

<b><u>IFBB KZN Ironman Novice 2023</u></b>			<b><u>RESULTS</u></b>	
<b><u>PLACE</u></b>	<b><u>NAME</u></b>	<b><u>SURNAME</u></b>	<b><u>DISTRICT</u></b>	<b><u>NO:</u></b>
<b><u>SESSION 1</u></b>				
<b><u>Juniors under 23 u75kg</u></b>				
1	Sibonelo	Khomo	Ethekwini (Durban)	1
2	Mnqobi	Thusi	iLembe (Kwa Dukuza)	2
<b><u>Junior u23 yr o75kg</u></b>				
1	Zamokuhle Wiseman	Nxumalo	Ethekwini (Durban)	3
<b><u>Ladies Beach Bikini u163cm</u></b>				
1	Ilhaam	Vawda	Ethekwini (Durban)	5
2	Cassandra	Van Deventer	Ethekwini (Durban)	4
<b><u>Men's Physique u176cm</u></b>				
1	Sihle	Xaba	Ethekwini (Durban)	9
2	Luke	Berriman	Ethekwini (Durban)	6
3	Vimont	Sukdoe	Ethekwini (Durban)	7
4	Philuxolo	Mchunu	Umgungundlovu (Pietermaritzburg)	8
<b><u>Ladies Beach Bikini o163cm</u></b>				
1	Taygin	Gibbons	Ethekwini (Durban)	10
2	Nina	Nel	UThungulu (Richards Bay)	11
<b><u>Men's Physique o176cm</u></b>				
1	Ntokozo	Mzizi	Ethekwini (Durban)	13
2	Denham	Fosteras	Ethekwini (Durban)	14
3	Muhammed Zidane	Jamal	Ethekwini (Durban)	12
<b><u>SESSION 2</u></b>				
<b><u>Ladies Bikini u166c</u></b>				
1	Lindi	van der Vyver	Ethekwini (Durban)	15
<b><u>Men Bodybuilding u70kg</u></b>				
1	Bongani	Movundla	Uthukela (Ladysmith)	17
2	Imlan	Misi	Ethekwini (Durban)	16
<b><u>Ladies Bikini o166cm</u></b>				
1	Candice	Van Rijsbergen	Ethekwini (Durban)	18
<b><u>Men's Bodybuilding u80kg</u></b>				
1	SINOVUYO	MBOTHO	Umzinyathi (Dundee)	21
<b><u>Ladies Bikini o35yrs</u></b>				
1	Candice	Van Rijsbergen	Ethekwini (Durban)	18
2	LUNGILE	Msubo	UThungulu (Richards Bay)	20
3	Nadine	Barnard	Ethekwini (Durban)	19
<b><u>Bodybuilding Overall</u></b>				
1	SINOVUYO	MBOTHO	Umzinyathi (Dundee)	21
<b><u>Ladies Overall</u></b>				
1	Ilhaam	Vawda	Ethekwini (Durban)	5