

**IFBB KZN IRONMAN 2017****RESULTS**

| <u>Place</u>                               | <u>Name</u>        | <u>Gym</u>                   | <u>No.</u> |
|--|--------------------|------------------------------|------------|
| <b><u>Juniors under 23 under 75kg</u></b>  |                    |                              |            |
| 1  | Nkosinathi Mbambo  | Edgewood Gym                 | 3          |
| 2  | Sphesihle Ntombela | Edgewood Gym                 | 4          |
| 3  | Samukelo Xulu      | UKZN Westville               | 7          |
| 4  | Khayelihle Ngcobo  | Iron Soldier                 | 1          |
| 5  | Ubaidullah Desai   | Bodyfuel Muscle & Fitness    | 2          |
| 6  | Zibusiso Ngcobo    | Virgin Active Durban Central | 5          |
| <b><u>Juniors Under 23 over 75kg</u></b>   |                    |                              |            |
| 1  | Marcel van Niekerk | New Active Newcastle         | 16         |
| 2  | Alexander Adlem    | New Active Newcastle         | 15         |
| 3  | Jarred Gloyne      | Virgin Active La Lucia       | 17         |
| 4  | Jarod Pieters      | The Marvel Team              | 14         |
| 5  | Sibusiso Miya      | Dundee Fitness Centre        | 18         |
| <b><u>Novice Over 40</u></b>               |                    |                              |            |
| 1  | Michael Page       | Virgin Active Westville      | 32         |
| <b><u>Fitness Bikini over 35 years</u></b> |                    |                              |            |
| 1  | Izette Strydom     | East Coast Health            | 38         |
| 2  | Rene Fourie        | Virgin Active Westville      | 41         |
| 3  | Jenny van Niekerk  | East Coast Health            | 39         |
| 4  | Thalia de Beer     | BTD                          | 40         |
| <b><u>Mens Classic Bodybuilding</u></b>    |                    |                              |            |
| 1  | Garrett Naidoo     | Action Plus Chatsworth       | 50         |
| 2  | Arnold Pather      | Rishape Fitness              | 49         |
| 3  | Naushaad Osman     | Elite Human Performance      | 48         |
| <b><u>Beach Bikini under 163cm</u></b>     |                    |                              |            |
| 1  | Maxine Booyesen    | Rishape Fitness              | 56         |
| 2  | Christine Muller   | Rishape Fitness              | 59         |
| 3  | Lindie Oosthuizen  | Muscle & Fitness Waterfall   | 57         |
| 4  | Donatella Pisano   | East Coast Health            | 55         |

|   |                       |                              |     |
|---|-----------------------|------------------------------|-----|
| 5   | Melissa Kannigan      | Version 20                   | 58  |
| 6   | Ashley Erasmus        | Marvel Team                  | 61  |
| <b><u>Athletic Physique under 178cm</u></b> |                       |                              |     |
| 1   | Wesley Durga          | Act Plus                     | 66  |
| 2   | Muhammed Uzair Buckus | Planet Fitness Westville     | 68  |
| 3   | Nqobile Mbhele        | Fit 4 All Tongaat            | 64  |
| 4   | Julian Naidoo         | Virgin Active Pavilion       | 63  |
| 5   | Lize Nonjola          | UKZN PMB Gym                 | 69  |
| 6   | Moria Mazwi           | UKZN PMB Gym                 | 70  |
| <b><u>Beach Bikini over 163cm</u></b>       |                       |                              |     |
| 1   | Nancy Ellis           | Bikini Evolution             | 78  |
| 2   | Mathilde Roe          | Virgin Active La Lucia       | 79  |
| 3   | Jizelle Kotze         | Virgin Active Richards Bay   | 80  |
| 4   | Sonja Wessels         | East Coast Health            | 77  |
| 5   | Anemi Grotius         | Bodyzone Scottburgh          | 76  |
| <b><u>Athletic Physique over 178cm</u></b>  |                       |                              |     |
| 1   | Ryan Leach            | Body Evolution               | 97  |
| 2   | Trent Powell          | Virgin Active Kloof          | 96  |
| 3   | Cody Barends          | Virgin Active Kings Park     | 92  |
| 4   | Jared Elliott         | Body Physique                | 95  |
| 5   | Kyle Papayya          | Planet Fitness               | 100 |
| 6   | Dexter van Rooyen     | Body Physique                | 91  |
| <b><u>Fitness Bikini under 163</u></b>      |                       |                              |     |
| 1   | Keziah Searle         | Rishape Fitness              | 106 |
| 2   | Lynsey Biggert        | Mbabane Club Gym Swaziland   | 107 |
| 3   | Zina Bheekie          | Virgin Active Moses Mabhida  | 108 |
| 4   | Lihle Ndelu           | Rishape Fitness              | 109 |
| <b><u>Men under 70kg</u></b>                |                       |                              |     |
| 1   | Caldayne Maharaj      | Virgin Active Westville      | 121 |
| 2   | Sandile Khanyile      | Fitness Company Berea Centre | 119 |
| 3   | Mark Govender         | Bodyfuel PMB                 | 118 |

|                                       |                         |                            |     |
|---------------------------------------|-------------------------|----------------------------|-----|
| 4                                     | Sihle Zungu             | Muscle & Fitness Umlazi    | 120 |
| <b><u>Fitness Bikini over 163</u></b> |                         |                            |     |
| 1                                     | Catherine Basson        | Hudsons Angels             | 131 |
| 2                                     | Angeline Ford           | Virgin Active Richards Bay | 133 |
| 3                                     | Marietjie Cilliers      | V&R Gym Vryheid            | 130 |
| 4                                     | Suzanne Mdadane         | The Marvel Team            | 132 |
| <b><u>Men 70 to 80kg</u></b>          |                         |                            |     |
| 1                                     | Phathokuhle Jali        | Virgin Active Pinetown     | 146 |
| 2                                     | Qinisani Mkhize         | Virgin Active Pinetown     | 147 |
| 3                                     | Sabelo Mayise           | Escape gym                 | 148 |
| 4                                     | Bongani Handsome Chuyra | Ixopo Gym                  | 143 |
| 5                                     | Lungani Sima            | Margate Superbodies        | 145 |
| 6                                     | Sibonelo Ndingi         | Campbell Gym               | 144 |
| <b><u>Men over 80kg</u></b>           |                         |                            |     |
| 1                                     | Mbongeni Hlongwane      | Planet Fitness Pinetown    | 155 |
| 2                                     | Andile Shazi            | Superbodies Margate        | 152 |
| 3                                     | Kwanele Ngubane         | Gym & Fitness              | 153 |
| 4                                     | Mthokozisi Sikola       | Superbodies Margate        | 154 |
| <b><u>MISS PERSONALITY</u></b>        |                         |                            |     |
| 1                                     | Izette Strydom          | East Coast Health          | 38  |
| <b><u>OVERALL NOVICE</u></b>          |                         |                            |     |
| 1                                     | Mbongeni Hlongwane      | Planet Fitness Pinetown    | 155 |