

KENYATAAN MEDIA

FIRDAUS 'HULK' MALAYSIA WINS BRUNEI'S STRONGEST MAN AND WOMAN 2019

ARAU, 28 March - Despite having just recovered from a knee injury, Mohammad Firdaus Jamen or Hulk Malaysia proved that his mettle is unbeatable by winning Brunei's Strongest Man and Woman event at Harun's Gym and Fitness Centre, Hassanal Bolkiah Stadium recently.

He managed to bring home a medal, a RM3000 cash prize and a certificate of participation beating four other participants in the Men's Open category.

Mohammad Firdaus, 25, who underwent a surgery to repair a torn patellar tendon ten months ago was victorious in six out of the seven routines arranged by the organizer.

The Universiti Malaysia Perlis (UniMAP) employee said that every participant had to go through the seven routines and one special routine to complete this competition.

"I managed to win several routines: flipping a 450-kilogramme tyre five times in the fastest time, carrying a 280-kilogramme load on the shoulders in the fastest time, lifting weights over the head weighing 90 kilogrammes with the most repetitions in 60 seconds (won with seven repetitions).

"In fact, I also managed to lift a 100-kilogramme rock on the shoulders with the most repetitions in 90 seconds (getting third place with one repetition) and a special routine of lifting a 110 kilogrammes' river stone on the shoulder where I was the only one who was able to lift the stone," he said.

According to him, he also won a weight lifting routine weighing 180 kilogrammes with the most repetitions in 60 seconds (won with 15 repetitions), pulling 2 tonne lorry in a 15-metre distance by using only hand (won with farthest distance) and

lifting a Ford Ranger truck with the most repetitions in 60 seconds (won with 10 repetitions).

"Indeed the Brunei Strongest Man And Woman 2019 event challenges us physically and mentally as there were three brand-new routines and the majority of athletes have never tried it before.

"If they unprepared, athletes will most likely fail to complete them," he said.

In addition to Men's Open category, there are two other categories in the competition namely Men's Youth Under 21, and Women's Open with a total of 16 entries.

Muhammad Firdaus is also expected to join the World Natural Strongest Man Championship 2019 in Budapest, Hungary in May 2019 which will be attended by participants from 26 countries.

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