

2014 NAC Bodybuilding World Championships

Castellón, Spain.

30th May – 1st June 2014

I have represented NABBA on two occasions. The NAC Universe champs in Germany in 2013 then recently at the NAC World champs in Spain 2014. Each time I had the experience of a lifetime and learnt a lot about the sport and who I was representing.

I had the pleasure of travelling with Jim to Spain which was an honour and huge learning experience. Jim is well travelled and has endless knowledge of the sport. He made sure I was fed, watered and got my training in before anything else which made the trip run smoothly as well as leaving me confident for my next overseas venture.

It is a pleasure to be a part of the NABBA NZ body building team and I look forward to more adventures and medals!

Shenae Barker

Thanks again for yours and Jim's support for funding for Spain. It was a most enjoyable time in Spain. Yes, I was a bit disappointed with how I placed (and I understand that Jim was too).

Thank you Jim for speaking to me after the morning show. That really encouraged me. I brought my best and I was happy with what I put up on the stage.

Paul Mountfort

NAC World Body Building and Fitness Championships, Castellon, Spain 31 May 2014

Competing internationally and being able to foot it on stage with some of the world's best body building athletes has been a dream since I stepped on stage for my first competition. So when the invitation to represent NABBA NZ came after my success at the 2013 Nationals I accepted it whole heartedly.

I wasn't sure what to expect with this competition and it felt like it was my first time on stage all over again. Travelling and competing internationally brings with it a whole bunch of new challenges with regard to flying, water levels and meal prep. Once I arrived in Castellon though the excitement and nerves were very high but watching all the athletes at check in was pretty cool, and left me wondering which of them I would be up against and how I would compare. The competition had somewhere around 250 - 300 athletes from all over the world in a range of classes. The class I competed in (Athletic 1 (tall)) had 21 athletes, all at the top of their game and in excellent condition.

Competition Day:

Much like the competitions in New Zealand, backstage space was at a premium so it was good to get there early (show started at 9.30am) and be able to sit and relax with the other team

members until it was prep and show time. With pump up done and a final tan touch up it was time to hit the stage, and it was game on from the moment we entered the stage with competitors hitting poses immediately as we lined up. The competition was on!

After a round of symmetry with all 21 on stage they moved us to the back and then in groups of about 5 got a round of compulsory symmetry's and poses done. After the compulsories it was time for the call outs, this was the time that would tell me if I was going to be competitive. The first number called was 77 and it left me in disbelief as it was my number, I was first person in the first call out and I suddenly realized I could have a chance at placing. But for now it was time to pose like never before. I was in four call outs and left the stage exhausted but knew I had given it everything and it was in the judge's hands now.

With prejudging over for the Athletic class it was time to enjoy watching some of the other categories and what a spectacle it was, some of the most impressive looking athletes both male and female stepped onto that stage and it was great to watch them pose off against each other. The evening show started about 5pm and they ran it slightly different to what I was used to, they called all athletes for the category on stage and then called out a top six which I was part of to head back off stage. Those remaining on stage were presented medals and had a pose off, once they left the stage the top six were called on for their routines and then had a final round of posing for the audience to see before the placings were awarded. It was getting really exciting now!

Making the top six was beyond expectations when I left for Spain so I was feeling incredibly proud to be standing out there and as they started calling out the placings I was listening, hoping, wondering when my number 77 would be called. 6th was called, 5th was called, my heart was racing a fair bit now with the thought of getting a top three and then 4th was called and I couldn't believe it, I had made top three at NAC worlds. I was called next for 3rd place and I had the biggest grin and was so proud of this achievement. To walk to the front of the stage, receive the 3rd place trophy and hear my fiancé, brother and the NZ team members cheering me on was just outstanding and a moment I will cherish.

Getting to compete on the world stage and then being able to watch the other classes at a show of this calibre is highly recommended and if you get the chance I suggest you go for it and you never know just how the cards will fall. This show has just inspired me to experience more and I would like to do it again in the future, but for anyone who has thought about it or would like to experience it, give it a go as the hard work to get on stage is well worth the experience. The venues are great to perform in and watch, the hotel accommodation was provided and being part of a NZ team who supported and encourage each other is really quite special.

If you have any questions about competing internationally I suggest you get in touch with the team at NABBA HQ and see just where it may take you.

I would like to thank NABBA NZ for the support, assistance and planning they provided for the journey to Castellon. Marianne was excellent at answering any queries before departing and Jim gave us great words of advice and support in Spain before and during the competition. I would also like to say a special thank you to my fiancée Janelle who travelled with me, brought me in and kept me on track, tanned and prepped me for the show and made sure I was in the best condition I have ever taken to a show. Thank you.

Kurt Brunton

World Championship Competition in Spain 2014

Preparing and getting to Spain as part of the NABBA New Zealand World team was one of the most incredible adventures that I will not forget! Despite there being so much I could foresee, and so many unknowns and unexpected... this made for one of the most memorable experiences that I have had.

