

The East Coast city of Gisborne is not the most likely place in which to organise a new Bodybuilding event. It is relatively remote and can be somewhat of a challenge just to get there. Until just a couple of days before the event we Aucklanders were faced with the prospect of a 10 hour drive to reach our destination as the scenic Waioireka Gorge, the main route from the North, was closed by some significantly large slips. Fortunately these were cleared the day before we left Auckland and cut our travelling time down to a mere seven hours.

However, when Tina Walker and Matthew Matenga suggested to NABBA New Zealand that they thought that there was enough support in their home town to hold such an event they were taken seriously. Due to their own success in similar events around New Zealand they had lifted the profile of Bodybuilding in Gisborne significantly and so their request was given favourable consideration.

Tina and Matt chose an early date in 2012, booked a venue, recruited a great team to help with the organisation and it was a go!

Due to the early date and remote location the availability of athletes to compete was a moot point but, on the day, over 30 athletes were in town ready to compete.

Teenager Aaron Mitchell and Junior John L'Huillier competed in their first show in Taranaki two weeks previously, enjoyed the experience, so came up to Gisborne for this show.

Aaron had avoided the temptation of eating up too much after the Taranaki show and appeared somewhat leaner. This



This picture of the Mayor of Gisborne, Mr Meng Liu Foon, posing down with Tina Walker indicates the spirit in which the community of Gisborne embraced the inaugural East Coast Bodybuilding Championships

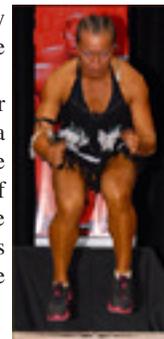


displayed his good structure much better.

Prue Rodgers also wanted to repeat the Taranaki experience and again took the Shape title.

Two local ladies competed for the Fitness Model title and their routines, although very different in content, were very interesting.

Florrie Brookings super energetic routine using a mini tramp gained the Judges favour just ahead of Sue Miki's more dance based routine. Both ladies shared the honours in the Evening Wear round.





The Physique Mens Masters was the first of a few surprises in the show. Nola Eferaimo had come down from Auckland ready to do business. He had not spent his time over summer eating and relaxing but training hard and watching his diet. He came in lean and defined, probably in his best shape ever, and took the Masters 40+ title ahead of a much bigger but less defined Matthew Matenga.

Sonny Brady took the Masters 60+ title.

The Womens Physique Classes displayed some great physiques.

Trudie Haukamou claimed the Novice title with a toned, lean physique and her posing routine incorporating elements of Kapa Haka was well received.

Tina Walker took the Senior 40+ title with a

physique that is showing a promise that 2012 will be a good year for her in competition.



Joy Crockett also showed some good improvement in her physique as she took the 50+ title.

Two Julies disputed the Open Physique Class with Julie Kingi coming ahead of Julie Wordsworth to take the title. Julie W in another who could look forward to a good competitive year if she can take advantage of her good basic symmetry.

The Novice Physique Mens Class had three Locals competing against an interloper from Auckland. All four men were competing for the first time. Darren Crosby showed a lean midsection and was the pick of the local men. It was a closer tussle between a big



Ivan Te Momo and a more shapely Peter Haenga and this time the Judges went for size and placed Ivan ahead of Peter. However all of the local lads had to settle for the minor placings as Soteila Fatui from Auckland dominated this Class with a lean, well prepared physique.

The Novice Athletic Classes provided some good competition.

Michael White came in extra lean condition to take the Novice Athletic Short Class.

Mike Smith had to overcome a strong challenge from Steve Norris before he could claim his trophy in the Novice Athletic Tall Class. Ewen Atkins placed just ahead of Jason Schilling to take out third place.

In the Figure Classes Cora Irving presented herself well and claimed the Senior 40+ trophy.



Dianne Akurangi

Maureen Thomas repeated her victory at Taranaki by fending off a strong challenge from a more muscular Dianne Akurangi to take the Novice Figure title. Maxine Neustroski completed the trio of excellent Novice Figure contestants.

The Physique Open Men Class had threetop physiques on display. Leo Tanirau had come up from the Capital, Rota Elliott travelled up from Kawerau and Andrew Murray made the journey up the coast from Napier. All three were quality physiques but, for me, the difference was that one had dialled in his preparation for this event while for the other two this was only step one of their longer

term campaign for other events later in the year.

Leo was prepared for this one while Rota and Andrew, while still impressive, were at perhaps 70 to 80% of their optimum competition condition. In many cases, in athletes of this calibre, this is often enough to take the trophy at a Regional event such as this. However, there is always the chance that there will be a competitor who has made this event their priority and comes in close to 100%.

Even so, it was a close call. Rota was possibly harder and had more size, particularly in his legs. Leo was fuller in the chest and had excellent back separation and definition.



*Leo Tanirau
Open Mens Champion*

Andrew was displaying the results of hard off season training with extra muscle on legs, chest and arms. As could be expected at his first showing so early in the year his definition was not so pronounced.

The Judges decision went Leo's way with Rota in second place and Andrew third.

With three couples in the Mixed Pairs an interesting mix was thrown into the Judging pot. Mixed Pairs is the only Class where the Posing Routine is judged and the routine is 50% of the contestants scores. This can mean that a couple who are not as strong in terms of their physiques can improve their placings if they have a strong showing in the routine round.

When both rounds were judged first place went to Rota Elliott and Julie Kingi, Second place to Matthew Matenga and Tina Walker and Third place to Darren Crosby and Dianne Akurangi.



*Rota Elliott and Julie Kingi
Mixed Pairs Champions*

After the break in the Evening Show the audience were treated to a Guest Posing routine by Helen Aloai'i, a World Champion Womens Physique.

Once the audience got over the shock of seeing so much muscle on a woman they showed their appreciation by loud applause



Mike Smith - Athletic Champion

In the judging for the Overall Class winners the Judges chose Tina Walker as the Overall Womens Physique Champion.

Maureen Thomas was the Overall Figure Champion.



Mike Smith was awarded the Overall Athletic Champion Trophy.

In a close decision Soteila (Taylor) Fatui won the Overall Mens Physique Champion Trophy.

Much Kudo's must go to Dale and his backstage crew for their great organisation of their first contest. The Judges appreciation to the ladies who prepared a splendid lunch and all of the others who made our visit to Gisborne so enjoyable.

Many thanks to Keith Jolly of Muscle Imaging for chauffeuring Helen and myself from Auckland to Gisborne and appreciation for the use of his images in this publication.