



2010 Asia-Pacific Show Report BodyBuilding Champs 2010



What a pleasure to work with such a great bunch of people. Every athlete 'raised the bar' to compete at the 4th Asia-Pacific Bodybuilding Championships.

This event was held in Avarua, Rarotonga in the Cook Islands. Paradise at our doorstep!!!! Very friendly people, great food and only 3 hours from New Zealand.

The biggest Bodybuilding Team to leave the shores of New Zealand. The patience, respect for each other, friendliness and professionalism, for such a large group was truly amazing. 51 from NZ, 1 from the Cook Islands, 1 from Samoa and 3 from India.

Congratulations to:

- Maeve Neilson (NZ) Ms. Asia-Pacific Fitness-Model
- Teresa Edwards (NZ) Ms. Asia-Pacific Shape
- Helen Aloiai (NZ) Ms. Asia-Pacific Physique
- Karyn Kelly (NZ) Ms. Asia-Pacific Figure
- Jason Bartley (NZ) Mr. Asia Pacific Athletic
- Roshan Ferrao (India) Mr. Asia-Pacific Physique

EVERY CLASS was well contested and provided the Cook Islanders with a great impression of what bodybuilding is all about. Bodybuilding is about big muscle, but the importance of condition is also very important.

The many routines were of a very high standard and kept the crowd well entertained throughout the night.

Many personal successes were achieved!!! The Asia-Pacific Competition is about giving athletes opportunities to compete at a new level. The step up to International can be daunting, but WELL DONE EVERYONE!!!!!!!!!!!! I am sure there will be some keen to take the next step up to the Universe Championships to be held in Hamburg, Germany on November 27th 2010.

BIG THANKS to all those who helped behind the scene. A very successful Team effort by both Cook Islands and New Zealand personnel.

Yours in Sport,
Marianne Poole