



National Amateur Body Builders' Association. Inc

**NABBA**® New Zealand

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## TARANAKI SHOW REPORT – March 10<sup>th</sup>

Our first bodybuilding show for the year, and also our first NABBA event in New Plymouth, and Taranaki turned on a beautiful warm day.

We scheduled the Taranaki Show into the NABBA Calendar late last year, under a new Area Contact, Anthony Copping, but due to new commitments he was unable to run the show. So we put some feelers out amongst the local athletes in New Plymouth, with a view of developing a committee to help out in the area. From there we have been blown away by the small 'power house' buzzing in the Taranaki! The girls in New Plymouth were so enthusiastic and pro-active, a great team effort, really brought the show together!

The comp was held in New Plymouth's Theatre Royal, a great venue for the event with plenty of space backstage, ideal lighting and sound equipment, good audience viewing with tiered seating in the auditorium, and the venue provided staff and technicians who did a really good job.

With just twenty one athletes, would have liked to see more athletes on stage, but going on the feedback, everyone had a great time! All athletes had to work hard on stage and there was no denying the effort everyone had to go to in their preparation for the show.

Prue Rodgers in Shape, travelled all the way from Auckland, to kick her 2012 competitions off to a good start.

Ashleigh McCaw in Fitness Model, competed for the first time, under the guidance of a pro; Teresa Edwards, who had her well prepped for a great first comp.

Teenage man, Aaron Mitchell who we saw on the stage late last year, has been working hard over the off season and is looking forward to an exciting second year in the game.

Junior Man John L'Huiller, was a late entry who decided to give it a go at the last minute, I am sure we will see him again in the future.

Senior Women 40+, 50+ and Open Physique Women, gave the Judges a challenge. Both Frances Robinson and Wendy Sole were back after two years, and it was very good to see them both up on stage again, challenging the beautiful genetics of Julie Kingi, a very good competition between these girls.

The Athletic classes were also close contenders with Mike Smith (Te Awamutu), closely taking the title over Aidan Carr (New Plymouth)

Senior Figure 40+, Senior 50+, put Manawatu's Lynette Burgess and Sue Bettridge, and Taranaki's Trisha Legg and Maria Dunlop coming head to head in their respective classes. The standard and condition of these four athletes was excellent.

It was the first time for Nina Ryan competing in NABBA's Open Figure class, Nina did very well, you wouldn't believe she had a baby 10months ago! Wow!

And after a ten hour road trip to the stage, Mathew Matenga stepped up in his usual great form to start his competition year early, and we look forward to seeing him soon in his home town of Gisborne for the East Coast Bays Championships at the end of the month.

The overalls in Figure, Athletic and Physique Women were all well contested. With young teenager Aaron nudging at Mathew, even with his elbow, in the Overall Physique Men, go Aaron!

The Taranaki Top Gym went to Rampage Fitness, well done Team! The Muscle Imaging Best Performer Awards went to Maria Dunlop, and Aidan Carr. Well done on your excellent stage performances!

Our compeer, Jill kept the audience well entertained through the Evening Show. Thanks Jill!

We ran the first NABBA Judges Course for the year, with four new Judges completing the course and test judging at the show. We welcome Charmaine Sutherland, Firas Al-Ali, Farah Deobhakta, and Anne Russell to the panel.

Alongside the Judges Course we ran the NABBA PT Course, with Personal Trainers Charmaine Sutherland, and Firas Al-Ali receiving NABBA's inaugural Personal Trainers Certificate. The Certificate is a new initiative this year, which has been introduced to develop an understanding of the different classes and class criteria amongst PTs to train and guide their athletes in the right direction.

It was a small show, but we had great support from sponsors, volunteers, and the Taranaki Committee, that it was worth doing and will be worth doing again next year! And we look forward to seeing more local bodybuilders competing.

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