

IFBB SA Champs 2023**RESULTS****GROUP B**

Place	Name		Province	No.
	<u>Ladies Body Fitness u168cm</u>			
1	Anelda	Hattingh	Ekurhuleni (Germiston)	154
2	Deodat	Du Plessis	Kwazulu-Natal	149
3	Zanandi	Janse van Rensburg	Sedibeng (Vereeniging)	153
4	Anei	Visser	Tshwane (Pretoria)	146
5	Mienke	Botha	Western Cape	150
6	Natasha	Kirby	Western Cape	147
	<u>Ladies Body Fitness o168cm</u>			
1	Esmaralda	Greyling	Johannesburg (Johannesburg)	155
2	Shadine	Nortje	Tshwane (Pretoria)	157
3	Elize	du Preez	Kwazulu-Natal	158
4	Heilie	Esterhuysen	Northern Cape	156
	<u>Ladies Body Fitness Masters 35y</u>			
1	Esmaralda	Greyling	Johannesburg (Johannesburg)	155
2	Zanandi	Janse van Rensburg	Sedibeng (Vereeniging)	153
3	Deodat	Du Plessis	Kwazulu-Natal	149
4	Natasha	Kirby	Western Cape	147
5	Doret	Rademan	Mpumalanga	152
6	Elize	du Preez	Kwazulu-Natal	158
	<u>Ladies Body Fitness Overalls</u>			
1	Esmaralda	Greyling	Johannesburg (Johannesburg)	155
	<u>Ladies Wellness u166cm</u>			
1	Elizabeth	Dumagude	Johannesburg (Johannesburg)	159
2	Monique Giraud	Groener	Gauteng	165
3	Melanie	Gordon	Johannesburg (Johannesburg)	163
4	Lizette	Zandberg	Tshwane (Pretoria)	161
5	Jenny	van Niekerk	Kwazulu-Natal	168
6	Tehila	Helberg	Kwazulu-Natal	164
	<u>Ladies Wellness o166cm</u>			
1	Alta	Pearson	Sedibeng (Vereeniging)	170
2	Monique	Cronje	West Rand (Randfontein)	178
3	Nadia	van Biljon	Johannesburg (Johannesburg)	177
4	Marisa	Jordaan	Western Cape	173
5	Jessica	Klue	Western Cape	175
6	Belinda	Nel	Mpumalanga	174
	<u>Ladies Wellness o35yrs</u>			
1	Monique Giraud	Groener	West Rand (Randfontein)	165
2	Alta	Pearson	Sedibeng (Vereeniging)	170
3	Belinda	Nel	Mpumalanga	174
	<u>Ladies Wellness o40yrs</u>			
1	Monique	Cronje	West Rand (Randfontein)	178
2	Melanie	Gordon	Johannesburg (Johannesburg)	163
3	Lizette	Zandberg	Tshwane (Pretoria)	161
4	Marissa	Jordaan	Western Cape	173
5	Jenny	van Niekerk	Kwazulu-Natal	168
6	Anri	Mazzoncini	North West	169

Place	Name	Province	No.
	<u>Ladies Wellness OVERALLS</u>		
1	Elizabeth Dumagude	Johannesburg (Johannesburg)	159
	<u>Ladies Physique</u>		
1	LINDIWE MCHUNU	Kwazulu-Natal	184
2	Alyssa Ramdass	Kwazulu-Natal	179
3	Katy Slabber	Western Cape	180
4	Zamile Nduli	Kwazulu-Natal	181
5	Zenande Masiko	Buffalo City (East London)	182
6	Letichea De Jager	Mpumalanga	183
	<u>Junior Bodybuilding 16 to 20 yr</u>		
1	Thato Mhlanga	North West	186
2	Matthew Wilkins	Northern Cape	185
3	Learny Mokgalaka	North West	187
	<u>Junior Bodybuilding 21-23 u75</u>		
1	Kelly Magerman	Tshwane (Pretoria)	189
2	Mlondolozzi Sibanda	Tshwane (Pretoria)	193
3	Sabelo Gift Mntambo	O R Tambo (Umtata)	188
4	Christopher Wandile Sibiya	Limpopo	199
5	Lindinkosi Dumbe	O R Tambo (Umtata)	192
6	Thabani Masinga	USSA	194
	<u>Junior Bodybuilding 21-23 o75</u>		
1	Nkosingiphile Chivumbe	USSA	201
2	Ian Smith	Tshwane (Pretoria)	200
3	Xolani Mtande	Sedibeng (Vereeniging)	198
4	Sibisiso Mazibuko	Mpumalanga	197
5	Bassop Khoza Khaza	West Rand (Randfontein)	205
6	Mlungisi Mbuyazi	USSA	204
	<u>Snr Bodybuilding u65kg</u>		
1	Mthobeli Mbuthuma	O R Tambo (Umtata)	213
2	Maxwell Nxumalo	Kwazulu-Natal	208
3	Newsane Wayne Kolla	Buffalo City (East London)	206
4	Jeffu Meu Mofpken	West Rand (Randfontein)	210
5	Sihle Mbuyisa	USSA	212
6	Mahlomola Matsau	Tshwane (Pretoria)	207
	<u>Snr Bodybuilding u70kg</u>		
1	Vuyo Vanda	O R Tambo (Umtata)	226
2	Vusumuzi Wiseman Nhleko	Kwazulu-Natal	220
3	William Sithole	Kwazulu-Natal	224
4	Ammi Windt	Western Cape	216
5	Mlondolozzi Sibanda	Tshwane (Pretoria)	193
6	Lehlohonolo Mnisi	Sedibeng (Vereeniging)	214
	<u>Snr Bodybuilding u75kg</u>		
1	Lazola Nunwana	Buffalo City (East London)	228
2	Kelly Magerman	Tshwane (Pretoria)	189
3	Zolisile Nyembezi	Tshwane (Pretoria)	229
4	Schalk Ferreira	Mpumalanga	196
5	Njabulo Mbandlwa	Kwazulu-Natal	227
	<u>Snr Bodybuilding u80kg</u>		
1	Daniso Paulus	Buffalo City (East London)	230
2	Langelihle Ngcobo	Kwazulu-Natal	236

