



Media release
For immediate release

14th September 2011

INSPIRATIONAL POWERLIFTER TO SHARE INCREDIBLE STOREY OF PHYSICAL TRANSFORMATION

Laurika Killian, winner of IFBB Eastern Cape Provincial Powerlifting Champion is set to motivate those wishing to gear up for summer by sharing her incredible storey of physical transformation at a breakfast function been hosted at Caprice Restro Lounge next Saturday, 24th September 2011. The event will include topical presentations from leading health & wellness personalities focusing on achieving your ultimate body, SA Supplements new PINK range, and the latest in beauty technology.

Killian, will be representing the Eastern Province at this year's IFBB National Bodybuilding Championships in Cape Town and later this year at the Muscle Evolution to be held at Gold Reef City, Johannesburg. She also has her colours in Amateur Wrestling, Powerlifting and Karate. Certainly not a beauty without brains, Killian is a qualified attorney studying part-time towards her Masters Degree specialising in Commercial Law.

Tickets for the breakfast are available at R90.00 per person and include a Health & Wellness Goodie Bag & fabulous lucky draw prizes. The event on the 24th of September 2011 starts at 09:30 at Caprice Restro Lounge. Tickets can be purchased at Caprice Restro Lounge, or by contacting Dedrick on 041 582 5282.

-ENDS-

Please refer to additional sporting credentials below:

LAURIKA KILLIAN - SPORTING ACHIEVEMENTS

- 2nd Dan Black Belt in karate, started competing in 1995, won first Nationals in 1996 at the age of 13 years and represented the Eastern Cape Province every year since then till 2006, adding 5 more wins at National level.

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- Provincial and National colours in Amateur Wrestling and Powerlifting.
- Qualified for the Provincial team at first Powerlifting competition, by lifting a total of 305kg, place 2nd at the National Powerlifting Championships hosted by Port Elizabeth at the Radisson Blu Hotel in June 2011 with a total of 360kg and was selected to represent South Africa later this year at the World Championships in Czech Republic and the Commonwealth Games
- Started competing in the fitness/bodybuilding industry one year ago. Placed 1st at first competition, being the IFBB Eastern Cape Provincial Championships. Selected to represent province in Durban where I placed 7th in a line up of 19 ladies. Placed 2nd later the year at the WFF WBBF Eastern Cape Provincial Championships.
- A sponsored Fitness Athlete of Supplements SA.
- Transformed body in just 7 weeks from a much heavier and bulkier powerlifter look to a physique suitable to win at this year's IFBB Eastern Cape Provincial Championships on 14 August 2011 – selected to represent Port Elizabeth at this year's IFBB National Bodybuilding Championships in Cape Town and later this year at the Muscle Evolution to be held at Gold Reef City, Johannesburg.

For more information, please contact:

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