

Lefont to Seek Another Guinness World Record in Ball Control



Johen Lefont

Havana, May 19 (JIT) - Cuban Jhoen Lefont will try to set another Guinness record for ball mastery next Saturday at the Main Pool of the National Hotel of Cuba.

His goal is to dominate beyond 28 minutes and 34 seconds (the current record) a soccer ball balanced on his head, while performing arm and leg exercises in the water to stay afloat.

Born in Matanzas, Lefont, 37 years old, has established himself as one of the world's greatest exponents of this specialty, accumulating a total of 11 Guinness World Records titles since 2012.

Among his most outstanding marks are the 2031 consecutive touches to a soccer ball in June 2024 at Cuba's own National Hotel, demonstrating exceptional control and unprecedented endurance.

In addition, in September 2023, at the Baraguá Swimming Pool Complex, he recorded 23 minutes and two seconds keeping the ball balanced on his head, a physical challenge that demands extreme concentration.

Lefont has taken the discipline to another level, transforming it into a unique expression of dexterity and endurance, with records registered in iconic Havana scenarios, such as the Meliá Cohíba Hotel, the aforementioned National Hotel and Varadero Beach.

Precisely in that seaside resort, he took advantage of last year's Gran Retto international tournament to swim 750 meters in open water with a ball held on his head.

The evolution of his technique has made him a world reference in the mastery of the ball in the water, a sport that requires coordination, strength, and an unwavering spirit of self-improvement.

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