

SUNFEST

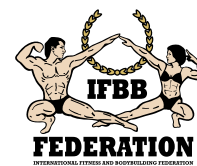
MULTI SPORT & ART FESTIVAL

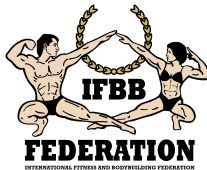
Amateur Bodybuilding and Fitness Challenge Inspection *Report*

Pres. Santonja Arican Cup
& International Fitness Challenge

HeartFelt Arena | Voortrekker Road, Pretoria, South Africa

16-18 May '25





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TRANSPORTATION

GROUND TRANSPORT

Car hire, Uber or Bolt is available. IGO Travel is the official travel agent partner and will be able to assist you with national, international flights, visa information and booking ground transportation.

For extended travel please contact Vicky
Official Travel Agent for Sunfest Africa

Vicky Peterson

vicky.peterson@igotravel.co.za

IGOTRAVEL

OR TAMBO INTERNATIONAL AIRPORT

Johannesburg OR Tambo International Airport is the busiest airport on the continent of Africa and is situated in the Kempton Park district of Johannesburg, 23 km north-west of the city centre and 46 km south of Pretoria city centre.

Formerly, Jan Smuts Airport, it has been renamed in honour of the late and former ANC President, Oliver Reginald Tambo, who was more commonly referred to by the name of OR Tambo. Johannesburg OR Tambo International Airport is one of the few airports in the world with scheduled passenger direct flights between all 6 inhabited continents and also serves as a continental gateway to many sub-Saharan countries.

LANSERIA AIRPORT

Passengers can make use of our world class facilities day and night. With flights from commercial airlines and charter companies operating every day, 24/7.

The newly expanded terminal building offers domestic, regional, and international flight departures and arrivals. Destinations from the commercial airlines currently include both Durban and Cape Town, with more to come soon. The new runway has paved the way for larger aircraft to comfortably land here.



HEARTFELT ARENA

Voortrekker Road, Pretoria, South Africa



VENUE

RECEPTION



Centurion Lake



Innjoy Boutique



Road Lodge



Kleinkaap Boutique



Royal Elephant

ACCOMMODATION

ANEW HOTEL CENTURION

- +27 12 004 0220
- centurionres@anewhotels.co.za
- Cnr. Hendrik Verwoerd drive & Gordon Hood road - 12km from Venue

ROAD LODGE CENTURION

- +27 12 641 0400
- Rlcenturion.dm@citylodgehotels.com
- Centurion Gate, Cnr. Akkerboom & Blackberry roads - 16km from Venue

THE CENTURION HOTEL

- +27 12 43 3600
- Centurion@legacyhotels.com
- 1001 Lenchen avenue, North - 12km from Venue

ROYAL ELEPHANT HOTEL

- +27 12 658 8000
- info@royalelephant.co.za
- Cnr. Willem Botha & Weirda Roads, Eldoraigne- 8.9km from Venue

INNJOY BOUTIQUE HOTEL

- +27 71 896 1293
- book@innjoy.co.za
- 1033 Shirley Road Eldoraigne - 8.3km from Venue

KLEINKAAP BOUTIQUE HOTEL

- +27 12 654 9878
- Info@kleinkaap.co.za
- 87 Jim van der Merwe, Clubview - 9.8km from Venue





SHOPPING & GYM

SHOPPING

CENTURION MALL

- **Centurion Mall**, 1269 Gordon Hood Road, Centurion, Gauteng, South Africa
 - **Monday – Thursday:** 9am – 7pm
 - **Friday:** 9am - 8pm
 - **Saturday:** 8am – 6pm
 - **Sunday & Public Holiday:** 9am – 5pm

GYM

FREE ACCESS FOR IFBB ATHLETES IF YOU WEAR YOUR WRISTBAND

- 2025 Gordon Hood road, Centurion Central, Cnr. Hendrik Verwoerd Drive & South Streets
 - **Monday-Thursday:** 5am – 9pm
 - **Friday:** 5am – 8pm
 - **Saturday – Sunday:** 8am – 1 pm



THE OFFICIAL REGISTRATION

FRIDAY, 16 MAY 2025

10:00 TO 15:00

Weigh-in and measurements will be conducted at Heartfelt Arena, Voortrekker Road, Pretoria, South Africa.

REGISTRATION FEES AND PAYMENTS

South African Athletes:

South African Athletes: IFBB Registration Fee of USD \$150 if registered in advance, online. USD \$200, if paid at the registration.

