

2009 National Capital Classic - Level 1

Location: Gatineau, Quebec

Date: May 23, 2009

This is a competition that allows bodybuilders from Ontario and Quebec to compete on the same stage. The top-3 Ontario competitors in each class advance to Level 2. Because the rules for figure differ in each province, Quebec and Ontario figure competitors compete in separate class. However, one Overall Figure Champion is chosen from among all classes.

Men's Bodybuilding

Men - Bodybuilding (Lightweight)

1. Hussayn Masri (ON)
2. Daniel Emerson (ON)

Men - Bodybuilding (Middleweight)

1. Rob Graham (ON)
2. Peter Bahnam (ON) - Best Poser Award
3. Michael Maillet (ON)
4. Andre Deschamps (ON)
5. Jacky Manni (ON)
6. Darryl Martella (ON)

Men - Bodybuilding (Light-Heavyweight)

1. Matt Mclean (ON)
2. Richard Deneault (QC)
3. Johan Grundlingh (ON)
4. Philippe Desjardins (ON)
5. Everett Sloan (ON)
6. Paul Brisbois (QC)

Men - Bodybuilding (Heavyweight)

1. **Chris Ladouceur (ON) - Overall Men's Bodybuilding Champion**
2. Michel Rebane (ON)
3. Lauriston Maloney (ON)
4. Louis Dickenson (ON)

Men - Bodybuilding (Junior, under 21)

1. Nelson Silva (ON)

Men - Bodybuilding (Masters, over 40)

1. Johan Grundlingh (ON)
 2. Serge Dufour (QC)
 3. Andre Deschamps (ON)
 4. Louis Dickenson (ON)
 5. Paul Brisbois (QC)
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Women's Bodybuilding

Women - Bodybuilding (Open)

1. Jennifer Graham (ON)
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Figure

Women - Figure, Ontario (Short)

1. **Melissa Krulick - Overall Figure Champion**
2. Cherie Cole
3. Tammy Carter
4. Karen Tolley

Women - Figure, Ontario (Tall)

1. Anne-Marie Brugger
2. Rachel Legault
3. Sabrina Francoeur

Women - Figure, Quebec (Tall)

1. Marie-Josée St Amour (QC)
2. Sylvie D'Aoust (QC)

Women - Figure, Ontario (Masters, over 35)

1. Melissa Krulick (ON)
2. Cherie Cole (ON)
3. Anne-Marie Brugger (ON)
4. Sandra James (ON)

5. Rachel Legault (ON)
6. Tammy Carter (ON)
7. Marinda Grundlingh (ON)
8. Karen Tolley (ON)

Women - Figure, Quebec (Masters, over 35)

1. Marie-Josée St Amour (QC)
2. Sylvie D'Aoust (QC)