

2004 London Championships (Level 1) and "Choice of Champions" Special Event for (National-Level Ontario Bodybuilding Men)

Location: London, Ontario

Date: August 28, 2004

See BodyBuildingLive.com for more coverage

"Choice of Champions" Special Event

1. Fouad Abiad
2. Guillermo Celis
3. Frank Jezek
4. Michael Ferrer

Men - Lightweight

1. Tyrone Williams

Men - Middleweight

1. Chris Cholewinski
2. Ron Jackson
3. Clarence Lau
4. Marko Boiko
5. Paul Nam

Men - Light-Heavyweight

1. Steven Mielke
2. Gary Aguto
3. Mark Williams

Men - Heavyweight

1. **Christopher Lalonde - Overall Men's BodyBuilding Champion**
2. Jeff Servos

Junior Men (under 21)

1. Matt Roberts
2. Richard Martin

Men - Grand Masters (over 50)

1. Ray Morin

Women - Lightweight

1. **Anna-Marie Pontoriero - Overall Women's BodyBuilding Champion**
2. Heather Willems

3. Marcia Plummer
4. Lisa Nordin

Women - Heavyweight

1. Laura Kopacsi

Women - Masters (over 35)

1. Laura Kopacsi
2. Barbara Gerech
3. Carol Mio

Women - Teen Fitness (13-19)

1. Alexianna Pearson

Women - Figure (Short)

1. Stephanie King
2. Judith Grant
3. Lara Williams
4. Kristine Fair-Clemmens
5. Lisa Mailloux
6. Leanne Duncan
7. Shannon Lucier
8. Keri Kok

Women - Figure (Tall)

1. Kimberly ROUNG
2. Karen Pyatt
3. Michelle Minor

Women - Masters Figure (over 35)

1. Kristine Fair-Clemmens