

Gentle Giant Classic 2017**RESULTS**

Place	Name	Sponsors / Trainer	No.
	<u>Junior under 23 years</u>		
1	Innocent Muzi Mabaso	Iron Soldier / Thokozani	2
2	Achmat Richards	Rishape Fitness	1
3	Erik van Heerden	Rudie van der Merwe / Evolve Nutrition	4
4	William Myer	Fillrite cc. / William Myer	3
	<u>Beach Bikini u163cm</u>		
1	Anesca Gouws	Chrome	9
2	Edine Holloway	Quenita Breet	10
3	Simone Abigal Kriel	Clayton Ceranio / SPlc Extensionists	12
4	Nateisha Barnes	Biance van Rensburg	11
	<u>Beach Bikini o163cm</u>		
1	Leiere Falck	Body by Wildcat / Coniglio Nutritech	18
2	Chane-Leigh du Plooy	Rudie Fourie	17
3	Herisha Ramdhin	Michael Ott	19
	<u>Classic Bodybuilding u 175cm</u>		
1	Naiem Ally	Pro Nutrition	29
2	Keshav Saikoolal	Pro Nutrition / Magic Bikinis	24
3	Jonathan Koeberg	Paul Rivblia	28
4	Isa Nasir Abashe	Denis B	26
5	Niketán Chopde	Essie Aesthetics - Stefan Estment / Youthful Living	25
6	Mitesh Rampersadh	Njabulo Brian Cele	27
	<u>Classic Bodybuilding o 175cm</u>		
1	Ziyaad Martin	0	37
2	Greg Herwill	Vic Alley	36
3	Juan Matthee	Bonsai Biotics	35
4	Gert Roodt	Hennie Kotze / Gateway Health	38
5	Cliff Bezuidenhout	Armand Fourie	39
	<u>Masters over 40</u>		
1	Gerhard Nel	Udo Trading / Nico van Wyk	51
2	Carlos Nunes	Vic Ally / Prosupps	50
3	Jabulani Buthelezi	0	48
4	Armand Fourie	Herman du Plessis	49
5	Pat Patela	0	46
6	Terrence Pillay	Tri Media	47
	<u>Womens Wellness Fitness</u>		
1	Angela Howden	Andrew Hudson / 6pack fitness / Prosupps	58
2	Victoria Sethabela	Mubeen Bassa / USN / EHP	60
3	Odette Janse van Rensburg	G&G Studio / Hairtography / Grant Viviers	54
4	Veronique Mitchell	Trifocus / Slimatone Valiant Apparel	57
5	Quenita Breet	Marco Pires	56
6	Daisy van Vuuren	Rudi Fourie	59
	<u>Body Fitness up to 168cm</u>		

