



NABBA

Bay of Plenty BodyBuilding Champs 2010

REPORT



With a total of 44 bodybuilders entered, the NABBA Bay of Plenty Champs 2010 was gearing up to be a great day in sunny Whakatane. The venue for the event was the Whakatane Little Theatre which is a establishment perfect venue (in my honest opinion) to hold this regional bodybuilding show.

This was my second year as show organiser and I thought this year was going to be a breeze as I already had one under my belt...how wrong I was. I started planning this show month's in advance (December last year) and slowly did small things every month. However, before I knew it, June was here and I was faced with a huge amount of tasks that needed to be sorted. One week out, I basically had everything done and it was all about relaxing and taking care of the minor tasks at hand and ensuring my great bunch of volunteers were sorted and knew exactly what needed to be done on the day.

After all athletes were checked-in and a thorough athlete briefing by myself, we were all set for pre-judging which started exactly at 1pm in a theatre that was two thirds full. For many athletes, this was their first show, and some were very nervous. However, their nerves were quickly put at ease with a very vocal audience giving lots of encouragement and applause.

The Shape class was first on our programme with 3 great ladies in the line up. Shape and Mixed Pairs were the only classes that day required to do their routines at pre-judging. All the Shape women did some fantastic routines. Once again, veteran Shape competitor Rose Hyde from Rotorua did a great choreographed 'lolly-pop' themed routine. Additionally, first time Shape competitor and dance teacher, Lisa Gifford of Thames, performed a fantastic routine to 'Fame'. However, coming into the show with a great shape as well as an awesome routine, gave Rose the edge winning the class over the other two competitors.

The Shape class was closely followed by our Masters 60+ class with a total of four in the line-up. This class was unique; not only did it have one competitor over 70 years of age, but three, with the fourth 'youngster' Sonny

Brady, at the age of 66, completing the line-up. Also in attendance, was veteran female bodybuilder Colleen Sloane, also over 70 years of age. It's rare having just one competitor over 70 years of age at one bodybuilding competition, but we had four. This is absolutely amazing and inspiring for many. They proved that age is no barrier for such a demanding sport. Congratulations to you all!

Our Novice sections were well contested with athletic, figure and physique men having full line-ups. Although small in numbers, the figure competitors were of great quality, especially in the novice section. The tall figure of Lyn Wright and well toned Yvonne Wild were just a couple of stand-outs in this competitive line-up.

The Novice Athletic guys were all of great quality as well. Special mention to first timer Aaron Enoka of Auckland, who brought in a dry, ripped conditioned body. Equally impressive was Des Hiwarau of Whakatane, also in his first show. The judges put this class through their paces at pre-judging, however, Aaron proved too strong for the field taking the Bay of Plenty Novice Athletic title, with Des coming a close second and Victor Sharp of Mt Maunganui in third. Well done guys!

Another full class was the Women's Senior Physique which was combined with the Women's Novice Physique. It included some great veterans amongst the line up: Wendy Sole, Jill Clark and as mentioned earlier Colleen Sloane. Also in attendance, in her second competitive bodybuilding season and winner of the 2009 NABBA Nationals Novice Women's Physique section was Gisborne's Tina Walker. Like last year, Tina brought in a great overall balanced package, winning the class. Tina then went on to contest for the overalls and won Ms Physique Bay of Plenty 2010.

After a great pre-judging show, we were amped for an even better Evening Show. The theatre was at full capacity and the audience was in for a fantastic night's entertainment. Last year we had an amazing atmosphere and this year was even better.



Adding to this atmosphere was our MC Reuben Simanu. He did an amazing job introducing our competitors and acknowledging our sponsors! You'd never think this was his first time as compere at a bodybuilding show.



Also, Reuben's powerlifting demonstration following intermission wowed people with his impressive strength. He firstly, benched 230kg for 2, a quick interview with Peter Hardwick, and then did another 250kg for 2, followed by another quick interview. The bar was then stripped down to 140kg for Reuben to rep out. Peter started the count and the crowd joined in and Reuben eventually pressed out 20 reps ending with a huge cheer from the audience.

There were some great routines performed that night accompanied by an awesome sound system I had installed for the show, adding to the atmosphere. One stand out routine was from junior men's competitor Cody Wikingi who incorporated some great dance moves and flips in between his poses winning the best male routine. The best female routine went to Novice Figure competitor Lyn Wright.

Open Figure competitor, Teneka Hyndman of Auckland, gave the audience an awesome display of quality posing combined with amazing stage presence and a great figure. Being the only competitor in the Open Figure Class automatically qualified her for the Overall Ms Figure Bay of Plenty title against the other Figure Class winners, Lyn Wright and Juliana Pukeroa. Teneka proved too strong winning the title. Teneka intends to break the record of 13 bodybuilding competitions in one year set last year by fellow Auckland competitor Stan Tautalanoa (who competed at the NABBA Bay of Plenty Champs in 2009). She's aiming to do 15 competitions in one having entered 6 so far. I thought Stan's record would stand for some time so we will all be closely following Teneka's progress this year to see if she can topple the record. "Good luck Teneka!"



