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condition Agius still suffers from a few structural problems that had the judges scoring her down to third. In fact her excessive muscularity may have worked against her in comparison to the much better balanced and less striated Nicole Ball, last year's winner. Ball has the kind of development and pristine condition that is currently the trend in women's bodybuilding. I like her full-bellied muscles and the way they gracefully blend together. She has an exceptional V-taper, which really sets her off from the other competitors.

One of the highlights of the competition was newcomer Nadia Nardi (BC) competing in her first Canadian Championships. This gal has a serious body composed of thick layers of solid muscle while still maintaining decent aesthetics. I liked Nardi's splendid package and could have seen her as a popular winner, but she had to settle for second. In addition to her superb shape Ball had added some noticeable muscle since 2003, making her very hard for the judges to ignore. They could not award the division win to anyone else but her.

Lightweight Women

Veteran Petra Lemke (AB) managed to out-muscle teammates Carmen Tocheniuk (second) and Leslie Epp (third) for the number one spot. Tocheniuk presented exquisite shape and a very sleek development but was no match for Lemke's superior muscle size.

Master Women

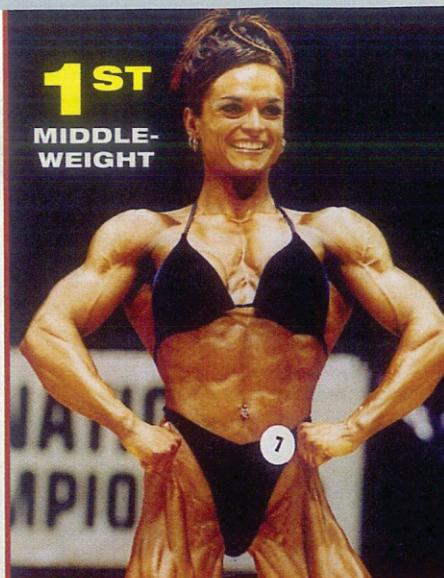
I crossed paths with Sherrie Agius in 1980 when she lived in my hometown of Fredericton, NB. At only 16 she won the very first women's provincial competition in New Brunswick. She later relocated to Ottawa, where she has blazed an impressive bodybuilding career for the past 20 years. Perhaps no other Canadian bodybuilder has devoted so much energy, persistence, and dogged determination in a quest of a national title. Finally, sporting incredible muscularity which I can only describe as "scary," this gal finally achieved her goal. In defeating teammate Sherry-Ann Dillon/Jacobs (second) and Ellen Partnoy (BC) who placed third, Agius presented a striated condition that appeared to have been carved out of granite. Each fiber strained to the point of almost exploding in an effort to escape from her tissue-thin skin. Eight women contested the masters title.

Junior Women

The junior women's category, was won by unopposed Cindy Phillips (NB).

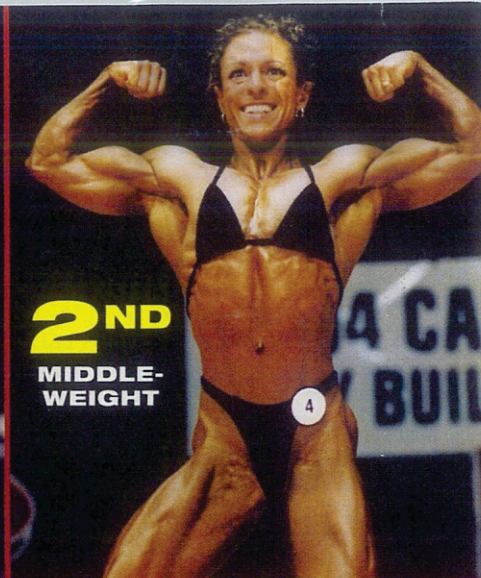
Women's Overall

As the women's overall posedown commenced, I felt St. Pierre had a definite edge over class winners Lemke and Ball. After all she managed to squeeze out a heavyweight-class victory over some stiff competition, which in my opinion was superior to what she faced in the finals. Ball is a splendid athlete with extraordinary muscularity and overall symmetry, but she still does not have the striking aesthetic appeal and overall polish of St. Pierre. In the end St. Pierre's overall win didn't come as a big surprise.



