



NABBA Wellington

Putting athletes first!



Welcome

6 weeks till the big day.

Are you ready for The Protein Bakery Wellington Regional Bodybuilding Show on Saturday 10 October 2009?

How is your posing practice going?

This week we take a look at:

- Who won our last free giveaway?
- Class sponsor Discount Nutrition
- Keri - our guest poser
- Class sponsor NZ Muscle
- More videos from around the world
- Our contact details



Competition Winner

Last newsletter we had a 1kg eco-pack of Eat Me 100% Isolate to give away to anyone who could tell us the sale price of 3kg of Naughty Natural 100% Isolate when you buy directly from the Eat Me website.

Congratulations to our winner - Greg Mawson.

Eat Me supports all NABBA athletes with an excellent discount when you buy online.

www.eatme.net.nz



Discount Nutrition

Another fantastic sponsor helping the Wellington Show is year, is [Discount Nutrition](#). Run by former NABBA athletes, Discount Nutrition offers athletes some amazing deals on products.

Discount Nutrition stock many brands and products including from cytosport, now foods, gaspari, inner armour, to isatori, san, and twin labs, to name a few. They also have a great special going on Phil Kabakoff tanning products, and stock JanTana as well as dreamtan!

With free shipping nationwide, get in contact with Wendy and the team today for all your training supplies!



Mr. Athletic turns to Mr. Fitness!

This year the Wellington Show is show casing the Mr. and Miss Fitness Model Class. We have managed to secure one of the best athletic physiques in New Zealand to display the Mr. Fitness Model class. Probably the most gentlemanly athlete in bodybuilding, Keri Onyewu is a well known New Zealand athlete, generally for his extremely flexible routines!

A qualified Personal Trainer and recent Feldenkrais instructor, Keri has amassed a number of sporting titles over the years including:

- 1989 Welsh All styles Martial Arts Association (WASMAA) 1st degree. Black belt. 2nd degree black belt (1990) Welsh Middleweight Full Contact Kickboxing Champ
- 1998 Welsh Amateur Boxing Association. United Kingdom Welsh Championships. Quarter finalist
- 1997 Amsterdam International Marathon. Holland \$6,000. Raised for MENCAP Charity.
- 1999 INBA South Pacific Championships. Novice Overall Champ
Natural Universe Champion, Texas.
Natural Novice Olympia, World Champion, LA
- 2000 NABBA, NZ National Athletic Champion
World Athletic Champion, Christchurch. NZ
INBA, World Cup Fitness Champion, Auckland NZ



Melbourne Australia

- 2004 NZFBB Sonny Schmidt Memorial Champion, Overall Men's Champion, North Island Fitness Champion
INBA South Pacific, Overall Men's Champion.
NZFBB, National Masters Champion
INBA Natural Olympia, Las Vegas 2nd Place Masters
- 2005 IFBB Australasian Masters Champion
PIBBA Pacific Island Masters Champion
INBA Natural Universe California Masters Gold, Open
- Gold INBA Natural Olympia, Las Vegas. World Champs
Gold Fitness, Silver Masters, Bronze Open
- 2006 NABBA. Mr NZ Athletic Champion.
INBA South Pacific Masters Champion
NZFBB. National Masters Champion.
- 2007 IFBB AUSTRALASIAN CLASSIC Champion
INBA. South Pacific Open and Couples Champion.
NABBA BAY PLENTY Athletic Champion
- 2008 NABBA National Masters Athletic Champion

This year Keri will turn his hand to the Mr Fitness Model class, showing those blokes out there with an athletic, gym sculpted physique how easy and enjoyable this class is.



Videos ... from around the world

Wellingtonians love to watch what's happening around the world and what better way to do that than taking some time to check out the massive [Markus Rühl at Mr. Olympia 2002](#).



NZMUSCLE.CO.NZ

We have several fantastic sponsors helping us out this year at the Protein Bakery Wellington NABBA Show. One of these is [NZ Muscle](http://NZMuscle.com).

An online company based in the Northshore, NZ Muscle offer athletes a range of products and top quality brands from PVL MAXX Essentials, to Gaspari Nutrition, Horleys and Fusion Body Building... as well as being suppliers of Dream Tan and Protan for show day!

We'd like to thank Dion and the team at NZ Muscle. Be sure to check out their re fantastic specials including:

- VPX NO Shotgun 644g + AEX 180 capsules for \$104.95 (Black Cherry, Grape, Exotic Fruits and Watermelon)
- Horleys Ripped Factor Protein 1.32kg (Chocolate or Vanilla) + PyrogenX 100 Capsules for \$125
- PVL Mutant Mass 15LB's was \$153.95 on sale for \$139.00 - Mutant Mass 5Lb's was \$77.95 on sale for \$64.00 (Chocolate, Vanilla, Cookies and Cream and Strawberry/Banana)
- PVL Whey Maxx Protein 5Lb tub + 10% extra for \$97 (Chocolate or Vanilla)
- EAS 100% Whey Protein 5Lb (Chocolate or Vanilla) = \$99 + free 340g tub of protein
- BSN CellMass 640g + free BSN Shaker was \$134.95 on special for \$75.00



Contact us

The Wellington NABBA Executive welcomes any active members that are passionate about the sport, and we always welcome new ideas. Please feel free to contact either Neville or Maeve if you would like to be involved.

Maeve Agnew
Phone (027) 288 2963
Email: evanandmaeve@yahoo.com.au

Neville Brown
Phone (027) 487 0547
Email: nbrown@nabba.co.nz





Mailing list

Keep up to date with all the Wellington NABBA news, discounts and action as we move closer to the Wellington Regional Champs and the New Zealand National Champs.

Yes! Sign me up. [Click here to Subscribe](#)

I want out! [Click here to Unsubscribe](#)