

NABBA Wellington Putting Athletes First!

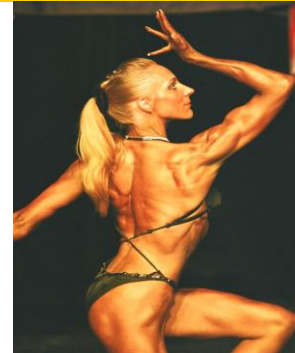


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July 2010

This month we look at:

- Upcoming shows
- Hawkes Bay Results
- Movie Night
- New sponsors
- Trunk and Bikini Fittings
- Local posing practice



Upcoming Shows

We have a few shows on the calendar for July. Some of you will be preparing hard for them. Stick at it! We can't wait to see you on stage!

- The Counties Manukau Champs
Hosted by Mr Body Building – Pete Hardwick
24 July 2010, Papakura.
- Waikato Championships
Hosted by Miss Shape ... Teresa Edwards.
31 July 2010, Hamilton.
NABBA HQ
<http://www.nabba.co.nz/>



Hawkes Bay Results

Congrats to all the athletes that competed in the Hawkes Bay Champs on 10 July 2010. A HUGE thanks goes to Andrew, Greg and Rachel for putting on a fantastic, friendly and well run show. The standard of athletes was high, and the judges had some tough decisions to make in a few of the classes. Well done to all – and thanks Keith for the snaps.

Overall winners:

Shape – Honoria Ropiha

Figure - Jody Walford

Physique Men - Kenneth Clayton

Athletic Men – Andrew Murray

Physique Ladies – Tina Walker



Movie Night

Local Athletes Maeve Agnew and Ross Gray are off to represent Wellington and New Zealand at the Asia Pacific International in Rarotonga on 27 and 28th August. To help with the costs of the trip, Maeve and Ross are hosting a Movie Night.

Details:

Sunday 1 August, 1.30pm

Ascot Cinema, 68 Queen Street, Upper Hutt

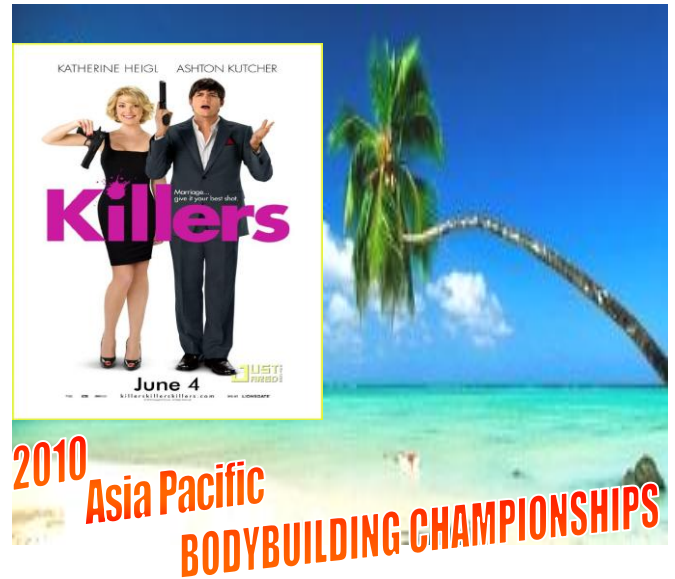
Tickets are \$20 each with \$10 of each ticket going to Ross and Maeve

Please contact us now to book your seats!

Maeve 027 288 2963

Ross 027 590 0042

Come along to a fun afternoon out, bring the family, friends... the more the merrier!!



Gluten Free Burgers?

Another new sponsor joining the NABBA Wellington Team is Lower Hutt Burger Fuel.

Ever since its introduction in Wellington, Burger Fuel has taken off as a great place for a feed! It appeals to a lot of athletes with the gluten free range of tasty, filling burgers and the chicken fenders are to die for!!

Get along to Burger Fuel in Lower Hutt and say "Hi" to Paul and the gang.



Bikini and Trunk Fittings

Need a bikini fitting? After a set of trunks for your competition?

Trust me when I say, you need to have your bikini and trunks fitted to your body! As an athlete, presentation is important and that includes how well your bikini or trunks fit.

Come along to Les Mills Lower Hutt posing practice at 11am Sunday 25 July for your fitting.

Kirsty from Flexiwear will measure you, discuss fabric, cut and cost for your trunks and bikinis.

FLEXIWEAR
ACTIVE APPAREL

LES MILLS

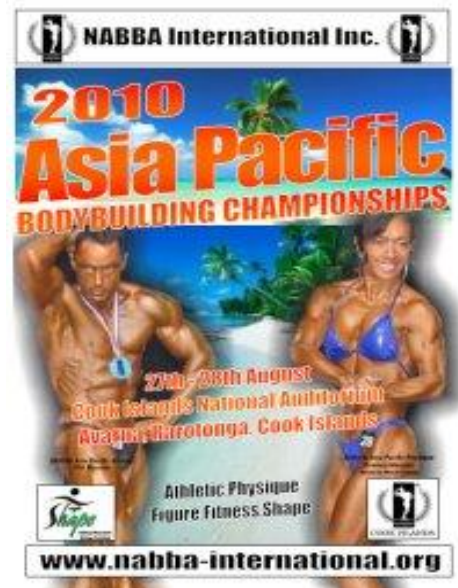
Asia Pacific International Update

To date we have 35 confirmed athletes from New Zealand off to the Asia Pacific International in Rarotonga on 27 and 28 August 2010. We also have athletes joining us from Holland, Philippines, India, the Cook and Pacific Islands. This show is a fantastic opportunity for up and coming national level athletes to represent New Zealand at an international show.

ITS NOT TO LATE!

Want to come?

You need to contact us today to confirm your intent on competing. The New Zealand Team will be announced in the August newsletter.



Local posing practise

Posing sessions are currently in full swing and open to anyone! Come along and join the team at:

City Fitness in Porirua, Saturdays at 1pm
Les Mills in Lower Hutt, Sundays at 11am



Contact us

The Wellington NABBA Executive welcomes any active members that are passionate about the sport. Please feel free to contact Maeve if you would like to be involved.

Maeve Agnew

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Forward this newsletter to everyone you know
and help NABBA to grow!¹



¹ To unsubscribe email evanandmaeve@yahoo.com.au