

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).

YBF

NOV. 29, 2009: OPEN DUTCH CHAMPIONSHIPS
Kennemer Theater
Kerkplein 1 te Beverwijk
Info: ybf@planet.nl /
info@yourbodyfederation.net

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

NOV. 15, 2009: C-COMPETITION

Theater & Congresscentrum de Flint
Coninckstraat 60, Amersfoort
Info: lcj.spijkers@kpnplanet.nl /
info@kneetsgym.nl

MAY 22, 2010: OPEN C COMPETITION & THE DUTCH INVATIONALS

Heineken Music Hall
Arena Boulevard 590, Amsterdam ZO
Info: lcj.spijkers@kpnplanet.nl /
info@kneetsgym.nl

NOV. 22, 2009: Mr/Miss Holland NAC 2009

Zalencentrum De Opera
Fruitweg 28 te Den Haag
Info: lcj.spijkers@kpnplanet.nl /
info@kneetsgym.nl

DEC. 5, 2009: MS. & MR. UNIVERSE 2009

Hamburg, Germany
Info: lcj.spijkers@kpnplanet.nl /
info@kneetsgym.nl

JUNI 2010: WORLD CHAMPIONSHIPS

Corfu, Greece
Info: lcj.spijkers@kpnplanet.nl /
info@kneetsgym.nl

NBBF/IFBB

OCT. 4, 2009: THE ATLAS CUP (B)

Open B
Middelburg

OCT. 10, 2009: THE GRAND PRIX (A)

Open A
Amersfoort

APR. 4, 2010: JULIETTE BERGMAN CUP

Open C
Mijdrecht

APR. 11, 2010: HERCULES

Open B
Middelburg

APR. 25, 2010: DUTCH CHAMPIONSHIPS NBBF

Open A
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

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

2009 IFBB / EBFF INTERNATIONAL CALENDAR OF EVENTS

OCT. 16-19, 2009: WORLD WOMEN CHAMPIONSHIPS

Como, Italy

OCT. 18, 2009: INTERNATIONAL AUSTRIA CUP

Vienna, Austria

OCT. 22-26, 2009: EASTERN EUROPEAN CHAMPIONSHIPS

Khanty-Mansiysk, Russia

OCT. 24, 2009: GRAND PRIX PEPA (NEW DATE)

Opava, Czech Republic

OCT. 24, 2009: BELGIAN FEDERATION CUP

Brussels, Belgium

NOV. 2-5, 2010 WORLD MEN BODYBUILDING CHAMPIONSHIPS

Doha, Qatar

NOV. 13-15, 2009: WORLD JUNIORS & MASTERS CHAMPIONSHIPS

Bialystok, Poland

DEC. 11-14, 2010: WORLD CLASSIC BODYBUILDING CHAMPIONSHIPS

Madrid, Spain

NL BB NEWS

TRIPPLE DUTCH GOLD IN BELGIUM



At the Belgian Nationals & Flanders Cup 2009 the Dutch ladies showed Belgium what they are made of! They went home with 3 first prizes for Fitness Aerobics (Lara Goedhart), Body Fitness (Ashmara Brader) and Figure (Irma van de Pol).
(Photo: Marcel Honingh)

THE CLASSIC STORY



At the European Championships Classic Bodybuilding 2009, in Serbia, the Dutch Wesley van Staveren became 7th and Randolph Bitoria became 9th - more on Randolph on page 126 of this MMNL.
(Photo: Marcel Honingh)