

Cowan Wins Women's Bodybuilding Overall!

Contributed by Dave Palumbo
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In the middleweights, Joy Henderson, the 2008 NPC Pittsburgh Overall Champ, blew by Penny Ruff with nearly unanimous scores. If Henderson continues to add muscle to her symmetrical structure, expect good things from her in the future.

The light heavyweight class was won by Fenton, Missouri's super-ripped Lisa Boushard. Boushard was, by far, the hardest competitor in the entire show, yet she wore the striated muscle with grace and poise. Look for Lisa to do some serious damage at the Master's Nationals come mid July.

Veteran national-level competitor Mary Hobbs used her savvy stage presence and tons of sheer muscle to steal the class away from a very talented, yet poorly conditioned, Casey Daugherty. Had Daugherty brought in the level of conditioning that her physique warrants, she could have easily won the entire contest. Look for this girl to make some huge waves on the national scene in the very near future. Detroit Michigan's LaDawn Toniko McDay posed her Lenda-Murrayesque physique into 3rd place and even managed to snag a 1st place vote along the way. If this girl ever comes into her own, the sport of women's bodybuilding better watch out.

In the overall posedown, the judges surprised many in attendance when they chose the sultry Jennifer Cowan as the new NPC Jr. USA Overall Champion. Congratulations to Jennifer and all the girls who competed.

WOMENS BODYBUILDING PHOTO GALLERY