(Open Figure competitor Teneka Hyndman)

Crowd favourites were the three Open Athletic Men, Paul Mountford of Whakatane, Andrew Murray and Greg Mawson, both from Hawke's Bay. These are three high quality athletic competitors and the audience appreciated this display of ripped bods. Paul (who has been off the competitive scene for a couple of years), looked and performed extremely well. His absence was well spent with him putting in some serious training and dieting to come into the BOP Champs in his best condition ever. This was a very close class, however, Paul proved too sharp on the day with an extremely ripped body and great vascularity to topple the two Hawke's Bay athletes. Paul then went on to compete for the Bay of Plenty Overall Athletic title and was awarded that as well.

Rota Elliot of Kawerau, competing in the Open Physique Class, was very impressive and entered this show in his best condition yet.

Being the only Open Physique competitor in his class at pre-judging automatically qualified him to compete in the overalls up against 5 other physique class winners at the Evening Show. The overall Physique men's line up was the most competitive of the four overall titles up for grabs. Front runners for the title were Rota and Kristian Bray of Auckland. However, Rota's awesome amount of mass and great conditioning was just enough to marginally beat Kristian and eventually win the Bay of Plenty Mr Physique Overall Title 2010.

Kawerau's Unique Gymz went on to win Bay of Plenty's Top Performing Gym Shield beating 10 other gyms with a great team comprising Hemi Hope, Juliana Pukeroa, Janette McKeown and Rota Elliot. Well done and congratulations to Julie Kingi (owner of Unique Gymz) for putting together a fine team of quality bodybuilders.

Post Show Function

Following the Evening Show we all headed to The Craic who sponsored their pub to host the NABBA Bay of Plenty Champs 'Post Show Function'. Athletes were treated to free food and a complimentary drink while the owner Tim kept the bistro open for all friends, family and supporters to order. He even gave discounted beverages to all show attendees. We had live entertainment with local band 'Cascade' who rocked all night while we socialised with those who attended the Evening Show. This was a great night and thank you all for the great attendance. *Thanks Tim!*

Thank You

I would like thank the Sunny Gymz Fitness Centre's support crew who helped out for the show. You all offered your time voluntarily and followed my requests unquestionably. You were a huge reason for me being able to run such a cost efficient show which in turn meant I could transfer the 'usual' show expenses towards our athletes e.g. installing extra stage lighting and heating, installing a 'kick ass' sound system, fantastic trophies and awesome prizes for ALL competitors!

You were a fantastic team to work with and I'm sure the athletes and audience appreciated all the yards you put in at the show. You were the main reason why the show ran so smoothly. Thanks Team!

THE SUNNY GYMZ FITNESS CENTRE SUPPORT CREW 2010



Back Row: Kerry Abbot (Tanner), Reuben Simanu (Pump-Up Room Co-ordinator and MC)
Middle Row: Paul Malcolm (Back Stage Usher), Gary Fowell (Stage Manager), Marina Fowell (Food, Tickets and Prizes), Audri Poto (Tanner), Sian McEwan ('Ms Awesome' - Kept the team fed and hydrated all day, logistics, Prizes and Principal Sponsor), Helen Pollett (Backstage Usher), Tarsh Fowell (Tickets, Door, Theatre Usher), Roy Baxter (Set-up, clean-up, Judge and Team Kaumatua)
Front Row: Ora Monika (Music), Marty Niao (Show Organiser, Principal Sponsor, NABBA BOP Area Rep), Hayden Stowell (Music), Paul 'The Geezer' Burke (Pump-Up Room Co-ordinator, Tanner), Richard Gibbons (Door Person), Sana Simanu (Tickets, Door, Theatre Usher and keeping the team fed and hydrated)

Missing From Photo: Zara Fowell (Tanner), Thelma Baxter (Tickets, Door and Camp Mum) and Andrew Morgan (Door Person)

Thanks to our great sponsors. Your generosity was much appreciated and without your sponsorship, this show would not have been such a success:

- **Sunny Gymz Fitness Centre (Principal Sponsor)**
- Inline Builders
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- Abbots Fitness Development
- Bay Web
- The Craic
- Barringtons Motor Lodge
- Pacific Barbenders
- Muscle Imaging

A special shout out to Shane Hunter and Karen Smillie for contributing and sponsoring some amazing prizes for the athletes. Also, to the awesome audience at both the Pre-Judging and Evening Shows, you all created an amazing atmosphere. Thanks for supporting this great sport!

Last but not least; thank you to all those athletes who competed at the NABBA Bay of Plenty Bodybuilding Champs 2010.

YOU ALL ROCKED!

I wish everyone the best for the rest of the bodybuilding season for 2010 and look forward to organising another great NABBA Bay of Plenty Bodybuilding Champs for 2011. *SEE YOU ALL THERE!*

Kind Regards

Marty Niao

*NABBA Bay of Plenty Area Representative & Show Organiser
Director of Sunny Gymz Fitness Centre*