

## **UKBFF British Championship results 2013**

Welcome to the UKBFF British Championships, this year held at Harrogate's International Centre. Such was the success of the qualifiers though the year, with record numbers of competitors, it was again a two day event.

The venue is much like the Wembley Conference Centre, with a big dropped screen on stage, so excellent viewing for everyone. President Bill Tierney must be extremely proud of what he and his team have achieved over the last few years, as the UKBFF seems to go from strength to strength. The compare for the show was 'Mr Bodybuilding' himself, Kerry Kayes.

The show opened with the Beginners, 21 excellent physiques. It was hard to believe these 21 athletes were beginners. From the first call-out the audience were on their feet getting behind their favorites. A nightmare for the judges but the top 6 finished up being, Wayland Agilotti, Martin Shaw, Simon Riden, Slehtha Viastimi, Richard Wall and Kane Booth. The final six showed depth in muscle, with good symmetry. The final six all get to do their free posing. This gives them 60 seconds to show the judges their best body parts. When the final scores came in it was Wayland Agilotti who took first place.

### **Beginners**

- 1 Wayland Agilotti
- 2 Slehtha Viastimi
- 3 Martin Shaw
- 4 Richard Wall
- 5 Simon Riden
- 6 Kane Booth

Second category, the juniors, a line up of 22 amazing physiques. What a future these youngsters have and what's such a surprise all these Juniors are under 23 years of age. They say track and field records are being broken, but what these youngsters have done is unbelievable. The final six must have taken some hard decisions from the judges, with each youngster.

Wanting to be crowned champion, Charles Harris showing a big dense back. Matt Townsend, with that dry look bodybuilders crave for. Owen Powell with some excellent posing. Dave Young with a full look again. From Andrew Scott some classic posing, a touch of Bob Parrish about him. Finally Mick Hargreaves and to quote our President Bill Tierney 'It's the best Junior line up he had seen', and that's saying something as he had just returned from the Arnold Classic. The winner of this category received £500 worth of products.

Out of 22 Juniors we finished up with the final 6, with first place going to Andrew Scott. Andrew, you heard what our President said so please keep up the good work.

### **Juniors**

- 1 Andrew Scott
- 2 Matt Townsend
- 3 Dave Young
- 4 Michael Hargreaves
- 5 Owen Powell
- 6 Charles Harris

Next came the Over 40's, an outstanding show of muscle. What a credit to our business. We even had a granddad on stage Paul McAndrew. Granddaughter Brook was cheering on for granddad Paul. Kerry Kayes got young Brook on stage for photos with Granddad Paul. That must be one for the family album. Hard one to call for the judges this category with plenty of call-outs. The final six didn't make it any easier either, with excellent quarter turns and free posing. Must be years of experience.

First place went to Zak Pallikaros with President Bill Tierney also giving Zak an invite to the Arnolds.

### **Masters – Over 40's**

- 1 Zak Pallikaros
- 2 Mark Higgins
- 3 Silvio Martinez
- 4 Ivan Da Silva
- 5 Kevin Fraser
- 6: Paul Dillion

This has been a popular category for years and never more so than for the 2013 line up. As the head judge Julian Fienstein said, 'This was a hard one'. With 16 girls, all in perfect condition, this class was that close. The judges had to have a recount. But the closing score and the UKBFF champion was Karolina Botova, with the other 5 pushing her very close.

### **Bodyfitness – Short**

- 1: Karolina Botkova
- 2: Reem Bareeq
- 3: Yo Lazarov
- 4: Serene Hussein
- 5: Clare Baggs
- 6: Carrie Godfrey

Ten competitors for this class, a class bought in a few years ago for the new, less muscular look, which has proved very popular, again Kerry reminded us that it's a family show. Something both Richard and his daughter will remember. As daughter Tyler gave dad his winners trophy. So 1<sup>st</sup> place went to Richard Dickinson, 2<sup>nd</sup> Lee Frapple. Lee's back stood way out. 3<sup>rd</sup> Piotr Uablonski, with a nice full physique. 4<sup>th</sup> Kevin Twigger who's posing was joy to watch. 5<sup>th</sup> Krishnan Siva with abs and shoulders standing way out, with Darren Clement 6<sup>th</sup>.