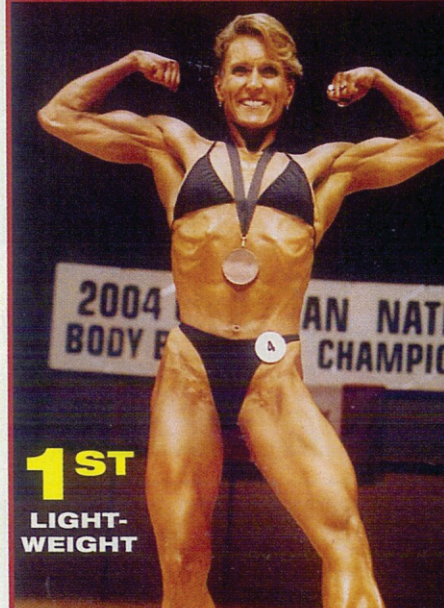
1ST
MIDDLE-WEIGHT

NICOLE BALL



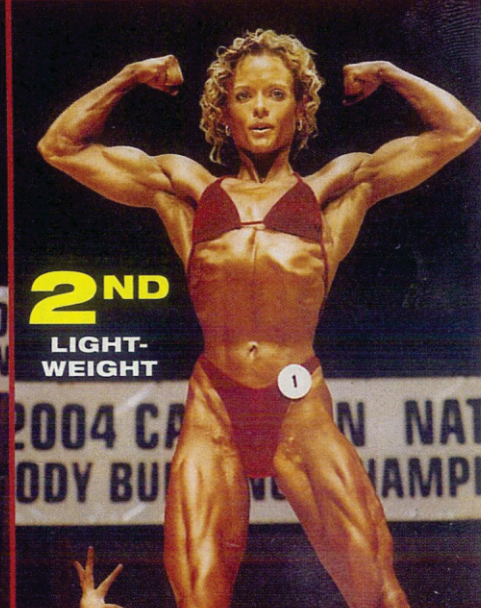
2ND
MIDDLE-WEIGHT

NADIA NARDI



1ST
LIGHT-WEIGHT

PETRA LEMKE



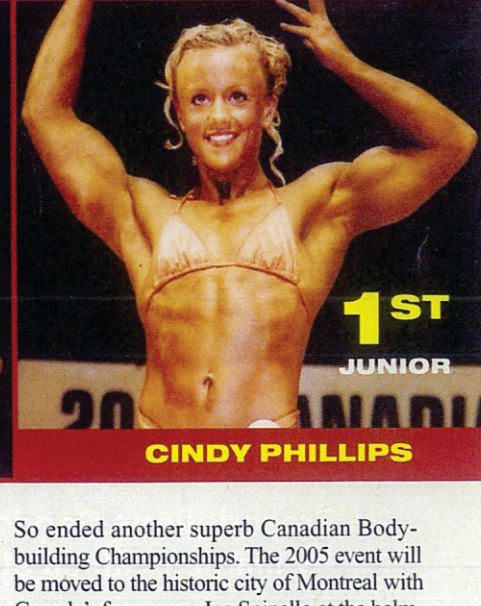
2ND
LIGHT-WEIGHT

CARMEN TOCHENIUK



1ST
MASTERS
3RD
MIDDLE-WEIGHT

SHERRIE AGIUS



1ST
JUNIOR

CINDY PHILLIPS

So ended another superb Canadian Bodybuilding Championships. The 2005 event will be moved to the historic city of Montreal with Canada's former pro Joe Spinello at the helm. Joe promises an even bigger and better show – if that is possible! ♦♦