International Athletes:

IFBB Registration Fee of USD \$250 if registered in advance, online. USD \$300 if athletes register on Friday, 16 May 2025. The deadline date for online payment is 7 May 2025. On the 7th of May 2025, at 24:00 hrs (midnight - Central European Summer Time, UTC +2) the online payment system will be switched off.

- Remember that all athletes will have to produce their IFBB International Card at registration. Any athlete who has not yet purchased or renewed their IFBB International Card will have to buy one at registration. IFBB Cards are EUR €40 or USD \$50 and are mandatory.
- If an athlete wants to participate in additional categories, the registration fee for each of the additional categories is USD \$100.

Possible crossovers:

- Men's Classic Bodybuilding – Classic Physique – Bodybuilding;
- Women's Bikini – Women's Fit-Model;
- Women's Wellness – Women's Fit-Model.
- Also junior and masters in senior classes.
- Men's Physique – Men's Fit-Model

How to register in the competition:

1. Be a member of your national federation.
2. Follow qualification rules set by your federation.
3. Register as an International Athlete, paying your IFBB Blue Book at 2025 PSSACup | IFBB (ifbb-registration.com)
4. Request to attend the competition from your profile.
5. Register for the competition and pay the Registration Fee before the deadline provided in the Inspection Report.
6. Use your personal access code to download the liability form and upload music.

Each athlete should have the following at registration:

- ID Document
- IFBB International Card (Blue Book)
- Music in the MP3 format on audio CD or USB memory, clearly marked with name + division. Only 1 song on the CD or USB.

IMPORTANT NOTICE:

The use of profane, vulgar or offensive language is strictly prohibited in posing music, otherwise you will be asked to leave the stage.



REGISTRATION INFORMATION

THE COMPETITION IS OPEN TO ALL

THE IFBB-
AFFILIATED NATIONAL
FEDERATIONS



COMPETITION INFORMATION

The number of participating athletes is **UNLIMITED**. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation.

MAILED ENTRY FORMS TO:

IFBB Vice-President for Africa

Dr. Eng. Adel Fahim:
ifbbcairo@gmail.com

IFBB Office

contact@ifbb.com

IFBB Technical Committee

Eng. Andrew Michalak:
amichalak5@gmail.com

IFBB SA Head Office

Ellmari Wroe:
ifbbsapa@gmail.com



Once the Entry form from the National Federation has been received and accepted, an official letter will be sent to the National Federation confirming the participation of its National Team enter in the 2025 President Santonja Africa Cup. Those teams or athletes who have not met the established requirements or who missed the deadline for registration, will also be notified that they will be unable to participate in this competition. The final decision to allow an athlete to compete in this event rests with the IFBB.

**The deadline for submitting
Final Entry Forms is
10 May 2025**

We strongly encourage you to register early and make the appropriate arrangements to compete in the 2025 President Santonja African Cup and Women's African Championships. South African Athletes will have to qualify and be recommended by the IFBB SA Head Office. South African athletes will enter through the link on the IFBB International web page and make payment to IFBB International via PayPal.

PLEASE BE AWARE

It is full responsibility and obligation of the national federation to verify if each of the athletes to be registered on this international event are not suspended or have any violation action against the competitor due to anti-doping rule violations or any disciplinary case at national or international level.





JUDGES AND MEDIA

JUDGES

To be taken into consideration during selection of judges panels at the competition, IFBB International Judges must be included in the Final Entry Forms sent by National Federations, according to the IFBB Rules.

For more information, please contact:

Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under address:

- pawelfilleborn@gmail.com.

All international judges must bring their International Judge's Cards to Pretoria, South Africa. IFBB International Judges must have a valid IFBB Judges Card with the IFBB. Yearly judges fee of EUR €50 paid for 2025. This fee may also be paid at the Championships in Pretoria, South Africa.

MEDIA ACCREDITATION

Media and Photographers can apply on-line for for a media pass via the webpage. Media passes contact michelle@gentlegiantpromotions.com

TEAM MANAGERS WILL ONLY BE ALLOWED BACKSTAGE AS INDICATED ON THE ENTRY FORM BY THE NATIONAL FEDERATION.

(Receive special pass on registration day)

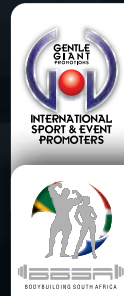
Backstage tickets are available at

webtickets.co.za



Each athlete participating will be provided with a competitor wristband at the registration. This wristband allows access to the venue, expo and backstage. Please do not remove the wristband as no access will be given if not on your arm.

(If you lose your wristband, you will have to present proof of payment or broken wristband at registration).



