

# Gladiator to fight for strongman title

Derek Boyer, also known as Thunder from *Gladiators*, will be defending his title as the strongest man in Australia when he competes in the Australian Hercules Professional Strongman Grand Prix this weekend at the Italo Club.

In the last 12 years Derek has never been beaten in any strength event in Australia or New Zealand, and says he's "quietly confident" of retaining the title.

As part of the competition, the muscle men will be asked to perform seven feats of Herculean strength that include everything from pulling trucks to lifting massive stones.

"The secret is in

but I believe that age is no excuse to not perform... my goal is to continue on and be bigger and stronger at 50 than I am now. But having said that, I can't underestimate my competitors – these are the best guys in Australia."

The weekend events kick off this Saturday, May 2, when six of Australia's strongest men will pull a 22-tonne semi-trailer down Keen St in Lismore from 12pm.

Then on Sunday, May 3, the Australian Hercules Professional Strongman Grand Prix begins at midday at the Italo Club. It's a family event and entry is \$10 per person or \$20 for a family. Kids under 12 are free.

