

## MR ASIA CONTEST

The Mr Asia Contest - held for the first time in Malaya.

Organised by the Malaysian Amateur Weightlifting Federation, 22 22 contestants from Hong Kong, Ceylon, Pakistan, Singapore, India, and Malaya competed for the coveted title "Mr Asia".

Body building requires an almost super-human effort - discipline, training, and endurance of the highest order. It's not enough just to have a beautiful body. The ability to execute classic poses with grace and balance is equally important.

Our body-builders were successful in the last two contests. Now they were to triumph again. In spite of keen competition, the title "Mr Asia" was won by 25 year old Pak Wai Pang of Penang.

At the end of the contest, Datin Zaharani - wife of the Menteri Besar of Selangor - presented the prizes, and the Mr Asia ~~knagy~~ trophy to the winner.

Congratulations to Pak Wai Pang for a splendid achievement.