

**MAX'S**  
Life's too short to be small

Presents...

# Southern Hemisphere Championships

Bodybuilding,  
Figure & Fitness



**NABBA  
QUEENSLAND**  
THE NATIONAL AMATEUR  
BODYBUILDERS ASSOCIATION

**Date** Sunday the 24th May 2009

**Venue** The Southport RSL Club, Scarborough St, Southport  
**Doors open** 10am (pre-judging and finals in one show)

Tickets  
**\$40**

#### WFF Divisions

- ▶ Sports model
- ▶ WFF Athletic Figure Class 1 (over 163cm & under 50kg)
- ▶ WFF Athletic Figure Class 2 (under 163cm & under 56kg)
- ▶ WFF Athletic Figure Masters (over 35 - Height and weight restrictions apply as per divisions)
- ▶ WFF Men's Masters (over 35 - Height and weight restrictions apply as per divisions)
- ▶ WFF Men's Class 1 (over 179cm & under 87kg)
- ▶ WFF Men's Class 2 (over 172cm & under 179cm & under 81kg)
- ▶ WFF Men's Class 3 (over 165cm & under 172cm & under 74kg)
- ▶ WFF Men's Class 4 (under 165cm & under 65kg)

#### NABBA Divisions

- ▶ Couples
- ▶ Junior men
- ▶ Masters Men (over 40 & under 50)
- ▶ Grandmasters men (over 50)
- ▶ Novice Men
- ▶ Women's Physique (open)
- ▶ NABBA Novice Figure
- ▶ NABBA Masters Figure (over 35)
- ▶ NABBA Figure Class 1 (over 163cm)
- ▶ NABBA Figure Class 2 (under 163cm)
- ▶ NABBA Men's Class 1 (over 179cm)
- ▶ NABBA Men's Class 2 (over 172cm & under 179cm)
- ▶ NABBA Men's Class 3 (over 165cm & under 172cm)
- ▶ NABBA Men's Class 4 (under 165cm)

This event is a qualifier for the NABBA World championships to be held in Slovakia, and the WFF Universe to be held in Germany. Competitors to Register by, Fax or e-mail by the 18th May 2008.

**Contact NABBA QLD** Phone 0755376680 Fax 0755378960 E-mail [mark@industryhealthclub.com.au](mailto:mark@industryhealthclub.com.au)

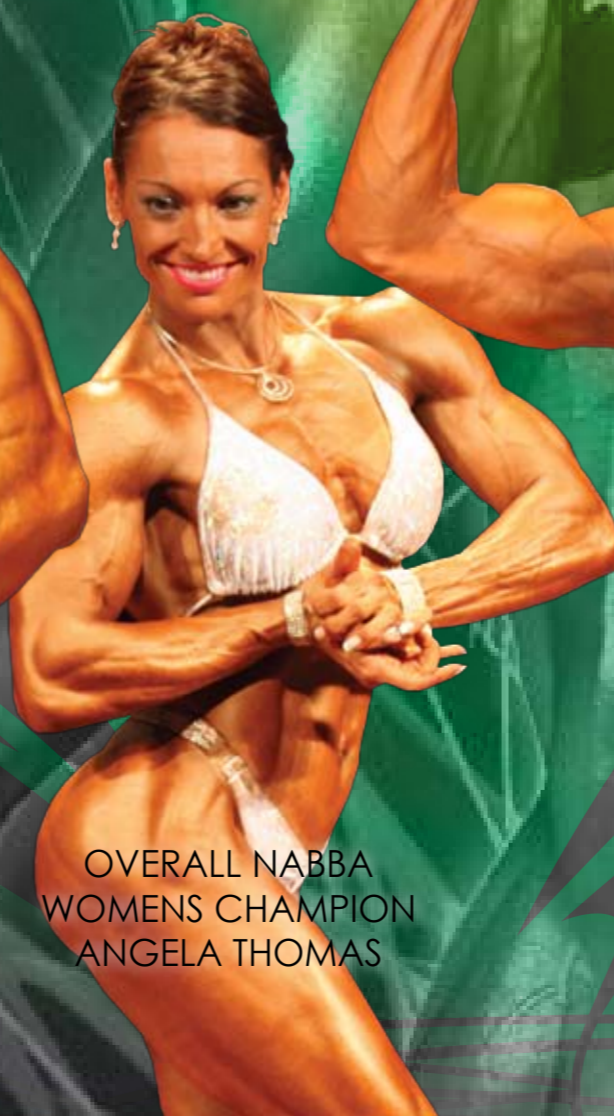
All competitors to be weighed in and measured at Industry Health Club, 1/8 Centre View Drive Biggera waters, 0755376680, on Saturday the 23rd May between 10am and 2pm. Every competitor must attend with music CD & all applicable fees

NABBA Membership fee \$50, Competitor entry fee \$100 (consists of NABBA merchandise package)

**Tickets available through Industry Health Club -  
1/8 Centre View Drive Biggera waters, 07 5537 6680**



OVERALL NABBA MENS  
CHAMPION  
JULIAN HAMILTON



OVERALL NABBA  
WOMENS CHAMPION  
ANGELA THOMAS



OVERALL WFF  
MENS CHAMPION  
PAUL PERKINS



OVERALL  
WFF  
FIGURE  
CHAMPION  
LISA SAYGUN