

**Airport
Taxi
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As well as the experience gained from fighting Master Jay has acquired even more knowledge since hanging up his gloves, "A lot of techniques have changed and there is more sports science involved than there used to be. Now people are learning about psychology, anatomy, physical education, you never used to have any of that."

Like most boxers James needs to cut weight in order to fight, a process which involves losing a few kilos in order to step on the scales at the prescribed weight and then putting the weight back on again before getting in the ring. So a bantamweight boxer like James, who competes in the > 54kg division, will probably weigh around 60kg when they actually fight. James normally cuts weight by running the day before the fight and Master Jay helps supervise the process, controlling the amount of fluid he consumes and monitoring his blood pressure.

Many boxers complain that cutting weight is the worst part about fighting but James is philosophical, "Losing weight is easy

but you have to be able to control yourself and not eat too much. Sometimes I can't sleep because I am hungry, but if I eat something it means I have to go running in the middle of the night!"

As an amateur boxer James is unlikely to ever be financially compensated for these sacrifices but money is clearly not a motivating factor for this teenager, "I was very proud to come third in the national championships. I don't want money, I just want to be famous."

The popularity of Muay Thai tourism in Phuket has brought with it an influx of fighters from all over Thailand but James is a relative rarity in that he is Phuket born and bred. In order to compete overseas he is dependent upon sponsorship. Thai Rus Development and summerinphuket.com already support him, but with competitions in France and Singapore on the horizon, he is in need of more funding.

If you are interested in sponsoring James contact Master Jay, who speaks Thai, English, French and Italian, at 0812722629 or phuketboxinggym@yahoo.com. 

**Milana Limited
ToTo, Tawai, BB'S
(Kui)
A/W PM 20-3**

BURMA

Mergui Archipelago:

800 uninhabited islands in Burma waters, now open to visitors, but facilities are few. Some interesting boat trips from Kawthaung, opposite Thailand's Ranong. These are world's last islands in tropical waters still in pristine condition.

Koh Phra Thong:

a community of private escapes and resort bungalows was damaged by the tsunami, some have rebuilt.

Similan Islands:

frequently calm and clear they provide the most beautiful diving in the Andaman and are the most popular dive sites.

Thap Lamu:

naval base and fishing port. Boats depart from here for the Similan islands. Large jetty and small village.

Khao Lak:

the area most seriously damaged by the tsunami but rapidly re-building and beautiful to visit.

Phang Nga Bay

Regatta: a fun regatta sailed in Jan/Feb in the famous bay of vertical rocky islands; 4 days sailing; parties every night and participants sleep on boats most nights.

Scattered islands: many small islands along this coast are only accessible by those with a yacht, providing ideal cruising grounds.

Diving season: the Andaman is calm and clear until May, and the diving along the whole coast is good to spectacular.

Koh Rok Nok & Rok Nai: national parks with tent accommodation. A favourite area for gamefishing, specially for sailfish.

Koh Talibong: a large estuary island with flocks of seasonal seabirds; sea grass beds here support Thailand's last family of dugongs, or 'sea cows' related to manatees.

Fishing the continental drop-off: about 60 kms offshore the shelf drops off providing serious big game fishing.

Tarutao Islands: southern-most islands bordering Malaysia's Langkawi. Uninhabited national park with walking tracks. Park office on northwest corner.

Butang Islands: some of the most beautiful islands in the region. Only Koh Lipe has accommodation, a sea gypsy village and regular transport to the mainland. Ideal for those with a yacht.

Ranong: lively frontier town; entry to southern Burma and Kawthaung just across a wide estuary. Gateway to Burma's pristine Mergui Archipelago.

Coast road to Ranong: a beautiful drive with beaches to the west and forested mountains to the east. Four hours from Phuket to Ranong. Good roads and sign posts. Many side roads to waterfalls and parks.

Catch the waterfalls: along the road to Ranong, but they dry up by March each year.

Takuapa: old tin-mining centre, now a quiet, rural town with few attractions.

Phang Nga town: scenic little provincial capital with a mix of old wooden buildings and new concrete, set among towering karst mountains. Accommodation available. Nearby jetties with boats going to Phang Nga Bay. Worth visiting.

Khao Sok National Park: the largest and most beautiful national park in south Thailand. A large dam in the middle gives access to stunning geography and forests. Park headquarters is on the road at southern side.

Temple Caves: the backroads of Krabi secret many caves in the karst mountains with Buddhas. Great exploring.

Koh Lanta: a fast developing, new resort island with dozens of bungalow resorts, 1 to 5 stars. An hour's drive from Krabi, with two car ferries. Fast boat links from Phi Phi and Krabi in high season.

Trang: quiet province with tourism attractions - islands, Buddha caves, emerald pools, temples and resorts. Pretty to drive around here.

Trang Islands: the three islands here all have small resorts on beautiful beaches. Lots of snorkelling and relaxation. Daily boats in the high seasons from the coast at Pak Meng jetty.

Satun: a border town with immigration post and a regular ferry - a few times daily - to Malaysia's Langkawi.

Koh Samui:

Thailand's other famous island tourist destination. You can drive Phuket to Samui in about 5 hours over good roads with beautiful scenery. Regular ferries at Don Sak take cars to Samui. Signposts OK, but need a map as there are many roads.

Northeast season: strong winds from the South China Sea bring rain to Samui until March, but little, save the wind, reaches the Andaman side.

