



# NABBA Wellington

## Putting athletes first!

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## September 2010

This month we look at:

- Upcoming shows
- Rarotonga results
- Les Mills Wellington NABBA Regional
- Thanks to sponsors
- Local posing practice



## Upcoming Shows

The last two shows in the NABBA calendar are Nationals and North Harbour... Stick at it! We can't wait to see you on stage!

- The NABBA NZ Nationals  
Hosted by the Mr Bodybuilding himself...  
Peter Hardwick  
2 October, Milford, Auckland
- North Shore Championships  
Hosted by Peter Hardwick  
Qualify early for 2011  
16 October, North Shore, Auckland

[www.nabba.co.nz](http://www.nabba.co.nz)



## Rarotonga - What a Blast!

A huge thank you to all the athletes, family, friends and supporters who joined us in Rarotonga, Cook Islands for our Asia Pacific Competition on 27 and 28 August 2010.

We had over 60 athletes, all of which represented their countries to a high standard. Special thanks from yours truly goes to my good friends of **Top Shape Gym Rarotonga**... you guys ROCK!! Thank you for putting on a fantastic show and making us feel welcome.... We'll be back...



Full results are available on [www.nabba.co.nz](http://www.nabba.co.nz)

If you want photos and copies of the TV interviews contact Maeve.



Maeve with Shodhan, Roshan and Vincent - the lads from India

## Les Mills NABBA Wellington Regional Championships

The Les Mills NABBA Wellington Regional Championships were held on Saturday 11 September. 49 athletes rocked the stage in one of the best shows for the Region in few years. The bulk of the athletes came from the Wellington Region, including 4 of our overall winners!

Thanks to the team of athletes that came from around the country to compete in this event and special thanks to the lovely, talented Tarren McCall for her inspiring guest pose.

I'd like to extend my gratitude to the helpers – Neville, Michelle, Jean and Hayley ... you guys made for a well-run smooth event!

Results are up on the Wellington Page of the NABBA website.

### Platinum Sponsor

Les Mills Wellington Region got behind NABBA Wellington as our Platinum sponsor. Thanks to Peter, Gerry and the team at Les Mills for their continual support of NABBA, bodybuilding and fitness over the last three years.

Les Mills successfully won the gym trophy for the second year in a row at the show, due to the strong contingent of top-level athletes who train at Les Mills in Wellington and Lower Hutt. If you want to pop in and see the fantastic and friendly staff at Les Mills be sure to say "hi" to Peter and his team in Lower Hutt, or Gerry and the Team in Wellington.

### Thanks to all our Sponsors

Every year NABBA Wellington is supported by some fantastic sponsors. Without sponsorship support we would be unable to cover the costs of putting on a successful show in our local area.

Our sponsors from this year are listed on the Wellington Regional page of the NABBA Website. Be sure to pop in and see them or check out their deals on line. Many will offer NABBA athletes extra discounts.



**LES MILLS**





NEW ZEALAND *Live the Lifestyle*  
**fitness**



ENGINEERING THE ULTIMATE BURGER

THE **Angus** INN Lower Hutt



**FLEXIWEAR**  
ACTIVE APPAREL

**Lifestyle**  
HEALTH & FITNESS CLUBS



**EAT ME**



## Local posing practice

Posing sessions will continue between now and nationals on 2 October 2010.

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

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

