

# **NUS MUSCLE AND FITNESS WAR 2013 ORGANISED BY NATIONAL UNIVERSITY OF SINGAPORE ON 5TH JANUARY**



Executive Council Members of the SBPF and some judges took a group photo with Datuk Paul Chua and Kevin Chiak after the competition. Standing in the picture from the front row from left: Joe Wong (Vice-President), Sabrina Ang (Asst. Hon Treasurer), Bindiya Fam (General Secretary), Fatholomein Ali (Executive Vice-President), Kevin Chiak (President), Datuk Paul Chua, Dennis Tew (Vice-President), M. Letchmenon (Technical Director)

In the second row from left: Nur Fauzi bin Abu Bakar (Asst. Secretary-General), Justin Chong (Statistician), Adrian Tan (Judge), Marcus Fam (emcee), Ibrahim Sihat (Stage Director), Halim Harun (Judge), Tong Chin Wee (Judge)

SBPF (SINGAPORE BODYBUILDING AND PHYSIQUE SPORTS FEDERATION) has finally made its mark in Singapore as the most recognised bodybuilding federation in the nation today by sanctioning the biggest bodybuilding championship next to the Nationals! In the history of the Muscle and Fitness War, never was it more anticipated, with a full house sold out and a record breaking 42 competitors at the tertiary level. The open category saw 20 semi-finalist battling out for the coveted title and it ended with the deserving top 3 athletes belting it out the compulsory poses to capture the Grand Champion medal. The gold medal eventually landed round the traps of a very promising bodybuilder known as Sam. The best poser award went to Max Lin who also won the open category silver medal and the tertiary below 170cm Gold. SBPF will continue its momentum towards working for the next biggest local event the HometeamNs bodybuilding championship on 23rd March 2013 and then its 1st SBPF Grand Nationals in the month of April 2013.



**Below 170cm Top 5 -**

- |                 |   |              |
|-----------------|---|--------------|
| 1 <sup>st</sup> | - | Max Lin      |
| 2 <sup>nd</sup> | - | Bryan Quek   |
| 3 <sup>rd</sup> | - | Timothy Soh  |
| 4 <sup>th</sup> | - | Aaron Chia   |
| 5 <sup>th</sup> | - | Tan Kha Seng |



### Above 170 Top 5

- |                 |   |                 |
|-----------------|---|-----------------|
| 1 <sup>st</sup> | - | Muhammad Farhan |
| 2 <sup>nd</sup> | - | Ahmad Husaini   |
| 3 <sup>rd</sup> | - | Bryan Cheong    |
| 4 <sup>th</sup> | - | Sun Chong       |
| 5 <sup>th</sup> | - | No ID yet       |



### Women's Model Physique

- |                 |   |                 |
|-----------------|---|-----------------|
| 1 <sup>st</sup> | - | Madeleine Png   |
| 2 <sup>nd</sup> | - | Sharylenn Ooi   |
| 3 <sup>rd</sup> | - | Priscilla Vanda |



Guest-of-Honour Datuk Paul Chua of the World Bodybuilding and Physique Sports Federation (WBPF) was very impressed with the NUS Muscle and Fitness War 2013 organized very professionally by the NUS Bodybuilding Club on 5th January 2013 at the Cultural Centre Hall. Datuk Chua praised the President of the Club Mr. Shawn Tan and his Organising Committee for their hard work and commitment in hosting this year's event successfully.



**Open Category for Bodybuilding Top 5**

- 1<sup>st</sup> - Enayathullah (Sam)
- 2<sup>nd</sup> - Max Lin
- 3<sup>rd</sup> - Ivan Quek
- 4<sup>th</sup> - Alex Javier
- 5<sup>th</sup> - Tahir



Datuk Paul Chua and Kevin Chiak congratulating the top 5 winners of the Open Category of the NUS Muscle and Fitness War 2013

The President of the Singapore Bodybuilding and Physique Sports Federation (SBPF) and Vice-President of the South East Asian Bodybuilding & Physique Sports (SEABPF) Mr. Kevin Chiak was the VIP Guest as the competition organised by the NUS was sanctioned by the SBPF and together with his great team of officials they assisted the organiser of the NUS Club in making this event a memorable one.



Datuk Paul Chua awarding the WBPF Certificate of Merit to Shawn Tan, President of the NUS Muscle and Fitness War.

Datuk Paul Chua in his speech suggested that the NUS should invite and organize the South East Asian Muscle & Fitness War amongst the universities in the region to expand and enhance the sport of bodybuilding, this would certainly be an added feature for the bodybuilders and the fans in Singapore and the SEA Countries.



Full house at the NUS Cultural Theatre. Tickets were sold out.