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**30TH ANNUAL NPC SOUTHERN STATES FITNESS, FIGURE, BIKINI & BODYBUILDING
CHAMPIONSHIPS ONE OF THE BIGGEST, MOST SUCCESSFUL IN HISTORY**

July 14, 2010, FT. LAUDERDALE, Florida – On Saturday, July 10, the 2010 NPC Southern States Championships concluded their 30th Annual Championships at the War Memorial Auditorium in Ft. Lauderdale, Florida, with over 275 of the nations top sanctioned NPC (National Physique Committee) entrants competing for a spot into the nationals. The NPC Southern States Championships is the largest, regional, national qualifier east of the Mississippi and included teenage, adult and senior competitors (both men and women) from more than eighteen different states throughout the U.S. and Puerto Rico. The large number of contestants in all age groups demonstrates that you can commit to be fit at any age.

Kicking things off on Friday night was the Maria Bellando Women's Fitness, Figure and Bikini Championships and the Manuel Mair Men's Fitness Championships. The Women's Fitness competitors performed a two-minute routine choreographed to music with dance, theater and gymnastic elements along with the Women's Figure competitors displaying their best physique poses and the Bikini competitors showcasing their swimsuits to the judges. The Men's Fitness competitors had a timed exercise to determine the number of push-ups each entrant could do in sixty seconds, how many pull-ups could be completed and a timed obstacle course competition. Also featured on Friday night were IFBB Fitness Pro Tanji Johnson (known as "Stealth" on American Gladiators) and local hero and IFBB Figure Pro Kristal Richardson.

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“This was a great year and super way to celebrate the 30th Anniversary. Everything seemed to be in-line with a record turnout and top quality athletes, an increased number of spectators on both nights, an ideal site and beautiful weather. We couldn’t have planned or asked for more,” said Peter W. Potter, Promoter of the NPC Southern States Fitness, Figure, Bikini & Bodybuilding Championships.

On Saturday night, the line-up of events really heated up the stage at the War Memorial Auditorium with the different bodybuilding divisions showing off their best muscles to the audience and judges in a choreographed routine to music. This year’s Championships also included special guest appearances by IFBB Pros Victor Martinez, Fouad Abiad, Mark Alvisi, Manuel Romero and David Henry. The winners of each division were announced to conclude the evening and weekend of events.

This year’s Overall winners included Dr. Carmen Larreal (Fitness), Maria Lewis (Figure), Megan Duncan (Bikini), Fern Valeriano (Teen Men), Beth Wachter (Women’s Open) and Dave Riley (Men’s Open).

The Southern States Championships is open to any athlete registered by the NPC which is apart of the International Federation of Body Builders, an international amateur sports organization. For more information about the 2010 NPC Southern States Competition please visit www.npcsouthernstates.com.

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