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## BOXING LEGENDS

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For immediate release

**What is life as a boxer really like? Discover more on Web of Stories by watching an in-depth series of recorded interviews with those who know the sport best. Bernard Hopkins, Johnny Nelson, Clifton Mitchell, and trainer Brendan Ingle all reveal the tales of their careers in and out of the ring.**

One of boxing's greatest champions, Bernard Hopkins, recounts the highs and lows of his distinguished career. British ex-boxers Johnny Nelson and Clifton Mitchell also share their life stories, as does their former manager Brendan Ingle, who recalls his life as a mentor.

The oldest boxer to ever win a world title, Bernard Hopkins Jr (born 1965) is considered one of the greatest fighters in the middleweight division. The American has gone on to become the WBC light heavyweight champion and is now one of the sport's most recognisable, and controversial, characters. In the insightful and absorbing video clips on Web of Stories, Hopkins explains that he was immersed in boxing from an early age, and stresses that his interest in the sport was unavoidable: *'I come from four generations of fighters. I'm the only one that's made it, so far, to this level of championship status... My father used to box... my uncles used to box... and they were always middleweights. So it's a tradition, it's in our blood line.'*

Irish boxing trainer Brendan Ingle is recognised as one of boxing's most successful mentors and has trained an impressive list of in-ring alumni, including Naseem Hamed, Johnny Nelson and Clifton Mitchell. Good friends outside the ring, Nelson and Mitchell proved fierce competitors throughout their careers.

Born in Sheffield, England, Nelson was the WBO cruiserweight champion for over six years and is now a pundit for Sky Television. He insists that Brendan Ingle's influence was crucial to his progress which elevated him to world championship status: *'To me, he was my light at the end of the tunnel. To me, when nobody else understood me, he was the one that I could relate to... He's the one that gave me hope... It's not about how you fall down, it's about how you stand up.'*

Brendan Ingle refers to Nelson as his success story: *'He had nothing going for him... He'd no confidence.'* The Irish trainer's ethos stems from an adherence to time and patience, two key elements of success in boxing: *'If you create a happy environment for them to train in... then you've got a chance with them. Everybody's good at something. It's just time and patience.'*

These truly fascinating recordings of Brendan Ingle, Bernard Hopkins, Johnny Nelson, and Clifton Mitchell can be watched as a number of short video clips which can be found on our Sport channel. All Web of Stories videos are easy to share with friends and colleagues, and may be embedded into personal blogs and websites.

<http://www.webofstories.com/sportchannel>

## NOTES FOR EDITORS ABOUT WEB OF STORIES

Everyone has a story to tell. Over time many stories become forgotten, but now Web of Stories offers members of the public the chance to tell their stories for future generations to enjoy. The project is built on the belief that we all have wonderful stories to share, and have family and friends whose tales we would like to hear.

Web of Stories began as an archive of life stories told by some of the great scientists, writers and artists of our time. As the number of stories grew, it became obvious that some were on related topics and that a web was slowly being created of connected stories.

We welcome anyone to come and talk about virtually anything they like. Just like our famous speakers, we hope you will record your stories for others to enjoy.

## CONTACT

For more information on Web of Stories or any of our videos please contact the Press Desk on +44(0)20 7323 0323 or [press@webofstories.com](mailto:press@webofstories.com)

Should you wish to refer to Web of Stories and our video interviews please ensure that a link to Web of Stories is clearly viewable on your site.