

2009 Ottawa Championships - Level 1

Location: Ottawa, ON

Date: November 7, 2009

Men's Bodybuilding

Men - Bodybuilding (Lightweight)

1. James Elliott
2. Wayne St-Pierre

Men - Bodybuilding (Middleweight)

1. George Blougouras
2. Bahir Vivekanand
3. Andras Szeri
4. Jeff Noseworthy
5. Dwayne Harju
6. Richard Cousineau

Men - Bodybuilding (Heavyweight)

1. **Jason Green - Overall Men's Bodybuilding Champion**
 2. Jason Ross
 3. Ricardo Gardiner
 4. Tony Searle
 5. Tyler Brennan
 6. Dorian Hamilton
 7. Chris Poulos
 8. John Esteves
 9. Dan Grefford
 10. Philippe Desjardins
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Figure

Women - Figure (Short)

1. **Jennifer Lambert Foster - Overall Figure Champion**
2. Debbie Laurin-Leclerc
3. Shelley Demkiw
4. Sylvie Lalande
5. Janine Mutton

6. Nasim Hashemi
7. Christena Darrach

Women - Figure (Medium)

1. Kirsten Sardelis
2. Maria Guimaraes
3. Carly Harris-MacDonald
4. Sylvie D'Aoust
5. Wendy Bonneville

Women - Figure (Tall)

1. Kate Durst
2. Lisa McKay
3. Alana Thomson
4. Sarah Burnett
5. Nancy Savaria
6. Patricia Crawford
7. Aimée Brouillard