

EVENT

FITNESS EXPO CONVENTION

SYDNEY EXHIBITION CENTRE, DARLING HARBOUR, SYDNEY, 21ST TO 23RD APRIL, 2006

**REPORT BY SANDRA LEE JOSE
PHOTOS BY GARY PHILLIPS**

At 6.00am on Saturday, April 22nd,

Gary Phillips and I are checking in at Melbourne's Tullamarine Airport to catch Virgin Blue flight DJ809 departing at 7.00am. It's a cold 12 degrees C, we're heading north to hopefully warmer weather and the 2006 Australian Fitness Expo at Darling Harbour, Sydney, Australia.

Arrival at the hotel; we dump the luggage and head off for break-

There were 199 exhibitors listed on the programme, with two

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Despite the early hour, the place was buzzing – what else would you expect when most of these people start their day at 5.00am? Together with Sonja Halstead, our advertising manager, I headed off to visit the stands and catch up with numerous friends.

First stop was the AST Sports Science stand where we caught up with the Victorian State Sales Manager, IFBB Mr Victoria and winner of Natural Mr Olympia, Warren Clampit and his team which included his lovely girlfriend Loretta Watson.

At the RedBak stand I caught up with George Papanikolaou and the crew. They are always an active lot but this year even more so. Could it be the new t-shirts – “I like my men Xtra hard”?

Over to the Balance stand and I chatted with Kelly Part, IFBB judge and figure competitor on her plans for this year’s competitions.

It was now time for the bodybuilding displays on stage one. First up was the crew from AST: Loretta Watson, Aaron Smith and Kathy Auramakias.

Rosa-Maria Romero, Australian Figure Champion, who was flying out to New York for a photo shoot with MUSCLE & FITNESS HERS magazine, showed the audience what a national level figure competitor looks like, and I think the crowd liked what they saw.

Ex-Manpower hunk David Rylah, heavy-weight bodybuilder from sunny Queensland, flexed a mass of muscle to the satisfaction of the bodybuilding fans and the delight of all the girls. David is sponsored by GenTec Nutrition, whose stand you couldn’t miss. It wasn’t just the red colour, it was the beautiful Terri Roberts (Miss Universe and perpetual figure champion) and the gorgeous Nick Jones (Mr Universe) that drew the eyes.

Hunger set in and thankfully it was relieved at the MAX’S Amino Active stand where I indulged in their MAX’S Hydroxy-Phase+ bar. I just love this bar!

A big hello to the tall, sexy Lindy Olsen representing Musashi in the best way she can, tiny shorts and top; lucky for her, body-guard and hubby Dallas was alongside!

Then we spotted a couple of massive boys playing on the display equipment. It was our own Jon Davie, Aussie pro and winner

of the highest Aussie at this year’s Pro Show together with Mike Nysten (2005 Victorian over-90 kg winner). They were hard to miss in the crowd and for the rest of the day everywhere we went we kept bumping into them – but I’m not complaining!

After a very long day maybe it was time to get some food and rest. NO! Just time for

a quick nap before catching up with friends and networking over a few quiet ones.

Off to the airport and home to Melbourne, and I must say the trip to Sydney for the team at MUSCLE & FITNESS was a huge winner! We caught up with old friends and made new ones, and this ‘virgin visitor’ to the Expo came home looking forward to her next visit. **M&F**



Loretta Watson



BPG and Sonja Halstead



MAX'S Team with Sonja Halstead



Jon Davie tests Strive equipment



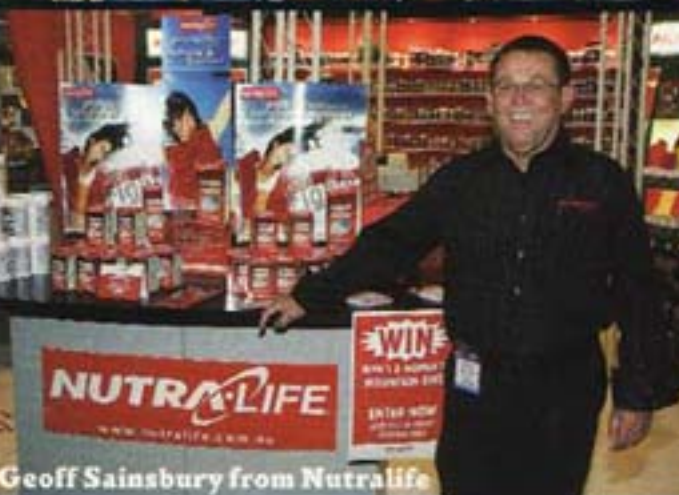
Musashi Crew



AST Team



Redbak Team



Geoff Sainsbury from Nutralife