



**NABBA**  
New Zealand

**BodyBuilding Champs 2010**



## 2010 Asia-Pacific Show Report

What a pleasure to work with such a great bunch of people. Every athlete 'raised the bar' to compete at the 4th Asia-Pacific Bodybuilding Championships.

This event was held in Avarua, Rarotonga in the Cook Islands. Paradise at our doorstep!!!! Very friendly people, great food and only 3 hours from New Zealand.

The biggest Bodybuilding Team to leave the shores of New Zealand. The patience, respect for each other, friendliness and professionalism, for such a large group was truly amazing. 51 from NZ, 1 from the Cook Islands, 1 from Samoa and 3 from India.

## Congratulations to:

- Maeve Neilson (NZ) Ms. Asia-Pacific Fitness-Model
- Teresa Edwards (NZ) Ms. Asia-Pacific Shape
- Helen Aloiai (NZ) Ms. Asia-Pacific Physique
- Karyn Kelly (NZ) Ms. Asia-Pacific Figure
- Jason Bartley (NZ) Mr. Asia Pacific Athletic
- Roshan Ferrao (India) Mr. Asia-Pacific Physique

EVERY CLASS was well contested and provided the Cook Islanders with a great impression of what bodybuilding is all about. Bodybuilding is about big muscle, but the importance of condition is also very important.

The many routines were of a very high standard and kept the crowd well entertained throughout the night.

Many personal successes were achieved!!! The Asia-Pacific Competition is about giving athletes opportunities to compete at a new level. The step up to International can be daunting, but WELL DONE EVERYONE!!!!!!!!!!!! I am sure there will be some keen to take the next step up to the Universe Championships to be held in Hamburg, Germany on November 27<sup>th</sup> 2010.

BIG THANKS to all those who helped behind the scene. A very successful Team effort by both Cook Islands and New Zealand personnel.

Yours in Sport,  
Marianne Poole