

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
JUNIOR BODYBUILDING UNDER 18 YEARS			
1	Zander Janse van Vuuren	1	
2	Kamogelo Mahlake	2	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
JUNIOR BODYBUILDING UNDER 23 YEARS UP TO 75kg			
5	Jacques Coetzer	1	
6	Huzief Omar	2	
11	Jared Davids	3	
3	Anthony Muller	4	
12	Jeff Mofokeng	5	
7	Athanasios Singh	6	
9	Reginald Zitha	7	
8	Amukelani Mabunda	8	
10	Ndumiso Mashaba	9	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
JUNIOR BODYBUILDING UNDER 23 YEARS OVER 75kg			
14	Corne van Niekerk	1	
20	Rowan McGregor	2	
16	Michael Viljoen	3	
19	Sibusiso Sikhosana	4	
13	Zinzan Sonnekus	5	
15	Ryan Raubach	6	
18	Stephen Chawapiwa	7	
17	Thaio Selomane	8	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
LADIES FITNESS BIKINI OVER 35 YEARS			
22	Rowanne Morris	1	
24	Antoinette Nel	2	
21	Nikki Pennel	3	
23	Vaugneen Veale	4	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
SENIOR MEN UP TO AND INCLUDING 70KG			
25	Bongani Manene	1	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
MEN'S CLASSIC BODYBUILDING UP TO 175cm			
27	Jason Dunning	1	
30	Mpho Mokatile	2	
32	Xolani Sibanyoni	3	
29	Isa Nasir Abashe	4	
26	Leon Palmer	5	
28	Lindukuhle Ndaba	6	
31	Onkarabile Seboka	7	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
LADIES WELLNESS FITNESS			
38	Iryna Tokar	1	
34	Leyla Sonmez	2	
39	Charne Diener	3	
33	Clarice Spaumer	4	
36	Candice White	5	
35	Geraldine de Vries	6	
37	Phumzile Kumalo	7	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
SENIOR MEN UP TO AND INCLUDING 80KG			
44	Lesego Lebetho	1	
40	Thomas van Baalen	2	
43	Nicholus White	3	
42	Neil Sprinkaan	4	
47	Jared Davids	5	
41	Ntimbani Shihundla	6	
45	Koffi Dansikpe	7	
48	Lifa Paile	8	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
WOMANS PHYSIQUE			
49	Adele Jacobs	1	
50	Mariska du Toit	2	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
LADIES BEACH BIKINI UP TO 163cm			
51	Ralie Kapp	1	
53	Natasha Barnes	2	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
MASTERS OVER 40 YEARS			
57	Willem Basson	1	
59	Tshepo Zondo	2	
55	Piet Ruthven	3	
56	Braam Verrync	4	
58	Dennis Borman	5	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
MASTERS OVER 50 YEARS			
60	Martin van Wyk	1	
61	Kobus van Straaten	2	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
WOMEN'S FITNESS			
62	Philippa Lamont Wilkie	1	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
LADIES BODY FITNESS			
67	Rina Campbell	1	
63	Sam Martingano	2	
66	Ana Fernandes	3	
64	Sandra Groening	4	
65	Chandre Jeppe	5	
68	Roseanna Dos Santos	6	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
MEN'S CLASSIC BODYBUILDING OVER 175cm			
73	Dean Tolken	1	
69	Donovan Massyn	2	
72	Shadlee Lalla	3	
70	Danie Janse van Rensburg	4	
71	Siva Govinda	5	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
LADIES BEACH BIKINI OVER 163cm			
77	Larrissa Meyer	1	
76	Bianca Janse van Rensburg	2	
80	Kathrine Houcki	3	
75	Farrah Ryner	4	
74	Adele Raubenheime	5	
78	Tyler Bauker	6	
158	Angelique Graaff	7	
79	Danielle Bester	8	
81	Tshegefatso Mothoko	9	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
MEN'S MUSCULAR PHYSIQUE			
82	Victor Piccto	1	
86	Jean-Jacques Kesselman	2	
84	Zane vd Berg	3	
89	Johannes v/d Walt	4	
90	Samuel Mhula	5	
88	Michael van Niekerk	6	
87	Colyn Singleton	7	

