

2013 Taranaki Championships

After the success of our first show in 2012 we were excited to give 2013 a warm hello. This year we used a new venue, New Plymouth Boys High School. As with all new things there were a few glitches and we are pleased to be aware and able to improve and iron them out for next year. What was particularly neat was the amount of athletes that made their way to our fair Hardcore land. 45 competitors up on our 19 from last year, wow! We had 16 competitors from Taranaki alone which was just so special to see.

What is really neat is that NABBA is now annually going to hold championships here in Taranaki which is just so great to give folks from around here a chance to come out of the woodwork and shine. It's been a long time coming.

Being the first show of the year is so neat for beginners to have a go, gain some experience, network with others and have time to build up and become familiar with stage performance and go onto new heights. We are so pleased to be a platform for new competitors and those coming back into the game after time off to give our regulars some fresh competition, hardcore style!

The feed back from these new competitors has been wonderful so I would like to extend a very big 'thank you', to experienced show competitors for making them feel so welcome. That's what it's all about.

Speaking of our competitors, what a terrific line up!

The Shape class had four entrants with the very talented Rebecca Haywood (Counties-Manukau) under her wonderful mother's guidance taking out first place. With a very fine elegant Tamara Merriman (Taranaki) 2nd, Michaela Sullenberger (Wanganui), 3rd and Cherie Mumby (Taranaki) 4th.

Masters 40 + was also a well supported group with impressive sizes. Loni Kailahi (Manawatu) 1st place, watch this one he's sure to be a winner. Warren Turvey (Wanganui) 2nd, Ellis Wills (Wanganui) 3rd and Ricky Taiaroa (Bay of Plenty) 4th. These men had a great time and enjoyed the fun.

Mel Koch from Taranaki tried her hand at the Fitness category, her first time and she thoroughly enjoyed it. She looks forward to more competition.

We had two teenage men this year, so good to see the boys take pride in themselves. Liam Phillips (Taranaki) came in 1st with an extraordinary muscle mass and posing skill. Brandon Reeves (Waikato) with killer arms was 2nd. Well done boys!

Junior men Josh Smaller (Taranaki) has worked hard and we were pleased to have him step on stage and place 1st. Brendon O'Byrne (Waikato) placed 2nd and we truly hope to see you boys continue to develop over the coming year and return next year.

Novice Figure was a beautiful class with the lovely toned Anna Hall (Waikato) 1st, Diana Oomen (Manawatu) 2nd and Audrey O'Keefe (Wanganui) 3rd. These ladies put a lot of effort into their appearance and we are so grateful.

Novice Physique Men Short class was won by the stunning Travis Walton (Waikato) whom couldn't stop smiling nor could we, what a terrific entrant. Up and coming Joaquim de Farias (Wanganui) 2nd, and Eddie Marshall (Taranaki) 3rd, there's no denying that working out is spreading through the land as a good thing.

Senior Physique Woman 40+ had just the one entrant this year, Lisa Roberts (Manawatu) you will see her again and she invites you to take her on!

Novice Physique Woman Short also had one competitor, travelling all the way from Gisborne Tania Rauna looked smashing and was a really friendly lady, thanks Tania. We hope to see you again.

Novice Physique Men tall had a line up of five from three different regions and was an excellent starter for these guys.

1st place the very tall Jason Wainwright (Waikato)

2nd Ivan Toopi (Taranaki) a very happy man and well deserved.

3rd Craig Fallen (Manawatu)

4th Pratik Patel (Taranaki)

5th Allan Corney (Manawatu)

It's so great to see so many novices coming into the sport.

Open Physique Woman was a nice line up as well with three contenders.

1st place went to Trudie Lelievre- Houkamau from Gisborne, another nice lady.

2nd Nina Ryan (Taranaki)

3rd Deanne Corney (Manawatu)

Novice Athletic was won by the well supported Waikato man Hayden Camp. 2nd place Mark Kaipo (Wanganui) and 3rd went to the very amusing and enjoyable Tommy Bellman (Auckland). We hope to see these guys back.

Open Athletic things started to get seriously defined with the experienced Andrew Murray (Hawke's Bay) 1st, Darren Faulkner (Wanganui) 2nd and the hilarious Australian Ben Butler coming 3rd.

We had sole entrants in the Senior Figure classes for 40+ won by Maria Dunlop (Taranaki) and the 50+ class won by Farah Deobhakta (Taranaki). Both very accomplished ladies and a joy to see.

Open Figure had our two experienced NABBA competitors Lynette Burgess (Manawatu) 1st and Maureen Thomas (Wanganui) 2nd. These ladies are a thrill and welcomed our way again.

Masters 50+ saw Matthew Matenga from Gisborne come back to us second year in a row. What an amazing man, next year he wants to take you on if you're over 50! He'll take you on even if you're not!

Mixed pairs was great this year, we had three couples enter. Always a treat.

Gisborne pair Matthew Matenga and Trudie Lelievre- Houkamau took out first place.

