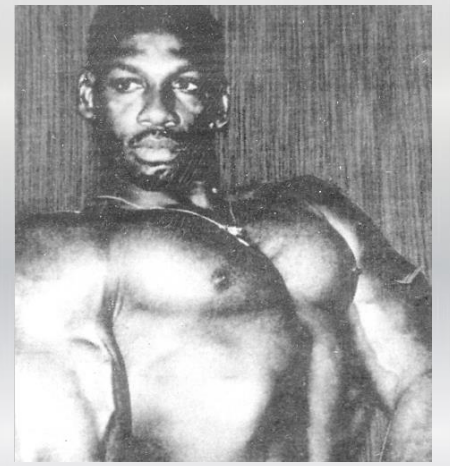
First Citizens Sports Foundation

HALL OF FAME



Christopher Forde

Body Building

Inducted in 1897

'A block of walking granite'. That was the description given to Christopher Forde by globally renowned bodybuilding aficionado, Joe Weider.

Weider knew of what he spoke. Forde, with his six-foot frame, well-proportioned body and sculpted muscles, was to many observers around the world the perfect specimen for the sport. He began lifting weights with a view to improving his body at the age of 18. Inspired by the likes of Frank Ellis and the busy bodybuilding community of 1940s Trinidad, Forde entered the competitions taking place across the island. A year later – his strive for perfection necessitating him living a super dedicated life of gym, nutrition and rest – Forde scaled the heights both locally and regionally. At the relatively tender age of 19 he was crowned Mr. Trinidad and then took the West Indies title later in 1959. He would relinquish both titles to Michael Hercules in 1960, with the friendly rivalry setting up some memorable battles on the local stage.

Forde had also seen Hercules compete abroad, most notably at the 1960 Mr. Universe competition where Hercules finished 2nd. Realizing that he, too, could be competitive on the global stage, Forde attended the 1963 competition in New York and finished 6th in the Mr. Universe Tall category. He notched it up to experience, returned to Trinidad and worked even harder at sculpting his body and perfecting his posing repertoire.

In 1964 Forde was ready and returned to the biggest stage for his sport. On stage he attained the perfection that he was working towards, prompting descriptions such as 'the world's most muscular man'. The accolades were also proven in the awards that he earned, 'Best Back' and 'Best Legs', on the way to Forde becoming Mr. Universe Tall 1964. He was the first black man to win a Mr. Universe title, with the judges giving him 54.5 points, putting him 10 points clear of his nearest rival.

Forde returned home to a hero's reception, taking part in the sports day event at the Queen's Park Oval to welcome home the athletes from the 1964 Olympic Games. He mounted the podium and provided a display to the thousands gathered, showing the form that earned him international adulation. His existing (and new) local fans were enthralled. Every flex drew loud applause.

Weider's further comments exuded what the world thought. "The bodybuilding world has waited a long time for Christopher Forde. He is a giant who can maintain over-sized measurements with a pencil-thin waist. He is a six-foot chunk of mass and power who combines rock hard

muscle with graceful symmetry, and add outstanding shape and proportion for good measure."

Together with Hercules, Forde's results were inspiring other Trinbagonian bodybuilders. At the following year's Mr. Universe competition, Trinidad and Tobago sent six bodybuilders to New York. There, Forde finished 2nd defending his title.

In 1967, Forde was 2nd once again and 3rd the following year. He was now 37 years old and retired from competition, having graced the covers of Health & Strength and Mr America magazines. Forde emigrated to live in California USA and, in 1987, he was inducted into the Trinidad and Tobago Sports Hall of Fame.

Mr. Trinidad	1st 1959
Mr. Universe	1st 1964
	2nd 1965, 1967
	3rd 1968
	6th 1963