

Defence and Emergency Services Physique Titles 2016

Novice Men

1	Luke Anderson	ARMY
2	Joseph Suficiencia	RAAF
3	James Fleming	Emerg Nurse/Ex US ARMY

Masters Men 40+

1	Blake Abbott	Firefighter
2	Matt Jobst	Paramedic
3	Ken Ross	Boarder Services
4	James Fleming	Emerg Nurse/Ex US ARMY

Open Men

1	Paul Spanjol	RAAF
2	Blake Abbott	Firefighter
3	Joseph Suficiencia	RAAF
4	Matt Jobst	Paramedic
5	Ken Ross	Boarder Services

Men's Physique

1	Christopher Maroschek	ARMY
2	Matt Jobst	Paramedic
3	Mark Wormleaton	NAVY
4	Ken Ross	Boarder Services

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Men's Fitness

1	Mark Wormleaton	NAVY
2	Nick Lawler	Ex Police
3	Christopher Maroschek	ARMY

Figure International

1	Kathy Clark	Police Officer
2	Diana Kidd	Emergency Nurse

Ms Figure Novice

1	Rhiannon Must	
2	Katie-Lee Cassingham	ARMY
3	Tracey Berry	Ex QLD Police Officer

Ms Figure Masters 40+

1	Sandra Addy	ES Spouse
2	Katie Helm	Defence Spouse
3	Tina Waddington	ARMY
4	Diana Kidd	Emergency Nurse

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Ms Bikini

1	Jacqueline Wood	ARMY Reserve
2	Zoe Best	Nurse
3	Chelsea Skinner	ARMY Reserve
4	Kristen Lalley	Police Officer
5	Samantha Cooper	Paramedic

Ms Figure Open

1	Kathy Clark	Police Officer
2	Sandra Addy	ES Spouse
3	Tracey Berry	Ex QLD Police Officer
4	Tina Waddington	ARMY

Ms Fitness Model

1	Diana Kidd	Emergency Nurse
2	Jacqueline Wood	ARMY Reserve
3	Kristen Lalley	Police Officer

20 Week Body Transformation Challenge Winners

Male - Paul Murray

Female - Tanya Dunbar

Overall Figure Champion - Rhiannon Must

Overall Male Champion - Luke Anderson