

***The 2011 NANBF California Natural Muscle Mayhem
Bodybuilding & Figure Championships
By Tina Smith***

It was 1998 at the Pro Natural World Championships when I shared the stage with BBNF President and professional bodybuilder; Vicky McCann. Last October, as we shared seats at the judges' table for the prestigious IFPA Yorton Cup, we talked about having hosted our own new IFPA events in 2010. Vicky and her husband Guy Addison wanted to visit California, and my husband, Bob Bell, and I wanted visit Scotland. That inspiration became the idea to sponsor this year's California Natural Muscle Mayhem's Open Men's Champion to compete at the IFPA British Grand Prix in September! What a great prize! So, of course we had to develop the theme in full; lots of kilts, really attractive men in kilts to present awards, Highland swords to the winners, and Bagpipes playing to Scottish dancers courtesy of NANBF judge and retired pro bodybuilder Joan Lopez! July 16th was an amazingly Beautiful day in Sacramento, California, and the Scotland theme was an absolute blast!!!

Figure

The pro-qualifying Masters group (Over 35) had 18 lovely ladies divided into short and tall classes. Rachelle Mittlestet had vastly improved from 2010 and came in with sharp abdominals, beautiful skin tone, and shapely legs. In a tiebreaker, DeeDee Hintze was second with great structure and outstanding quads. Linda Bettencourt was the winner with solid muscularity, rounded delts and sculpted definition throughout. In the tall class, Lisa Ryle snagged the third spot with striated shoulders and nice posing. Nancy Wiegel was the runner-up displaying great conditioning, sliced hamstrings and a perfect tan. Marci Colliau won the class and the Overall with beautiful symmetry, full muscles, and exceptional stage confidence.

The competitive Novice Short class saw Traci Bates back after a several year hiatus to capture third prize with perfect shape, and amazing shoulders. Second place went to well defined Cherie Schaller who wore a gorgeous fuchsia suit to compliment her blonde locks and perfect smile. The winner and overall champ was DeeDee Hintze. DeeDee had thick separated quads, and shredded arms. In the Tall class, Monica Leggett displayed great balance and an elegant purple suit in third. Elaine Brogle's incredible v-taper gained her second, while a more defined Chandrena Perazzo captured first place. Both rookie ladies seemed to simply love being on stage!

The Open division was next with another IFPA pro card on the line. In the Short class, Cassie Nelson's pretty lines and pronounced quads landed her in third place. Cindra Sanchez had solid muscularity and outrageous hamstrings in second. By one point, Linda Bettencourt was the winner with great detail in her quads along with sharp abs and sculpted arms. In the Tall class, Nancy Weigel was third with great definition and detailed legs. Verity Somers came to win and showed excellent symmetry along with rounded glutes and dynamite calves. The win and another overall championship went to Marci Colliau who displayed solid

muscularity, shapely legs, and exceptional shoulders. Natural bodybuilding pioneer Jim Evans was on hand to present Marci with overall prizes.

Women's Bodybuilding

In the Masters' group, Cara Raymond was balanced and muscular in third place. A one-point difference had DeeDee Hintze the runner-up with great symmetry and outstanding quad separation. Carla Milton's' shear size and an amazing back helped to declare her the winner.

The Novice group saw Chandrena Perazzo grab third place with nice lines and razor sharp abs. Kelly Ladines had crisp condition as well and nice detail in her back for second. Dee Dee Hintze was first with solid muscularity, stellar legs, and great posing.

In the Open division, Cara Raymond had thick shoulders and a solid back in the third spot. Second place went to Masters' champ Carla Milton. Carla won the muscularity round with great size, and nice detail throughout, it just wasn't quite enough to overcome Arlene Lurey's perfect symmetry, diamond calves, and styled posing. For anyone who missed it, Arlene is a former pro world champion figure competitor, and now she has an IFPA Pro card to hit the next level again; minus the shoes.

Men's Bodybuilding

The Men's Teen group hit the stage first, and Brandon Duarte claimed third place with a thick chest and cannonball biceps. Daniel Grinyuk was shredded in second, and Adam Balph was the winner with delineated quads, and striated delts. The Ultra Masters (over 60) showed up in style with Adam Ferber second displaying sharp abs, and developed hamstrings. Thomas Beale was the winner and Most Improved bodybuilder with massive lats and huge legs. The Masters class had newcomer Brad Kuper in third with fantastic v-taper and chiseled arms. Dave Blumgold showed off many years worth of detailed muscle and super-striated quads, but it wasn't quite enough to beat the symmetrical and balanced Brian Bousman. With no obvious weak areas, Brian looks forward to his dream of competing in an IFPA Pro Masters event for sure.

The Novice guys were split into three classes. The Short class saw Antonio Aguilar claim third place with great structure and massive quads. Moises Torres Leon was second with rounded delts and humongous arms. A well conditioned Carlo Blanco got the win with great shape and ripped hamstrings. Asad Qaueemi was much improved from 2010 to nail third place in the Medium group. It was another one-point decision that left Chris Lavado the runner up with a powerful chest and horseshoe triceps. Alberto Esquiviz grabbed first place and the Overall title with shredded legs, diamond abs, and amazingly sharp detail everywhere. The Novice Tall class was a battleground with Kenneth Trottier pushing into third with big arms and detailed abs. Second place went to Thomas Beale with thick pecs and powerful traps. The winner was a very complete Brian Leggett who displayed muscular quads and gigantic calves.

The Open Short class had last year's winner Richard Douglas succumb to third despite great leanness and impressive arms. Matthew Ogus was second

with nice symmetry, striated delts and awesome potential. The winner was the same as 2010 as Cecil Green continued to add size to his already thick legs and massively wide back. In the competitive Medium group, Brian Bousman presented developed quads and thick hamstrings in third. Trevor Dawson earned the second spot with wonderful symmetry, great posing and perfect abdominals. The winner was a solidly muscular Vince Singletary. Vince had full muscles everywhere with huge traps, strong legs and impressive pecs. The Tall class saw Dave Blumgold's dense muscularity in third place. By one-point, Ryan White was second with nice shape, a really wide back, and good quad sweep. First place went to the 2010 Novice champ, Miguel Vargas. Miguel got this win by being a touch leaner and displaying sharp legs and diced triceps. As the final overall comparisons were called, more kilts came to the stage as Vicki McCann and Guy Addison were ready to present a specially made sporran for the winner. The announcement was heard: Cecil Green is going to Scotland!!!! With great excitement and overwhelming emotion, Cecil accepted the beautiful sword, overall prizes, and went off to eat a great meal and find his passport for the IFPA British Grand Prix in September! Congratulations to all of the phenomenal athletes, and we look forward to seeing everyone next summer!

