

<b>IFBB KZN Ironman Novice 2022</b>			<b>RESULTS</b>	
<b>Place</b>	<b>Name</b>	<b>Surname</b>	<b>District</b>	<b>NO:</b>
<b><u>SESSION 1</u></b>				
<b><u>Juniors under 23 u75kg</u></b>				
1	Sipho	Makhanya	Uthungulu (Richards Bay)	5
2	Simeon	Ganas	Ethekwini (Durban)	2
3	Siphamandla Evan	Malwane	Ethekwini (Durban)	1
4	Kevin	van den Berg	Ethekwini (Durban)	3
5	Vuyo	Ngumle	Ethekwini (Durban)	60
6	Siphesihle Wiseman	Goolam	Ethekwini (Durban)	4
<b><u>Junior u23 yr o75kg</u></b>				
1	Nkosingiphile	Chivumbe	Ethekwini (Durban)	7
<b><u>Ladies Beach Bikini u163cm</u></b>				
1	Elzaan	Le Roux	Ethekwini (Durban)	8
2	nokkubonga	Mcunu	Sisonke (Ixopo)	10
3	sebenzile	nkosi	Ethekwini (Durban)	9
<b><u>Men's Physique u176cm</u></b>				
1	Sihle	Tabeni	Umgungundlovu (Pietermaritzburg)	14
2	Gareth	Batten	Ugu (Port Shepstone)	17
3	Nqanawe Sphiwe	Thango	Umgungundlovu (Pietermaritzburg)	18
4	Mvelo	Khumalo	Ethekwini (Durban)	11
5	Ntandoyenkosi	Simamane	Umgungundlovu (Pietermaritzburg)	12
6	Philani	Mavimbela	Uthukela (Ladysmith)	16
<b><u>Masters BB o40yrs</u></b>				
1	Lamont	Rodrigues	Ethekwini (Durban)	19
2	Charles	Holtzhausen	Ethekwini (Durban)	20
<b><u>Ladies Beach Bikini o163cm</u></b>				
1	Ashley	Minnie	Ethekwini (Durban)	21
2	Zinhle	Sithole	Ethekwini (Durban)	22
<b><u>Men's Physique o176cm</u></b>				
1	jacques	mathee	Ethekwini (Durban)	23
<b><u>Wellness Fitness (1 lineup)</u></b>				
1	lindiwe	mchunu	Uthungulu (Richards Bay)	25
2	Nokubonga	Mcunu	Amajuba (Newcastle)	26
3	Ntuthuko Zama	Mavundla	Ethekwini (Durban)	24
<b><u>Men's Classic Physique</u></b>				
1	Julian	Marais	Ethekwini (Durban)	28
2	Brett	Alcock	Ethekwini (Durban)	27
3	Simanga	Njapha	Ethekwini (Durban)	29

<u>Place</u>	<u>Name</u>	<u>Surname</u>	<u>District</u>	<u>NO:</u>
4	Sthekaselo	Zikalala	Uthukela (Ladysmith)	30
	<b><u>SESSION 2</u></b>			
	<b><u>Men's Classic Bodybuilding</u></b>			
1	Zakes	Ndzamela	Sisonke (Ixopo)	32
2	Sipho	Makhanya	UThungulu (Richards Bay)	35
3	Sihle	Tabeni	Umgungundlovu (Pietermaritzburg)	34
4	William	Paxton	UThungulu (Richards Bay)	33
	<b><u>Ladies Bikini u166c</u></b>			
1	Carla	Van Zyl	Ethekwini (Durban)	38
2	Claudia	Cummins	Ethekwini (Durban)	39
3	Ilizme	Coetzee	Ethekwini (Durban)	40
4	Nikita	Janse van Vuuren	Ethekwini (Durban)	42
5	Alexis	Herrmann	Sisonke (Ixopo)	41
	<b><u>Men Bodybuilding u70kg</u></b>			
1	Luthando	Thinyane	Sisonke (Ixopo)	50
2	Nhlanhle	Zindela	Ethekwini (Durban)	48
3	Mthembeni	Matsala	Ugu (Port Shepstone)	43
4	Vuyile	Mtshali	Ethekwini (Durban)	44
5	Sphesihle	cebekhulu	Ethekwini (Durban)	46
6	Luyanda	Khumalo	Ethekwini (Durban)	45
	<b><u>Men's Bodybuilding u80kg</u></b>			
1	Lindani	Hlongwane	<b>Ethekwini (Durban)</b>	52
2	Nhlakanipho	Mhlongo	<b>Ethekwini (Durban)</b>	57
3	Sandile	Zuma	<b>Ethekwini (Durban)</b>	56
4	Sithokozo	Thembe	<b>Ethekwini (Durban)</b>	54
5	Nthuthuko	Zwane	<b>Ethekwini (Durban)</b>	55
	<b><u>Men's Bodybuilding o80kg</u></b>			
1	Asif	Gani	Umgungundlovu (Pietermaritzburg)	58
2	Nhlakanipho Chillies	Bhengu	Umgungundlovu (Pietermaritzburg)	53
3	Siyabonga	Ntimbane	Umkhkhanyakude (Mtubatuba)	59
	<b><u>OVERALL LADIES</u></b>			
	Carla	Van Zyl	Ethekwini (Durban)	38
	<b><u>OVERALL MEN</u></b>			
	Lindani	Hlongwane	Ethekwini (Durban)	52