

HERCULEAN LIFT

Muscleman Derek uses strongarm tactics to win over fans



TRUE GLADIATOR: Muscleman Derek Boyer celebrates yesterday after being named Australian Hercules Champion at the Italo Australian Club in North Lismore.

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WITH a few deep breaths, Australia's strongest man, Derek Boyer, used every muscle in his powerful frame to hoist 400kgs up to his waist.

Throwing loaded wagon wheels down on to the grass like they were made of plastic, he punched his fist into the air with the force of victory.

Once again, the 140kg Gold Coast man was named the Australian Hercules Champion.

Derek, who is well-known as Thunder on the television show *Gladiators*, has held the title of Australia's strongest man since 1997.

His amazing effort at the Italo Australian Club in Lismore yesterday earned him a spot at

the World Strongman Championships in Canada in July, where he will challenge some of the world's strongest men.

"This is what I do - it's who I am," the 191cm tall powerhouse said.

"This is something only a

privileged few can do and I'm honoured to be one of them."

After pulling his Achilles heel, Derek was 'looking down the barrel'. However, he pulled it all together to prove he was, indeed, the strongest man in the country.