

WHAT'S ON - NL 2009

UPCOMING BODYBUILDING/FITNESS/FIGURE CONTESTS - BB NEWS

By Jolanda Beuving

Hi guys!

My name is Jolanda Beuving, and bodybuilding is my sport! Having been an active and successful bodybuilding athlete myself, I now want to help the new generation of athletes reach their ultimate goal. I am an NBBF trainer in the categories Body Fitness, Fitness Aerobics and Figure. From my own gym, Beuving Sport Mijdrecht, I give advice on posing, diet and training, and I also own my own modeling agency, Fitness Models. In What's On I'll try to give you all the information you want to read on national and international events and competitions in the field of Fitness/Bodybuilding. In every MuscleMag Netherlands I will select the most important agenda items for you.



Do you think important agenda items are missing? Mailto: redactie@musclemedia.nl

Titles of Jolanda: Dutch Champion 2000, Miss Universe 2004, Miss Universe & Mister Universe 2004 (Duo with Yorick Bakker), World Champion and Overall winner 2004 (Miss World).

NBBF / WBPF

FEB. 19-24, 2010: WBPF AFRICAN BODYBUILDING CHAMPIONSHIPS
Antananarivo, Madagascar

MAY 9, 2010: NBBF OPEN BENELUX CU
Open C
Theater Nobelaer

Anna van Berchemlaan 2a, Etten Leur
Competition open to all athletes, regardless of other Federation attachment.

MAY 2010: INT. AUSTRIAN CHAMPIONSHIPS (MEN & WOMEN)
Exact date to be announced
Austria

JUN. 2010: EUROPEAN CHAMPIONSHIPS
Exact date and venue to be announced

JUN. 4-7, 2010: SOUTH ASIAN BODYBUILDING CHAMPIONSHIPS (MEN)
Kathmandu, Nepal

For more information on WBPF or NBBF competitions, please go to www.wbpf.org or mail to wvbranden@zeelandnet.nl

YBF

MAY 2, 2010: ARTEMIS CUP / NABBA
Kennemer Theater
Kerkplein 1 te Beverwijk
Info: ybf@planet.nl / info@yourbodyfederation.net

OCT. 10, 2010: OPEN DUTCH CHAMPIONSHIPS
Kennemer Theater
Kerkplein 1 te Beverwijk
Info: ybf@planet.nl / info@yourbodyfederation.net

NABBA

MAY 2, 2010: B-competition
Kerkplein 1 te Beverwijk
Info: info@nabba.nl

NAC

MAY 22, 2010: OPEN C COMPETITION & THE DUTCH INVITATIONALS
Heineken Music Hall
Arena Boulevard 590, Amsterdam ZO
Info: lcj.spijkers@kpnplanet.nl / info@kneetsgym.nl

JUN. 2010: WORLD CHAMPIONSHIPS
Corfu, Greece
Info: lcj.spijkers@kpnplanet.nl / info@kneetsgym.nl

NBBF/IFBB

JAN. 23, 2010: NEW YEARS PARTY / GALA
Open C
Mijdrecht

APR. 4, 2010: JULIETTE BERGMANN CUP (CORRECTED DATE!)
Open C
Mijdrecht

APR. 11, 2010: HERCULES
Open B
Middelburg

APR. 25, 2010: NBBF DUTCH CHAMPIONSHIP & GRAND PRIX HOLLAND
Open A men's and women's bodybuilding
Qualification and selection EC, WC and Arnold Classic
Schiedam

MAY 14-16, 2010: IFBB EUROPEAN CHAMPIONSHIPS
- EUROPEAN AMATEUR BB MEN
- CLASSIC BB MEN
- MIX PAIRS
MECC, Maastricht

MAY 14-16, 2010: NBBF DUTCH CHAMPIONSHIPS
- NATIONAL AMATEUR CLASSIC BB WOMEN
- FITNESS
- BODY FITNESS
- FIGURE WOMEN
MECC, Maastricht

MAY 14-16, 2010: EURO FIT EXPO
International Fitness & Body Care Expo
MECC, Maastricht

AUG. 21, 2010: MUSCLE BEACH
Vlissingen

OCT. 3, 2010: ATLAS CUP
Open B
Middelburg

Competition registrations have to be received by the member administration and the competition commissioner of the NBBF two weeks before the competition date at the latest: marcelhoningh@gmail.com - pappamike@hotmail.com

NL BB NEWS

JOLANDA BEUHING AT "SPORT IN HOLLAND"



Sport in Holland has asked me to fill the Fitness and Bodybuilding section at www.sportinholland.nl. On this website you can find an extended calendar with events, courses, clinics, et cetera. Sport in Holland has started cooperation with national newspaper, De Telegraaf. Each Saturday, Telesport (the sports supplement) will publish a selection of sportinholland.nl's calendar in the 'Telesportief' section, which will reach an audience of 3 million people every week! Sport in Holland has also started working together with SBS6 (TV). This means good things are coming for active Holland. Mail all your links on fitness and bodybuilding to: jolandasportholland@gmail.com
(Photo: Jolanda Beuving / Sport in Holland)

WHO GOES TO THE USA?



The 2009 NBBF Grand Prix Holland, October 10th, has been a great success, with a great selection of athletes on display! At this year's Grand Prix, the following athletes have been selected to represent the Netherlands at the Arnold Classics Amateurs 2010, held in the US in - March 2010:
- Koert Vogel
- Robin Brantz
- Ekrem Ertiken
- Arthur Groenefelt
- Wanda van Kolck
- Debbie Keskin
- Quincy Winklaar
- Eddie Wilson (for Suriname)
We at MMNL wish all selected athletes good luck at the Arnold Classics Amateurs!
Photo: Overall winner Quincy Winklaar (by Sydney Korsse)