



Presents



12th – 13th March 2010

Under the auspices of:

MAHARASHTRA BODY BUILDING ASSOCIATION



Slimwell Gymnasium, Behind Victoria Church, Shitladevi Temple Road,
Mahim, Mumbai-400 016. Maharashtra.

Tel.: 022-24466805 - Mobile:09417013405 / 09967971970 / 09820309972

Telefax:022-24466805 Emai: ibbf_mumbai@yahoo.in

Date: 14 January 2010

To,
The Secretaries / Executive Committee Members / Life Members
State Body Building Associations
Affiliated to Indian Body Builders Federation

Sub.: **MR. SAMSON CLASSIC 2010**
(All India Top Ten Invitational Body Building Championship)

Dear Sir,

We are pleased to announce that **Penkar's Health Club** with the assistance of Maharashtra Body Building Association under the patronage of Indian Body Builders Federation has taken the initiative to organise Mega Event, "**Mr. Samson Classic 2010**", All India Top Ten Invitational Body Building Championship on & from 12^h – 13th March 2010 at Sher – E - Punjab, Andheri (East) Mumbai.

We on behalf of Indian Body Builder's Federation take this opportunity to invite the best body builders and officials from affiliated State units (as per the attached list) to participate with their full strength in this most prestigious invitational body building championship of the year.

Thanking you.

Yours sincerely

Premchand Degra
Hon. Gen. Secretary



*Ezriel Penkar, popularly known as **Viju Penkar** is a National Legendary Sports person who brought glory to the sport of Body Building by winning the coveted titles in India of 'Bharat Kumar' & 'Bharat Shri' in 1972. He was selected to represent India at the Mr. Universe Body Building Contest to be held at Baghdad. He has the honor of having been the visionary coach for the Indian Team at the Mr. Universe Body Building Contest held in Las Vegas, USA in 1984.*

*Viju Penkar also has the distinction of propagating the Indian sport of Kabbaddi by being the National Kabbaddi Player for consecutive 15 years. He dedicated his experience and expertise of both sports for the benefit of upcoming bodybuilders in Maharashtra by inaugurating the first modern Penkar's Health Club at Matunga, Mumbai by the then Honorable Chief Minister Mr. Sharad Pawar. National & International level star Bodybuilders like **Prakash Koyande** and **Shrikant Bangera** are products of his Health Club.*

Viju Penkar strongly believes that he owes a lot to this country and the sport of Body Building. Hence, he nurtured a vision. He dreamed of encouraging promising and outstanding Body Builders from across the nation and making the sport of Body Building popular within the masses! And thereby emerged a spectacular biannual pageant called Mr. Samson Classic - The All India Body Building Championship. History is witness to the five human pillars of strength from various countries: Bhim from India, Hercules from Greece, Rustom from Iran, Ali from the Middle East and Samson from Israel who were responsible for respectively building strong communities.

As a tribute to the divine strength of Samson, Viju Penkar first organized the Mr. Samson Classic in 1982. Mr. Premchand Dogra who won the contest in 1984, is today the Hon. Gen. Secretary of the Indian Body Builders Federation. From 2007, under the guidance of his father, Ralph Penkar organizes this outstanding event.

The striving aim and objective of Mr. Samson Classic remains building healthy youth and a healthy nation through the technical and graceful sport of Body Building and thereby promoting and creating awareness of the sport within the masses. I request you to kindly extend your full hearted support by participating in full force to make this event a grand success.

Thank You for Being an Integral Part of Our Dream ...

