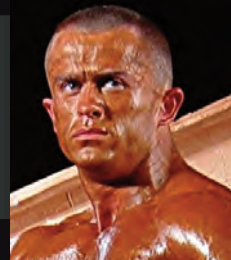


EURO-MUSCLE SCENE



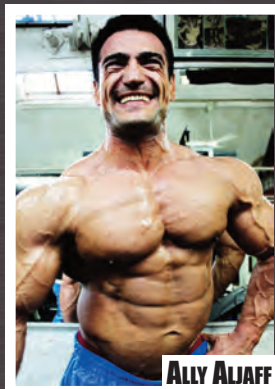
WITH GILES THOMAS

THE MUSCLEWORKS MONSTERS!!!

Outside of the U.K., there are really only two British hardcore gyms that anyone ever talks about. The first is Dorian Yates' Temple Gym, and the other is Sav Kyriacou's infamous Muscledworks Gym in the hardened East End "Gangster's Paradise" of Bethnal Green, London. Seeing as I've already featured Temple several issues ago here in MD, I thought it only right that I made the trip to one of the world's most savagely hardcore gyms to see who the next generation of "Sav's Muscle-Monsters" are.



MUSCLEWORKS CREW



ALLY ALJAFF



HAROLDAS



LISA CROSS



ALVIN SMALL

THE GOLDEN AGE OF MUSCLEWORKS—THE '90S

Back in the early '90s, Muscledworks hit its peak of churning out nearly all the U.K.'s very best pro-potential heavyweights— in some years, almost all the Top 6 heavyweights being Sav's boys. Those days gave us such names as **J.D. Dawodu**, **Amoury Francis**, **Brian Buchanan**, **Ian Wadley**, **Leonard St Cyr** (who is making his comeback next March at the British Grand Prix), **Jamo Nezzar**, and so many more. This past year, Muscledworks has been cooking up some serious new talent, yet again. Remember these names, as some of them WILL be hitting the pros one day— and SOON!

MUSCLEWORKS' USUAL SUSPECTS

Turning up to Sav's for MD, little did I expect ALL his top guys to be there. Here are some of the guys to keep an eye out for.

Ally Aljaff. One of the biggest surprises at the recent British finals. Ally came from relative obscurity to snag a third place behind winner **Alvin Small** and runner-up **Dean McTernan** in the men's Super Heavyweights. Personally, I had him second to Alvin and with further improvements to his triceps, hamstrings and back, next year's Super Heavyweight British title could indeed be his for the taking.

Haroldas Dambrauskas. The "Lithuanian Freak" who is more than living up to all the hype that was expected of him since he sent shockwaves at the North East British qualifier back in 2008. He's just won the UKBFF British Heavyweight title at 96 kgs, and is super-freaky and very complete. I'd like to see Haroldas go to the Arnold Amateur, get his pro card and smash it up in the 202s. **English** and **Henry** would not be sleeping well if they knew what was coming soon to the IFBB— you read it here first.

Dotun Diya. Definitely one of the most underrated heavyweights in the U.K. today. Dotun consistently places well in the Heavyweights (took fourth this year), and from the back he hits shots any pro would be proud of. With more refinement from the

GILES THOMAS PHOTOS

EURO-MUSCLE SCENE

front, this cat's one to watch for next year.

Danas Urhiezius. Another Lithuanian British import. In his first year onstage, he just took a close second at the British in the over-90 kgs Intermediates. At 274 pounds onstage in his first year and season, he will be a formidable Super Heavyweight this year.

WHO ALSO TURNED UP...

Also on hand were Muscleworks legends J.D. Dawodu, and 1994 Overall British Champ Ian Wadley. We've all likely heard of the incredible J.D. and his days competing in the IFBB— with his crazy-thick structure and sick arms— but Ian Wadley isn't one you're likely to have heard of. One of the fiercest competing heavyweights in the '90s, Ian only did one pro show (the NOC), and that was it. However, he is still seri-

ously BIG and since the inception of the Olympia's Strongest Pro contest, there has been much talk of how Ian might eat up this title for breakfast. With stories of how he could bench 400 pounds for 20-plus reps and squat seven plates a side a couple weeks before a show, "Mr. Monster" Ian has to be a dark horse for this title next year— if he can be persuaded.

SPEAKING OF J.D....

Having seen J.D. most years since his last pro show several years ago, he obviously downsized considerably through the years. However, he is back and looking huge yet again. When I mentioned the new Masters Pros show (with big prize money) in the States in December 2011, J.D. expressed some SERIOUS interest. **Coleman** (and **Levrone?**) have a reason to be worried— that's all I can say.



CECIL CROASDALE AND DOTUN



Lisa Cross



ALLY ALIAFF, SAV KYRIACOU AND CECIL CROASDALE



ALLY ALIAFF AND DOTUN DIYA



ALVIN WON!

If you checked out my British Finals predictions in November MD, coupled with the results I posted on musculardevelopment.com, you'll see that I was pretty darned accurate in every class. One of those predictions was Overall Winner and new IFBB pro, Alvin Small. Despite other Super Heavy favorite **Daz Ball** sadly pulling out due to a bicep tear, there was no one else— aside from Heavyweight winner Haroldas— to really give Alvin any true headaches that weekend. At 276 pounds onstage with a Lightweight waist measurement, he will go into the pros as Britain's answer to the X-Man! His first pro show promises to be the British Grand Prix this coming March. Bear in mind that he's only been competing for four years, and still has so much growing left to do. Currently at 302 pounds (in December 2010), he is gunning hard for the rest of the pros at the British Grand Prix in London next March.



COULD LISA CROSS BE THE KEY TO SAVING LADIES PHYSIQUE CONTESTS?

Check out my shot of new overall female British Physique Champion **Lisa Cross**. With serious talk of there being no more ladies pro bodybuilding, could this be the look that could save female physique contests from extinction? She still has to prove herself in an international IFBB amateur contest before she can be awarded her pro card, but by the time she does, will there even be anywhere for her to compete as a professional? It seems unfair that an obviously attractive girl such as Lisa— who has successfully managed to balance extreme muscularity whilst still keeping her femininity— could possibly be the key to saving physique competitions. If looks like this aren't rewarded in both the amateurs and the pros, then how does it stand any chance of surviving at all?



ALVIN SMALL