

Davie “Shrek” White – Bodybuilding (natural) Masters Competitor

- Titles: 2005 5<sup>th</sup> European World Physique Federation Championships  
1<sup>st</sup> Scottish Physique Federation Championship  
2<sup>nd</sup> Prolab Classic
- 2003 5<sup>th</sup> British Natural Bodybuilding Federation (BNBF) finals  
2<sup>nd</sup> Scottish BNBF qualifier  
4<sup>th</sup> Prolab Classic  
4<sup>th</sup> National Amateur Bodybuilding Association (NABBA) Scottish finals
- 2001 3<sup>rd</sup> Prolab Classic  
3<sup>rd</sup> NABBA Scottish finals

In 1995 at the age of 35, when I became too slow to play football, I decided to take up bodybuilding. Being competitive in nature I eventually, after 6 years, plucked up the courage to enter a competition.

My “diet” and training was based on hearsay from previous competitors and trainers at the gym. Although in 2001 I performed relatively well I knew that I could do so much better.

After a year out in 2002 I decided to compete again in 2003. In my determination to do better I sought out professional help. That's when I found Cain “the Guru” Leathem. The benefits of the changes to my nutrition and training techniques became apparent almost immediately. I competed heavier, bigger and leaner than previously. As Cain is based in Birmingham (I'm in sunny Scotland) I made frequent trips south of the border. Between visits I therefore relied on Susan's knowledge, observations and moral support. With Cain and Susan's input I qualified for my first British Final (with BNBF).

Between 2003/2004 Susan attained further qualifications, through GB Fitness, in nutrition and exercise. This was therefore invaluable when I decided to compete in 2005 and I achieved even more, gaining a 1<sup>st</sup> in Scotland and 5<sup>th</sup> in Europe.

All of this has been attained despite my age (I'm now 45) and having had 9 major operations in the last 5 years. This includes having had a mastectomy for breast cancer. (Yes you have read that properly. Men are not exempt!!) Susan's pharmaceutical knowledge was invaluable in aiding my recovery.

When I have been ready to throw in the towel Susan has also given me belief in myself to carry on, regardless! I could never have achieved as much in such a short space of time without Susan and Cain's technical and motivational support. They keep me on the straight and narrow and are helping to propel me to greater things in the future.

Many thanks to Cain and Susan for all they have done for me and will do in the future. Your assistance has been invaluable.