

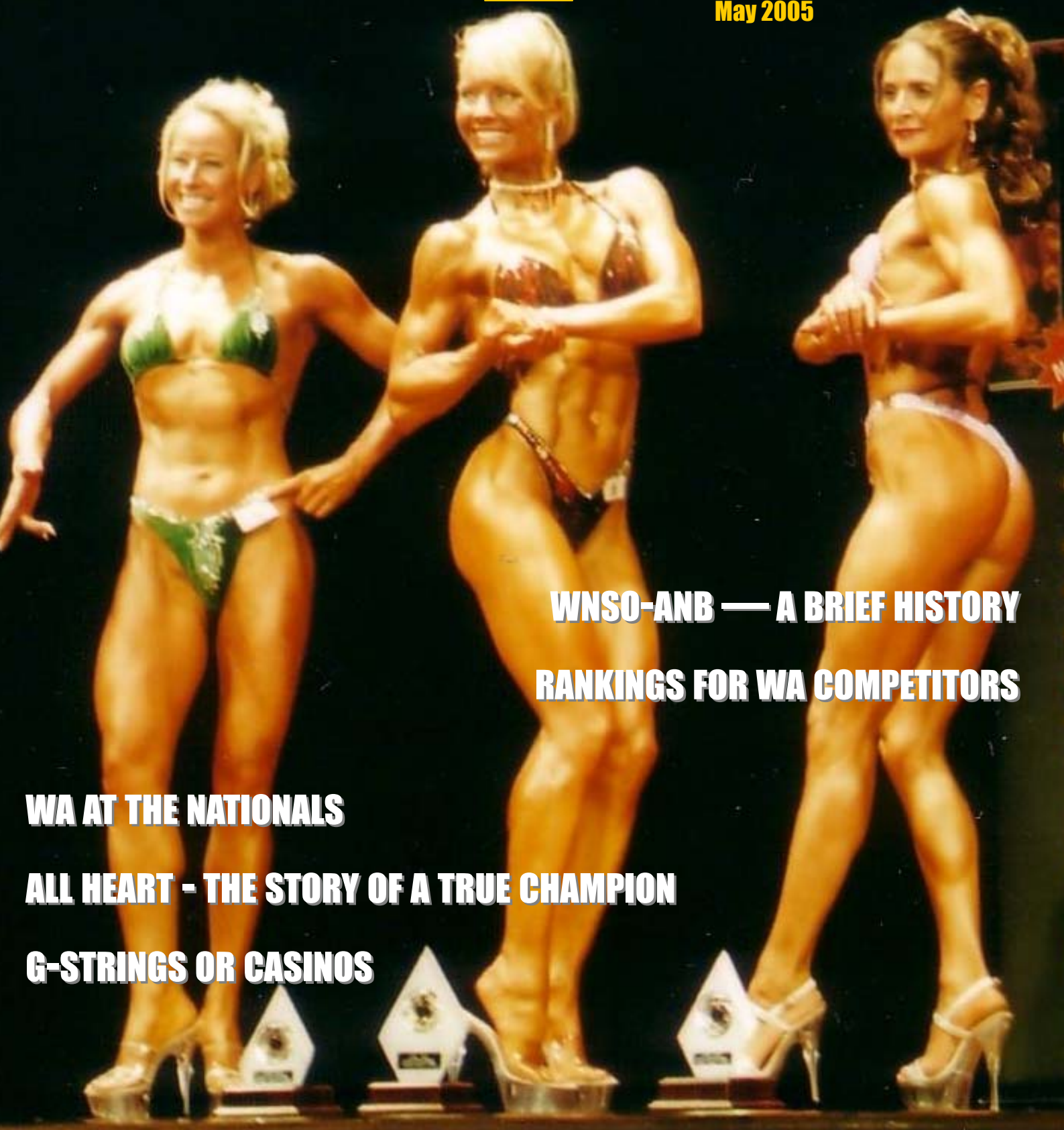
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WA'S OWN MAG FOR

NATURAL ATHLETES

May 2005



WNSO-ANB — A BRIEF HISTORY

RANKINGS FOR WA COMPETITORS

WA AT THE NATIONALS

ALL HEART - THE STORY OF A TRUE CHAMPION

G-STRINGS OR CASINOS



WNSO - ANB EVOLUTION

A brief history of the evolution of natural sports in Australia and its growth across the world.

