

FIGURE IS HOT!



And as of next year the name for Figure competitions will be changed into the internationally known name 'Bikini Contest'. Internationally the quality of the Dutch Figure competitors has been highly rated. Belgium has even decided to hold a Bikini Contest at the Grand Prix, so our Dutch Figure ladies can shine once more. In September the new season will start. More information: bondscoachjolandabeuving@gmail.com
(Photo: Ewoud van Maaren)

DUTCH CHAMPIONSHIPS 2009

The Dutch Championships of 19th April 2009 were completely sold out and have once again been a huge success. The guest posings of Elena Shportun, Roelly 'the Beast' Winklaar and Victor Martinez created a great atmosphere and the level of the 83 participants was astonishing.

Highlights of the 2009 Dutch Championships were the major comeback of Paul Lans (photo), who won the Masters class, and Overall Winner Eddy Wilson. The Junior class was won by the highly promising Leroy Thurlings.

In overview:

Masters 1st Paul Lans, 2nd Emilio Scoop

Juniors 1st Leroy Thurlings, 2nd Remco de Geus.

Men up to 70Kg 1st Ruud Graafland 2nd Randy Jansen.

Men up to 80Kg 1st Paul Lans, 2nd Luc Chabot

Men up to 90Kg 1st Rene Groenen, 2nd Emilio Scoop

Men up to 100Kg 1st Ekrim Ertekin, 2nd Marco van den Have

Men over 100Kg 1st Eddy Wilson, 2nd Raylison Maria

Classic Bodybuilding 1st Wesley van Staver, 2nd Leon Cerneus

Bodybuilding Women 1st Vivian Hylkema, 2nd Simone Cosaert

Body Fitness Women 1st Ashmara Brader, 2nd Gisa ter Haar

Fitness Women 1st Yvonne van der Horst, 2nd Lara Goedhart

Women Figure 1st Marissa van Doornum, 2nd Meike de Jong

Men Open Class up to 85Kg 1st Paul Lans, 2nd Jonas Asis Tam (Singapore)

Men Open Class over 85Kg 1st Eddy Wilson, 2nd Ekrem Ertekim

(Photo: Sydney Korsse)



DUTCH HISTORY REWRITTEN

On June 6th 2009, for the first time ever, the World Championships of Bodybuilding took place in the Netherlands (organization by NAC Netherlands). Athletes from 28 countries came to the World Forum Centre in Den Haag.

- 1 - Brian Connolly (GB)
- 2 - François Gaurin (FR)
- 3 - Antonio Lucas (ES)

MUSCLE BEACH 2009

The Beach Gym, a bikini contest, a wet T-shirt contest, an endurance contest for women, a boat pulling contest for men, Mr & Miss Muscle Beach - come to Vlissingen for the second edition of „Muscle Beach“, **Saturday August 22nd 2009**. There are also many activities for the kids, so bring the whole family!

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EUROPEAN CHAMPIONSHIPS SERBIA



During the weekend of 22-24 May the European Mens Bodybuilding & Classic Bodybuilding Championship IFBB were held in Novi Sad, Serbia. The Netherlands were represented by Randolph and Wesley, in the Classic Bodybuilding category. The competition was tough. Wesley van Staveren came 7th - and just missed the finals - and Randolph Bitorina came 9th. A job well done!!

(Photo: Marcel Honingh)

JOOP KASTEEL BECOMES NAC OFFICIAL

With pride, NAC Nederland announces a new cooperation with Joop Kasteel.

Joop is now an NAC official and will act as an ambassador. This cooperation will be for at least 2,5 years, which will surely lead to a constructive long term result.

(Photo: Fons van Heugten)



PILOT „STERK IN JE VEL” HUGE SUCCESS



(Photo: R.T.L. Mijlrecht 09 mei 2009)

On Saturday May 9th the pilot "Sterk in je vel" proved a huge success. NBBF amateur fitness & bodybuilding athletes came from all over the Netherlands to Beuving Sport in Mijlrecht (acknowledged NOC/NSF gym) to train, pose and smile in front of the camera.

There were many interviews with the athletes by Jeroen Post. "Why do you practice bodybuilding, how long do you train, what is your diet?" All the material will surely create a great documentary, so we can show the Dutch audience what a wonderful sport Bodybuilding really is! (Photo: Sydney Korsse)

NBBF BOARD NEWS

For personal reasons Walter van den Branden has transferred his duties as NBBF president to Juliette Bergmann. He will remain on the NBBF board as financial caretaker. We wish Juliette (centre of photo) good luck with her new job!



FIBO POWER 2009



This year the German Exhibition FIBO Power brought something extra: A Miss Beauty contest. Lara Goedhart participated as the only Dutch woman and came 5th in a truly great line-up!

(Photo: Sydney Korsse)