### **Classics under-175cm**

- 1 Richard Dickinson
- 2 Lee Frapple
- 3 Piotr Uablonski
- 4 Kevin Twigger
- 5 Krishnan Siva
- 6 Darren Clement

The Bikini category has proved to be one of the most popular classes with competitors and audience alike, with 25 girls in the short class alone. This class also has an all girls judging panel. How these girls can be separated is one of the hardest tasks the judges have to make. Finally they come up with the top six, but how do you separate perfection. 1<sup>st</sup> place in a tough class eventually went to Anita Bekus.

### **Bikini short 163cm**

- 1 Anita Bekus
- 2 Nikki Jenkins
- 3 Victoria Gill
- 4 Barbara Domagala
- 5 Ellie Wheatley
- 6 Chloe Rockett

This event has proved very popular the world over. So much so with the UKBFF they have had to make it into a short and tall class. The muscle separation these Physique boys have is nothing short of terrific. To look the way these men's physiques are going it seems their here to stay and I'm sure they'll stand the test of time. UKBFF No.1 spot went to the one who has just returned from the Arnold and as an overall winner. Bill Tierney also gave him his pro card, the UK's first Men's Physique Pro.

### **Men's Physique - Short**

- 1: Ryan Terry – Pro card
- 2: Ben Noy
- 3: Rob Riches
- 4: Jamie
- 5: Alex
- 6: Callum

What a shame for Amy being the only competitor as I am sure Amy would have done well with many others. Hopefully `Amy will be lucky enough in 2014 to be challenged, but this girl will take some beating. So come on girls prove me wrong!

### **Women's athletic fitness**

1: Amy Porter

It says 'Women's Fitness' and that's exactly what these gave us with some great routines. All girls had great stage presence. 2<sup>nd</sup> round they were judged on their physique. All six girls were in great shape but when the points were added up Irina Cotton came 1<sup>st</sup>. Irena has been a UKBFF competitor for many years and this is the 4<sup>th</sup> time she has won the British title. Fantastic show girls well done.

### **Fitness**

- 1 Irina Cotton
- 2 Cee Oliver
- 3 Leigh Purcell
- 4 Emma Pauley
- 5 Katarina
- 6 Chanty Porter

### **Men's athletic fitness**

- 1st Jason Harding
- 2nd Landra Tamkin
- 3rd Russell Bevan

This class is the taller of the Men's Physique classes. This seems to be what young ladies call 'A Physique'. That model look and there were 21 of them on stage. All had bought their six packs and tight muscles. This was another close call with the statistician having to count down on the scores, such was the standard of this class, in fact all classes. On any other day or at another show these top six decisions could have been reversed, that's how close it was, well done all.

### **Men's physique tall**

- 1 Ashley Grant
- 2 Leon Williams
- 3 Tom McDonough
- 4 Nicolas Paul
- 5 Ernie Alexsandrovass
- 6 Francisco Rocha

Again this popular class had to be split into two, short and tall. A much fairer way to compare your competitors and all agreed with this. The final six gave us a real treat. The first place winner, Zak McGuirk, really did his homework for this show and it was his son who gave him his trophy. In second, Jordon Owen the class says classic and that's exactly what he gave us, classic posing. Austin Williams in 3<sup>rd</sup> with a good all round physique, with a back you could fly with. 4<sup>th</sup> Adam Goodwin, his diet was spot on ripped and full. 5<sup>th</sup> Slavamir Glin who treated us to some excellent posing. 6<sup>th</sup> Oliver Meeson who slipped in quite a few poses of old timer Frank Zane.

**Classic tall results:**

- 1st: Zak McGuirk
- 2nd: Jordan Owen
- 3rd: Austin Williams
- 4th: Adam Goodwin
- 5th: Slavamir Glin
- 6th: Oliver Meeson

For over 50's men, most men at this age are taking things easy, but not these gladiators. These men have denied nature and refused to let those muscles loose their fullness. No couch potatoes on this stage, but when we say over 50's they may be 55 or even 60, so credit to all 15 competitors. Over 50 may be but I know some me of 25 that would like bodies like this. Old timers such as Bernie Cooper and Cav Darby, now both in their 60's will tell you it keeps them young.

