

GLUCOSAMINE Survives

Users and sellers of Glucosamine sulfate can rest easy after it was decided Executive Director of the CHC, Dr Tony Lewis, welcomed the decision which followed lobbying by the CHC, other industry groups and the TGA, over the past month. It means that the popular medicine will continue to be available over the counter in health food shops, supermarkets and pharmacies.

The NDPSC considered scheduling potassium chloride, a component of Glucosamine Sulfate making it available only by prescription from a pharmacist, following recommendation by the NSW Deputy Coroner.

"We argued strongly that glucosamine sulfate products complexed with potassium chloride are safe and are unrelated to the product which concerned the Deputy Coroner," said Dr Lewis.



"The CHC's submission to the NDPSC included a toxicological and risk-based assessment which reported that there is a very low level of risk associated with potassium chloride in glucosamine products currently on the market.

"We also argued that glucosamine is a significantly popular product in Australia which provides relief to many hundreds of thousands of people who seek an alternative to anti-inflammatory pharmaceutical drugs which often have side effects," he said.

Dr Lewis stated further that the product is regulated by the Therapeutic Goods Administration, which runs one of the most stringent regulatory regimes of complementary medicines in the world.

Current and past steroid users had higher homocysteine levels than other study participants.

RISING Rosa

You might remember Rosa-Maria Romero from the cover of Australian Ironman's November 2005 issue.

We saw the potential that this amazing athlete had on the world stage and this potential has finally been recognised.

After recently placing fourth in Spain at the 2006 IFBB Amateur World Titles in Barcelona, becoming one of the highest ever placed Australian female athletes at the worlds, she also took out the 2006 IFBB Australian National Title for the second year in a row.

As a result of her amazing performances she has been granted a Pro Card and will be making her Pro debut early in 2007. "I am looking forward to a competitive 2007 and hopefully qualifying for Olympia later in the year," she said.

We congratulate Rosa-Maria and wish her the best of luck.

"I would also like to announce my recent engagement to Sam Illiopoulos 2001 IFBB Mr Australia & runner up 2006 Mr Australia," she said happily.

Together, Rosa and Sam took out the 2006 IFBB Mixed Pairs Australian Title, a testament to their passion both for the sport and for each other.

"Thank you to my sponsors MAX'S, Riley's Gym, Naughty Girl, Titan Fitness, Bikini Vamp & Fashion Brazil for helping me reach my goals this year," she said.



TITUS/RYAN Case Gets Nasty

Only two months away from their hearing, a Nevada prosecutor has alleged in court that jailed bodybuilder Craig Titus took part in plot to kill three of the witnesses expected to testify against him.

Titus' defense lawyer, Marc Saggese, said that there was strong evidence that Titus played no role in the alleged plot, stating that authorities had not filed any such charges against him.

The prosecutor, Robert Daskas named Titus publicly as assisting Nelson Brady Jr., in a plan to have the three witnesses killed.

Titus, 41 and his fitness champion wife, Kelly Ryan, 34, face trial Jan. 22 for the murder of Melissa James.

The day just kept getting better and better with the under 90kgs a competition of international standards and a great line-up of awe-inspiring physiques. Dale Ellis was one of the standout performers of the day with his spectacular overall package and awesome shape giving him a convincing win. Second place went to the amazingly developed Trevor Huni, and third place to Robert Reed.

The serious talent in the over 90kgs cemented Queensland's reputation in a strong heavyweight division. The line-up of nine impressive physiques in peak condition was the ultimate showdown of champions.

Stellar performances and unbelievable physiques ensured this division was the most competitive and entertaining class of the day.

The judges had the audience on the edge of their seats with a tie between second and third places as the top three came back to do their compulsory poses. All three champions turned up the heat in pose downs and quarter turns in spectacular style.

Tension was thick in the air as the judges tabulated the scores, and screams and whistles filled the room

as the top placings were read out. In the pre-judging it seemed Adam Stuart had the complete package with his phenomenal presentation, however it seems his colour let him down in the afternoon, not showing himself in his finest form coming in at third place.

Glen Austin came back sharper in the finals with a tighter, harder package for second place with the winning trophy going to the awesome Logan Robson for his full physique and his flawless shape and massive amount of muscle. A true champion with a huge amount of potential!



Rosa-Maria Romero took first place in the open short division ahead of Kylie Richards and Megan Hadley.