In the beginning...

Half way through the last century bodybuilding in Australia was no more than in gym private competitions, to be fair, it was more like a few mates posing off for the fun and glory of being the best in the gym.

Through the seventies and eighties, organised competitions abounded via different federations but none were drug tested or seriously addressed the question of drugs in sport until 1986 when a group of enthusiasts established an organisation called the Australian Natural Bodybuilding (ANBB), this name was later changed to Australasian Natural Bodybuilding (ANB). These people were Robert Powell (current Executive Director) and Kevin Riley (current Director), there was also input from Lorraine Smith from a logistical viewpoint. The main two people from the bodybuilding point of view were Robert and Kevin. They were disenchanted with what the other federations were offering at the time. They were also involved in the sports supplement industry, so they each had a vision for a natural federation where the supplements would be better understood and were an alternative to steroids, which were rife at the time.

In 2004 the ANB affiliated to the World Natural Sports Organisation (WNSO), today we are called WNSO-ANB so as not to cause confusion and in time the ANB part of the name will be dropped to just WNSO. The WNSO-ANB is the Australian office for the International Organisation which has its head office in Toronto, Canada and has countries from all parts of the globe as members.



In 2005 the WNSO expanded to include a Canadian and US series, a newly introduced Pro Division and events in Africa, South America, Australia, New Zealand, Holland and the Caribbean. The printers are set to forward 3 million posters and a marketing campaign which will put over 3000 competitors to the task of competing this year.

Drug testing is strict and real penalties are unforgiving for cheats, if you want to take drugs stay out of WNSO competitions! As the WNSO-ANB launches into its nineteenth year, we take on new challenges and new frontiers. Internationally, there are many more sports being administered by the WNSO and in time the WNSO-ANB will look at the feasibility of administering these sports here locally also.

The globe is shrinking due to technology like mobile phones, the internet and faster air travel and now more than ever before world championships are easy to aspire to and reach. In the very near future Australia will begin it's bid to host a natural World Championships. The national executive led by Executive Director and WNSO-ANB founder, Robert Powell, has a vision to stamp Australia clearly at the top of natural sport not only in the contest arena but also in its administrative and promotional expertise.

The latest significant historical change has been the introduction of professional status to Australian men and women, since affiliation there have been six pro cards handed out and a new era has arrived where Aussies will be bringing home the money that we always knew they were worth.

The fraternity of drug free countries grows under the auspices of the WNSO and Australia now has a global voice in a democratic process that will see our children spared the horror and mindset of thinking they have to take drugs to compete.

Cover photo: Yvonne Soboleski, Daniella Cameron and Lisa Androvich at the 2004 WNSO-ANB Nationals

WNSO - ANB AUSTRALIAN RANKING CRITERIA

- Professionals will not be included in these rankings
- Amateur ranking will only be done for 1st, 2nd and 3rd place in all regional, state and national competitions, known as classes.
- The rankings points will be so that both the standard and the number of times a member competes will be taken into account.
- There are no extra points for overall champions, because a weight class or age class champion is still a champion and deserves championship points.
- The points carry over year after year, leading to the greatest 'Number One' of all time being the number one that was number one the longest.
- At a certain number of points (perhaps 5000) the member could be eligible to be included into the hall of fame. This is not mandatory and Hall of Fame investiture is by invitation from the Executive Director/President only.
- There is no difference between divisions ie. Master, U/90kg, Teenage are all the same value, only the classes change.
- The rankings are for the three disciplines Bodybuilding, Figure and Fitness in both male and female.
- Only the highest score in any competition will be awarded, there is no provision to earn multiple points for competing in multiple divisions.

The ranking points will be allocated using the following formula:

	1st Place	2nd Place	3rd Place
National	900	600	300
State	300	200	100
Regional	100	50	25

WNSO - ANB RANKINGS FOR WA COMPETITORS

Male Bodybuilding

Name	Points	Rank
David Nazaroff	900	3
David King	600	4
James Trenow	300	9
Craig Coburn	300	9
Matt Stielow	300	9
David Clarke	300	9
Clayton Bush	200	10
Gabe Rafferty	200	10
Peter Wilde	200	10
Jesse Tann	200	10
Jerome Mogridge	200	10
Firas Hussein	100	12
Rod Tattersall	100	12
Balazs Petras	100	12
Justin Gray	100	12

