

IFBB SA Champs 2023

RESULTS

GROUP A

Place	Name	Province	No.
Men's Physique u174			
1	Mandlakayise Jonga	USSA	4
2	Sandile Dike	USSA	12
3	Moses Paneng	Sedibeng (Vereeniging)	5
4	Khanyile Sithixo	West Rand (Randfontein)	13
5	lucky kukame	Sedibeng (Vereeniging)	10
6	Dhanen Pillay	Sedibeng (Vereeniging)	3
Men's Physique u178			
1	Tebogo Gopane	Northern Cape	14
2	Taelo Alfred Maloka	Tshwane (Pretoria)	18
3	Mvelo Khumalo	Kwazulu-Natal	19
4	Ronan Farquharson	Kwazulu-Natal	16
5	Chad Maree	Western Cape	17
6	Dumisani Zwana	OR Tambo (Umtata)	20
Men's Physique o178			
1	Rusmore verah	USSA	29
2	Gift Motlhasedi	North West	22
3	Jesse Tee	Johannesburg (Johannesburg)	21
4	Jason Lloyd Hook	Kwazulu-Natal	26
5	Rinaldo Mazzoncini	North West	27
6	Mthokozisi Zuma	Sedibeng (Vereeniging)	23
Men's Physique over 40yr			
1	Achmat Osman	Western Cape	33
2	Rudy Dexter	Northern Cape	31
3	Monde Christopher Silosini	Johannesburg (Johannesburg)	30
4	Scott Russell Johnson	West Rand (Randfontein)	34
5	Terence Toet	Tshwane (Pretoria)	32
Men's Physique Overall			
1	Mandlakayise Jonga	USSA	4
Classic Bodybuilding u175cm			
1	Nwabisile Jezile	O R Tambo (Umtata)	36
2	Zolisile Nyembezi CO	Tshwane (Pretoria)	35
3	Mthandei Denelson Radebe	Sedibeng (Vereeniging)	37
Classic Bodybuilding o175cm			
1	Leslie Thornton	Kwazulu-Natal	40
2	Sudeshan Naidoo	Kwazulu-Natal	43
3	Mpho Legoabe	Limpopo	39
4	Kamogelo (M.K.) Lefading CO	Tshwane (Pretoria)	48
5	Conway Govindasamy	Johannesburg (Johannesburg)	41
6	Khululekile Gwedla	USSA	46
Classic Bodybuilding Masters			
1	Marco Ferrucci	Buffalo City (East London)	49
2	Damien Tomaselli	Western Cape	47
3	Neil Murphy	Northern Cape	140
4	Donovan Hamer	Western Cape	50
Classic Bodybuilding Overall			
1	Nwabisile Jezile	O R Tambo (Umtata)	36
Classic Physique u175cm			
1	Ayanda Piyo	Tshwane (Pretoria)	53
2	JJ Murray	Tshwane (Pretoria)	55
3	Mathode Vhutshilo	Limpopo	56
4	Kguagelo Lehong	Tshwane (Pretoria)	51

Place	Name		Province	No.
5	Nevan	Peacock	West Rand (Randfontein)	58
6	PraiseGod	Madonsela	Limpopo	54
	<u>Classic Physique o175cm</u>			
1	Zwelihle	Mbatha	Kwazulu-Natal	65
2	Chad	Roux-Nel	Kwazulu-Natal	61
3	Junior	Gwangware	Tshwane (Pretoria)	66
4	Kamogelo (M.K.)	Lefading	Tshwane (Pretoria)	48
5	Juan	Mathee	Western Cape	64
6	Lungile	Ngququ	Mpumalanga	67
	<u>Classic Physique Overalls</u>			
1	Zwelihle	Mbatha	Kwazulu-Natal	65
	<u>Ladies Beach Bikini u163cm</u>			
1	Joanne	Thornton	Kwazulu-Natal	75
2	Cherine	Vermeulen	Tshwane (Pretoria)	68
3	Natalie	Heyns	Tshwane (Pretoria)	70
4	Ashleigh	Fuller	Western Cape	73
5	Elzaan	Le roux	Kwazulu-Natal	71
6	Alicia	Whalling	Mpumalanga	77
	<u>Ladies Beach Bikini o163cm</u>			
1	Leiere	Falck	Western Cape	82
2	Nikita	Van Der Merwe	Kwazulu-Natal	81
3	Kelly	Smidt	Ekurhuleni (Germiston)	91
4	Nina	Nel	Kwazulu-Natal	86
5	Mariska	Vogel	Limpopo	83
6	Zandilee	Theron	Sedibeng (Vereeniging)	85
	<u>Ladies Beach Bikini Overalls</u>			
1	Leiere	Falck	Western Cape	82
	<u>Ladies Bikini Junior</u>			
1	Carla	van Zyl	Kwazulu-Natal	96
2	Carla	Vorster	North West	94
3	Anja	Haberkorn	Kwazulu-Natal	93
4	Jade	Kuhn	West Rand (Randfontein)	97
5	Lauren	Waltham	Kwazulu-Natal	99
6	France	Price	Tshwane (Pretoria)	95
	<u>Ladies Bikini u166cm</u>			
1	Carla	Vorster	North West	94
2	Carla	van Zyl	Kwazulu-Natal	96
3	Jamie-Lee	Glazer	Kwazulu-Natal	102
4	Clarissa	De Melim	Western Cape	101
5	Marina	Murray	Nelson Mandela (Port Elizabeth)	105
6	Jade	Kuhn	West Rand (Randfontein)	97
	<u>Ladies Bikini u172cm</u>			
1	Anja	Haberkorn	Kwazulu-Natal	93
2	Rowanne	Morris	Johannesburg (Johannesburg)	114
3	Jessica	van Zyl	Johannesburg (Johannesburg)	112
4	Chantel	Botha	Mpumalanga	109
5	Lauren	Waltham	Kwazulu-Natal	99
6	Angelique	Steyn	Nelson Mandela (Port Elizabeth)	111
	<u>Ladies Bikini o172cm</u>			
1	Charlize	Meintjies	West Rand (Randfontein)	117
2	Monique	Prins	West Rand (Randfontein)	119
3	Sue-Marie	van Vuuren	North West	115
4	Bianca	Sanders	Western Cape	118
5	Juanita	Harland	Western Cape	116