*Yours Sincerely,
Viju (Ezriel) Penkar
Mr. India*



MR. SAMSON CLASSIC 2010

SCHEDULE

Friday 12th March 2010

11.00 AM : Arrival of all competitors, officials & judges.
05.00 PM : Registration of Participants / Officials / Judges Panel
06.00 PM : Judges Meeting
08.00 PM : Welcome Dinner

Saturday 13th March 2010

06.00 PM : Finals & Prize distribution
10.00 PM : Farewell Dinner

Sunday 29th November 2009

11.00 AM : Departure of all competitors, officials & judges

Entry Fee : Rs.500/- Per competitor

Prizes : For first ten winners will receive cash prizes of Rs.1,00,000/-, Rs.90,000/-, Rs.80,000/-, Rs.70,000/-, Rs.60,000/-, Rs.50,000/-, Rs.40,000/-, Rs.30,000/-, Rs.20,000/- & Rs.10,000/-.
The Overall Champion will receive Mr. Samson Classic 2010 award Trophy.
The Best Poser will receive Rs. 10,000/- along with Trophy.
All participants and Officials will receive Participation Certificates.

Rules & Regulations

- Strictly only Invited Competitors / Officials & Judges as per the attached list will be provided with the lodging, boarding, conveyance and entry to pre-judging and finals. No other extra officials / judges / team managers / coaches / relatives, etc. will be entertained.
- Please note: All the officials are requested to remain present with proper uniform for pre judging and finals. Officials without proper uniform will not be permitted for any official activities.
- All the participants are requested to get their own Music CD for the free posing performances to make this show a grand success.
- Participants are requested to use proper trunks and tanning cream (No Gold, Silver or Bronze colour allowed).
- Organiser will pay 3 tier (Non AC) to & fro railway fare to invited participants / officials & judges against the Xerox copy of their valid ticket.

Contact : Mr. Ralph Penkar - 09820556188
Mr. Chetan Pathare – 09967971970 / 09820309972
Mr. Papi Patil – 09869963999

Entries

Please send your entries/confirmation on or before 2nd March 2010 to:

Hon. Gen. Secretary / C/o. Associate Secretary

Indian Body Builder's Association

Pathare Gymco

280/A, Jawalkar Mansion,

Dr. B. Ambedkar Road,

Parel, Mumbai-400 012.

Maharashtra.

Telefax:- 022-2446 6805

SMS on Mobile: 09967971970 / 09820309972

Email: ibbf_mumbai@yahoo.in

LIST OF INVITEES

SR.	STATE UNIT	NO. OF PARTICIPANTS	OFFICIALS
1.	DELHI	6	Mr. Bhupinder Dhawan Mr. Subhash Badhana
2.	HARYANA	3	Mr. Mahesh Chaudhary Mr. Anup Singh
3.	PUNJAB	4	Mr. Premchand Degra Mr. Navneet Singh Mr. Arpinder Singh Gill Mr. Pradeep Kumar
4.	JAMMU & KASHMIR	2	Mr. Rajesh Dutta
5.	UTTAR PRADESH	3	Mr. Najmul Nabi Mr. Altaf Ahmed Dr. Farooqe Khan
6.	RAJASTHAN	1	Mr. Naqvi
7.	UTTARAKHAND	1	Mr. Rajesh Thapriyal
8.	KERLA	4	Mr. M. V. Pramod Mr. Leslie John Peter
9.	PUNDHUCHERRY	1	Mr. N. K. Rajesh
10.	TELANGANA	2	Mr. Mohan Rao
11.	ANDHRA PRADESH	1	Mr. D. Hari Singh
12.	GOA	1	Mr. Pascal Noronha Mr. Vinayak Naik
13.	GUJRAT	2	Mr. M. K. Sharma Mrs. Tulsi Sujan
14.	MAHARASHTRA	6	Mr. Madhukar Talwalkar Mr. Chetan Pathare Mr. Papi Patil Mr. Vicky Goraksha
15.	ASSAM	1	Mr. R. P. Kanu
16.	WEST BENGAL	3	Mr. Dibendu Saha Mr. Probir Dey
17.	SIKKIM	1	Mr. Legden Dorjee
18.	HIMACHAL PRADESH	-	Mr. Vipul Sharma