WARREN LANGMAN – MAN OF THE MONTH FOR JANUARY 2012

My long time friend and Secretary General of the World Bodybuilding and Physique Sports Federation the Hon. Datuk Paul Chua, suggested that I write a short piece for the Man of the Month column.

Born in July 1943, I started weight training with school friends at the age of 15 and fell in love with the “Iron Game” which gave me the power to change my life, strength runs in the family and therefore Powerlifting and later Bodybuilding became my passion.

In 1960 I joined Reg Park’s gym in Johannesburg South Africa, my birth place. Reg and I became lifelong friends and he was a great help in my success in the sport.

While my general occupation, training and profession is Diamond cutting, Diamond trading and Gemology my life changed from that time, swinging constantly from Gems to Gyms, owning many gyms in South Africa, New Zealand, Norfolk Island and Canada and at the same time, trading gems in all of those places as well.

Cynthia and I were married in 1974 and we have together travelled the world and now reside in Tasmania, our children live in Australia and South Africa.
The journey also took us to the U.S.A. and I met brothers Joe and Ben Weider, we became friends and again my life turned from gems to gyms, I staged the 1st ever Professional Bodybuilding Championships, the “Diamond Cup” in Vancouver Canada and lived very happily in Canada for 10 years.

I later founded the South Pacific Bodybuilding Federation and was fortunate to be asked by the late Ben Weider, to organize the World Bodybuilding Championship in Guam, with a great team of Guam local’s assisting, this event is remembered as one of the best ever.

While Reg Park was my mentor, Bill Pearl is still my favorite Bodybuilder, I count also among my friends some of the finest bodybuilders of yesteryear, greats like Boyer Coe, Arnold Schwarzenegger, Dave Draper, Tom Platz to name just a few.

Along the way I competed and won many competitions in both Bodybuilding and Power lifting and was awarded many honors and medals, but the contest that I will always remember was winning the State Bodybuilding Championships in the Masters Division in British Columbia, my wife and children were in the audience and at 40 years of age, that was the last contest I ever entered, but the love affair with the sport continues.

So when Paul Chua asked me to be a part of the new World Bodybuilding and Fitness Federation, this in the role of Patron, I was honoured to be able to share some of my past experience with this deeply committed group of official, who are involved in the creation of this exciting new sports federation.

These days I spend a good deal of my spare time dedicated to the protection of the environment and planting trees in our sanctuary for native wildlife.