

Cuban Jhoen Lefont to try to break three world records in 2024



Jhoen Lefont

Matanzas, January 5 (ACN)-- Jhoen Lefont, also known as the "Dolphin of Cuban soccer," will try this year to break three Guinness records in the specialty of ball control in water, after a successful 2023 in which he achieved four new world records.

Lefont, a former member of the national water polo team in the largest of the Antilles, told the press that during the first quarter he will try to break the record of 167 contacts with the head in one minute and, later, the record for the most touches (1,958), both of which he currently holds.

In the second quarter, he would like to venture into the displacement modality, where he holds the 600 meters achieved in the Baraguá Swimming Pool Complex, and this time he would prefer to try in open waters, in the Hemingway Marina, in Havana, or in some area of Varadero beach, he said.

This last option would be exciting due to the fact that I have never set a universal record in the province of Matanzas, the land where I was born and initially trained as an athlete, so I would settle an old debt with family, friends and with myself, considered the record holder.

Lefont also announced that by the end of the year 2024 he could try the modalities with ballast, in which he set a new world record in November in an unprecedented one, that of the longest time keeping a soccer ball balanced on the head, with a five-kilogram ballast on the waist (7:02:10 minutes).

The record holder acknowledged that 2023 was a great year in sports, with a couple of records in the process of homologation and two other new applications, which would never have been achieved without the guidance and support of Jorge del Valle, his coach, the Cuban polo team and the cameramen of the National Aquarium, among other members of the so-called "Team Lefont".

At 35 years of age, Jhoen Lefont has accumulated some twenty world records, nine of which have already been recognized by the Guinness World Records organization in three different categories; the most consecutive touches of a soccer ball with his head, the most consecutive touches of a soccer ball with his head in one minute, and the longest time keeping a soccer ball balanced on his head.

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