

Ladies first - results from the 2010 IFPA Pro USA

Jim Evans: Natural Bodybuilding Examiner



2010 IFPA Pro USA Champ - Katy Wayman-White
PHOTO: Rick Clark, Carpe Diem Photography

The women's competition at the 2010 IFPA Pro USA in Sacramento featured a veteran group of female athletes that knew how to put on a show – and put on a show they did! This was professional women's competition at its very best with Katy Wayman-White besting the field.

Following is a breakdown of the top five contestants from this author's perspective:

Popular pro and full-time fitness professional, Terri Reeves from Fresno, California, was in good shape but lacked her usual trademark definition. She had a polished posing routine as everyone expected from this seasoned veteran, but she was simply too smooth this time around, finishing fifth overall.

Jan Rowlett, "The Silent Assassin" from Overland Park, Kansas, can't sneak up on anyone anymore because opponents know she is always in top shape when the chips are down. This was no exception. She won her pro card almost a dozen years ago and placed 5th just a few short weeks ago at the IFPA Pro Universe in the Grand Caymans. Looking every bit as sharp this time, she finished fourth, with a very athletic appearance and good overall muscularity, lacking only the symmetry to contend with the top three.

A welcome newcomer to the pro ranks, the mighty "Atom Ant" Kristin Fonseca from Plymouth, Massachusetts, won her IFPA pro card in her very first contest at last year's OCB Spirit of America and has competed in an almost-unbelievable 9 additional contests during the past year with at least one more scheduled the week after the Pro USA. Although she won most of her earlier events, she has started to lose some of her luster in recent contests – still placing but not winning - as maintaining peak condition week after week may have begun to take its toll. But, as the full-time teacher says, she has to compete when school is not in session or not at all. Her front poses were impressive – in fact, her legs were probably the best from this angle – but her back appeared to have flattened out and lost some of its fullness. She showed great poise, and her color and posing were top notch, placing a strong third in this tough field.

Liza Reichenberger of San Mateo, California, better known as Herculiza, was riding a solid third place finish at the IFPA Universe hoping to get back in the winner's circle, but it was not to be. She was in superb condition and ripped to the bone but probably erred in her choice of suit and hair style during the prejudging, both of which detracted from her otherwise spectacular appearance, and she was, perhaps, a little too gaunt. But Herc has a flair for creating excitement with her posing though, and she was in fine form once again with an outstanding individual performance that had the audience memorized. It was not enough.

"Somebody" obviously peaked for this contest, and that "somebody" was Katy Wayman-White, the much-admired pro from Auburn, Washington, but it shouldn't be a surprise to anyone. After all, Katy has been only been competing for more than 25 years – 10 years as a pro - and has won a boatload of titles during her bodybuilding career. Fresh from her fourth place finish at the IFPA Universe – just call it a tuneup - she timed it just right and came into this competition in perfect condition. She was thick, muscular, ripped, and literally oozed strength and femininity. She posed with confidence and style. She came to win...and win she did!

Results:

1. Katy Wayman-White
2. Liza Reichenberger
3. Kristen Fonseca
4. Jan Rowlett
5. Terri Reeves
6. Julie Soar
7. Susan Johnson