

FIGHTER TELLS OF WEIGHT-LOSS TORTURE ON VIDEO



PLEDGE Daniel Curran
TV host to help find Cyprus veterans

A celebrity heir hunter has helped an old soldier honour Scottish comrades who fell in the "forgotten conflict" of Cyprus.

BBC's Heir Hunters star Daniel Curran is working with former soldier Les Smith to track surviving relatives of the men who died in the insurgency on the island in the 1950s.

The Cyprus campaign claimed the lives of 371 British servicemen, including many Scots, between 1955 and 1959.

Curran said: "There's a great joy to reuniting family members, long lost, as it's the ultimate way to honour the fallen so we're delighted to help Les on his mission by connecting as many Scots in his regiment as possible."

"We have a team committed to helping and look forward to the positives that will come out of this."

Les, an ex-Royal Horse Guards lance corporal, is on a mission to track down surviving descendants.

The former Cyprus veteran's aim is to make the families aware of the Elizabeth Cross they are all due for their loved ones.

Great-grandad Les, 78, said: "It's great to have him on board."

For information about the Cyprus veterans, go to cyprusveterans.webs.com

Rebels are evacuated

Scores of opposition fighters and their families have left Homs in Syria after being evacuated from the last rebel-held neighbourhood, state TV has reported.

Around 350 people boarded 22 buses in the third evacuation from al-Waer district in two weeks. It is part of an agreement to surrender al-Waer to the government.

Flag artist dies

Artist Gilbert Baker has died, aged 65. The San Franciscan was best known for creating the gay community's eight-colour rainbow flag in 1978.

No fluids for four days and training in 37C
The gruelling water curtain regime that killed boxer

Tragic athlete's grieving mum flies to Thailand



■ Graeme Donohoe

Tragic Thai boxer Jordan Coe laid bare the secrets of the gruelling training regime that killed him in an interview before his death.

The 20-year-old was found dead in the Muang district of Thailand last week.

He had sweated to death in a sauna suit as he desperately tried to lose weight for a fight.

Jordan, of Falkirk, dehydrated as he exercised in temperatures of up to 37C.

The boxer lifted the lid on the shocking "weight cutting" practices that cost him his life in a haunting video interview filmed a year before he died.

He revealed it was routine for Muay Thai fighters to lose up to 10kg of weight in just a week by stopping drinking all fluids four days before a bout.

Jordan said: "I was 66kg four weeks ago. I was quite fat. Then, in the week before, I was 62.5kg and then, the day of weigh-in, I came in at 56.8kg."

"The morning after I had left for the weigh-in, I was 58.5kg. And with no running, just relaxing, constantly peeing the rest of the water out, I had lost a kilo and a half within 12 hours."

Jordan would then attempt to bulk up for his fight immediately after weigh-in.

But he would regularly go days trying to avoid drinking any water before a fight



READY FOR BATTLE Jordan, above, in YouTube video, far left. Left, in a title fight

– a practice he called "the water curtain". He explained: "The last week, that's the water curtain. That's when we cut."

"We do the water load, drink multiples until you drink a little bit."

"But I'm still eating. I never stop eating. I'm never hungry."

"It's not until I cut the water – I usually cut the water three or four days before. And when you cut the water that last three or four days, that's when you cut your carbs down."

Jordan was used to getting up at 6.30am and would train for four hours each day. He said: "You go running and

get back for 7.30 or 7.40. That's when training begins."

"It's your usual Muay Thai training – pads, sparring, clinching. We do that from 7.30am until about 9.30am and then go back, eat, sleep, then come back and do it all again."

Jordan's mum Lisa, 51, flew to Thailand on Monday to collect his body and demand answers about his death.

Herson was found dead 160 miles from the capital Bangkok last Saturday as he attempted to lose 3kg so he could make a 61kg fight the following night.

An online fundraising campaign to

repatriate his body has raised more than £23,000. The fighter – who boxed under the name Jordan Lamnammoon – was due to take on Cambodian Khon Bola tonight.

Superfit Jordan also confessed that brutal weight cutting put fighters under extreme pressure before fights.

He took up the sport as an 11-year-old before landing sponsorship with the Sumalee fight club in Thailand.

Jordan added: "If you have one bad session, you question your entire training. Everyone starts to question if they're good enough."

"I usually cut the water three or four days before a fight. That's the water curtain