

## 2013 NABBA MANAWATU SHOW REPORT.

A wet night didn't dampen the enthusiasm of a very interactive crowd, at our Boys' High venue. The night opened up with the Parade of 45 athletes, giving the audience at taste of what was to come.

To get the crowd going even more, we were entertained by the Jorjaz Dance Crew. They are young adults with an intellectual disability who compete in a variety of Special Olympics sports, but who all love to perform on stage. They received a standing ovation.... Very entertaining.....

And then our Compere Extrodanaire 'Roz", got the Show moving along at a snappy pace.

Many classes were very competitive and our congratulations to our Champions of the Night.

|                                     |                         |
|-------------------------------------|-------------------------|
| Overall Ms Physique and Ms Manawatu | Trudz Lelievre-Houkamau |
| Overall Mr Athletic and Mr Manawatu | Alex James              |
| Overall Ms Figure and Ms Manawatu   | Farah Deobhakta         |
| Overall Mr Physique and Mr Manawatu | Loni Kailahi            |
| Ms Manawatu Fitness-Model           | Mel Koch                |
| Ms Manawatu Shape                   | Krista Curnow           |

Outstanding performance from Alex James who had a big battle with Andrew Murray for the Overall Athletic Champion.

Likewise in the Teenage Men, so Liam Phillips, Taranaki, Michael Fowles, the current NZ Teenage Champion from Wellington, and local boy Aaron Mitchell, there was fierce competition. What a great line-up....

And Loni Kailahi...at 55 years pipped his local gym buddy Ben Coll, from Rangitikei Active Gym in Marton for the Overall Physique Title. Loni won the Mr Manawatu title as a 29 year old in 1993.

And another great competition in the Figure Overalls between Farah Deobhakta, Taranaki, Sarah Malthus, Manawatu and Maureen Thomas from Wanganui. The beautiful "V" shape of Farah's physique is a hard one to beat.

As sole entrant in the Fitness-Model, Mel Koch from Taranaki is a great example of the potential of this class.

2013 Top Gym went to Club Fitness, Wanganui. A well deserved win from the 8 member team.

There were also many other stories to tell about all the athletes. But the challenge and all the hard work to actually get up there and compete, was hugely appreciated by the audience.

The crowd also gave generously to our Special Quest, Quinn and her family. 7 year old Quinn was diagnosed with a malignant aggressive brain cancer. Quinn has had to deal with surgery, radiation and chemotherapy and the challenge for the family has been huge, with both parents having to give up their jobs. The family had a great night out and as Quinn's Mum said, "We have not been able to laugh and have such a great time, for a long time" \$1000 was raised!!!! Well done everyone.

Check out Quinn's Quest on Facebook

<http://www.facebook.com/QuinnsQuest?ref=hl>

The Team work of the Volunteers, working behind the scenes, was amazing. A BIG THANK YOU. Manawatu is very lucky to have such generous people giving up their time.....

And finally but not least, a BIG THANK YOU to our 18 local sponsors who supported the Show. Without this support it would be very difficult to run these shows. We ask that you support these sponsors throughout the year.

The After-Show meal at Turkish Delight was delicious, Bubbles Champagne & Wine Bar was a great place to Party, and of course, where would a weekend of bodybuilding be without going out for Sunday Breakfast, at Joe's Garage. Palmy's # 1 themed Café was delicious.

Special thanks to the all the Judges who came from far and wide. There were some very challenging classes to judge. Thank you.

Bodybuilding is a great sport. You learn about the importance of regular training, good nutrition and the friendships you develop... this was our 23rd Manawatu Show and we look forward to seeing everyone again in 2014.

Yours in Sport  
Marianne Poole