



Bodybuilding

From left: Shane Gordon and Michelle Hellyer, Shannon Bowden, Jacquelyn New and Sonya Burns.

Muscle memories

Several Police Association members put their bodies on the line in 2023 – in natural, or no drugs, bodybuilding.

“Overall, Police members did extremely well in 2023, especially in ICompete Natural (ICN) national and international events,” Police Sport bodybuilding co-ordinator Constable Shannon Bowden says.

Hawke’s Bay constables Shane Gordon and Michelle Hellyer, his partner, led the way in 2023.

Shane took out the men’s physique 30+ class and open men’s at the ICN Nationals at Hamilton in October and went on to win the overall national title and earn his ICN Pro Card. Michelle struck gold in the figure class 30+ and the open women’s, also going on to win the national overall title and picking up her ICN Pro Card – in only her second competition.

As a result they are both now professional bodybuilders, a highly sought-after status held by only a handful of New Zealand competitors, Shannon says. Michelle and Shane are now only eligible to compete in professional competitions, which is all entirely international at this stage.

As a warm-up to the nationals, Shane represented NZ Police at the 2023 Defence and Emergency Services Bodybuilding Physique Championships in Brisbane. It’s fair to say he cleaned up, returning home

with gold in men’s physique open and the men’s bodybuilding novice and the men’s physique overall and men’s bodybuilding overall titles.

Shane and Michelle will spend the next few months building muscle with the intention to compete at the ICN World Championships in Canberra in October.

Other police bodybuilders who met with success in 2023 were:

Waikato Constable Brayden McFarlane

Competed at the ICN Nationals and came third in open bodybuilding. He also represented New Zealand at the ICN Oceania Championships in Melbourne.

Northland Constable Sonya Burns

Competed at the World Fitness Federation (WFF) competition in September, coming in second in the novice bikini and winning the sports model class. Sonya also came in second in the open bikini class at the NZIBBB Natural Competition in August.

Hamilton Sergeant Sean McVerry

Competed at the Pan Pacific Ragnarök Championships and the WFF nationals taking away golds.

Auckland’s Jacquelyn New

Travelled to Australia and competed in the WFF Ms Galaxy all females event in May taking out second in the sports model class and third in the glamour model class.

Kim Reid (ex-Police)

Competed at the ICN Nationals, the ICN Oceania Championships and the ICN Bali International Pro/Am Championship.

Central District Constable Arna Marshall

Competed at the ICN Hawke’s Bay Championship and the ICN National Championships.

Waikato Constable Shannon Bowden

Competed at the ICN Nationals, picking up second place in both the men’s physique 30+ class and the men’s classic physique 30+ and open. Shannon also competed in the ICN Bali International Pro/Am Championship, taking out second place in the men’s bodybuilding rookie and winning the men’s classic physique open class 2.

Many of the Police bodybuilders are already preparing for the 2024 season, with the ICN Australasian Muscle and Model Show first up on April 13 and 14 in Melbourne and then the 2024 Great Lake Classic in Taupō in May.

Shannon says Police is also looking to send a strong team to the 2024 New Zealand Armed Forces and Emergency Services ICN Championships in Christchurch on July 6. It is open to current and former Police staff – sworn and non-sworn – as well as their family members.

The event is being held in conjunction with the South Island Muscle and Model Champs and is also open to Australian competitors.

Registrations open on Anzac Day.

If you’re interested in being a member of Police bodybuilding or need any information, email Shannon.bowden@police.govt.nz.