LINE UPS & PROGRAMME

RUNNING ORDER WILL BE SHARED
CLOSER TO THE DAY

TENTATIVE SCHEDULE

FRIDAY, 16 MAY 2025

WEIGH-IN AND REGISTRATION 10:00 - 15:00

SATURDAY, 17 MAY 2025

SHOW DAY 10:00

SUNDAY, 18 MAY 2025

SHOW DAY 10:00

TICKET PRICES

One day Adult (include Bodybuilding IFBB Pro show)	R 300
One day Kids u12 yr	R 100
Kids u6yrs	NIL
Onde day Backstage pass (include Bodybuilding IFBB Pro show)	R 850
Two day Adult	R 500
Two day kids u12 yr	R 150
Two day backstage pass	R1 000

INFORMATION IN THIS
DOCUMENT MAY CHANGE.
VISIT OUR WEBSITE REGULARLY.

www.ifbbsa.co.za

web tickets

Saturday 17 May 2025

MEN'S FIT-MODEL	Open Category
WOMEN'S BODYFITNESS	Open Category
WOMEN'S WELLNESS	U166 cm O166 cm
WOMEN'S PHYSIQUE	Open Category
MEN'S CLASSIC BODYBUILDING	U174cm O174cm Over 40yrs
MEN'S CLASSIC PHYSIQUE	U180cm O180cm
MEN'S JUNIOR BODYBUILDING	16yrs to 23 years
MEN'S MASTERS BODYBUILDING	Over 40 years
MEN'S BODYBUILDING	<ul style="list-style-type: none"> Bantamweight 65 kg • Lightweight 70 kg Welterweight 75 kg • Light-Middleweight 80 kg Middleweight 85 kg • Super-Middleweight 90 kg Light-Heavyweight 95 kg • Heavyweight 100 kg Super Heavyweight +100 kg

Sunday 18 May 2025

WOMEN'S BEACH BIKINI	U166 cm O166 cm
WOMEN'S JUNIOR BIKINI	16-23 years
WOMEN'S MASTER BIKINI	Over 35 years
WOMEN'S BIKINI	U166 cm U169 cm O169 cm
WOMEN'S FIT-MODEL	U166 cm O166 cm
MEN'S PHYSIQUE	U174cm O174cm Over 40yrs
MUSCULAR MEN'S PHYSIQUE	Open Category





AWARDS & WINNING IFBB PRO CARDS

Overalls will run directly after the awarding ceremony in the last category of each of the following divisions:

IFBB Elite Pro Cards will be offered for the winners of the following overall categories (through their National Federation).

- **Men's Physique** (top 3)
- **Men's Classic Bodybuilding** (top 3)
- **Men's Bodybuilding** (top 3)
- **Women's Physique** (the winner)
- **Women's Bodyfitness** (top 3)
- **Women's Bikini** (top 3)
- **Women's Wellness** (top 3)

The winner of the IFBB Pro Card has 1 year to take up the Card. If the athlete hasn't done this, he/she will have to qualify once again to turn Pro. Minimum number of competitors to run a category should be 3. If less than 3 athletes, categories will be combined, wherever possible.

AWARDS

- Top six athletes in each category will be awarded with medals.
- Top six athletes in each category will be awarded with the IFBB Certificate of Excellence.
- Winner of each category will be awarded with a trophy.
- Overall winner in each division will be awarded with a trophy.

- Top 5 athletes in Men's and Women's senior categories will be awarded points to the 2025 IFBB World Ranking, according to the World Ranking Rules (level 2).
- IFBB Elite Pro Cards for the top three overall category winners in Men's Bodybuilding, Men's Classic Bodybuilding, Men's Physique, Women's Bodyfitness, Women's Bikini, Women's Wellness and for the Women's Physique overall winner (after applications through their National Federations).





INTERNATIONAL FITNESS CHALLENGE

FRIDAY 16 MAY 2025

Registration: 10:00 – 15:00

ENTRY FEES:

- INTERNATIONAL AFFILIATION \$50

ENTRY FEES ONLINE

- Entry fee \$100
- International \$150
- 2nd category \$0

ENTRY FEES ON REGISTRATION DAY

- SA Athletes on registr day \$150
- International athletes \$200

SATURDAY 17 MAY 2025

Competition begins: 10:00

BRONZE, SILVER, GOLD

- Junior Men's Fitness Challenge (under 23 years old)
- Junior Women's Fitness Challenge
- Men's Fitness Challenge (between the age of 24 and 40)
- Master Men's Fitness Challenge (+ 40 years)
- Women's Fitness Challenge (between the age of 24 and 35)
- Master Women's Fitness Challenge (+ 35 years)

SUNDAY 18 MAY 2025

Competition begins: 10:00

BRONZE, SILVER, GOLD

- Couples Fitness Challenge
- Team Fitness Challenge (team of 6 athletes of the same sex or mixed) Categories by execution and performance levels.

