

## **2013 WORLD JUNIORS & MASTERS CHAMPIONSHIPS: MONGOLIA IS READY!**

by Andrew Michalak

“Mongolia is ready and waiting to welcome National Teams from over 30 countries” - Mongolian Federation General Secretary Ochir Ganbaatar told us today (on Monday). “But remember to take a warm coat with you as there is -9°C (15°F) during the day” – he added. So, put into your suitcase a winter coat, cap, gloves, socks, shoes and dress or sweater. Especially competitors who are on the reduced caloric intake diets and their bodies don't produce enough heat.

Mongolia already staged one big IFBB international event: 2011 Asian BodyBuilding and Fitness Championships. Also organized Asian Powerlifting Championships. So, they have an experienced team of organizers.

Many IFBB top international stars are coming to Ulaanbaatar to take part at these Championships. Among them:

### **JUNIORS**

Sana Muslic (Bosnia & Herzegovina) will come to defend her junior women bodybuilding world title. In the role of challengers we will see two Romanian champions: Mihaela Serban and Corina Visan, who took the 3<sup>rd</sup> and 4<sup>th</sup> places last year.

Two Estonian young stars: Kristina Koroljak and Endla Vaheer will come to regain their junior women fitness titles won last year in Budapest. Koroljak in the short class (up to 163 cm) and Vaheer in the tall class (over 163 cm). Koroljak will be challenged by the 2013 women's world champion and Arnold Europe winner Dominika Multanova (Slovakia). In Kiev Multanova won over Koroljak by 2 points only!. These return match will be super exciting! In the tall class Vaheer will meet last year finalist Aleksandra Zhilina (Russia). Now Zhilina will be more matured and who knows...

In junior women bodyfitness tall class current women's world champion and 2011 junior world overall winner Adela Ondrejovicova (Slovakia) will come to regain the title. She will meet very promising last year runner-up Victoria Yatsuk (Russia). Everything will depend on the shape of the day.

In junior women bikini fitness open class 2012 world junior champion and 2013 world women's champion (!) Sabina Plevakova (Slovakia) seems to be a strong favourite, since nobody from the last year's top 6 will come. But there will also be 2013 European Championships bronze medal winner Anita Bekus (United Kingdom). Enough good now to challenge Plevakova?

There will be a couple of great stars in junior men bodybuilding. In the heavyweight class (over 75 kg): 2011 overall winner Tim Budesheim (Germany) will come for the next world junior title. He is even better now, what we could see at the 2013 Arnold Europe where he won the junior open class and placed 2<sup>nd</sup> in the men's 100 kg category! His most serious challenger will come... with him: the second German junior star Kevin La Grutta – 2<sup>nd</sup> place winner at Arnold Europe last weekend in Madrid. Who will be able to challenge them? Maybe a new Polish star Michal

Zochowski, who won the Polish Junior Nationals few weeks ago and displayed top quality muscularity?

In the lightweight class (up to 75 kg) we will see the 2012 Junior Worlds runner-up Ismail Masoud (Egypt), 5<sup>th</sup> place winner Daniel Sticco (Italy), 2012 Europeans runner up Daler Ismatov (Russia) and 2012 South American Championships runner-up Byron Tello (Ecuador).

There will be one former medal winner in junior men classic bodybuilding: Konrad Balcerzak (Poland), who placed 3<sup>rd</sup> in 2011 Junior Worlds but improved a lot till now. Tomas Grib of Slovakia placed just behind Balcerzak 2 years ago. Interesting meet after 2 years. Who has made bigger progress?

Junior men fitness will have one experienced star: 2012 world champion Anghel Birica (Romania), who also successfully competes against seniors.

## **MASTERS**

### **Masters 40-49 years old:**

In up to 70 kg class multi world champion Jose Carlos Santos (Brazil) who recently won Arnold Classic Europe in Madrid, showing tremendous shape.

2012 Men's Worlds bronze medal winner Igor Losev (Russia) will debut among masters (40-49, up to 80 kg) and will meet masters overall winner from Madrid Jens Schneider (Germany), 2012 European champion Carlos Cervantes (Germany) and South American top master bodybuilder Gilberto Feitosa (Brazil).

Fantastic returned match in masters 40-49, up to 90 kg category: Edson Serafim (2<sup>nd</sup> in Madrid), Marek Vomacka (1<sup>st</sup> in Madrid) and David Perez (4<sup>th</sup> in Madrid).

