

HARDCORE NUTRITION NABBA WAIKATO CHAMPIONSHIPS 2014

Sixty four finely tuned athletes turned up at the Whangamata War Memorial Hall for the seaside towns third hosting of the NABBA Waikato Bodybuilding Championships.

The weather tried to make things difficult during the morning, but fortunately the afternoon brightened up and getting rain on tans while coming to and from the hall did not become a factor!

It was a high class field of bodybuilders signing in during the 'zombie apocalypse' part of the mornings registration (Carb depletion and simple tasks do not belong in the same sentence) and the judging panel and NABBA officials did, as they always do, a bang up job keeping things moving. Patience is a virtue!

All classes were strongly contested with well conditioned physiques on display, there were no real easy calls for the judges - the panel certainly earned their pineapple lumps this week out!

Guest Poser Grant Pieterse but on a performance and a half, leaving the stage and heading into the bleachers to give the spectators a close up view of some very high class muscle.

This years saw more Physique men than in the past, the novice sections with some very fine new boys – Clint Ashburner and Tony Silverthron the short and tall novice winners respectively a pair to keep your eye on. Clint was pipped at the post for the overall title by the open tall winner Sifa Mafi. Their final head to head pose down during the overalls was a treat to watch, and I expect bloody hard to participate in!

The athletic overall title was won by Novice Tall winner Dale Pugh, a clear call, he was a cut above on the day.

Figure and Women Physique classes were a nod to the elder statesmen (or women) of the sport. The towering Lynn Wright taking the Figure 50+ and then overalls, and Gill McCann doing the same for the physique – winning 50+ and overall. You are NEVER to old!

Rebecca Nisbett took out the Open Shape class unopposed, and then was too good for novice winner Piyaanka Khatri to take the title Miss Waikato Shape 2014.

Laurelle Jury took out the Fitness Model title unopposed, also taking out the Muscle Imaging best female performance award. Extra Pooley, teenage men, was awarded the best male performance, while top gym went to Te Puke Health & Fitness.