

UM GUINEENSE EM DESTAQUE NOS CAMPEONATOS DE CULTURISMO E FITNESS DO REINO UNIDO



Manuel Gomes da Fonseca Casimiro (Manú), nascido em Bissau, Guiné-Bissau, a 03 de Fevereiro de 1973, filho de Manuel D' Andrade Casimiro e de Ema Gomes da Fonseca, praticante de culturismo há vários anos e actualmente a residir em Londres, Inglaterra, esteve em destaque no passado dia 19 de Outubro, na sua primeira participação nos campeonatos de culturismo e fitness do Reino Unido.

Manú Casimiro obteve medalha de bronze na sua categoria.

Edição de Fernando Casimiro (Didinho) - 26.10.2008

Fotos de Armando Conté, jornalista guineense residente em Londres







FULL RESULTS OF UKBFF BRITISH 2008

UKBFF UK Championships 2008, Nottingham

Juniors

1 Lewis Breed

also competed: Daley Ford, Alexander Clarke, Kevin Foskett, Phil Gadd, Geraint Baldwin, Adam Sale, Shane Senkav, Drosos Joannov and Paul Gibson

First Timers

- 1 Steve Taylor
- 2 Lee Griffiths
- 3 Manuel Casimiro
- 4 Max O'Connor
- 5 Vit Bohal
- 6 Ram Singh

also competed: Paul McAndrew, Chusky Ogbonga, Marvin Munzu, David Kitt, Damian Guest and Peter Tafkov

Masters over-40

- 1 Tony Hanson
- 2 Marcus Braithwaite
- 3 Nick Hobson
- 4 William McCreary
- 5 Martin McGlynn
- 6 Kevin Frazer

also competed: Michael Wright, Steve Plavec, Kevin Mahoney, Kevin Gillespie and Kevin Welch

Masters over-50

- 1 Ricky Wallis
- 2 Paul Ehren
- 3 Martin Yates-Brown
- 4 Clive Wright
- 5 Mick Vaughan
- 6 Bob Dawson

also competed: Mike Zschorn, Peter Kelly, Kevin Hopwood, Lee Cooksley and Walter O'Malley

Intermediates under-80kg

- 1 Micky McKay
- 2 Michael Hannam
- 3 Keith Williams
- 4 Gooch Arora
- 5 Jon Carter
- 6 Ricardo Correia

also competed: John Clarke, Levi Cullen, Max Herd, Ali Jan, Mark Maver and Dorival Mota

Intermediates over-80kg

- 1 Rob Reinaldo
- 2 Noah Sidibe
- 3 Carlos Colemanares
- 4 Luis Martins
- 5 Darren Towers
- 6 Mohammed Amir

also competed: Barry Pitts, Harry Ogg, Abid Hussain, Robert Graham, Barry Saunders, Ian Gudgeon and Gary Farr

Lightweight under-70kg

- 1 Paul Smillie
- 2 Paul Ennis
- 3 Kit Sae-Yong
- 4 Nav Alvashan
- 5 Ean Miller
- 6 Ian Tunnacliffe

also competed: Chris Dyas, Lee Upton and Przemko Gruska

Classic Bodybuilding

- 1 Tom Batty
- 2 Steve Castle
- 3 Sean Ferguson
- 4 Jason Conway
- 5 Ian Sutherland
- 6 Darren Hallett

also competed: Lee Muncaster, Jason Harding, Craig Jefferson, Oz Hussein, Simon Burdett, Jason Goral, Kevin Twigger, Darren Thompson, Leo Calvert and Jonathan Gammon

Middleweight under-80kg

- 1 James Llewellyn
- 2 Duane Creese
- 3 Michael Hehir
- 4 Stephen Graham
- 5 Lee Williams
- 6 Wade Stafford

also competed: Jamil Rehman, Lindsay Bruce, Joel Wright, Darren Wilkenson, Andy Gold, James Guttridge, Winston Williams, Lee Blyth, Paul Booth and Darren McBride

Light-heavyweight under-80kg

- 1 Shaun Joseph-Tavernier
- 2 Barney Du Plessis
- 3 Darren Nicholhurst
- 4 Dean Lesiak
- 5 Mitchell Goslin
- 6 William Siddall

also competed: Garry Blackstone, Tom Blackman, Simon Fan, Matthew Powel, Paul Lock, Jonathan Gillen, Nicholas Anthony and Robby Anchant

Heavyweight over-90kg

- 1 Alvin Small
- 2 Daz Ball
- 3 Stuart Core
- 4 Zack Khan
- 5 Haroldas Dambrauskas
- 6 Dean McTernan

also competed: Wayne Niemic, Dotun Diya, Roy McLean, Serge Camarou, David Talbot, Luke Nichols, Dave Titterton, Pat Warner and Ricky Greene

Overall champion: James Llewellyn

Women's Bodyfitness

- 1 Louise Rogers
- 2 Carly Thornton
- 3 Karen Norris
- 4 Clare Taubman
- 5 Amy King
- 6 Lollie Brannvall

also competed: Ruta Bunkute, Pippa Coney, Lesley Rothera, Kristelle Sammons, Penny Flynn, Tasha Coppett, Francesca Giacomini and Claire Scullion

Women's Fitness

- 1 Irina Cotton

Women's Bodybuilding under-55kg

- 1 Venetia Gloux

2 Treacy Kiely
3 Tamazin Danks
4 Lynn Gray
5 Caroline Williams
6 Claire Booth
also competed: Julie Bradford

Women's Bodybuilding over-55kg

1 Michelle Jones
2 Xyleese Burford
3 Jeannie Ellam
4 Niki Brennan
5 Tracy Biddle
6 Tracy King
also competed: Sarah Lewis

Overall champion: Michelle Jones



VAMOS CONTINUAR A TRABALHAR!

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