

**CUT UP WITHOUT CUTTING OUT CARBS** p 106

ROBERT KENNEDY'S

# MUSCLEMAG

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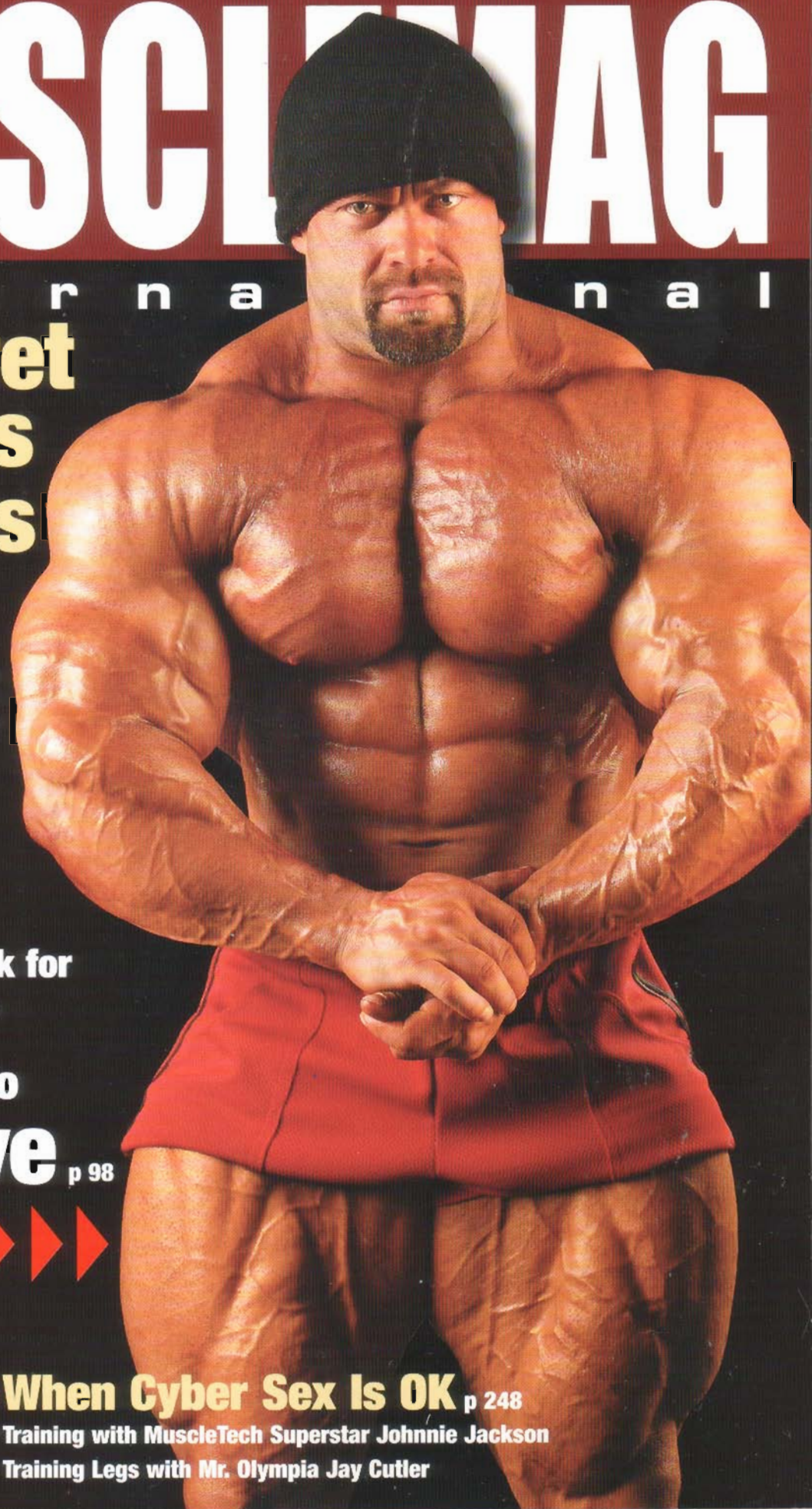
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## ▶ When Cyber Sex Is OK p 248

- Training with MuscleTech Superstar Johnnie Jackson
- Training Legs with Mr. Olympia Jay Cutler





# NPC NATIONALS RESULTS

## MEN

### MEN'S BODYBUILDING OVERALL:

Desmond Miller

### SUPERHEAVYWEIGHT:

1. Desmond Miller\*
2. Evan Centopani
3. Stokely Palmer
4. Ben White
5. Jerome Ferguson
6. Marcos Espinal
7. Malcolm Marshall
8. Rudy Richards
9. Jim Swanson
10. Jason Dayberry
11. Victor Tringali
12. Stephen Frazier
13. Ambrose Middleton

