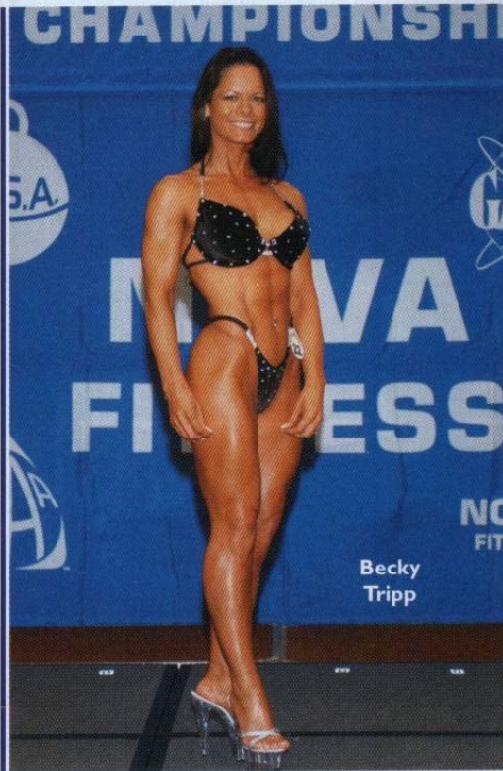


NFF NOVA WORLD CHAMPIONSHIP

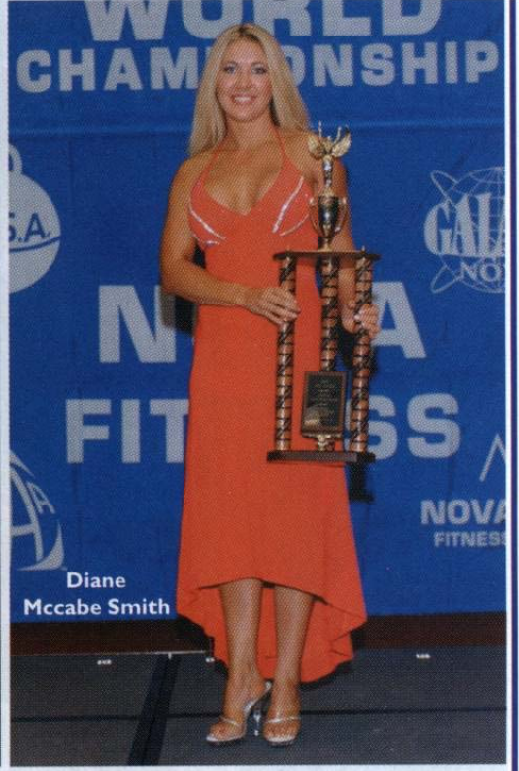
by Diane McCabe Smith OCTOBER 31-NOVEMBER 1, 2003 - PLANO, TX Photos: Gordon Smith