Female Bodybuilding

Name	Points	Rank
Fiona Reed	300	5
Kerrie Smith	300	5

Female Figure

Name	Points	Rank
Bev Miller	900	3
Lisa Androvich	900	3
Elaine Rauchwald	900	3
Alicia Litchfield	300	7
Samantha Dunbar	300	7
Jacqueline Calvert	200	9
Tanya Hicks	200	9
Wendy Milne	200	9
Joanna Mitsui	200	9
Cathy Oakes	100	10
Sage Monkman	100	10
Louisa Wood	100	10
Louise Rauchwald	100	10

All heart

Michelle Nazaroff

In our sport of bodybuilding, many champions are made. We all draw inspiration from great competitors both locally and internationally. However every once in a while, one comes along who shows true strength of character to shine as a true champion. Michelle Nazaroff is one such person.

You may or may not know of Michelle, but she has been gracing the competitive stage for over 3 years now. Her presence and stature on stage is something to be remembered, as I'm sure those who know her will agree.

Michelle started her career on a high, after months of training for her first competition, she won the State INBA Novice Figure Title. She then continued on to win the National INBA Novice Figure Title. It certainly was the start of a passionate affair with the sport.

After her initial wins, Michelle continued her training, but took a year off to grow and also help husband David Nazaroff with his competition preparation. At this point, wanting a change, and not seeing the results she desired, she sought the help of trainer Andrew Ivey, who prepared her for the 2003 competition season. Michelle stepped up to the Open Class divisions, and although didn't place, learnt much about herself, and how her

body responded to different ways of training and preparing for competition.

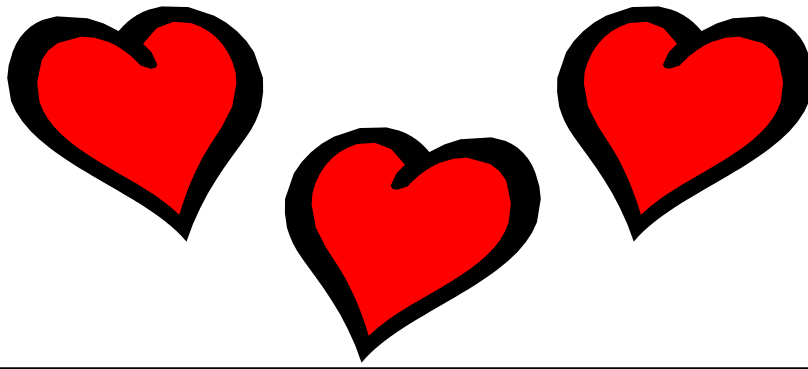
At this point, we have to mention that Michelle had been living with a congenital heart disorder since birth, that saw her heart grow to an abnormal size. This had posed many problems over the years, and of course placed limitations on her ability to train, and in turn grow muscle. Cardiovascular sessions were difficult, and to get proper rest and recuperation was also difficult. In other words, pretty much all the things that are needed to get ahead in competitive bodybuilding were more



Michelle with her beloved pooches Lucy and Max



Pose down with hubby Dave



By Nic Pratt

hard work for Michelle than most competitors. Despite this, it was thought that Michelle was going along quite well until November 2003. After her last competition she was told she would need open heart surgery otherwise her life expectancy would be greatly reduced. On this news, Michelle and David made quick decisions and Michelle was in surgery February 2004. Her operation was a success, and after 8 weeks of recuperation, she was back in the gym. As I said before, a true champion.

Now this is where most would think that considering continuing in the sport would not be an option—but not Michelle. Her pure determination to prove to her peers and more so to herself that she could get back on stage, had given her a new focus. One that is to be admired.

From the point that she could get back to the gym, Michelle has been training hard, with excellent results. With the surgery, Michelle's training has improved, giving her more enthusiasm to see how



Another pose down with Nic



"Two people in the one household dieting for natural bodybuilding contests, open heart surgery and extreme working hours have not been able to stop David and I from finally getting to the alter in Feb 2005.

It has been a long and rocky road but one that would not be traded for anything. David and I believe strongly that the ultimate measure of a man or woman is not where he or she stands in moments of comfort but where he or she stands at times of challenge and controversy."

- Michelle Nazaroff

much more she can grow. Her increase in muscle is definitely noticeable as she prepares for the INBA World All Female competition in Melbourne in July.

