

Trainer Profiles

Paul “Chico” Bates, George “Knuckles” Lowe and Paul “Pod” Jeffery all started their boxing careers at the Shell Club in Corringham from the age of seven. Unfortunately Pod’s career was cut prematurely short in his teenage years following hand damage, but Chico and Knuckles boxed on throughout their childhood eventually moving to Billericay A.B.C in 1988, swelling the already impressive ranks of fighters at the club. “Chico” was described by the club as a “phenomenal featherweight” in the February 1990 issue of Boxing Monthly, and “Knuckles” was “expected to make his mark” at featherweight that season. Knuckles did indeed win the Essex Novices Title that year, but it was Chico who went on to make the greatest impression.

In 1987 at the age of 18, Chico had become a triple champion in the under 52kg class, winning the Essex Schoolboys, South East Schoolboys and Essex Junior ABA titles as well as reaching the Junior ABA semis that same year. Amongst a wealth of talent at the club in the late eighties, Chico was also described as the “jewel in the crown” of the Billericay fighters, with over 50 bouts to his credit. He was an “unassuming youngster with an ice cool boxing brain” who displayed “astonishing defensive skills” and who “picked his punches so well he confused so many of his opponents”. By 1989 he was the current Essex NABC Featherweight Champion and also went on to win the South East Regional title, stopping John Coles of Camberley in the third round of the semis and out-pointing Eddie Lamb of Medway Golden Gloves in the final.

Following these impressive victories, he went on to fight his way to the class “C” final at the Grosvenor House Hotel, where he was defeated by Karl Morling from Northampton. Chico never turned professional and retired from amateur boxing at the age of 19, but he can look back on an impressive amateur career with a great deal of pride.

Honorary Member, Mark “Sach” Bates, brother of Chico, boxed professionally from 1986 before retiring in June 1987 and then resuming his pro career three years later. He eventually retired for good in 1992 with a 12 fight pro record of: won 9 lost 3. Sach fought at some of boxings most well known venues, including York Hall, Bethnal Green in May 1991 on the under card of soon to be crowned WBO Middleweight Champion, Michael Watson. The highlight of his own career undoubtedly came on 7th July 1990 when he fought and beat Steve “Cinderella Man” Robinson, outscoring the future World Champion by 4 rounds to 2 in Canvey Island, Essex. Robinson went on to become WBO World Featherweight Champion in 1993, defending his title no less than seven times against top named fighters such as Colin “Sweet C” McMillan and Duke McKenzie, eventually losing to “Prince” Naseem Hamed in 1995.

Sach now holds a professional trainers license, training fighters at the clubs associated Gym, Spartans, but he is always on hand to offer his advice and expertise.

Both Chico & George have acquired their Level 1 Trainers License and are assisted by Pod, Steve Watson, Lee Meyers, Peter Dawkins & Terry Stevens.

All our trainers and assistants hold a First Aid Certificate and are Enhanced CRB checked.