

## DUTCH MS FIGURE CLIMBS MONT BLANC



On Thursday September 10th Ms Figure Irma van de Pol and 9 other tough ladies climbed Mont Blanc for 'Because I'm a girl', a charity project for the rights of girls in third world countries. The girls managed to reach an altitude of 4.300m, before bad weather forced them to turn back - the girls really didn't want to quit, but their guides pointed out the great danger they could be in if they continued. Disappointed, they headed back to the cabin at 3.800m, soon to hear an avalanche thundering down behind them. They collected € 8.000 for Because I am a Girl - Congratulations girls, well done!

(Photo: Irma van de Pol)

## THE DUTCH WOMEN IN ITALY



From 16-19 October 5 women athletes went to compete at the IFBB World Championship in Como, Italy. The competition was immense, with so many beautiful ladies providing a great battle. Two of the Dutch ladies managed to get through to the finals - Debbie Keskin finished 7th (top photo) in the Bodyfitness class and Lara Goedhart came 10th in Fitness Aerobics.



(Photos by Marcel Honingh)

## HORMONAL TROUBLE

Ralph Moorman - known from the stage and from 'Veronica's Lekkerste' - has released his book, „De Hormoonfactor“. In this book, lifestyle and fitness coach Moorman explains how good intentions can seriously mess up people's hormones. A low calorie diet intended to lose fat, for example, can cause hormonal changes which hinder the burning of fat. And also too much training can really screw up your hormones. In his book, he gives advice on nutrition and fitness and how to get your hormones back in balance whilst getting rid of that excess fat forever.



## WC MEN DOHA, QATAR



From November 1-5, the IFBB Men's World Bodybuilding Championships were held in Doha, Qatar. Our country was represented by Pascal Chuckwu, in the -90 kg class. Pascal came 15th, which is quite an achievement considering the strong line-up! Compliments go to the organizers of this event, for all the effort spent which resulted in a great atmosphere.

(Photo: Juliette Bergmann)

## FOREVER FIT

A last minute decision - having only 2 weeks left to prepare - resulted in a fantastic Duo Performance from Marjolein Schilperoort and Rob Gras at the WFF World Championships in Lebach, Germany. The Duo finished 4th, but the audience did not agree with the judges and gave them a standing ovation. Marjolein also came 2nd in the 35+ category (the 50+ Masters for women being cancelled) and Rob caused an even bigger surprise by becoming World Champion in the Masters 50+.

(Photo: Diana Kamies)



## DUTCH CHAMPIONSHIPS



The YBF Dutch Championships of November 2009 were a great success. With the participation of 52 athletes it was a very successful day. The Randy Vogelzang Award for the Best Posing went to Rico van Huizen

(Photo: Robin Roelofsen/Giant)

## BODYXTREME INVITATIONALS



After the Dutch Championships, 5 athletes were invited to attend the BodyXtreme in Germany. Our Dutch Vivian Hylkema came 3rd. It was an amazingly strong competition with truly fantastic athletes!

(Photo: Sydney Korsse)