Place	Name	Sponsors / Trainer	No.
1	Louise van der Nat	0	69
2	Marelize Stander	TNT Mercury / Ciccone / Vic Ally	68
3	Karen du Beer	Andrew Hudson / BW Apparel / Go Nuts / Serenete Wellness Centre	70
4	Marissa Erasmus	Victor Ally	67
5	Christa Erasmus	Hennie Kotze	66
6	Tanya Roskilly	John Lucas / TRG Attorneys / Rusty Mill / Candy & Co	65
	<u>Athletic Physique u174cm</u>		
1	Boaventura Macuacua	3D Nutrition / Arnold George Herwill	83
2	Cal Soliugram	3D Nutrition	84
3	Collen Mabusela Kekana	V-Line Supplements	85
4	Ayrton de Freitas	Christopher Diamond Reubenheimer	82
	<u>Athletic Physique o174cm</u>		
1	Francois Chapman	Hennie Kotze / Biotech	99
2	David Tshose	France Moseki / North West University	93
3	Tiaan van Graan	Pure Elite	114
4	Liza Nonjola	0	92
5	Ryno van Heerden	Tweak / Jolene Levinson	91
6	Clive Brent	Titan Nutrition	89
	<u>Men's Muscular Physique</u>		
1	Roger de Kramer	RDK	109
2	Kyle Pietersen	Nico van Wyk / Ludus Athleisure	111
3	Matthew Albrecht	Dewald Barendse / Wonder Water	112
4	Hannes van der Walt	Pieter Strydom	110
5	Francois Wiid	Hennie Kotze	113
	<u>Womens Physique</u>		
1	Regina Jonga	Marlene Koekemoer	116
2	Katy Brand	Juan Matthee / Bonsai Biotics	115
	<u>Bikini Fitness up to 166cm</u>		
1	Michelle Rorich	Rishape Fitness / Pure Lite / Wow Emporium	126
2	Zelmarie Fourie	Armand Fourie	125
3	Cindy-Lee Dredge	Phatboy Nutrition	128
4	Annamarie Vorster	Essie Aesthetics - Taryn Zelow	127
5	Leanne Keelips	Jannie Coetzee	121
	<u>Bikini Fitness o 166cm</u>		
1	Chanel Erwee	Riaan Dohne / NPL	138
2	Karien van der Wal	USN / Liquidsalt Wear / Trifocu Fitness Academy / Ali Sultan	144
3	Irina Nesterova	Rckus Kotze	134
4	Cindy Royle	East Coast Health / Bernard Groenewald	133
5	Jessica Lovett	Warren Germishuizen / Calisto's Gillview / William Hunt the Glen	139

Place	Name	Sponsors / Trainer	No.
6	Stephany Delatour	Rudx / Titans / Trifocus / Dewald Barendse	140
	<u>Bikini Fitness over 35 years</u>		
1	Karien van der Wal	USN / Liquidsalt Wear / Trifocus Fitness Academy / Ali Sultan	144
2	Elmarie Kolver	Mad Scientist	143
3	Michelle Rorich	Rishape Fitness / Pure Light / Wow Emporium	147
4	Izette Strydom	East Coast Health / Bernard Groenewald	149
5	Annamare Vorster	Essie Aesthetics - Taryn Zelow	148
6	Lucy Steenbkamp	Owen Dunderdale	146
	<u>Senior Men up to 70kg</u>		
1	Miguel Malimo	NPL	160
2	Thulasizwe Sifatyi	0	162
3	Sandile Memela	Bongani Myaka / Iron Soldiers	159
4	Naiem Ally	Pro Nutrition	161
5	Tsepo Desmond Matsoso	Jeff Lekoekoe	155
6	Achmat Richards	Rishape Fitness / Riaan Dohne	157
	<u>Senior Men up to 80kg</u>		
1	Mariti Hans Mokgoshi	Peter Mathibela	169
2	Oscar Ratya	Iron Solder / Wanda Khuzwayo	171
3	Simon Mwelase	0	172
4	Jabulani Buthelezi	0	173
5	Markus Landman	Cobus van der Merwe / Biotech Nutrition	174
6	Armand Fourie	Herman du Plessis	176
	<u>Senior Men over 80kg</u>		
1	Gerhard Nel	Nico van Wyk / Udo Trading	190
2	John Leslie	Supplements SA / Ciccone / Federico Focherini	186
3	Nhlanhla Mathebula	Federico Focherini	182
4	Carlos Nunes	Vic Ally / Prosupps	191
5	Charles Mazibuko	John Lucas	181
6	Innocent Muzi Mabaso	Iron Soldier / Thokozani	188
	<u>OVERALL BEACH BIKINI</u>		
	Anesca Gouws	Chrome	9
	<u>CLASSIC BODYBUILDING OVERALL</u>		
	Naiem Ally	Pro Nutrition	29
	<u>MENS ATHLETIC PHYSIQUE OVERALL</u>		
	Boaventura Macuacua	3D Nutrition / Arnold George Herwill	83
	<u>Fitness Bikini Overall</u>		
	Karien van der Wal	USN / Liquidsalt Wear / Trifocus Fitness Academy / Ali Sultan	144
	<u>Mens Overall</u>		
	Gerhard Nel	Nico van Wyk / Udo Trading	190