**Masters - Over 50s**

- 1 Ben Jorden
- 2 Leslak Jagla
- 3 Steve Castle
- 4 Ian Proudlock
- 5 Ronnie Orr
- 6 Kevin Wilson

21 competitors in this class and at a glance you could see this was going to be a difficult class. With qualifiers all over the UK, these were girls who had won their spot at the UKBFF finals. With a close call for the top six, all judges had to work overtime on this class.

**Bodyfitness - Tall**

- 1st Eszter Pati
- 2nd Caroline Bell
- 3rd Maria Scotland
- 4th Ana Prevlavska
- 5th Kinga Kubiaka
- 6th Heather McClean

With 42 girls where do the judges go with this class and not one girl without a smile. These UKBFF girls are the cream of the UKBFF and Britain. Most of these girls on stage are champions having won qualifiers and the remainder had to have been a close second to be here on stage at the UKBFF finals.

While we have so much beauty on stage I'd like to mention 'Presentation', this years final stood out from all previous finals. There was a much better standard in the tanning . The UKBFF have now appointed professional tanning people to do the job for you. Names of them are on the UKBFF website, or get in touch with Sarah Bridges @ [sarah@clara.co.uk](mailto:sarah@clara.co.uk).

Now back to the to all these beauties on stage. The judges, as always, did a fantastic job in picking the top six. The final result finished up with 1<sup>st</sup> place going to Nina Ross, our Body fitness champion only last year, with the other results as listed below. Well done girls, looking forward to seeing what you give us next year.

#### **Bikini Fitness-Tall (over 163cms)**

- 1 Nina Ross
- 2 Melissa Haywood
- 3 Melvina Dedrick
- 4 Georgia Simmons
- 5 Kristbjorg Jónasdóttir
- 6 Sarah Scully

Day two and the show opens with the Women's Bodybuilding Class. Six fine physiques. It's a class that need encouraging, so all you girls out there that would like to compete, come forward. The UKBFF will give you the help you need. You can contact Sarah Bridges @ [sarah@clara.co.uk](mailto:sarah@clara.co.uk). The six girls were in amazing shape, a credit to our sport. Every one looked like a champion. I'm sure a few of these girls will do well in the World's and European Championships or even the Arnold's, Girls you're a credit to our sport.

#### **Women's bodybuilding**

- 1 Silvana Imbrogno
- 2 Tamazin Danks
- 3 Christal Cornick
- 4 Corinne Ingman
- 4 Sarah Williams
- 6 Sally Ure

**Intermediates under-80kg**

- 1 David Henderson
- 2 Dan Dixon
- 3 David Thomas
- 4 Mackenzie Sager
- 5 Leon Lizzi
- 6 Dave Neil

**Intermediates under-90kg**

- 1 Lee Chambers
- 2 Gethin Huw
- 3 Alex Smith
- 4 Andrew Brun
- 5 Stuart Beveridge
- 6 Kaan Yilal

**Intermediates over-90kg**

- 1 Michael Urban
- 2 Jim Georgiou
- 3 David Lyszczek
- 4 Neil Hulland
- 5 Pavel Dabrowa
- 6 Adam Sale

**Women's physique class**

- 1 Ria Ward
- 2 Hayley Brylewski
- 3 Alessandra Tumolo
- 4 Jackie Hague
- 5 Kerry Seagrave
- 6 Michelle Williams

**Lightweights**

- 1 Gordon Singh
- 2 Anthony Robinson
- 3 Joel Wright
- 4 Jamie Stormont
- 5 Lee Williams
- 6 Johan Nilsson

**Middleweights**

- 1 Cliff Benton
- 2 Nathan Robinson
- 3 Michael Motanov
- 4 Michael Smith
- 5 Randeep Lotay
- 6 Stephen Chandiwana

**Light-heavyweights**

- 1 Ricardo Correia
- 2 Dean Lesiak
- 3 Tony Bailey
- 4 Chris Jones
- 5 Shaun Blackwood
- 6 Edwin Narnor

**Heavyweights**

- 1 Sasan Heirati
- 2 Dan Jumaa
- 3 Dotun Diya
- 4 Norbert Lewandowski
- 5 Rob Cannon
- 6 Michael Porter

**Super-heavyweights**

- 1 Dave Titterton
- 2 Darren Cooke
- 3 James Hollingshead
- 4 Wayne Niemic
- 5 Stuart Core
- 6 Lukas Gabris

**Overall winner & Pro card - Ricardo Correia**