CONTACT PERSON:

Juan van der Walt

- 072 099 9500
- juan.vdwalt51@gmail.com



COMPETITION TAN

Self-application product will be available to purchase at all events.

www.jantanaafrica.com

TANNING, HAIR & MAKEUP

Jan Tana will be the Exclusive Tanning, Hair & Makeup company Back Stage. They will provide Professional Airbrush Tanning, Hair & Makeup Services to insure you look your best.

PLEASE MAKE BOOKINGS FOR TANNING, HAIR AND MAKEUP IN ADVANCE WITH JAN TANA. Jan Tana is the Official Tanning, Hair & Makeup Sponsor for the IFBB Elite Pro.

GENERAL

- admin@jantanaafrica.com

FRANCE PRICE

- france@gentlegiantpromotions.com

MICHELLE PRICE

- Michelle@gentlegiantpromotions.com

The service will include base coat, stage coat, touch up and glaze.

Time schedule will be shared 1 week before competition date.

South African athletes	R 950.00
International athletes	R1 500.00

The IFBB reserves the right to refuse any athlete onto the stage that has tans and bronzers that can be wiped off.

HAIR AND MAKEUP

Isma Theron | **Tipsee & Co**
Cell: +27 81 488 1610
e-mail: ismatheron@gmail.com

Lente Rautenbach | **Makeup by Lente**
Cell: +27 76 493 5874
e-mail: Velentestudio.lemmer2@gmail.com

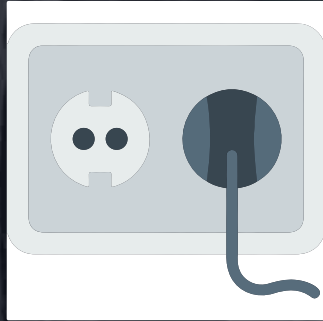
Roxy Barker | **Makeup by Roxy**
Cell: +27 72 578 2070
e-mail: makeupbyroxyamas@gmail.com

BOOK YOUR HAIR AND MAKEUP ONLINE OR DIRECT WITH OUR PROFESSIONAL SERVICE PROVIDERS.

www.jantanaafrica.com

1

ELECTRICAL CURRENT



230 V / 50 Hz, plug / socket type C / D / M / N. For more information visit <http://www.worldstandards.eu/electricity/plug-voltage-by-country>

2

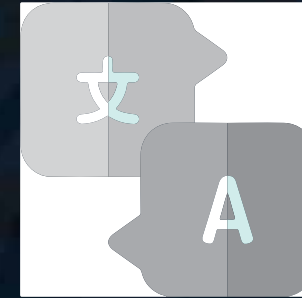
CURRENCY



The national currency in South Africa is **SOUTH AFRICAN RAND (ZAR)**
1.00 USD = 18.44 ZAR (17 Feb 2025)
1.00 EUR = 19.33 ZAR (17 Feb 2025)
Current rates at: <http://www.x-rates.com/table/?from=ZAR&amount=1> Banks for exchange available at Airport & Mall

3

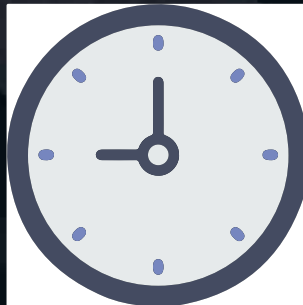
LANGUAGE



South Africa has eleven official languages: Afrikaans, English, Ndebele, Northern Sotho, Sotho, Swazi, Tswana, Tsonga, Venda, Xhosa, and Zulu. English is recognised as the language of commerce and science and remains the de facto lingua franca of the nation (used to make communication possible between people who do not share a native language).

4

TIME DIFFERENCE



Standard Time Zone for Pretoria, South Africa: UTC/GMT + 2 hours. More info at: <http://24timezones.com>

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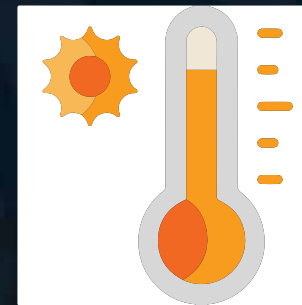
VISAS



Holders of passports of many countries do not need visas to enter South Africa. See the list available at: <http://www.dha.gov.za/index.php/immigration-services/exempt-countries>. Citizens of other countries need to apply for the visitor's visa.

6

CLIMATE



During the month of May, the average daily temperature is 22°C, with an average of 9 hours sunshine per day.



wayne@gentlegiantpromotions.com | france@gentlegiantpromotions.com | michelle@gentlegiantpromotions.com

www.ifbbsa.co.za | www.ifbb.com

