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• Martin Koopman



- Freezy MacBones is expected in Accra this week for a justifier

MacBones eyes Olympic gold for Ghana

Story: Kwame Larweh

THE national amateur boxing team, Black Bombers, could have on their roster at the Paris Olympic Games the popular UK-based star, Freezy MacBones, who has

expressed his readiness to represent Ghana at the global games next year, and he is already nursing gold-medal ambitions.

The boxer has made the headlines in recent times for some impressive performances in the ring, his amazing

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West Ham to make new bid for Kudus

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Unlocking boxing's potential by embracing overseas talents

IN the realm of sports, Ghana's prowess has long been celebrated on the football field. The nation's national football teams have smartly integrated Ghanaians born overseas, and the results have been nothing short of spectacular. It's time for the boxing arena to adopt a similar strategy and reap the benefits of international talent infusion.

Enter Freezy MacBones, a UK-based boxing sensation whose eagerness to represent Ghana on the global stage at the Paris Olympic Games next year holds immense promise. MacBones, born Seth Gyimah in Ghana, has ignited headlines with his remarkable performances and his meteoric rise in the sport as he drawing comparisons to the iconic Mike Tyson for his raw power and now sets his sights on a

historic Olympic gold at the 2024 Paris Olympic Games.

His journey may be unconventional, transitioning from a lioness in Ghana to a celebrated chef and boxer in London. With just 18 amateur fights and two professional bouts, the 33-year-old is determined to prove that his losses won't dictate his future success in the pro ranks.

MacBones' dedication to don the national colours reflects a broader trend that has propelled Ghanaian athletes to international glory. The tale of Isaac Dogboe, a UK-based Ghanaian who pursued his Olympic dreams in 2010 and later became the WBO super bantamweight champion, resonates. Ornella Sathough, a US-based female boxer of Ghanaian and Congolese heritage, has also shattered barriers by representing the national team at major competitions, and their achievements underscore the potential locked within foreign-based athletes.

Inclusion in the national boxing team, Black Bombers, could significantly enhance MacBones' profile and impact. His presence would capture the attention of the world media, drawing inspiration from his association with boxing greats such as former world heavyweight champion, Anthony Joshua. The spotlight he commands would trickle down to the Black Bombers, potentially elevating them to new heights.

The successes of the national football teams can serve as a blueprint for the boxing realm. The integration of overseas talents has breathed new life into Ghanaian football, attracting players of exceptional skill and commitment. MacBones' entry into the Black

Bombers could set a good precedent, motivating other Ghanaians living abroad to channel their talents toward national development.

The upcoming Olympic qualifying competition in Dakar presents a pivotal moment for MacBones. However, his path to securing a spot on the national team won't be handed to him on a silver platter, as Bernard Quartey, President of the Ghana Boxing Federation (GBF), has emphasised. The boxer must demonstrate first his worth in a special bout against another potential contender, Jonathan Tetteh, to determine whether MacBones is suited for the light-heavyweight or heavyweight division in the upcoming Olympic qualifiers.

Quartey's commitment to fairness is inspiring and appropriate, as the federation seeks to provide every boxer with an equitable chance to compete, regardless of their global location.

As Ghana embarks on the road to the Paris Olympics, the prospect of MacBones joining the Black Bombers is one filled with promise, but it is time for boxing to open its doors wide for such foreign-based talents to bring fresh energy and other opportunities to the nation's boxing scene in the manner the national football teams have done successfully over the years.

Even beyond his Olympic dreams, recognised talents like MacBones and others have the potential to help reshape the boxing landscape and bring more attention to a sport that has so much potential but lacks the needed support.

How can Chelsea stay within financial rules?

CHelsea's latest signing of Romeo Lavia for £53m from Southampton puts their total spending under owner Todd Boehly at more than £850m.

With an average age of 20 years and eight months, their all-new midfield three of Lavia, Moises Caicedo and Enzo Fernandez cost more than £260m and follows the new owners trend of lavish spending on young players over long contracts.

