

Sandra Lee José
presents

Pink Bits

SANDRA JOSÉ AT DOHERTYS II DANDENONG

They say time goes fast when you are having fun and lately I have been on the go and having lots of fun. Besides returning to study nursing which I'm really enjoying, I have recently moved gyms and boy am I excited!

You can now find me at Doherty's Gym in Dandenong. As most of you know by now Tony Doherty has taken over Mike's Gym situated at 83 Cheltenham rd Dandenong and doesn't it look different already!? I will be there most mornings training and doing Personal Training and all aspects of competition preparation, diets and routines etc, so make sure you drop in and say hi, I would love to catch up with all of you.



Sandra Lee José

ROSA AND DONNA PLACE 6TH IN THE US!

Rosa Marie Romero made her presence felt by recording her highest and Australia's highest placing for a Figure Pro at the Tournament of Champions.

"Coming 6th was my highest placing in my professional career, I had planned for this to be my last show but I now have my sights set on the Sacramento Pro in November" said Rosa. Rosa competed at the Europa Super Show the week before in what was the largest line-up ever with a total of 39 competitors where she placed 18th in the record-breaking line-up. Well done Rosa.

If that wasn't enough Donna Jones also placed 6th at the very same show in the Fitness category. The week before she had a crack at the Figure division where she found herself out of the placings. "What I learned I guess is that I am no Figure competitor. Coming into Atlantic City I was ready and I felt good about it. I had been living and training with Jenny Hendershott in North Carolina for 4 weeks and she is training like a demon coming into the Olympia" Donna told me. "In the first round I got a second call-out but ended up 3rd! In the 2nd round I was called out in the first call-out along side Tracey Greenwood and Mindi O'Brien- at this point I'm almost pinching myself. I placed 4th in

this round. I held 6th in the 45 second mandatory round but dropped to 10th in the 4th round which ultimately brought me in at 6th place Overall. It's the best I have ever done and am extremely happy. I was thinking of retirement but now...who knows?" Donna has to be one of the very few girls in Australia that has been around on stage as long as I have, we both competed for the first time in 1991. Training and competing for that long takes a lot of dedication and commitment - the hallmarks of a true champion. Keep going Donna, we would love to see you win a Pro Fitness title.

Donna Jones



Rosa Romero



Arina Manta