



NABBA Wellington

Putting athletes first!

The word NABBA and the NABBA Logo are trade marks of NABBA New Zealand.

June 2011

Four shows have flown by.....only 8 to go!

This month we look at:

- Christchurch Champs Results
- Asia Pacific Results
- Auckland Champs Results
- Upcoming Shows
- Wellington Show Sponsors!
- Recipe of the month!!



Christchurch Classic

Although a small show in numbers, the 12 athletes that competed in the Christchurch Classic on 14 May were well supported by the local crowd. Well done to all the athletes. And a big thumbs up to Tanya and NABBA HQ for organising the event. Further information and photos can be viewed at our website:

www.nabba.co.nz



Overall winners: Lynette Burgess, Ferg d'Ardis, Nicole Whiston-d'Ardis

Asia Pacific Championships

Special congrats to local athlete Ross Gray for placing 4th in the Masters (40+) class at the Asia Pacific Championships in Boracay, Philippines. A hotly contested class, so well done Ross for holding your own! Check out the results on:

www.nabba-international.org



Auckland Champs

The Auckland Championships held on 21 May saw over 70 athletes brave the Glenfield College stage in the North Shore. Shape, Figure and Athletic class all boasting large numbers. The judges had a hard time with some hotly contested classes. Well done to all the athletes, and Peter for running another great show.



Open Men: Wow... what a line up! Thanks for the photo Lisa.

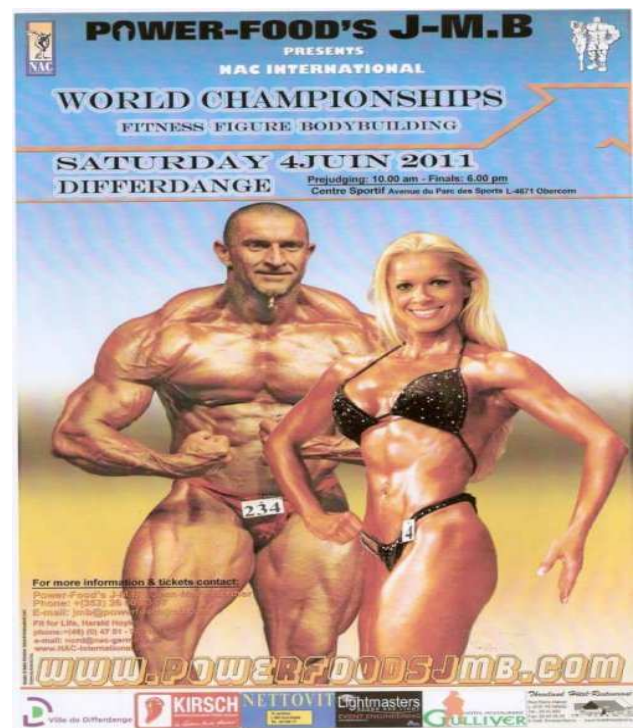
Upcoming Shows

We have three shows in quick succession over the next month:

- World Championships
4 June 2011
Differdange, Luxembourg
- Waikato Championships
Hamilton
9 July 2011
- Hawkes Bay
Napier
23 July 2011

If you are preparing for these shows, keep it up! It's also a good time to start posing practice... Posing Practice helps with conditioning and being able to show off your best package on the day. It's not about knowing how to do a front double bicep. That's only half of it!

Wellington Posing is run by Maeve (NABBA Judge), 11am on Sundays, Boxing Studio Les Mills Lower Hutt for a gold coin donation... All welcome.



Wellington Show Sponsors

We're gearing up for another successful Wellington Show on 17 September 2011.... last qualifier for nationals!

As with the last few years we have been supported again by some fantastic local and national sponsors.

This year the Les Mills Wellington Championships in conjunction with Eat Me Sports Supplements currently has the support of:

Platinum Sponsor: Les Mills
Gold Elite Sponsor: Eat Me
Gold Sponsor: Supplements Wholesale
Silver Sponsors: Ross de Rouffignac Photos
NZ Muscle
Bronze Sponsors: Flexiwear Bikinis
Muscle Imaging

Be sure to check out our sponsors deals by accessing their websites direct from the Wellington Regional page.

Accommodation

With the Rugby World Cup coming to Wellington in September, it may pay to book your accommodation early.

Talk to our accommodation partners, Hutt City Motel and **BOOK NOW!**

Hutt City Motel
info@huttcitymotel.co.nz
04 5650017



Food

Bored of bland... try this!

Sweet and Sour Chicken (for one!)

Marinade:

4T Ayams® *Light Sweet Chilli* sauce (from Countdown)

1t crushed ginger

1t crushed garlic

A few drops of sesame seed oil

150g Chicken breast trimmed and cut into stir fry size

2T Macadamia or Coconut oil

To serve:

Extra chilli sauce

then

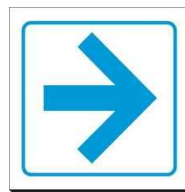
2T of cider vinegar (or white vinegar if necessary)

2t of Splenda®

- Add chicken to marinade and into a container, cover and set aside (preferably overnight in fridge but bring out around an hour before you use it so it's not cold)
- Heat up half the oil in a wok and wait until it is smoking
- Add half the chicken and fry until meat is sealed (lightly browned) then set aside.
- Cook the rest of the chicken and when sealed add the rest of the chicken.
- Cook through, stirring constantly so as not to burn the marinade and keep the wok hot to avoid boiling the chicken (hence cooking half at a time)
- Before serving, add the extra chilli sauce to coat chicken, add the vinegar and Splenda® and stir to just heat through and serve immediately.
- Serve with vegetables of your choice or add them pre steamed to the chicken before adding the extra sauce.



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



Grego – Chef d' bodybuilder