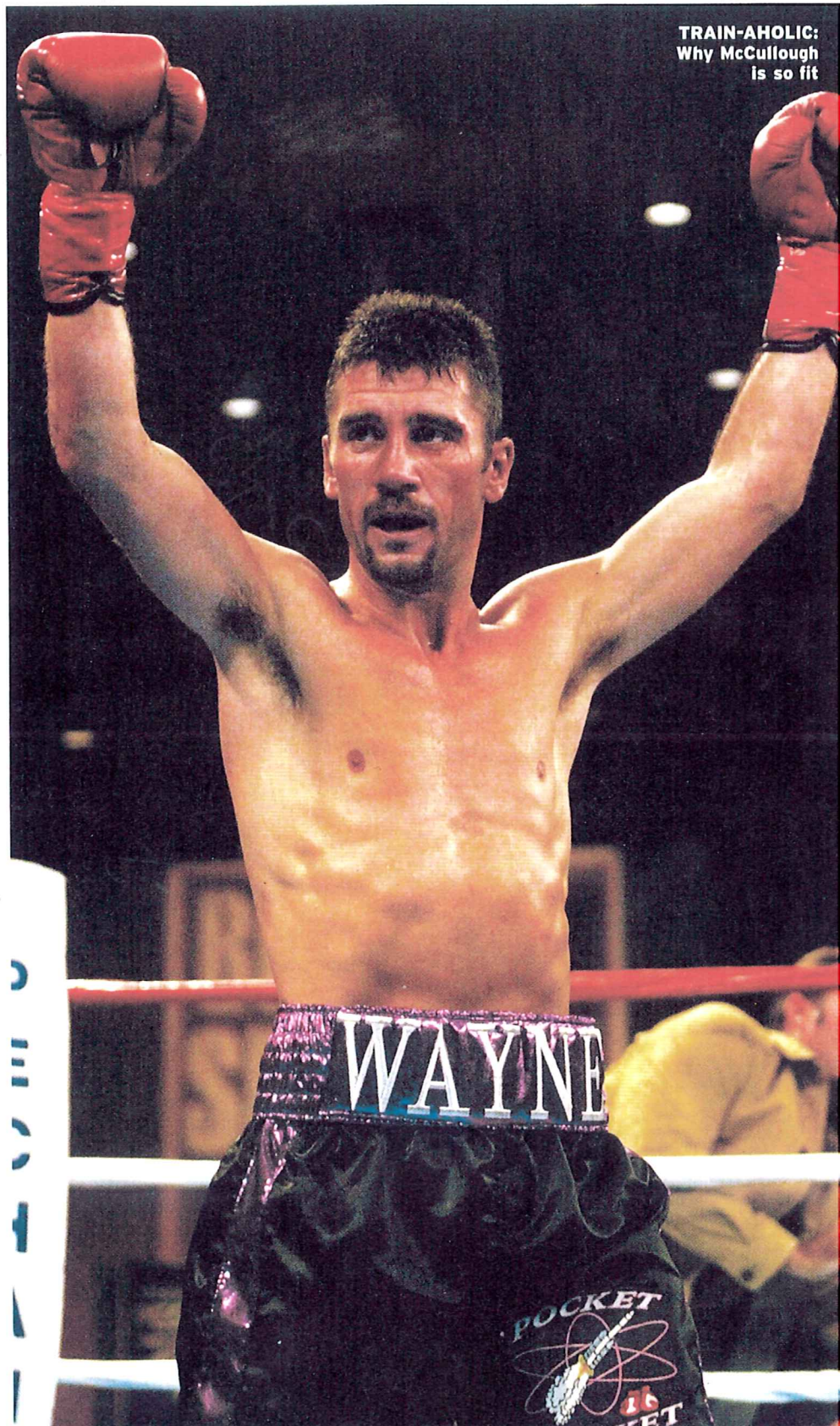
Toughest man faced? Definitely Erik Morales, who worked from first bell to last.

Supplements, if any? All natural herbs.

Job outside boxing? I'm a full-time fighter, but I do other little jobs like writing for *Ring* magazine and the Sky website, as well as doing some TV commentating.

Last place you went on holiday? Hawaii last year. It was beautiful, and so relaxing. I even did some training over there, too. I love training. I even trained on my honeymoon.

Best boxer in the sport today? Up to last year I'd have said Roy Jones, but he's slipped. Today I'd say Floyd Mayweather, followed by Marco Antonio Barrera, Winky Wright and Ricky Hatton.



TRAIN-AHOLIC:
Why McCullough
is so fit