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
Defence and Emergency Services Physique Titles 2016

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
Defence and Emergency Services Physique Titles 2016

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