

## **Firdaus won the Sabah Strongest Man 2017**

Kangar, 28 Feb - Muhammad Firdaus Bin Jamen, 23, one of the staff in Universiti Malaysia Perlis (UniMAP) Sport Centre won the Sabah Strongest Man 2017 title (fifth edition).

The competition gathered participants from all over Malaysia. Throughout the competition Mohammad Firdaus managed to record the best score in all the five events contested. He defeated Zarol Alfiyan from Selangor (Second Place) and also Andy Gerald from Penampang, Sabah (Third Place).

“My initial aim was just to challenge myself as I wasn’t expecting to win as the competition is quite tight.”

“But all praise to the God Almighty, I managed to win the competition and this actually is my second winning after the Tenom Strongest Man in April last year,” expressed Firdaus.

The Sabah Strongest Man Competition was organized by Casero Sabah, is a contest where the contestants have to complete a series of challenge that consist of five events.

Mohammad Firdaus has successfully achieved ‘personal best’ record in all five events which are ‘Tyre Flip’, ‘Circus Dumbell’, ‘Last Man Standing Dead Lift’, Towing Truck and Bus as well as the category of ‘Loading Race’.

Cash prize and trophy was presented by the Yang di- Pertua of the State of Sabah, Tun Juhar Mahiruddin.