14. Brandon Lowe

15. Nate Brock

16. Erick Seng

17. Sanjiv Neal

18. Gerald Aikens

19. Andy Haman

20. James Bivens

21. Todd Mendelsohn

22. Patrick Murray

23. Johnny McCarver

24. Mike Grossi

### HEAVYWEIGHT:

1. Lionel Brown\*
2. Adorthus Cherry
3. Randy Moore
4. Shaun Crump

5. DeShaun Grimez

### LIGHT HEAVYWEIGHT:

1. Stan McQuay\*
2. Charles Dixon
3. Kert McClean
4. Tee Jay Hewitt
5. Michael Yablon

### MIDDLEWEIGHT:

1. Garrett Allin\*
2. Darron Glenn
3. Anthony Watkins
4. Todd Scott
5. Kevin Creedon

### WELTERWEIGHT:

1. Abiu Feliz\*
2. Jesse Sabater

3. Victor Del Campo

4. Kevin Key

5. Perry McRae

### LIGHTWEIGHT:

1. Henderson Gordon\*
2. Kelly Bautista
3. Dave Candy
4. Will Francois
5. Michael Manibog

### BANTAMWEIGHT:

1. Randy Jackson, Sr.\*
2. Fernando Abaco
3. Jon Sebastian
4. Ron Hackasper
5. Tim Fernandez

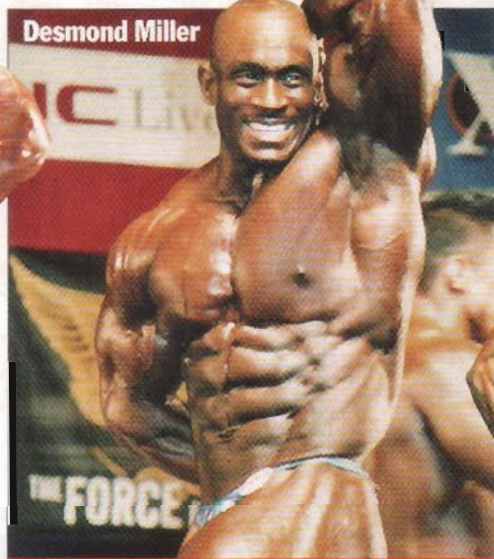
\*Earns pro card.