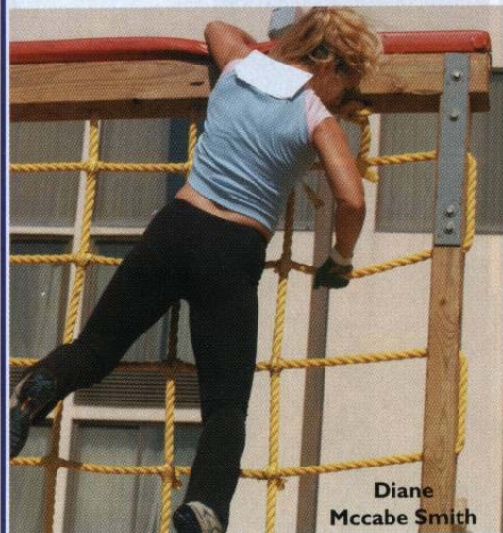
Becky Tripp



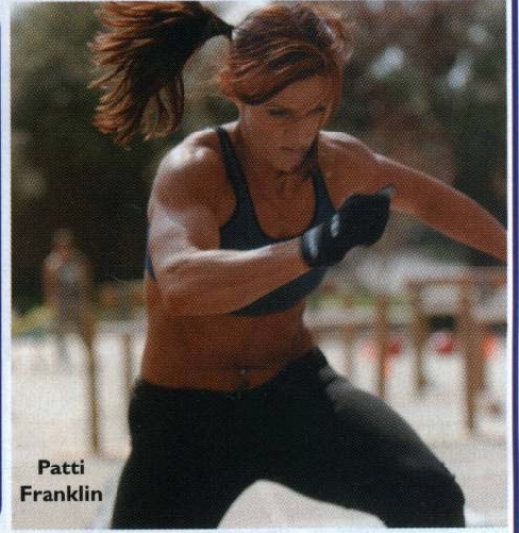
Debbie Ruocco



Diane McCabe Smith



Diane McCabe Smith



Patti Franklin

Combined 35+

- 1 Patti Franklin
- 2 Tiffany Gates
- 3 Sharon Rode
- 4 Becky Tripp
- 5 Kelly Short

35+ Swimwear

- 1 Becky Tripp
- 2 Tiffany Gates
- 3 Sharon Rode
- 4 Patti Franklin
- 5 Kelly Short

35+ Obstacle Course

- 1 Patti Franklin 44.63
- 2 Sharon Rode 47.41
- 3 Tiffany Gates 48.13
- 4 Becky Tripp 52.10
- 5 Kelly Short 61.05

35+ Fitness Skills

- 1 Patti Franklin
- 2 Tiffany Gates
- 3 Sharon Rode
- 4 Becky Tripp
- 5 Kelly Short

Combined Open

- 1 Heather Sych
- 2 Heather Andersen
- 3 Debbie Ruocco
- 4 Patti Franklin
- 5 Tiffany Gates

Open Swimwear

- 1 Becky Tripp
- 2 Amy Hancock
- 3 Heather Sych
- 4 Heather Andersen
- 5 Charlene Taylor

Open Obstacle Course

- 1 Heather Sych 43.09
- 2 Heather Andersen 44.32
- 3 Patti Franklin 44.63
- 4 Maria Trimm 47.19
- 5 Sharon Rode 47.41

Open Fitness Skills

- 1 Patti Franklin
- 2 Heather Sych
- 3 Heather Andersen
- 4 Debbie Ruocco
- 5 Maria Trimm

Smatterings of Canadians often endure the long flights and jet lag to forge southbound to compete in the Nova competitions, but this year's finals winner, Heather Sych, was the first Canadian to ever take the Open division trophy home.

The Figure division proved interesting since Amy Hellmers and Michele Reid, two regional winners from this year, returned to vie for the Worlds figure title. It was Reid who prevailed on this occasion. Interestingly, Reid commented that she hadn't trained for the fitness portion of the competition, yet her physique looked fantastic and certainly wasn't suffering from any lack of training.

A surprising turn of events occurred as Becky Tripp was rewarded with the Open Swimsuit division trophy, the Master's Swimsuit division trophy, and the Master's Figure Only Division trophy. Wearing a black velvet suit accented with a few diamantes, Tripp posed with the confidence

of a true veteran. But it wasn't until the evening round that one could truly appreciate the spectacular shape and definition of Tripp's back and shoulders. Wearing a long dress that prominently showcased her back, she looked magnificent and worthy of all three wins.

Heather Andersen has been creeping nearer and nearer to the top of the line-up. A longer hairstyle softened up her features, and while her physique was as solid as always, it too took on a softer look. Her stage presentation was markedly more polished too and contributed to her 4th place finish in the Swimwear division.

The obstacle course competition set off with speedy times. Straight off the bat, Heather Andersen and Patti Franklin shot off and clocked fast times of 44 seconds. However, to be competitive with the May times from this same location, many of the competitors thought that

times would need to be in the 39-to-41 second range to be considered fast. The weekend ended with the fastest time being 43.09 seconds, but it was the winning time fair and square. It seemed that many competitors were paying too much attention to the balance beam and the looming lily leap pads. These particular obstacles seemed to be throwing many competitors off their stride. Competitors were taking too much time to concentrate on hitting the first and last piece of tape on the balance bar, and this careful approach hurt many of the competitors' times. But I'm sure Heather Sych isn't complaining. She actually clocked the fastest time for both heats. **POU**

- Obstacle Course Only Div. Champ
Diane McCabe Smith 45.15
- Fitness Skills Only Div. Champ
Heather Andersen
- Master's Fitness Skills Only Champ
Janet Martell
- Figure Only Division Champ
Michelle Reid