

SUNFEST

MULTI SPORT & ART FESTIVAL

Pro & Semi Pro Inspection *Report*



SUNFEST AFRICA PRO CLASSIC

HeartFelt Arena | Voortrekker Road, Pretoria, South Africa

17 May '25 6-18





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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





MEDIA

MEDIA ACCREDITATION

Media and Photographers can apply online 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

web tickets

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).



SUNFEST AFRICA PRO CLASSIC 2025



ACCOMMODATION

ANEW HOTEL CENTURION

- +27 12 004 0220
- centurionres@anewhotels.co.za
- Cnr. Hendrik Verwoerd drive & Gordon Hood road - 12km from Venue - 0.5km from Gym

THE CENTURION HOTEL

- +27 12 43 3600
- Centurion@legacyhotels.com
- 1001 Lenchen Avenue, North - 12km from Venue - 1km from Gym

IFBB Pro athletes staying at either **ANEW Hotel Centurion** or **The Centurion Hotel** can be assisted with transportation from and to airport on arrival and departure days. As well as short distances between Hotel, Venue and gym. Arrangements and airport pick ups to be arranged with **Gentle Giant Promotions** - france@gentlegiantpromotions.com

Preliminary IFBB Pro Running Schedule
(Will be confirmed)

- **Arrival date:** 16 May 2025
- **Weigh in and registration:** 16 May 2025
17h00 at the Heartfelt Arena
- **Pre-Judging:** 17 May 2025 15h00 Heartfelt Arena
- **Finals:** 17 May 2025 19h00 Heartfelt Arena
- **Departure date:** 18 May 2025

OFFICIAL ON-SITE TANNING

Online bookings and payment:
www.jantanaafrica.com

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. france@gentlegiantpromotions.com

South African athletes R1 200.00
International athletes R1 500.00

COMPETITION INFORMATION

Sunfest Africa will present the following 3-line ups and all athletes are to enter and confirm their participation with the IFBB Pro Headquarters.

PRIZE MONEY

- **IFBB Pro Bodybuilding** \$5 000
- **IFBB Pro Bikini** \$5 000
- 1st Place \$2 000
- 2nd Place \$1 200
- 3rd Place \$ 750
- 4th Place \$ 550
- 5th Place \$ 500

INFORMATION:

- **Sunfest Africa**
france@gentlegiantpromotions.com
- **IFBB Pro Headquarters**
info@ifbbproofficial.com

The need to register online at : <https://app.ifbbproofficial.com/licence-access> and in order to compete it is necessary to have paid the annual fee. They can make the payment at: <https://app.ifbbproofficial.com/new-licence>

SUNFEST AFRICA SEMI PRO 2025



Preliminary IFBB Pro Running Schedule
(Will be confirmed)

- **Weigh in and registration:** 16 May 2025
10h00 - 15h00 at the Heartfelt Arena
- **Show** 17 May 2025 15h00 Heartfelt Arena

Each athlete should have the following at registration:

- ID Document
- Music in the MP3 format on audio CD or USB memory, clearly marked with name + division. Only 1 song on the CD or USB.

REGISTRATION FEES AND PAYMENTS

South African Athletes:

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

International Athletes:

IFBB Pro 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 Pro International Card at registration. Any athlete who has not yet purchased or renewed their IFBB Pro 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.

How to register in the competition:

1. Be a member of your national federation.
2. Follow qualification rules set by your federation.
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.

MEN'S OPEN BODYBUILDING

- Up To 70kg • Up to 75kg • Up to 80kg
- Up To 85kg • Up to 90kg • Up to 95kg
- Up to 100kg • Over 100kg

MEN'S CLASSIC PHYSIQUE

- Up To 1,68m - (Height - 1m) + 12kg
- Up To 1,71m - (Height - 1m) + 14kg
- Up To 1,75m - (Height - 1m) + 16kg
- Up To 1,80m - (Height - 1m) + 19kg

OVER 1,80M:

- Up To 1,88m - (Height - 1m) + 21kg
- Up To 1,96m - (Height - 1m) + 23kg
- Up To 1,75m - (Height - 1m) + 26kg



COMP
ETITION
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
International athletes

R1 200.00
R1 500.00

The IFBB Pro 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

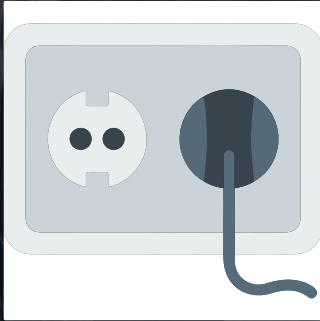
**BOOK YOUR HAIR AND MAKEUP ONLINE OR
DIRECT WITH OUR PROFESSIONAL SERVICE PROVIDERS.**

www.jantanaafrica.com

SOUTH AFRICA INFORMATION

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

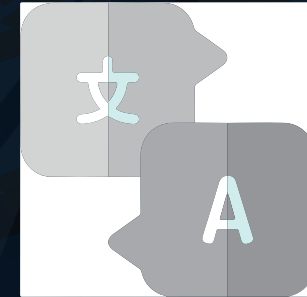
CURRENCY



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

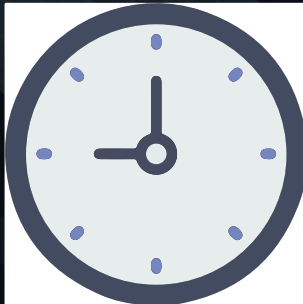
LANGUAGE



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>

5

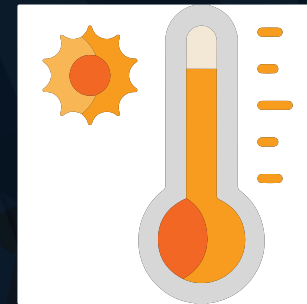
VISAS



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

