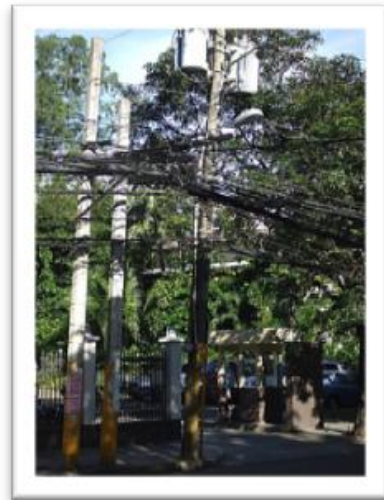


NABBA Report, 2011 UBFF Mr and Ms Phil-Asia Invitational Open Bodybuilding Championships Cebu, Philippines, October 20-23.

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Cebu, Philippines, now that sounds like an adventure. In October a small New Zealand contingent set off for the first ever UBFF Mr and Ms Phil-Asia Invitational Open Bodybuilding Championships in Cebu, the queen city of the Philippines. The biggest event in Philippine Bodybuilding history sanctioned by NABBA International Philippine President Engineer Jun Tanyag and NAC International Philippine President Morris Limpangan.



Like most international travellers you go with an open mind and learn as much from the journey as you can. The airport is where the journey begins. Here our local host, Director of Workout Fitness, Dennis Delago and his daughter Nicey, met us. It was a hot 32 degrees and 72% humidity. Through the streets we drove, our senses overloaded with new sights, smells, locations and road rules that we had never encountered before. There was an intriguing mix of building materials juxtaposed to form shanty towns, shops and houses made from corrugated iron, tilt slab concrete, wood and cardboard. Each with its own electricity surging into it from a mish-mash of entangled wires that hung above the pedestrians in the street. Children and street people lay on the sidewalks and street vendors sold chicken kebabs and other wares from non-refrigerated stalls.

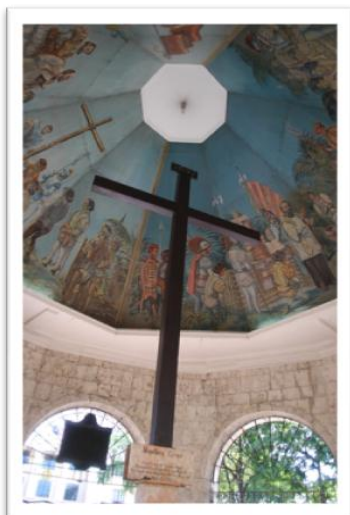


Tired and disorientated we were taken to Workout Fitness for registration. Here we sorted out accommodation fees and stuffed ourselves with Oh Yeah bars and water. The Diplomat hotel was interesting with its smokey rooms and no tea or coffee facilities, but luckily amenities like the gym and supermarket were nearby and there was a beer fridge to keep things cool.

Women in the Philippines generally share a greater legal equality than those in other Southeast Asian countries but it soon became apparent that women here still struggle for respect. Gyms are segregated, women train in one area and men in another. We were very fortunate to train in the men's gym during our stay, and the men didn't seem to mind.



The two-day show format was very demanding. Three days of dehydration is not much fun and needless to say everyone came home sick. The weigh-in was 'close enough' and the height measurements were as accurate as any cardboard box and a marker pen on a doorframe can be. The women's classes didn't even get that far. Non-the-less team Kiwi still performed very well with all our representatives making the top six in their classes.



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Pre-judging determined the finalists and the main event was held in the prestigious City Sports Club the following evening. A show rehearsal was scheduled for the morning of the finals. Here it was made apparent that there would be a range of dignitaries coming to help promote health and fitness to Filipino's. The show format practiced in the morning made its own arrangements by the evening with every athlete lining the stage in a place anywhere other than where they had rehearsed. The women were relegated to the rear of the stage while the big turtle-bellied men took the front and centre. Apart from a late start and a three-hour wait before hitting the stage the evening was a huge success. The victory meal provided a great opportunity to relax and socialize, not to mention eat!



A sight seeing tour had been organized for the last day. Again we were able to travel in good company and experience some traditional Filipino history and cuisine. A visit to the Taoist temple, Magellan's Cross, Basilica Minor Del Santo Nino and Boracay Beach covered most of the major attractions in Cebu.

Like all travel we learnt a lot about ourselves, we were retiring in our judgments and we had a really good time. Thank you to Jim Pitt and NABBA New Zealand for affording us the opportunity to experience new cultures, different lifestyles and International Bodybuilding. We have met many great people who through digital technology we hope we will have lasting acquaintances.

Thank you NABBA NZ.

Kind Regards and Merry Christmas,

Neisha Brooking & Paul Mounfort

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Bay of Plenty.