

IFBB SA Champs 2024**RESULTS****GROUP B**

No.	Name		Province	Place
	<u>Ladies Body Fitness u168cm</u>			
147	Cindy	Dredge	Buffalo City (East London)	1
145	Shadine	Nortje	Tshwane (Pretoria)	2
144	Buhle	Buthelezi	Kwazulu-Natal	3
	<u>Ladies Body Fitness o168cm</u>			
149	Juane	Du Randt	Western Cape	1
148	Shiné	Van der Linde	Mpumalanga	2
	<u>Ladies Body Fitness Masters 35y</u>			
147	Cindy	Dredge	Buffalo City (East London)	1
150	Doret	Rademan	Mpumalanga	2
146	Maria (Tana)	Crous	Kwazulu-Natal	3
	<u>Ladies Body Fitness Overalls</u>			
147	cindy	dredge	Buffalo City (East London)	1
	<u>Ladies Wellness u166cm</u>			
151	Marilize	Goosen	Kwazulu-Natal	1
155	Elizabeth	Dumagude	Johannesburg (Johannesburg)	2
152	Mapula	Collin	Tshwane (Pretoria)	3
158	Geraldine	van Vuuren	Buffalo City (East London)	4
156	Blaise	Plaatjes	Kwazulu-Natal	5
157	Lizette	Zandberg	Tshwane (Pretoria)	6
	<u>Ladies Wellness o166cm</u>			
166	Belinda	Nel	Mpumalanga	1
168	Monique	Cronje	Sedibeng (Vereeniging)	2
167	Marizaan	Kotze	Johannesburg (Johannesburg)	3
169	Cayleigh	Fowles	Kwazulu-Natal	4
171	Melissa	Pieterse	Johannesburg (Johannesburg)	5
165	Mia	Botha	Tshwane (Pretoria)	6
	<u>Ladies Wellness o35yrs</u>			
174	Monique	Giraud-Groener	West Rand (Randfontein)	1
166	Belinda	Nel	Mpumalanga	2
169	Cayleigh	Fowles	Kwazulu-Natal	3
165	Mia	Botha	Tshwane (Pretoria)	4
156	Blaise	Plaatjes	Kwazulu-Natal	5
	<u>Ladies Wellness o40yrs</u>			
168	Monique	Cronje	Sedibeng (Vereeniging)	1
152	Mapula	Collin	Tshwane (Pretoria)	2
157	Lizette	Zandberg	Tshwane (Pretoria)	3
176	Tiani	Ferreira	Sedibeng (Vereeniging)	4
175	Jenny	Van Niekerk	Kwazulu-Natal	5
154	Kershnee	Frank	Kwazulu-Natal	6
	<u>Ladies Wellness OVERALLS</u>			
174	Monique	Giraud-Groener	West Rand (Randfontein)	1

<u>No.</u>	<u>Name</u>		<u>Province</u>	<u>Place</u>
	<u>Ladies Physique</u>			
179	Katy	Slabber	Western Cape	1
180	Lindiwe Isabel	Mchunu	Kwazulu-Natal	2
178	Mandarina	Pedder	Limpopo	3
177	Philile	Gumede	Kwazulu-Natal	4
181	Zenande	Masiko	Buffalo City (East London)	5
	<u>Junior Bodybuilding 16 to 20 yr</u>			
184	Ndivhuwo	Mangwa	Tshwane (Pretoria)	1
185	Junior	Rubusana	Ekurhuleni (Germiston)	2
193	Ayabonga	Cele	Kwazulu-Natal	3
46	Learny	Mokgalaka	North West	4
183	Lilitha	Foxi	O R Tambo (Umtata)	5
182	Mark	Singh	Johannesburg (Johannesburg)	6
	<u>Junior Bodybuilding 21-23 u75</u>			
187	clinton	muchemenyi	Buffalo City (East London)	1
190	Mpho	Makondelela	Tshwane (Pretoria)	2
186	Bayanda	Mdletshe	Kwazulu-Natal	3
188	Mlumuli Mthunzi	Khoza	Kwazulu-Natal	4
	<u>Junior Bodybuilding 21-23 o75</u>			
55	Juan Criag	Hurley	Kwazulu-Natal	1
191	Sbonelo	Khomo	Kwazulu-Natal	2
197	Jason	Mellon	Kwazulu-Natal	3
196	Ethan	Hullyer	Ekurhuleni (Germiston)	4
194	Siyanda	Nhlabathi	USSA	5
199	Lennon	Mogoru	Limpopo	6
	<u>Snr Bodybuilding u65kg</u>			
208	Tshepiso	Masilo	North West	1
201	Mboneleli	Behluli	USSA	2
200	Nhlakanipho	Shoba	Kwazulu-Natal	3
202	Lihle	Welani	USSA	4
198	Mbhekiseni	Mdletshe	Kwazulu-Natal	5
38	Tevin	Adams	Western Cape	6
	<u>Snr Bodybuilding u70kg</u>			
214	Prince	Kusi	Kwazulu-Natal	1
215	Mkhonto	Mabuya	Ekurhuleni (Germiston)	2
207	Onke	Zenzile	Buffalo City (East London)	3
211	Lizo	Siziba	USSA	4
206	Tokisho	Thobejane	Tshwane (Pretoria)	5
210	Siphamandla	Dube	Gauteng	6
	<u>Snr Bodybuilding u75kg</u>			
213	Lonwabo	Sajini	O R Tambo (Umtata)	1
204	Ammi	Windt	Western Cape	2
212	Sithembiso	Mdudi	Kwazulu-Natal	3
205	Thandokuhle	Mbhamali	Kwazulu-Natal	4
221	Lehlohonolo	Mnisi	USSA	5

