

NGA 5th Annual Mr. & Ms. Sioux Empire Natural Championships
(Sioux Falls, SD – July 16, 2016)
NGA Promoter: Rev. Warren Egebo

Bikini - Open A

1. Amber Johnson
2. Nicky Kennedy
3. Kelly Vuong

Bikini - Open B

1. Julie Cooper
Overall & NGA Pro Card
2. Amber Wickstrom

Bikini - Master

1. Amber Johnson
2. Julie Cooper
3. Kelly Vuong

Figure - Open

1. Jennifer James
Best Poser & Best Abs
2. Dawn Baumgartner

Women's Physique - Open

1. Karen Harris

Women's Physique - Masters

1. Karen Harris

Men's Physique – Open LW

1. Casey Nicell
2. Peyton Reynolds
3. Cuong Nguyen

Men's Physique – Open MW

1. Andre Handy
Overall & NGA Pro Card
2. Jerome James
3. James Brown

Men's Classic Physique - Open

1. Jared Anderson
2. Jerome James
3. James Brown
4. Rev. Mark Ellingson

Men's Classic Physique - Master 40+

1. Jerome James
2. Brad Reynolds

Men's Classic Physique - Master 50+

1. Jerome James
2. Rev. Mark Ellingson
3. Brad Reynolds

Men's Bodybuilding - Open LW

1. Cuong Nguyen
2. Brad Reynolds

Men's Bodybuilding - Open MW

1. Jerome James
2. James Brown

Men's Bodybuilding - Open HW

1. Matt Mirowski
Overall & NGA Pro Card
2. Jared Anderson

Men's Physique -Junior

1. Peyton Reynolds
2. Casey Nicell

Men's Bodybuilding – Novice

1. Matt Mirowski
Overall
2. Jerry James

Anytime Fitness & Cuong Strong
Most Representative Gym