It all started when I received the selection letter for the International NABBA New Zealand team. Unaware of the contents, I opened this indiscriminate envelope to find the true 'golden ticket' that was inside. World's was going to be held in Spain this year, and I was selected to represent New Zealand for Shape on the stage! Not to mention I had also been selected to compete in the Asia Pacific's the weekend before in India.... All I could think was... somebody pinch me!

As the days prepping and training were counting down, I heard that due to unforeseeable circumstances, the Indian Asia Pacific's held competition had been cancelled. Well... not to worry because I have always wanted to go to India and whilst prepping in heat was going to be difficult I was ready for the challenge. I packed all of my food and prepared in-flight food ready for the day which I departed NZ.

As I sat on my first flight (the first of approximately 36 hours of travel) I got butterflies and Goosebumps: this was really happening! I knew that there would be a few days before I met with the rest of Team NZ but first: it was travel time and training time. This time I tried travelling in compression wear to try and ease the amount of fluid retention and swelling in my limbs. What a difference that made!

Fast-forward to the plane to Spain and I couldn't help but congratulate myself: I had managed to resist all the delicious scented temptations in India (usually this would be seriously one of my weaknesses), I hadn't missed a session, and I had managed in the 40 degree heat (I loved every second actually!)

As I touched down in Spain I made straight for the gym, and despite local time being 5pm after I had finished, I fell straight to sleep until 9am the following day!! (Anyone who is aware of jetlag and how tiring travel is will be able to vouch for this kind behaviour.)

I got to meet the rest of the NZ team at breakfast where we were able to compare notes on travelling and how jetlag was affecting us. Tonya and Shenea had already 'sussed out' morning HIIT training (high intensity interval training) on the picturesque beachfront, just a casual stroll from our hotel. This location made for an unstoppable feeling of being blessed about the location of the competition! Alex was excited about the breakfast buffet and exactly what kind of selection there was in such a European destination, and Jim (President) personally welcomed me to Spain with a large hug.

Unfortunately as a result of my travels and a bit of bad luck, I had picked up a stomach bug (just 2 days from competition!) However, as I said, these things are life, and you can either embrace them as a challenge or sit back and complain.... And how could I complain given that the Team NZ were around me to support me!

Prepping meals was part of the fun in the hotel: we would accumulate on the balcony of Shanea and Tonya's, soaking in the heat of the Summer Spanish Sun, and took it in turn to prep on the grill. This is one of my favourite times, as it is a time that we could all learn and appreciate each other's approach to exercise, nutrition and on stage preparation! It also set the scene for some real bonding and lifelong friendships.

Athlete check in created the buzz of excitement which had us all forgetting what remnants of jetlag which we had: there was a flurry of excitement which unfolded right in our very own hotel! Each country was represented and ready, collecting numbers and some requiring height and weight measurements. I watched as some even removed clothing just to reach their target weight, and some held their breath as they took the scales!

After check in we got the fantastic news that Keith was going to personally send us photos and a DVD of the entire event! Not to mention that Jim settled our nervous minds by providing a perfectly timed and momentous Team NZ talk. All of these seemed so surreal as we stood by the vacation destination of beautiful Castellon Spain, sun beating on our backs and New Zealand Winter being a distant memory!

The next day we car pooled to the venue, host to the some 300+ athletes. This is where I learned that there was close to 40 in my class! Myself, Shenea and Tonya found ourselves a dressing room and began to prepare to take on the World stage and show what NZ had to offer. Kurt, Alex and Paul had a little bit of a wait before their respective classes took the stage, but they were out in full force in the audience to cheer on the girls!

Watching and experiencing such a prestigious international event first hand is certainly one of those experiences unrivalled: and adding to that the honour of competing, I am forever grateful to NABBA New Zealand for the opportunity! Learning the uniqueness and diversities of different cultures for the sport of bodybuilding first hand is indescribable. There are so many similarities in discipline and in commitment, but so many intricacies and complexities that make such an experience remarkable. Furthermore, despite appearances, the biggest competitors with most muscles are also some of the warmest and most inviting people that a person could meet (even with a language barrier!).

Receiving a participatory medal and knowing that despite all complexities involved in competing on stage for this remarkable event, I could not have been happier! I know that I did my best and gave Spain my all, and made absolute golden friendships with the rest of my NZ team mates and competitors from other countries all over the world! Thank you NABBA NZ for these fantastic opportunities and experiences that I will forever treasure. Until next time, I shall keep training hard and doing my best!

Susan Baxter

Well I'm back from Spain & wow what an amazing time. I'm so grateful to you, Jim & NABBA for the opportunity to go there & represent the country that I'm very proud to call home now. For me it is only the beginning & I look forward to continue to do this & to continue to get better & better with each competition.

Jim asked me to touch base with you when I got home so here I am, letting you know that I indeed intend to continue to compete internationally for the period of time I'm allowed to. Thanks . . . for everything.

Tonya Fines