According to Transfermarkt, Chelsea have spent about £430m more than the next-highest spenders Manchester United since the Boehly-led takeover in summer 2022.

That figure could even rise to £900m or beyond by the end of the transfer window on 1 September.

Many fans, both of the Blues and of rivals, are asking how the club can afford to keep buying new players without falling foul of Financial Fair Play rules.

BBC Sport has looked at the money spent and the rules in place in order to find out what exactly is going on.

Chelsea have spent about £323m on eight players so far this transfer window, more than any other side in Europe, and look certain to break the record for the highest summer spend by any club in the world, eclipsing Real Madrid's £292m in 2019.

That figure eclipses the £260m they spent last summer and the £288m spent in January

2023.

They have spent about £175m on Brighton players alone, not including the reported £21m compensation paid to the Seagulls for manager Graham Potter and his coaching staff in September 2022, or the cost of sacking him seven months later.

The expense for new players has been offset to some degree by income made from sales, with about £280m brought in across the three most recent transfer windows.

A significant number of older players earning high wages, such as Kalidou Koulibaly, Mateo Kovacic and Cesar Azpilicueta, are among the squad members to have moved on, while the players who have been signed by the Blues have an average age of just over 21.

Summer 2022

Incomings: Marc Cucurella (Brighton, £60m), Raheem Sterling (Man City, £50m) Kalidou Koulibaly (Napoli, £33m), Carney Chukwuemeka (Aston Villa, £20m), Cesare Casadei (Inter Milan, £12m), Wesley Fofana (Leicester, £70m), Pierre-Emerick Aubameyang (Barcelona, £10.3m), Gabriel Slonina (Chicago Fire, £8m), Denis Zakaria (Juventus, loan).

Outgoings: Timo Werner (RB Leipzig, 25m), Emerson Palmieri (West Ham, £13m), Billy Gilmour (Brighton, £7.5m), Michy Batshuayi (Fenerbahce, £2.5m), Kenedy (Real Valladolid, undisclosed), Andreas

Christensen (Barcelona, free), Antonio Rudiger (Real Madrid, free) Marcos Alonso (Barcelona, free).

Total 'net' spend: £215.3m

Winter 2023

Incomings: Enzo Fernandez (Benfica, £107m), Benoit Badashile (Monaco, £35m) Andrey Santos (Vasco da Gama, £10m), Joao Felix (Atletico Madrid, £9.7m loan fee), Mykhailo Mudryk (Shakhtar Donetsk, £89m), Noni Maduke (PSV Eindhoven, £30.7m), Malo Gusto (Lyon, £30.7m).

Outgoings: Jorginho (Arsenal, £12m)

Total 'net' spend: £301.1m
Summer 2023 (up to 15 August)

Incomings: Moises Caicedo (Brighton, £100m), Romeo Lavia (Southampton, £53m), Christopher Nkunku (RB Leipzig, £52m), Axel Disasi (Monaco, £35.8m), Nicolas Jackson (Villarreal, £32m), Robert Sanchez (Brighton, £25m), Lesley Ugochukwu (Rennes, £23.2m), Angelo (Santos, £13m).

Outgoings: Kai Havertz (Arsenal, £65m),



• Axel Disasi

Mason Mount (Man Utd, £55m), Mateo Kovacic (Man City, £25m), Christian Pulisic (AC Milan, £20m), Kalidou Koulibaly (Al-Hilal, £19.8m), Edouard Mendy (Al-Ahli, £15.9m), Ruben Loftus-Cheek (AC Milan, £15m), Ethan Ampadu (Leeds, £7m), N'Golo Kante (Al-Itihad, free), Cesar Azpilicueta (Atletico Madrid, free), Pierre-Emerick Aubameyang (Marseille, free), Abdul Rahman (PAOK Salonika, free).

Total 'net' spend: £101.3m.—BBC