<u>No.</u>	<u>Name</u>	<u>Province</u>	<u>Place</u>
	<u>Snr Bodybuilding u80kg</u>		
216	Sinovuyo Mbotho	O R Tambo (Umtata)	1
236	Anda Jacobs	Buffalo City (East London)	2
217	Jean-Luc Maurel	Kwazulu-Natal	3
6	Chad Roux-Nel	Kwazulu-Natal	4
222	Denzel Chivanga	USSA	5
	<u>Snr Bodybuilding u85kg</u>		
233	Sheldon de Klerk	Kwazulu-Natal	1
223	Njabulo Cele	Kwazulu-Natal	2
35	Leslie Thornton	Kwazulu-Natal	3
226	Sindile Makupula	West Rand (Randfontein)	4
225	Mthobisi Mpanza	Kwazulu-Natal	5
238	Bonginkosi Sithole	Mpumalanga	6
	<u>Snr Bodybuilding u90kg</u>		
235	Smanga Tivane	Johannesburg (Johannesburg)	1
232	Steven Domeris	Buffalo City (East London)	2
230	Ntsika Jikwana	O R Tambo (Umtata)	3
231	Jarred Roberts	Kwazulu-Natal	4
	<u>Snr Bodybuilding u95kg</u>		
242	Brandon De Sousa	Western Cape	1
56	Juan Matthee	Western Cape	2
239	Ian Cornell	Kwazulu-Natal	3
234	Khanyiso Mehlo	Buffalo City (East London)	4
241	Simphiwe Nhlengethwa	USSA	5
240	Ezra Mlambo	Kwazulu-Natal	6
	<u>Snr Bodybuilding u100kg</u>		
219	Patrick Maweto	Limpopo	1
248	Sivuyile Kobese	Buffalo City (East London)	2
196	Ethan Hullyer	Ekurhuleni (Germiston)	3
	<u>Snr Bodybuilding o100kg</u>		
243	Thabiso Msibi	Johannesburg (Johannesburg)	1
244	Luvuko Mrasi	Buffalo City (East London)	2
237	Sinethemba Ngwaleni	O R Tambo (Umtata)	3
	<u>Bodybuilding Masters o40yrs</u>		
242	Brandon De Sousa	Western Cape	1
41	Gary MacDonald	Kwazulu-Natal	2
43	Wesley Sage	Tshwane (Pretoria)	3
229	Nadeem Osman	Kwazulu-Natal	4
245	George Poolman	Northern Cape	5
227	Pieter Steyn	Sedibeng (Vereeniging)	6
	<u>Bodybuilding Masters o50yrs</u>		
246	Terrence Pillay	Kwazulu-Natal	1
247	Alan Flanagan	Sedibeng (Vereeniging)	2
	<u>Bodybuilding Overall</u>		
242	Brandon De Sousa	Western Cape	1