Place	Name		Province	No.
	<u>Ladies Bikini Masters 35 to 39y</u>			
1	Louise	Veldman	Mpumalanga	121
2	Petro	Boshoff	Free State	122
3	Marina	Murray	Nelson Mandela (Port Elizabeth)	105
4	Melissa	Connolly	Kwazulu-Natal	106
5	Alicia	Willemse	Tshwane (Pretoria)	120
6	Chantel	Botha	Mpumalanga	109
	<u>Ladies Bikini Masters over 40</u>			
1	Rowanne	Morris	Johannesburg (Johannesburg)	114
2	Kara-Lyn	Conradi	Tshwane (Pretoria)	125
3	Jessica	van Zyl	Johannesburg (Johannesburg)	112
4	Odette	van Jaarsveldt	Tshwane (Pretoria)	110
5	Bianca	Sanders	Western Cape	118
6	Charmaine	Du Preez	Mpumalanga	124
	<u>Ladies Bikini Overall</u>			
1	Louise	Veldman	Mpumalanga	121
	<u>Men's Muscular Physique u178cm</u>			
1	Kiran	Singh	Kwazulu-Natal	130
2	Monash	Pillay	Sedibeng (Vereeniging)	132
3	Nathi	Ndlebe	Buffalo City (East London)	134
4	Ntokozo	Khoza	Limpopo	131
5	Mark	Bell	Johannesburg (Johannesburg)	129
6	Jurgen	Steyn	Nelson Mandela (Port Elizabeth)	128
	<u>Men's Muscular Physique o178cm</u>			
1	Lethabo	Ndlovu	Tshwane (Pretoria)	136
2	Danie	Janse van Rensburg	Johannesburg (Johannesburg)	135
3	Nicolas	Cronje	West Rand (Randfontein)	137
	<u>Men's Muscular Physique Overall</u>			
1	Lethabo	Ndlovu	Tshwane (Pretoria)	136
	<u>Fit Model u166cm</u>			
1	Clarissa	De Melim	Western Cape	101
2	Natalie	Heyns	Tshwane (Pretoria)	70
3	Kisia	Steyn	Sedibeng (Vereeniging)	127
4	Joanne	Thornton	Kwazulu-Natal	75
5	Cherine	Vermeulen	Tshwane (Pretoria)	68
6	Marina	Murray	Nelson Mandela (Port Elizabeth)	105
	<u>Fit Model o166cm</u>			
1	Leiere	Falck	Western Cape	82
2	Kara-Lyn	Conradi	Tshwane (Pretoria)	125
3	Nina	Nel	Kwazulu-Natal	86
4	Jessica	van Zyl	Johannesburg (Johannesburg)	112
5	Mariska	Vogel	Limpopo	83
6	Zandilee	Theron	Sedibeng (Vereeniging)	85
	<u>Fit Model Overall</u>			
1	Leiere	Falck	Western Cape	82
	<u>Fit Pairs</u>			
1	Claude and Bianca	Sanders	Western Cape	138
	<u>Wheelchair</u>			
1	Lindelani	Mazibuko	USSA	139