The next famous bodybuilder and multi world champion Hamdullah Aykutlug (Turkey), 2013 Asian masters and men's champion Mahdi Ayari (Iran) and still improving Russian giant Sergey Kozin (over 120 kg bodyweight). This over 90 kg class seems to be top exciting.

### **Masters 50-59 years old:**

Top two from the recent Arnold Europe (masters bodybuilding 50-59): Armando Villa (Spain) and Jose Rebolo (Portugal). But in Ulaanbaatar they will compete in different bodyweight categories. In up to 80 kg class Villa will meet European Championships bronze medal winner Albert Szczygielski (Poland).

In heavyweight class Rebolo will meet last year's 3<sup>rd</sup> place winner Inigo Ortiz (Spain).

Top two from the previous year in men classic bodybuilding over 50: Michal Sidik (Czech Republic) and Peter Rudling (Sweden) plus 5<sup>th</sup> place winner Mieczyslaw Nowacki (Poland).

### **Oldest Masters:**

Two legendary bodybuilders in two oldest masters classes: Alexander Yashankin (Russia) in 60-65 division and Esmat Sadek (Egypt) in over 65 division.

### **Women Masters:**

Masters women bodybuilding open class will include: 2012 European masters champion Natalia Vtyurina (Russia), Jana Bendova (Czech Republic), Petra Welker (Germany) and Eva Lagerhorn Blom (Sweden).

Masters women bodyfitness top stars: 2012 world masters champion Carina Isaksson (Sweden), 2011 European Women's runner-up Melanie Niebergall (Germany), 2013 Asian fitness runner-up Yumi Yamashita (Japan), Jorun Steine (Norway), Yolanda Fernandez (Spain).

In the Wheelchair Bodybuilding Championships last year's champion Tolga Murat Balikci (Turkey) will come to repeat the title.

### **2013 IFBB World Juniors and Masters Championships entries:**

<b>NAME</b>	<b>Country</b>
1. Paul Vu	Australia
2. Brian Emerson	Australia
3. Rohan Reid	Australia
4. Steven Travers	Australia
5. Karl Hannig	Austria
6. Sana Muslic	Bosnia & Herzegovina
7. Elizabeth Furtado	Brazil
8. Jose Carlos Santos	Brazil
9. Mauricio Suzanne	Brazil
10. Nortom Murayama	Brazil
11. Emmanuel dos Martyres	Brazil
12. Roberto Chimello	Brazil
13. Edson Serafim	Brazil
14. Gilberto Feitosa	Brazil
15. Michal Sidik	Czech Republic
16. Marek Vomacka	Czech Republic
17. Miroslav Mraz	Czech Republic
18. Jean Marc Schuttrump	Czech Republic
19. Jana Bendova	Czech Republic
20. Margita Zamolova	Czech Republic
21. Byron Tello	Ecuador
22. Roberto Granda	Ecuador
23. Ismail Masoud	Egypt
24. Ahmed El Sayed	Egypt
25. Esmat Sadek	Egypt
26. Hamdy Ismail	Egypt
27. Kristina Koroljak	Estonia
28. Endla Vaheer	Estonia
29. Asko Kankainen	Finland
30. Harri Forsberg	Finland
31. Tim Budesheim	Germany
32. Kevin La Grutta	Germany
33. Jalal Ali	Germany
34. Jens Schneider	Germany
35. Carlos Cervantes	Germany
36. Stefan Hammerschmiedt	Germany

