

## 2nd GABBFF sanctioned Hugh Ross Classic set to sizzle. Hugh Ross is a life member of the XGDF Association NY

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Permission Granted!!! GABBFF President Frank Tucker (2nd left) shakes hand with Hugh Ross at the end of yesterday's HRC launch at Windjammer Hotel. Others in photo from left, Dexter Garnett, Franklin Wilson and Leroy George.

Guyana's best to collide on May 2 @ NCC

The second edition of Guyana's Premier Bodybuilding and Fitness Competition – Hugh Ross Classic – is set to sizzle when the best bodies (male & female) in Guyana collide at the National Cultural centre on Sunday May 2, 2010.

The inaugural competition was held in 2008 with Mark 'Uno' Perry claiming the Mr. Hugh Ross title while Alicia Fortune won the female title.

This time around, Hugh Ross, Guyana first Professional Bodybuilder has promised that the competition will be bigger and more competitive. Ross was speaking at the launching of this year's competition at the Windjammer International Hotel, Queen Street Kitty, yesterday.

In announcing the date Ross said that the crowd response at the inaugural competition was overwhelming and he believes that the National Cultural Centre might need to increase seating accommodation for this year's version.

The Hugh Ross Classic is open to all Bodybuilders throughout Guyana with the exception of the Inaugural Champion Mark Perry and Guyana's second professional athlete, Sylvan Gardner. "We do not see a need for Mr. Perry to actually repeat so in order not to leave him out we have given him the option of participating as a guest poser which he seems very elated to be doing. In the case of Mr. Gardner, he is a Musclemania professional so he also will be filling another guest appearance slot.

With those two big guys out, the other athletes should in no way shape or form feel intimidated in anyway so the field is wide open."

There will be five male categories – Bantamweight, Lightweight, Welterweight, Middleweight and Light Heavyweight.

For the female athletes, Ross said the organizing committee has decided to have a Ms. Classic Fitness competition. Registrations forms will be available from Wednesday at all major gyms and any member of the HRC Committee as well as the Upper Level Barber Shop. Additional locations will be made known subsequently.

The deadline for submission of forms is March 15, 2010. According to Ross, the athletes have adequate time to fill out and return the forms which will give the committee adequate time to fine tune and coordinate prizes among other competition details. Plans are in train to have another guest poser from another sister Caricom Country.

With regard to prizes, Ross said the Committee is still working on the structure and will finalize same shortly. Additionally, Fitness Express Health and Fitness Store have already given a commitment to contribute supplements among other things to the athletes. The details are to be worked out.

Prizes and trophies will be presented to the 1st – 3rd place finishers in all six categories as well as the winner of the overall competition which will feature the winners of the five male categories.

Meanwhile, President of the Guyana Amateur Bodybuilding and Fitness Federation (GABBFF) Frank Tucker was on hand at the launch and confirmed his federation's sanctioning of the 2nd HRC.

Tucker said he welcomed the opportunity to approve and give full support to the event. He said sport in general is evolving daily and applauded the HRC Committee for investing its time and energies to lift the sport of Bodybuilding even higher. "I must thank Mr. Hugh Ross and his entity for making this effort in

2010 after commencing in 2008 and we expect it to even be bigger. The Hugh Ross Classic will always be a shot in the arm for the sport. It brings out the top and aspiring names of bodybuilding and there's nothing better than putting the best on stage. That brings out the public and of course the sport becomes bigger with more publicity. I look forward to working the HRC to administer the competition the best way possible."

The members of the HRC Committee are Hugh Ross (Chairman), Dexter Garnett (Sponsorship & Field Administration), Andre Poonai (Technical), Leroy George (Athletes Coordinator), Robyn Marshall-Lord (Secretary) and Franklin Wilson (Public Relations and Marketing).