

MUSCLEMAG USA MEETS MUSCLEMAG THE NETHERLANDS



At the Arnold Classics 2009 our very own publisher Paul Oord has met MuscleMag founder and publisher Robert Kennedy. More on the Arnold Classics 2009 in the July issue of MuscleMag The Netherlands. (Photo: Derk Linnebank)

SAD NEWS

Randy Vogelzang, one of Holland's best Bodybuilders, has sadly died of heart failure at the age of 42. Randy owned his own gym in Heemskerk and did a lot of modelling work and TV commercials. Together with his brother Duon he appeared on many international covers. Promoting bodybuilding all over the world, made him popular inside and outside The Netherlands. Randy was a very positive person and we will miss him. On behalf of MuscleMag The Netherlands, our thoughts are with his family.

COMEBACK PAUL LANS



Bodybuilder Paul Lans will be making his comeback on 19th April at the Dutch Championship NBBF 2009.

NEW YEARS PARTY GREAT SUCCESS

On January 24th we had the first New Years party for athletes, gyms and coaches from The Netherlands. The organization was done by Hedwig Samson & Liona. DJ Samson and Meseaj gave the party a spectacular ending. The winners were:

Men pros : Khalid Almonisawhi
Men BB amateurs : Marvin Nagelbloem
Classic BB : Joel Scheek

Ladies pros : Marsha Tieken
Ladies BB amateurs : Wanda van Kolck
Ladies BF amateurs : Nina Loos
Ladies F amateurs : Lanah Evers

New talent 2008 : Ragieb Balaydin
Trainer/Coach 2008 : Liona Bergmann
Sportschool 2008 : Kneet's Gym Den Haag

LARA GOEDHART OPENS SPORTGALA



Miss Fitness 2007 Lara Goedhart (known as the fitness girl with the best fitness routine in The Netherlands) gave a special performance during the opening of a Sportgala on January 25th. Lara put on a great show where she combined Acro Gym, Taekwondo and dancing. People were pleasantly surprised to see these elements are all part of the fitness sport. (Photo: Jur)

CATWALK TRAINING FOR NEW "FIGURE" CLASS



The new NBBF Figure class is hot! Over fifteen women have registered for the first competition. Catwalktraining.nl helps them with new poses and walks. In the Figure class it's the 'total package' that counts: presentation, female features, light muscles. Check the website to find out when the next free training is (only for the figure ladies!). More info: www.catwalktraining.nl