



NAC World Bodybuilding and Fitness Championships, Kyrenia, Cyprus - 1st June 2013:

This was a huge step for me to take in my journey as a Figure competitor!

I would like to thank NABBA for the confidence and encouragement they have shown in me, giving me the courage to grasp this opportunity and go for it! Thank you to Marianne for making all those travel arrangements for our trip.

I worked hard to prepare for competition before setting off from New Zealand and, as this was my first time competing overseas, I planned ahead as much as I could by preparing heaps of "food plan" food pre-packaged to take with me so that I would have the right food for the first three days away. Beyond that I would have to source suitable foods abroad ...quite a challenge!

It was a great experience being away as part of a team. We explored the local town together and sourced where to get our hands on the right sort of food supplies to keep us on track...as well as sussing out the local delicacies to come back for after the comp!

Our accommodation was first-rate - we were in a resort and everything was on-site - the rooms, the Convention Centre where the Comp would be held, gym, casino, beach, swimming pools, restaurants... Wow! It was great to relax on the restaurant terrace overlooking the Mediterranean Sea as we had breakfast each day! On Competition Day we got ready in our rooms and then walked across the site to the venue ready to go!

It was amazing to see all the athletes from countries all over the world strolling around the resort. Muscle everywhere! Great inspiration!

The venue was huge; the stage lighting and sound set-up were really first-class with a massive video-screen behind the competitors showing close-ups of the athletes.

Standing on stage with such a class of Figure competitors was a great feeling. I approached the challenge committed to enjoying the experience, ready to stride proudly onto the World stage and to represent New Zealand. I am so proud to have achieved a placing at the event and to take the stage in the line-up of the evening to perform my routine and to accept my trophy.

Celebrating afterwards went on late into the night...resumed the next morning with a three-hour breakfast at the restaurant buffet which we could at last enjoy sampling!

I learnt heaps from the experience of competing overseas - challenges can be overcome with planning, being resourceful and helping each other out.

To Jim, Susan, Trudie and Karl...thanks for your company and support! It was great to share this awesome experience with you guys! NAC Worlds Team NZ 2013. Well done to us all!