Place	Name		Province	No.
3	Jabulani	Buthelezi	Kwazulu-Natal	241
4	Mpho Edward	Pheto	Sedibeng (Vereeniging)	231
5	Patrick	Zweni	North West	238
6	Luzuko	Ngqaleni	Buffalo City (East London)	232
<u>Snr Bodybuilding u85kg</u>				
1	Senazo	Gobelena	Nelson Mandela (Port Elizabeth)	250
2	Sindile	Makupula	West Rand (Randfontein)	251
3	Nkululeko	Sikhakhane	Kwazulu-Natal	243
4	Armstrong	Dube	Nelson Mandela (Port Elizabeth)	245
5	Charles Chuck	Luck	Tshwane (Pretoria)	248
6	Siphosethu	Madlala	O R Tambo (Umtata)	242
<u>Snr Bodybuilding u90kg</u>				
1	Sinenhlahla	Ngubane	West Rand (Randfontein)	256
2	Bryan	Nilson	Sedibeng (Vereeniging)	254
3	Thomas	Antonio	Free State	255
4	Rory	Warmback	Johannesburg (Johannesburg)	252
5	Simphiwe	Nhlengethwa	USSA	253
<u>Snr Bodybuilding u95kg</u>				
1	Thabiso	Msibi	Johannesburg (Johannesburg)	258
2	Mehlo	Khanyiso	Buffalo City (East London)	257
<u>Snr Bodybuilding u100kg</u>				
1	Muzi	Mabaso	Kwazulu-Natal	263
2	Brandon	Da Sousa	Johannesburg (Johannesburg)	260
3	Patrick	Maweto	Limpopo	262
4	Romano	Botes	Mpumalanga	261
<u>Snr Bodybuilding o100kg</u>				
1	Curtis	Howells	West Rand (Randfontein)	265
2	Jandre	van Vuuren	Free State	264
3	Morne	Erasmus	Sedibeng (Vereeniging)	266
<u>Bodybuilding Masters o40yrs</u>				
1	Brandon	Da Sousa	Johannesburg (Johannesburg)	260
2	Sean	Saville	Tshwane (Pretoria)	272
3	Faldie	Dreyer	Western Cape	268
4	Vusumuzi Wiseman	Nhleko	Kwazulu-Natal	220
5	Rory	Warmback	Johannesburg (Johannesburg)	252
6	Patrick	Zweni	North West	238
<u>Bodybuilding Masters o50yrs</u>				
1	Nelson	Mthembu	Kwazulu-Natal	275
2	Curtis	Howells	West Rand (Randfontein)	265
3	Jabulani	Buthelezi	Kwazulu-Natal	241
4	Braam	Verryne	North West	274
5	Andrew	Parsons	Tshwane (Pretoria)	273
<u>Mixed Pairs</u>				
1	Juan Mathee &	Katy Slabber	Western Cape	277
2	Jaco & Zanandi Janse van Rensburg		Sedibeng (Vereeniging)	276
3	Romano & Amore Botes		Mpumalanga	278
<u>Bodybuilding Overall</u>				
1	Muzi	Mabaso	Kwazulu-Natal	263