

The Shows:

2014 NGA Alabama Natural Open Bodybuilding, Figure, Physique and Bikini Championships - Super Pro Qualifier

2014 NGA 'Old Navy' Natural Master Pro Bodybuilding and Master Pro Figure Classic

Birmingham, Alabama, July 12th

Sixty outstanding men and women athletes came from Georgia, Florida, Tennessee, Mississippi, Louisiana, Texas, Virginia, Maryland, Indiana and Alabama to vie for Neils Andersen Sculptured trophies and NGA Pro Cards at the seventh annual 2014 NGA Alabama Natural Open Bodybuilding, Figure, Physique and Bikini Championships - Super Pro Qualifier and the second annual NGA 'Old Navy' Natural Master Pro Bodybuilding and Master Pro Figure Classic in Birmingham, Alabama.

The athletes were pleased as we returned to Birmingham for the fourth year to Homewood High School with its great stage, sound system and dramatic lighting, the pump up area, the back stage refreshments and their 2014 NGA Alabama sports bag with the official show t-shirt and a *Snickers* bar.

Class winners were all awarded gift certificates from Cherry Bombs Attitude Gear for men's or women's posing suits.

The contest started on time and ran smoothly. It was a "competitor's show," run by competitors who know what athletes want and need. All of the competitors said they would like to come back next year for the eighth annual 2015 NGA Alabama Natural Open Championships on July 11, 2015. Many said they would encourage their competitor friends to join them on stage. As always, it was a fun show.

In addition to the NGA Alabama Open amateur show, seven Master Pro men bodybuilders, three Master Pro women bodybuilders and five Master Pro Figure competitors were on stage to compete in the NGA 'Old Navy' Natural Master Pro Bodybuilding and Master Pro Figure Classic. Rico Browning from Woodbridge, VA won the Men's Master Pro Bodybuilding title. Last year's Master Pro Figure Winner, Paige Hagar from Mt. Juliet, TN, defended her Master Pro Figure title and Jenni Brenner from Manhattan, KS won the Women's Master Pro Bodybuilding title. Each received the First Place cash prize and a gift certificate from Cherry Bombs Attitude Gear. The other top winners in the contest received a cash prize and Cherry Bombs Attitude Gear Certificates. The total cash purse for the contest was \$3,000, split between Men's and Women's Pro Bodybuilding and Pro Figure.

In the amateur competition, Pro Card eligible classes needed five or more competitors entered for the Open Division and three or more competitors entered for the Masters

Division. NGA Pro Cards were awarded to nine athletes in this Super Pro Qualifier event:

Howard "Mojo" Muldrow from Jonesboro, GA took the Middleweight title and won the Overall Championship. He also won the Men's Masters 50+ class and the Overall Masters title. Howard is now a proud NGA Open Pro and Master Pro Bodybuilder. Billy Medlin from Dalton, GA won the Men's Masters 40+ title and an NGA Master Pro Card.

Also joining the NGA Bodybuilding Pro ranks is Open Lightweight winner Rocky Baudoin from Lafayette, LA.

Figure Open winner Joni Christine Reynolds from Eatonton, GA and Figure Masters winner, Kimberly Hood from Murfreesboro, TN earned NGA Open Figure and NGA Master Figure Pro Cards. Bikini Open Champion, Carmen Alwer from Birmingham, AL won her NGA Open Bikini Pro Card and the Men's Physique Pro Card was won by Ryan Gray from Trussville, AL.

Congratulations to our nine new NGA Pros!

The Show Results:

NGA Alabama Natural Open Championships

Masters Figure

Kimberly Hood, Murfreesboro, TN – 1st NGA Master Figure Pro Card
Kari Helton, Birmingham, AL – 2nd
Andrea Camp, Eatonton, GA – 3rd
Cindy Crosswhite, Savannah, TN – 4th

Open Figure

Joni Christine Reynolds, Eatonton, GA – 1st NGA Figure Pro Card
Kimberly Hood, Murfreesboro, TN – 2nd
Madison Leibach, Adamsville, TN – 3rd
Kari Helton, Birmingham, AL – 4th
Andrea Camp, Eatonton, GA – 5th
Tyra Glover, Sumiton, AL – 6th
Denisha Darcus, Montgomery, AL – 7th
Erica Williams, Arley, AL – 8th
Cindy Crosswhite, Savannah, TN – 9th

Masters Bikini

Ellie Miller, Annapolis, MD – 1st

Open Bikini

Carmen Alwer, Birmingham, AL – 1st NGA Bikini Pro Card
Christina Myers, Birmingham, AL – 2nd

Natesha Speight, Hoover, AL – 3rd
Joni Christine Reynolds, Eatonton, GA – 4th
Jessica Pinkstaff, Hoover, AL – 5th
Tyra Glover, Sumiton, AL – 6th
Alexandra Matveichuk, Panama City, FL – 7th
Tae Lee, Birmingham, AL – 8th
Ellie Miller, Annapolis, MD – 9th
Erica Williams, Arley, AL – 10th

Men's Physique

Ryan Gray, Trussville, AL – 1st NGA Men's Physique Pro Card
Marcus Shepherd, Birmingham, AL – 2nd
Josh Hallisey, Clarksville, TN – 3rd
Danny Davis, Macon, GA – 4th
David James Boyd, Jr., Birmingham, AL – 5th
Sam Baldwin, Hartsville, TN – 6th

