



their purse away, or I've been followe around a store by security guards. Th treated me badly then someone's tole who I am and everything's changed.'

Boxing entered her life by accident she tells me in her flat but surprisingly playful Yorkshire accent. 'My mum co find a babysitter for aerobics one nig she took me and my brother down to after-school boxing class that was or same time. I guess I need to thank the babysitter for not turning up.'

A lot of girls would have looked at big room full of fighting boys and wa leave, so why not her? 'I absolutely lo' My dad was a big fan of boxing so it always on the TV. As soon as I got in thad visions of Muhammad Ali trainin I was like: "Wow, this must be what it v

Footage of an early fight shows litt Nicky Adams from Leeds floating aro the ring, even doing a little Ali shuffle, there was insecurity behind the swag Her father was called Innocent but he was an angry man who would take if out on his wife, his daughter and his s

'I WAS TOLD M' MUM WAS GOING TO DIE. COULDN'T BRE, DOWN IN FROI OF MY BROTHE

was fighting to survive. The boxing rir less dangerous than being at home,' she says in the documentary. 'I would that he'd just use his hand to beat me not anything else. If you hit an eightnine-year-old with a belt and you're grown man, that's going to hurt.'

Nicola saw him push her mum downstairs, breaking her arm. 'He wc abusive to me almost every day for say years. The one time I did say I was go call Childline I got a very harsh beatir I never said that again.'

Then Nicola happened to catch a in which members of a family murder abusive husband and father. 'I remen going up to my mum and she was cri and I said to her: "It's OK, I've seen a T we can get rid of him." I just didn't kno to do with the body.'

That was when her mother finally to leave for a safe house, picking up t kids later. 'Now I know what an upbri should be like, I know how bad it was me growing up,' she tells me. 'At the ti thought that was just how it was. A Ic the kids on my estate either had the s