Having known Michelle for several years now, and being in the sport as long as I have, I have never met a more inspirational person. We all look for people in our lives that we can take a little of their passion and desire to achieve and use to help us focus and reach our goals. Michelle is one of these people.

We wish Michelle and David all the best for the 2005 competition season, and look forward to the celebrations when we see you back on stage in July.

2004 WNSO-ANB NATIONAL CHAMPIONSHIPS

Weather conditions were mild for Queensland, there was even some rain. But that didn't deter a team of nine West Australians flying to the Gold Coast to flex their muscles at the Southport RSL on Sunday 17th October for the chance of becoming an Australian champion.

It was WA's first time competing at a WNSO- ANB Nationals - and what a performance we put on. Five placed second in their divisions; Lisa Androvich in the Women's Tall Figure, David Nazaroff in the Under 90kg Division, David King in the Masters Men, Bev Miller in the Women's Master Figure and Elaine Rauchwald in the Women's Grandmaster Figure.

Fiona Reed put on a strong performance in the Women's Under 52kg Physique, Gabe Rafferty and Matt Stielow were in the largest under 80kg Division that ever graced the WNSO-ANB stage and Sage Monkman was competing against the best in the Women's Short Figure.

Finally, the smoke cleared, the dust settled and WA slowly made it's way home - a few scratches here and there but stronger for the experience and more determined than ever to take home the Australian Title in 2005.



David King flexes in the Masters Men



Who has the most chest in the Womens Under 52kg Physique

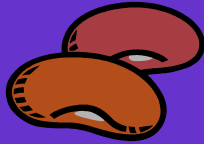
Soy, Oh Soy!

The soy bean has been a part of the human diet for almost 5000 years. Unlike most plant foods, the soybean is high in protein and is considered equivalent to animal foods in terms of the quality of the protein it contains.

Soy in your diet can lower cholesterol. There are many scientific studies that support this conclusion. In fact, the Food and Drug Administration (FDA) agreed that 25 grams per day of soy protein, as part of a diet low in fat and cholesterol, may reduce the risk of heart disease.

Other potential benefits include:

- fewer menopausal symptoms
- reduced risk of osteoporosis
- possible prevention of hormone-dependant diseases, including breast cancer, endometrial cancer and prostate cancer



If you look on the shelves of your health food store or supermarket in search of soy protein products, you'll see everything from veggie burgers to food bars to powdered soy protein beverages. However, not all soy protein products contain the same amount of protein. The following list ranks some popular products from greatest amount of soy protein to lowest:

- Soy protein isolate (added to many soy food products, such as soy sausage patties or soybean burgers)
- Soy flour
- Whole soy beans
- Tofu

The best way to find out about protein content is to look on the Nutritional Facts label to see the percentage of soy protein. Also look at the list of ingredients: if a product contains soy protein (or soy protein isolate), the protein content should be fairly high. When the FDA-approved health claim is made, the label will also indicate how many grams of soy protein are in one serving of that product.

Note: There's a difference between soy supplements (commonly sold in tablets or capsules) and soy products. Soy supplements are generally composed of concentrated soy isoflavones. While isoflavones may be helpful in treating symptoms of menopause (isoflavones behave similarly to oestrogen), there is not enough evidence to support using soy isoflavones for any of the other health benefits mentioned above, like lowering cholesterol.

For individuals who are not allergic to soy, no serious short-term or long term side effects have been reported from eating soy foods. Common mild side effects include stomach upset and digestive problems, including constipation and diarrhea.

In adults, 25 grams per day of soy protein may reduce the risk of heart disease.

Soy foods and soy-based infant formula are widely used in children, but there are no studies that have determined whether isolated soy protein or isoflavone supplements are useful or safe in this population. Therefore, isolated soy products are not recommended for children at this time. As a precautionary measure we do not recommend soy protein isolate to adolescents under the age of 16.



G-strings: The Verdict

To all the natural women competitors, the above photo shows what is allowed at WNSO - ANB local, state, national and international events. There is now a solid ruling against the wearing of G-strings. This is beyond our control and cant be changed by our country. The reason for this, as we understand it is that there needs to be a standard set across the board that is acceptable to the public and that can be promoted through the media.

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Next Issue August

- What is a WNSO-ANB physique?
- Lisa Androvich interview
- Powerlifting WA State Title results
- WNSO World Championships