Photos: Anthony Striglia



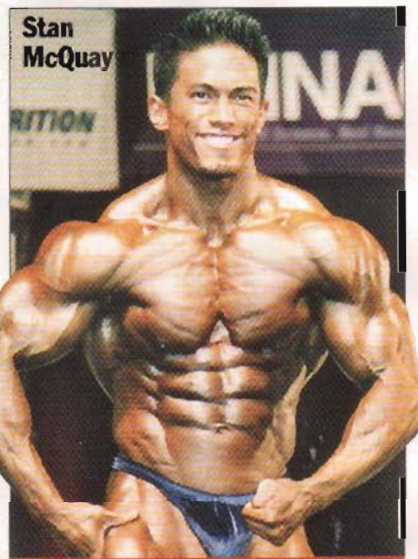
Lionel Brown

Heavyweight winner



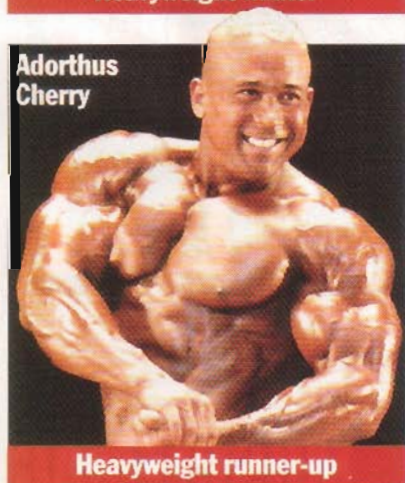
Desmond Miller

Superheavyweight and overall winner



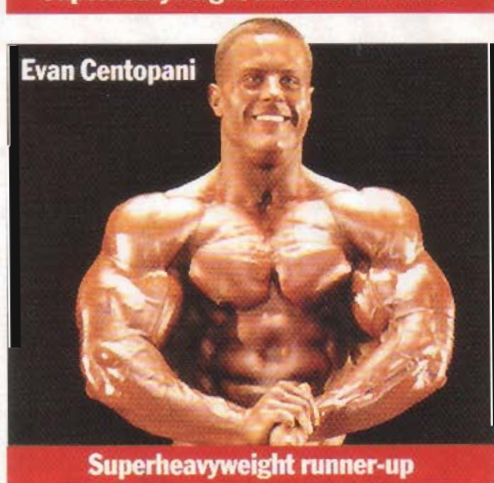
Stan McQuay

Light heavyweight winner



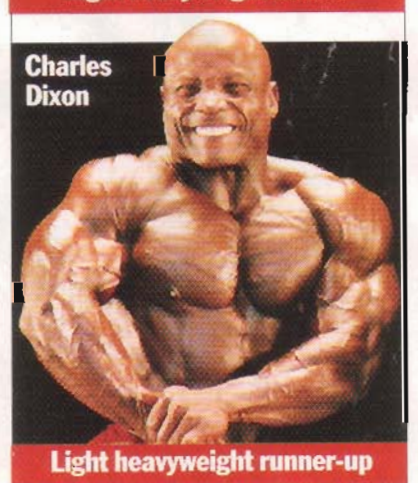
Adorthus Cherry

Heavyweight runner-up



Evan Centopani

Superheavyweight runner-up



Charles Dixon

Light heavyweight runner-up



Lisa Bickels



Middleweight winner

Elena Seiple-Perticari

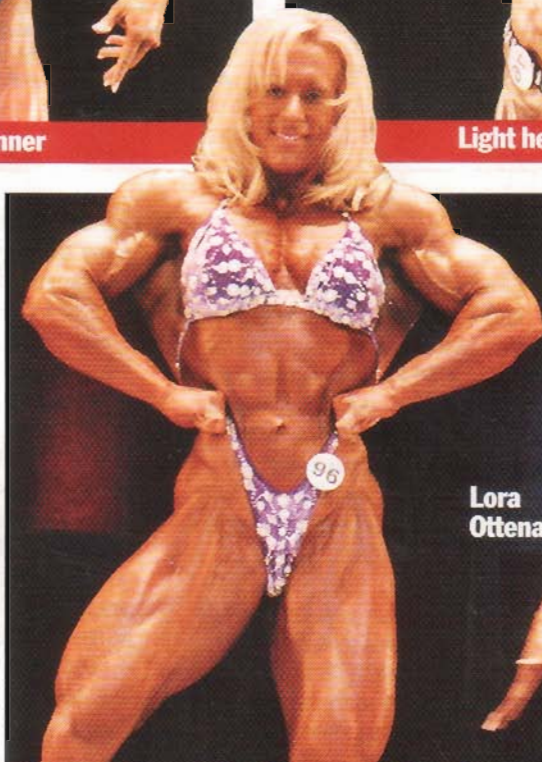


Light heavyweight runner-up

Debi Laszewski



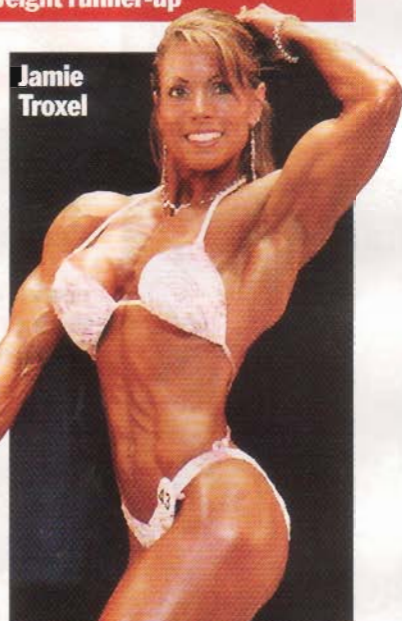
Light heavyweight winner



Lora Ottenad

Heavyweight and overall winner

Jamie Troxel



Lightweight winner

## WOMEN

### WOMEN'S BODYBUILDING OVERALL:

Lora Ottenad

### HEAVYWEIGHT:

1. Lora Ottenad\*
2. Beverly DiRenzo
3. Sheila Bleck
4. Gale Frankie
5. Theresa Hendricks
6. Jennifer Gutierrez
7. Kris Murrell
8. Bettina Kadet
9. Michelle Baker
10. Nursel Gurler
11. Julie Peavey
12. Anita Nikolich
13. Tammy Jones

14. Heather Darling

15. Jody May

16. Kate Baird

17. Sheilah Brown

18. Debbie Baker

19. Gerri Deach

20. Pam Franklin

21. Olivia Garner

22. Ellen Torrence

23. Ashalyn Nicole Porter

24. Sylvia Cowan

25. Gabrielle Nicander

### LIGHT HEAVYWEIGHT:

1. Debi Laszewski\*
2. Elena Seiple-Perticari
3. Kristy Hawkins

4. Angie Salvagno

5. Amy Neal

### MIDDLEWEIGHT:

1. Lisa Bickels\*
2. Yahaira Agosto
3. Britt Ashley Miller
4. Jennifer Sedia
5. Tina Chandler

### LIGHTWEIGHT:

1. Jamie Troxel\*
2. Barbara Fletcher
3. Tera Guzman
4. Galina Serdtsev
5. Renee Opedisano

\*Earns pro card.