

SUGREE SUPAWARIKUL OF THAILAND

MAN OF THE MONTH FOR OCTOBER 2013

Sugree Supawarikul born on 1st December 1959 in Bangkok, Thailand was chosen as the Man of the Month for October for good reasons. He is one of the most dedicated and hardworking official for the WBPF, ABBF and the SEABF. He is modest and a respectful gentleman.



Sugree holds BA degree in Foreign Relationships Affair from Sukhothai Dammadhirach University and Mini MBA from Dhammasart University. He worked for 3 years in Thai Farmers Bank (KBank) from 1979 till 1981 and worked for 14 years in Diethelm Pharmaceutical Company (1981 – 1995) and 4 years in Biophile Corporation (Business Advisor and Investment company 1995 – 1999) and presently working in AIA Thailand.

He was involved in the sport of Bodybuilding since 1993. It was all a coincidence because Sugree's ex-boss was the President of the Thailand Bodybuilding Association and he served as the Assistant to the Secretary-General. He does his exercises with weights and bike at home 3 to 4 times a week. He prefer cardio workout.

Thailand Bodybuilding was established in 1953 and Sugree was unanimously elected as the Secretary-General in the year 2004 until 2009. For almost 2 years he kept away from bodybuilding to concentrate on his job. His potential did not go unnoticed, he was roped in the year 2011 by the Thailand Bodybuilding Physique Association (TBPA) to assist in hosting the ABBF's 45th Asian Bodybuilding and Physique Sports Championships and also the WBPF's 3rd Women Bodybuilding and Physique Sports Championships. He worked with the Organizing Committee diligently and tenaciously contributing to the success of the two major international events in his country.

In the year 2012 the Management Committee of TBBA approached him to serve in their committee; he was appointed as the Executive Vice-President cum Secretary-General in the national organization of Thailand.



Sugree with his lovely family from left his youngest daughter Gift, Sugree, his wife Theresa and he elder daughter Grace.

Sugree has vast experience in organizing bodybuilding competition, the first international event he organized was in the year 1999, that is, the 3rd South East Asian Bodybuilding Championships in which all members of the ASEAN region participated.

Then he went on to organize the following events:

ABBF's Women's and Master and Junior Championships in the year 2004

24th South East Asian Games, he was responsible for the sport of bodybuilding held in Korat , Thailand in 2007

ABBF's Multi Bodybuilding and Fitness Championships in 2009 at Pattaya, Thailand.

He was given the responsibility to head as the Organizing Secretary of two other major international events. They were:

- a) The 45th Asian Bodybuilding Championships and the Celebration of the 50th Golden Anniversary of the ABBF;
- b) The WBPF's 4th World Bodybuilding and Physique Sports Championships in Bangkok City in 2012

All the events which he supervised and organized with the Management team from the TBBA were very successful. He is a meticulous person and good in public relations.

The Thailand Bodybuilding and Physique Association is under the control of the Sports Authority of Thailand (SAT) which falls under the Tourism and Sports Ministry and they are also under the umbrella of their National Olympic Committee of Thailand. The TBPA is funded by SAT for most of their activities together with the funding coming from Mr. Douglas Latchford (P. Kriangsak), President of TBPA.

There are more than 500 gyms all over Thailand but only 80 gyms are members of TBPA . The TBPA does not own a gym but they use the Sports Authority of Thailand indoor gym facilities which is equipped with hi-tech equipments.

TBPA hold their annual Mr. Thailand every year and HRH Princess Trophy competitions, the competition is held in Bangkok and also in other cities and provinces as well. Bodybuilding and Physique Sports has been classified as one of the major sports which was incorporated into the Thailand National Games held yearly in different provinces since the year 2000.

Sugree is extremely pleased to see that Bodybuilding and Physique Sports are growing rapidly and many Thai people admire and support these disciplines.

The TBPA has launched the campaign of Workout Fun for all with the support from the Thai Health Program (NGO) to introduce the basic weight training workout for fitness and health all over the country. This campaign was launched in 2011 and since then they have covered 3 regions in Thailand.

Sugree was appointed as the Assistant Secretary-General to the ABBF by the Executive Committee. He is working closely with Datuk Paul Chua and his colleagues to reach its goal and success. He is also the Secretary-General of the South East Asian Bodybuilding and Physique Sports Federation.

He is also the Secretary of the WBPF Judges Committee and he feel that there is more to be done to educate the judges on bodybuilding, athletic physique, Fitness Physique, Model Physique and so on. He plan to do power point presentations together with his Chairman of WBPF Judges Committee Mr. Walter den Branden and Ms. Christina Y. Kam (Chairman of ABBF Judges Committee) in all future competitions as of next year. This is his top priority.



His candid remarks:

“I feel very comfortable working with the ABBF and WBPF family. Though the WBPF is only 5 years old, it has the maturity and wisdom to perform well and to maintain harmony which I don’t see with other federations. All officials have good intentions, passion and commitments, and I think this is the foundation to the success of WBPF.”

Favorite Bodybuilder: His favorite bodybuilder is Dennis James as he was the first bodybuilder friend in his life. Sugree knew him since 1996 as he lived in Thailand as an amateur athlete at that time.

What is your favorite food: “I prefer any food, not a fussy guy.”

Hobby: He loves to read, and play music during his free time. He also listens to evergreen music.

His aim is to promote very soon a competition with prize money to attract big names in the field of bodybuilding to gather in Thailand. By mid next year or so, this dream may come true.

Comments: “I love bodybuilding because it is a healthy sport and it helps people to be strong, fit and full of energy. But some people find short cut and shorten their life span by using steroids and this is the main problem and we get adverse bad publicity bringing down the image of our sport”.