91	Andre Pieters	8
85	Darron vd Westhuizen	9
83	Michael Hoy	10

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
LADIES FITNESS BIKINI UP TO 166cm			
98	Farai Gomwe	1	
97	Megan Wesson	2	
104	Britney Smith	3	
103	Cecile Swart	4	
102	Natalie Heyns	5	
101	Tanneth-Lee Dornbrack	6	
95	Averyl Roos	7	
92	Marci de Bruin	8	
105	Chantel Fleischman	8	
100	Tamsyn du Toit	10	
94	Nicole Janse en Rensburg	11	
106	Charlize Conradie	12	
176	Michelle Jacobs	13	
93	Lizzan de Wet	14	
96	Vaugneen Veale	15	

COMPETITION:		SENIOR MEN UP TO AND INCLUDING 90KG	
NO.	NAME	PLACING	
SENIOR MEN UP TO AND INCLUDING 90KG			
111	Alex Ngovfo	1	
116	Wesley Saunders	2	
114	Barry Taylor	3	
107	Waldie van Dalen	4	
109	Mpho Legoabe	5	
113	Carlo Cantallopo	6	
108	Robbi Crafford	7	
115	Piet Ruthven	8	
112	Harry Geel	9	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
MEN'S ATHLETIC PHYSIQUE UP TO 178cm			
123	Tiaan van Graan	1	
118	Dave Renney	2	
127	Kamai Malaka	3	
141	David Tshose	4	
143	Sajid Khan	5	
152	Rynhardt van Wyk	6	
138	Collen Kekana	7	
147	Sibusiso Majola	8	
122	Nico Richter	9	
131	Philani Zondo	10	
132	Jarod Mills	10	
135	Ryno van Heerden	11	
142	Eddie Modiko	13	
134	Harry Geel	14	
136	Clement Bhembe	15	
133	Ammi Windt	16	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
LADIES FITNESS BIKINI OVER 166cm			
155	Rowanne Morris	1	
160	Jessica Lovett	2	
154	Cassandra de Jager	3	
153	Nikki Pennel	4	
156	Aneldi van Zyl	5	
159	Tamara O'Gornan	6	
157	Antoinette Nel	7	

COMPETITION:		Millinium Gold Plate 2018	
NO.	NAME	PLACING	
SENIOR MEN UP TO AND INCLUDING 100KG			
162	Master Roderick	1	
164	Juan Bothma	2	
163	Jean- Pierre Nel	3	

165	Thembinkosi Kubheka	4
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COMPETITION: Millinium Gold Plate 2018

NO.	NAME	PLACING
MEN'S ATHLETIC PHYSIQUE OVER 178cm		
173	Kasonga Chileste	1
169	Richard Dinkelman	2
174	Francois Chapman	3
168	Herman Muller	4
170	Johan Turkstra	5
171	Francios Vorster	6
172	Daniel van Staden	7

COMPETITION: Millinium Gold Plate 2018

NO.	NAME	PLACING
SENIOR MEN OVER 100KG		
161	Dewald Barendse	1
175	Justin Maguire	2

Overalls	Overalls		
Ladies Beach Bikini Overall	NUMBER	ATHLETE	WINNER
LADIES BEACH BIKINI UP TO 163cm	51	Ralie Kapp	
LADIES BEACH BIKINI OVER 163cm	77	Larrissa Meyer	x
Ladies Fitness Bikini Overall	NUMBER	ATHLETE	WINNER
LADIES FITNESS BIKINI OVER 35 YEARS	22	Rowanne Morris	
LADIES FITNESS BIKINI UP TO 166cm	98	Farai Gomwe	
LADIES FITNESS BIKINI OVER 166cm	155	Rowanne Morris	x
Athletic Physique	NUMBER	ATHLETE	WINNER
MEN'S ATHLETIC PHYSIQUE UP TO 178cm	123	Tiaan van Graan	
MEN'S ATHLETIC PHYSIQUE OVER 178cm	173	Kasonga Chileste	x
Men' Body Building Overalls	NUMBER	ATHLETE	WINNER
JUNIOR BODYBUILDING UNDER 23 YEARS UP TO 75kg	5	Jacques Coetzer	
JUNIOR BODYBUILDING UNDER 23 YEARS OVER 75kg	14	Corme van Niekerk	
SENIOR MEN UP TO AND INCLUDING 70KG	26	Bongani Manene	
SENIOR MEN UP TO AND INCLUDING 80KG	44	Lesego Lebethe	
MASTERS OVER 40 YEARS	57	Willem Basson	
MASTERS OVER 50 YEARS	60	Martin van Wyk	
SENIOR MEN UP TO AND INCLUDING 90KG	111	Alex Ngovfo	x
SENIOR MEN UP TO AND INCLUDING 100KG	162	Master Roderick	
SENIOR MEN OVER 100KG	161	Dewald Barendse	