Women's Physique

Andrea Camp, Eatonton, GA – 1st

Women's Masters Bodybuilding

Lisa Fischer, Marietta, GA – 1st
Simone LaBeau-Lepp, Bremen, GA – 2nd

Women's Open Bodybuilding

Lisa Fischer, Marietta, GA – 1st
Simone LaBeau-Lepp, Bremen, GA – 2nd

Teen

Cody Bowers, Old Hickory, TN – 1st

Men's Masters 40+

Billy Medlin, Dalton, GA – 1st NGA Masters Bodybuilding Pro Card
Willie Jackson, Mobile, AL – 2nd
Jon Lindsay, Douglasville, GA – 3rd
Steven Singleton, Clinton, MS – 4th
David James Boyd, Jr., Birmingham, AL – 5th
Jeff Crosswhite, Savannah, TN – 6th
Alan Wade, Dora, AL – 7th

Men's Masters 50+

Howard "Mojo" Muldrow, Jonesboro, GA – 1st NGA Masters Bodybuilding Pro Card
Frank Chaisson, Houma, LA – 2nd
Willie Jackson, Mobile, AL – 3rd
John Edward Jones, Allen, TX – 4th

J. C. Lewis, Eatonton, GA – 5th

Men's Masters 60+

J. C. Lewis, Eatonton, GA – 1st

Arlie Collins, Greensboro, GA – 2nd

Men's Masters Overall Bodybuilding Champion

Howard “Mojo” Muldrow, Jonesboro, GA

Open Men's Lightweight

Ricky Baudoin, Lafayette, LA – 1st NGA Bodybuilding Pro Card

Billy Medlin, Dalton, GA – 2nd

Justin Hodges, Lebanon, TN – 3rd

Paul Redmer, Acworth, GA – 4th

Taylor McKenzie, Chelsea, AL – 5th

David James Boyd, Jr. Birmingham, AL - 6th

Jeff Crosswhite, Savannah, TN – 7th

Open Men's Middleweight

Howard “Mojo” Muldrow, Jonesboro, GA – 1st NGA Bodybuilding Pro Card

Jared Lyvers, Chelsea, AL – 2nd

Andrew Kohler, Lebanon, TN – 3rd

Jon Lindsay, Savannah, TN, 4th

John Edward Jones, Allen, TX – 5th

Steven Singleton, Clinton, MS – 6th

J. C. Lewis, Eatonton, GA – 7th

Open Men's Light Heavyweight

Sam Baldwin, Hartsville, TN – 1st

Ryan Gray, Trussville, AL – 2nd

Allan Wade, Dora, AL – 3rd

Open Men's Heavyweight

Willy Jackson, Mobile, AL – 1st

Men's Open Overall Bodybuilding Champion

Howard “Mojo” Muldrow, Jonesboro, GA

Best Entertainer - Male

Arlie Collins, Greensboro, GA

Best Entertainer – Female

Simone LaBeau-Lepp

**2014 NGA ‘Old Navy’ Natural Master Pro Bodybuilding and
Master Pro Figure Classic**

Men's Grand Master Pro Bodybuilding

Bufard Pigg, Hansville, AL – 1st
Randall Pickering, Foley, AL – 2nd

Men's Master Pro Bodybuilding

Rico Browning, Woodbridge, VA – 1st
Paul Dziduch, Mount Juliet, TN – 2nd
Kevin Whaley, Louisville, KY – 3rd
Ronald Dean, Villa Rica, GA – 4th
Matthew Serd, Brownsburg, IN – 5th
James "Ricky Howell, Jr., Conyers, GA – 6th
Paul Redmer, Acworth, GA – 7th

Women's Master Pro Bodybuilding

Jenni Brenner, Manhattan, KS – 1st
C. J. Daniels – Fordyce, Roswell, GA – 2nd
Maxine Fredericks, Atlanta, GA – 3rd

Master Pro Figure

Paige Hagar, Mt. Juliet, TN – 1st (Won in 2013)
Jenni Brenner, Manhattan, KS – 2nd
Patty Weiss, Knoxville, TN – 3rd
Lisa Arceneaux, Houma, LA – 4th
Cynthia Costa, Villa Rica, GA – 5th
Tena D'Onze, Pelham, AL - 5th

Judges

Laura Tourtellot, Newmarket, NH - Head Judge
Dr. Brian Cressman, MD, Jasper, AL
Michael Jackson, Fultondale, AL
Will Lantrip, Birmingham, AL
Dominique Swinson, Pike Road, AL

Master of Ceremonies

Scott "Old Navy" Hults, Birmingham, AL

Facilitator

John Rossman, Birmingham, AL

Trophy Ladies

Chelsey Chambers Thompson, Birmingham, AL
Patricia Neno, Annapolis, MD

Official Show Photographer and Videographer
Roger Owens – RKO Photography

Thank You To Our Sponsors:

Michael Jackson, Superior Printing, Fultondale, AL
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Will Power Fitness Gym, Chelsea, AL
National Federation of Professional Trainers (NFPT)
RKO Photography, Hoover, AL

Promoters

NGA Alabama Natural Open Championships

NGA 'Old Navy' Natural Master Pro Classic

Scott "Old Navy" Hults, NGA Pro & NGA Chairman, Southeast U.S.
John Rossman, NGA Pro