37.	Karsten Wolf	Germany
38.	Horst Wetterau	Germany
39.	Petra Welker	Germany
40.	Melanie Niebergall	Germany
41.	Irengbam Deva Singh	India
42.	Siddharth Patil	India
43.	Gurbhej Singh	India
44.	Hardeep Singh	India
45.	Akham Premchand Singh	India
46.	Dinesh Chaware	India
47.	Rajendra Shirodkar	India
48.	Pouria Payoun	Iran
49.	Davoud Rahimi	Iran
50.	Abbas Gholizadeh	Iran
51.	Mahdi Ayari	Iran
52.	Mahmoud Zare	Iran
53.	Mohammad Lashgari	Iran
54.	Choi Wan Hung	Hong Kong
55.	Tomoya Nakadomari	Japan
56.	Takeshi Okumura	Japan
57.	Masayuki Kikuchi	Japan
58.	Shigeru Ihara	Japan
59.	Eriko Shimizu	Japan
60.	Yumi Yamashita	Japan
61.	Mohamed Elsharief	Libya
62.	Abdurraouf Shaaban	Libya
63.	Mohamed Ali Eltuhami	Libya
64.	Delgersaikhan	Mongolia
65.	Khurelchimeg	Mongolia
66.	Soninbayar	Mongolia
67.	Bodibold	Mongolia
68.	Dambadarjaa	Mongolia
69.	Bathuu	Mongolia
70.	Baasandorj	Mongolia
71.	Turbold	Mongolia
72.	Chinzorig	Mongolia
73.	Bolor-Erdene	Mongolia
74.	Jazei	Mongolia
75.	Sarangua	Mongolia
76.	Lochin	Mongolia
77.	Ganhuyag	Mongolia
78.	Otgontsend	Mongolia
79.	Bat-Erdene	Mongolia
80.	Munkhbayar	Mongolia
81.	Knut Oines	Norway
82.	Solru Stefansdottir	Norway
83.	Jorun Steine	Norway
84.	Frank Ravn Hansen	Norway
85.	Konstantin Simonsen	Norway
86.	Konrad Balcerzak	Poland

87.	Kamil Strzelcyk	Poland
88.	Lukasz Gnoza	Poland
89.	Albert Szczygieski	Poland
90.	Maciej Zochowski	Poland
91.	Mieczyslaw Nowacki	Poland
92.	Jose Rebolo	Portugal
93.	Mihaela Serban	Romania
94.	Corina Visan	Romania
95.	Anghel Birica	Romania
96.	Andrei Georgian	Romania
97.	Constantin Ifrim	Romania
98.	Mihai Moruz	Romania
99.	Lucian Popa	Romania
100.	Lucian Chirila	Romania
101.	Natalia Vtyurina	Russia
102.	Aleksandra Zhilina	Russia
103.	Alecia Vysotckaya	Russia
104.	Anastasia Buchinskaya	Russia
105.	Victoria Yatsuk	Russia
106.	Daria Lobanova	Russia
107.	Irina Blinova	Russia
108.	Igor Losev	Russia
109.	Sergey Kozin	Russia
110.	Andrey Popov	Russia
111.	Daler Ismatov	Russia
112.	Evgeny Bayazitov	Russia
113.	David Babayan	Russia
114.	Sergey Bubulikov	Russia
115.	Aleksander Yashankin	Russia
116.	Danil Pavlov	Russia
117.	Sergei Moroz	Russia
118.	Dominika Multanova	Slovakia
119.	Adela Ondrejovicova	Slovakia
120.	Tatiana Piackova	Slovakia
121.	Sabina Plevakova	Slovakia
122.	Tomas Grib	Slovakia
123.	Robert Babos	Slovakia
124.	Iveta Vanekova	Slovakia
125.	Dion Friedland	South Africa
126.	Sivalingum Pillay	South Africa
127.	Cedric Shelton Samuels	South Africa
128.	Yolanda Fernandez	Spain
129.	Mario Hernandez	Spain
130.	David Perez	Spain
131.	Juan Martin	Spain
132.	Armando Villa	Spain
133.	Inigo Ortiz	Spain
134.	Carina Isaksson	Sweden
135.	Maria Eriksson	Sweden
136.	Semiran Dag	Sweden

137.	Eva Lagerhorn Blom	Sweden
138.	Bjorn Albinsson	Sweden
139.	Peter Rudling	Sweden
140.	Hafez Sarkis	Syria
141.	Cagnur Akyol	Turkey
142.	Neriman Kuzucu	Turkey
143.	Sengul Ozgur	Turkey
144.	Arif Gonul Bayoglu	Turkey
145.	Baran Kalayci	Turkey
146.	Cemal Ozan Durmus	Turkey
147.	Huseyin Turgutluoglu	Turkey
148.	Efrus Turker	Turkey
149.	Sahin Bolcan	Turkey
150.	Ersoy Aycelik	Turkey
151.	Taner Umur	Turkey
152.	Mutlu Bakir Tas	Turkey
153.	Vedat Seyhan	Turkey
154.	Suleyman Arif Ozben	Turkey
155.	Hasan Erdogan	Turkey
156.	Tolga Murat Balikci	Turkey
157.	Hamdullah Aykutlug	Turkey
158.	Ashraf Nasser	UAE
159.	Emma Paveley	UK
160.	Anita Bekus	UK