

Third time's a charm for Chiak

Jeff Ang

Late bloomer Kevin Chiak finally succeeded on his third attempt to become Singapore's best bodybuilder when he was crowned Mr Singapore 2010 at the 48th National Championships yesterday.

The 43-year-old co-owner of a gym and fitness solutions firm first joined the competition in 2007. He finished second in his bid to be the overall champion of all the different weight category winners.

Chiak, who did not compete in 2008, slipped to third place last year.

But, last night, he finally succeeded in winning the highest accolade in front of a 1,100-strong crowd at the Kreta Ayer People's Theatre.

His formula for success was to focus more on the nutritional aspect of his training this year.

Chiak was a late bloomer in professional bodybuilding, having started only in 2006.

"I felt that something was missing in my life so I chose bodybuilding," he said. "To me, it is an everlasting sport because of its varied age and weight categories.

"Paul Chua, who was the president of Singapore Bodybuilding and Fitness Federation (SBBF) back then, saw my potential and roped me in."

The hulking bachelor who weighs 82kg, does not believe that only size matters in the sport.

He said: "I feel that having muscles that are proportionate to the body is the most crucial thing."

The annual event saw its highest participation of 93 contestants competing in 11 junior and senior weight categories.

There were 70 entries last year.

SBBF president M. Letchmenon said: "I am encouraged by the turnout. This shows that there is a growing acceptance for bodybuilding and fitness."



ST PHOTO: LIM SIN THAI

Gym co-owner Kevin Chiak may have taken up bodybuilding only in 2006 but his talent saw him being crowned Mr Singapore on just his third try.