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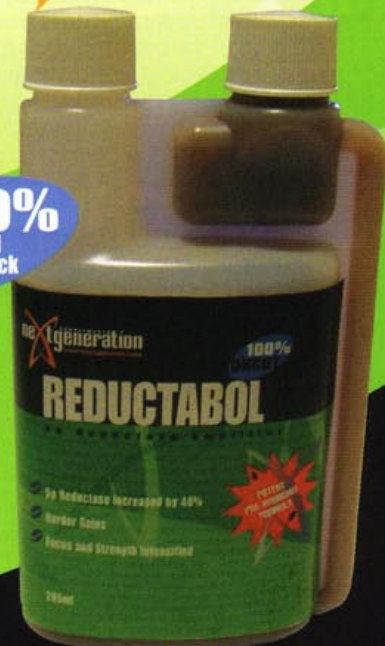
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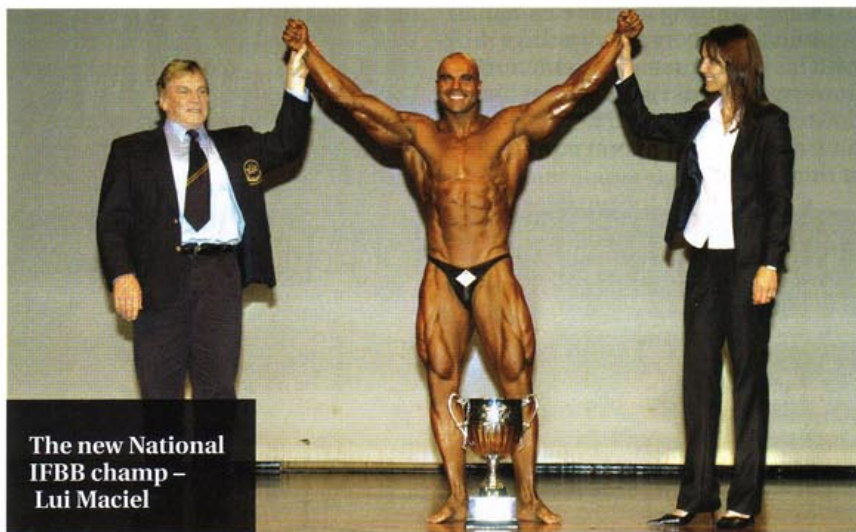


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The new National IFBB champ – Lui Maciel

The day was massive, showcasing the enormous talent in Queensland.

IFBB Nationals

It was a truly national event at the 2006 IFBB Australian titles, with some of the finest physiques from across the country flocking to Sydney. The crowd was a buzz, and just one day after the incredible NSW state competition came to an end, the fans were ready and the competitors poised for the big showdowns across each division.

It was an all NSW affair in the Juniors. First placed getter David Blazecko showed great promise clinching the top prize with Greg Gregory taking second place.

The Men's Novice division saw a great spread of competitors from right across the country. Nick Ranelli made the long trip from WA and was wrapped with his first placing. Scott Gobel of Vic impressed again and was good enough for second place, with Chris Thomas of QLD, a worthy third place getter.

The Men's over 40 competitors really impressed on the day. Wayne Horst took the first place trophy back to the Sunshine state, with local competitor Scotty Quinn taking second.

Queensland was again doing well in the Men's over 50 category, with Paul Farrell doing well to take first place. It was all NSW in the rest of the placings with David Barry and Danny Boscouski taking second and third respectively.

It was a hard fought battle in the Fitness competition. Zuzi Fort of NSW edged out Joelle Eaton of VIC to take home first place.

Local competitor Rachel Keaney proved she is has a big competition future ahead of her taking first place in the Novice Figure competition. Samantha Dunbar-Manucci of WA continues her amazing competition season with a second placing. Karen Hanely took the third place trophy back north to Queensland.

Local competitor Tracey Thelander was too good in the Masters class, clinching first place. Grace Crossland of QLD took home second place.

The Open Short was dominated by the NSW competitors. Rosa-Maria Romero, was in amazing condition taking first place, and re-establishing her deservedness of a pro card. Congratulations Rosa-Maria. Kylie Richards and Megan Hadley took second and third respectively, and also looked terrific.

Anne-Marie Lassere followed up her success in the Qld state titles by clinching first place in the Open Tall category. Gabriela Cioban from VIC was a worthy second place getter and Michelle Mallia also exhibited fine lines and stunning condition to take third.

Women's Bodybuilding was an impressive shoe casing of amazing size, ripping condition and balance. Jodie Howard of QLD showed her quality capturing first place in the under 52 category.

The NSW ladies were too good in the Over 52 kilo class. Cathy Ryan wowed everybody with her incredible density and condition. Rosemary Doorey wasn't too far behind in second, and the Masters class saw the WA girls Sandra Probert and Karen Randell take first and second respectively.

The Men's Classic Classes had everybody talking and caused quite the build up. The class 2 event saw Steve Travers take home first place with Wesley Newel and Jess Tann taking second and third respectively.

Men's Classic Class 3 was a well fought out battle. First and second place went to Victorians Kristian Porthill and Alastair White. Nathan Page followed up his victory at the NSW state championships with a third placing.

The Overall winner of the Men's Classic competition was an ecstatic Steve Travers of QLD. What a great weekend for Steve, congratulations. Let's hope we see more of this division in the future.

The Men's Under 65 kilo class saw NSW competitors David Barry and Wyn Hodges take first and second.

It was Open Men's time. Vic favourite Mark Cheuk was in startling condition, taking out the under 70 division. Known for his amazing balance and symmetry, his performance this year was no exception. He had to be at his best as second place getter Fred Gereige from NSW third place getter Mathew Kelso from QLD were also in amazing condition. Well done guys.

The Queenslanders continued to make their presence felt on the competition with a first and second placing in the Under 75 category. Tamoyoshi Kodama and Shane Butt certainly looked the goods with Angelo Galati of VIC taking the third place prize back south.

It was Ryan Kiang Kho of VIC who impressed the judges the most in the under 80 category. Alfred Cauker was the only TAS competitor to take home a placing this year, which was much deserved. Let's hope we see more competitors of our southern most state next year. Richard Smith of NSW clinched the third prize.

There was another good spread of competitors in the placings of the Under 85 class. Wadih Romanos brought home another first placing for the Vics. Brad Turnbull of WA turned some heads and clinched the second place trophy with local man Lim Hyun Ho grabbing third.

The NSW competitors dominated the Under 90 kg competition. Dale Ellis of NSW presented really well on the day and took home the big prize with Luke Schembri not far behind in second.

The boys were really starting to get big now, as the competitors for