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11th Annual
GRANITE STATE OPEN



BODYBUILDING CHAMPIONSHIPS and FIGURE COMPETITION

~ Sanctioned by the National Gym Association ~

October 29th

The Music Hall ~ 28 Chestnut Street ~ Portsmouth, NH

THE 11TH ANNUAL GRANITE STATE OPEN BODYBUILDING CHAMPIONSHIPS AND FIGURE COMPETITION, OCTOBER 29TH, PORTSMOUTH, NH.... BRINGS IT ON!

When folks ask “how did the show go”, we are always eager to look to the athletes and assure that their experience was memorable and rewarding. Again, this year proved to be that, and more, with 57 athletes participating and crossing over to 79 entries. The plethora of gratitude notes and calls following the event tell us that the athletes were thrilled and we did what we set out to do ~ provide a fair and open contest for bodybuilders and figure competitors in a tasteful and well organized natural event.

The competitors ranged in ages from 15-50 and weighed in from 131 –201. The novices gathered from throughout New England and the Open classes pulled as far as New Jersey this year. Athletes were welcomed from all organizations and the trend in New England Bodybuilding now is that the competitors know they are welcomed among most reigning sanctions. We are honored to respect that, with a top notch panel of officials, lead by NGA National Judges and rounded out with regional representatives of other organizations. The audience was supportive of every physique on stage and we had a fantastic house day and night applauding the efforts of every competitor. Thanks to all who came up to Portsmouth for the weekend!



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The Music Hall worked closely with the Turtle Team to present a terrific venue. From drug testing having to start a whole day early due to the turnout, through the awards in the nine o'clock hour, everyone was on cue and posse'd up beautifully. As with every show, there are curve balls. We adjusted along the way. Thanks so much to the volunteers who make this day happen! Our sponsors and the media have been generous, thank you!

Highlighting our second year with a National Qualifying Figure division, were ladies who were brand new to the stage as well as young veterans. The judges looked for a conditioned physique, with polish, style, grace and a level of self-presentation that exudes confidence and poise. It is paramount that a level of fitness training be apparent and that the NGA Figure athlete appears in competitive shape. With only 1-2 points separating the top three women, Danielle LeBlanc brought home the first and Overall Ms. Figure GSO title. The line up was beautiful and each lady presented herself with a demeanor that brings positive recognition to this component of the sport.

In the Novice divisions, the spectrum ran in age and weight right across the board. But in both the women and men's classes, EVERYBODY was prepared and worthy of the stage. The women worked very hard in all 13 compulsory poses, comparisons and with the prowess of much more experience than their collateral sheets noted. Here, muscularity tends to be less dense than the open divisions and separation, hardness and balance take rein. Sandie Criss, Raymond, NH sported all of these traits and a strong stage presence to win her very first contest. She tells us she is looking to "do it again" already!

The Novice men took the stage and POW! The officials worked them long and hard and pulling out all the stops Wayne Wilson, Gorham, ME rallied to the lead. Among 13 qualified peers, Wayne showed density and hardness, balance and completeness. Losing 70 pounds for this show, Jon Arnold,



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Rochester, NH followed in second and Mike Prudent, Stoneham, MA pulled a close third, a full 20 years younger than Wayne!

As the NGA allows cross over's for Masters Only, these fields tend to be the most diverse and most competitive. Officials may weigh and reweigh a placing, based on the norm of the class" look". Here it is that an athlete can improve or set themselves apart, given the competition they are on stage with at any given time.

The Women's Master's reflected 2-15 years of training experience, ages not to be revealed of course, and a spectrum of conditioning and muscle size that ran the gambit of preparedness. Lisa Vieira, Coventry, RI, clearly took it with size and density. The judges remained consistent across the table with the protocols of muscularity, symmetry and presentation as our criterion.

As the master's men came out "oh boy, wow, jeeze, look at that , yikes" emerged from the audience. It became a clear run for Patrick Joseph, Waban, MA that his muscle maturity gave him the edge. Finely hewn and consistent in his flexing, he stayed hard even as the line-ups were being subdivided. These skills gave him the light heavy title also.

Following age was beauty and the Open women's classes put 100% in to their moments of glory. At 43 and 115 pounds Cindy Berg, Portland, ME unanimously took the Lightweight class. As the Master's Champ and with 134 pounds at 38 years young, Lisa Vieira pummeled through the Heavy weight class and took the Overall Ms. GSO. Both of these women have strong wills and kind personalities, keep an eye out for future appearances.

The Open Men's lightweight class was classy. Rock hard and shredded, Nicholas Hughes, Middletown, RI fought to place above a thicker Glen Nazarian, Amherst, NH and the enjoyable presence of Adam Berk, Scarborough, ME.



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The men's Middleweight brought forth Martin Ortiz, Gardener, MA, who was thick, had a leg sweep that far outweighed his worthy peers, a "barn door" back and Bicep peaks that could be seen from the back of the room. He unanimously took this class and soon the overall MR. GSO title.

The heavy weight class, with a history of winning the contest, gave Martin Ortiz a run as it's first place winner, Robert Fulton, New Haven, CT, cranked it up to show just what size can do. We are thankful to the entire Fulton's Fitness team for showing up, and to the folks at Lifestyle Gym in Portland for their team.

Accolades from L J Turtle and the NGA were provide to veteran Charlie Moss, for his loyalty to the sport, gentleman's behavior in all competitive arenas and for being a wonderful role model in the industry.

All athletes received medallions in the opening ceremonies and the top five per class were awarded trophies. Best posers real GRANITE awards are presented to each divison's most styling athlete after everyone's performed their evening routine.

The Mr., MS. And MS Figure GSO received gift baskets full of "going PRO" prizes and amenities provided by our many sponsors. Please see them via our web site at www.granitestateopen.com

We look forward to seeing you all again in Portsmouth, NH next halloween!!!

Happy Holidays to one and all, and thank you for your support of the NGA!

Laura J Tourtellot
L J Turtle Promotions,
NGA New England Chairwoman



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