2nd place Allan and Deanne Corney (Manawatu)

3rd went to Pratik Patel and Nina Ryan (Taranaki)

Best Female Routine performance went to Tamara Merriman and Best Male Performance to Andrew Murray.

By this time we were well warmed up for some really big boy's bodies as you can imagine!

Out stepped on stage our Open Physique Men.

I think the ground shook, mouths dropped and a general state of awe blanketed the hall.

This was a very close contest and the judges spent some time looking and re-looking before making their decisions. Not that any of us minded. It's hard work up there on the stage and the guys held excellent poise.

Local Taranaki man Karl Cook, who has trained for some 26 years rocked our socks off and what a great come back after a few years off.

Another local Taranakite Paul Mansour a close 2nd (he's trained for 25 years) and yet another Taranaki physique Ben Coll placed 3rd.

Do I need to spell it out to the rest of you NZer's that we are actually Hardcore here in the 'Naki'??

So that led us to the Overall's whom were awarded a fine trophy each shaped as our beautiful mountain.

2013 Ms. Physique Trudie Lelievre- Houkamau

2013 Mr. Athletic Andrew Murray

2013 Ms. Figure Farah Deobhakta

2013 Mr. Physique Karl Cook

2013 Taranaki Shape Rebecca Haywood

2013 Taranaki Fitness Model Mel Koch

Thank you so much to all competitors and your supporters who came to this show and made it happen. We thoroughly enjoyed your company, competition and humour. Thank you so much to the volunteers and judges. Those that did the judging and personal trainer course I am very thankful to you, it's a big role and is so good to see so many new people getting involved in the other side of the stage so we as a sport can grow. Thank you to NABBA for supporting me in encouragement to make Taranaki a NABBA home. Thank you to all the other NABBA reps throughout NZ who supported our show, I look forward to returning the respect.

A very big thanks to our sponsors, I cannot thank you enough for your openness and generosity. I urge our competitors to take a moment to thank them personally and make use of their services.

I believe we have something as a sport to give to the world and was pleased to have our Taranaki Daily Newspaper come and take photo's and an interview, read below.

I hope this report sees you all in good form, health and preparing to take to the stage again!

Good luck to you all, see you again!!

Taranaki Regional NABBA Representative

Charmaine Sutherland

Some competitors thoughts..

** It was such a great group of competitors back stage, we had a load of laughs.*

Well done with all your hard work. People don't realize just how much you have to do to get a competition all set up.

I myself really appreciate your work in promoting bodybuilding in Taranaki. I think NABBA is so much more professional and I really enjoy doing their comps.

Maria

** Thank you, for taking your time with me, it was great! I wouldn't have competed until I met you.*

Mel

** I am amazed and my family are so happy too. Thank you for your hard work, I'm onto it now.*

Albie

Muscle-flexing makes a comeback

"For some people it's a real life sport."

JOHN ANTHONY

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Taranaki Body Building Championships

Cameron Burnell Zoom

The NABBA Taranaki Body Building Championships were held at the weekend

MUSCLE BOUND: Josh Smaller, of Taranaki, competes in the Teenage Men's event of the Taranaki Body Building Championships.

An increased awareness of the benefits of a healthy lifestyle is bringing body builders out of the woodwork, says the Taranaki Bodybuilding Championships co-ordinator.

On Saturday, the National Amateur Bodybuilders Association (NABBA) Taranaki Body Building Championships were held at New Plymouth Boys High School's Ryder Hall.

NABBA regional representative Charmaine Sutherland said this was only the second time the championships had been held in Taranaki. This year there were 45 competitors, compared with last year when there were just 19, she said.

The body building community in Taranaki had increased since NABBA began holding competitions in the region, she said.

"It's really bringing people out of the woodwork," Ms Sutherland said.

This was largely due to more people seeking out personal trainers and gym memberships to lead a more healthy lifestyle, she said.

"Once they get started on some training and they realise it's a good thing and it gives you a natural buzz it usually changes their whole mental attitude."

Body building was a natural progression for many people getting into shape, she said.

Of the 45 competitors, 16 were from Taranaki, she said.

Hawkes Bay's Andrew Murray won Mr Taranaki Athletic, Gisborne's Trudy Lelievre-Houkamau won Ms Taranaki Physique, Taranaki's Farah Deobhakta won Ms Taranaki Figure and Taranaki's Karl Cook took out Mr Taranaki Physique.

Ms Sutherland said most competitors would have spent up to six months preparing for the championships.

"But some people have trained for years because it's their thing.

"For some people it's a real life sport."

Some people had a skewed perception about what motivated people to participate in body building, she said.

"It's really just about good health and good exercise and taking pride in yourself and having some fun."

Body builders used a lot of fake tan to enhance muscle definition under the stage lights, she said. "If they didn't have the tan the lights would make them look very pale and washed out." NABBA holds 13 regional shows in New Zealand each year and a national show in Auckland, she said.