

IFBB SA Champs 2025

RESULTS

GROUP B

<u>No.</u>	<u>Name</u>		<u>Province</u>	<u>Place</u>
	<u>SESSION 1</u>			
	<u>Ladies Body Fitness u168cm</u>			
165	Bridget	Fynn	Kwazulu-Natal	1
166	MARIETTE	DUNN	Eastern Cape	2
170	Mienke	Botha	Western Cape	3
168	Juan	Kaplen	Northern Cape	4
169	Cyndi	Henderson	Gauteng	5
172	Nomakhwezi	Matholengwe	USSA	6
	<u>Ladies Body Fitness o168cm</u>			
173	Shandine	Nortje	Gauteng	1
167	Larissa	Pretorius	Gauteng	2
171	Juane	Du Randt	Western Cape	3
	<u>Ladies Body Fitness Masters 35y</u>			
167	Larissa	Pretorius	Gauteng	1
168	Juan	Kaplen	Northern Cape	2
169	Cyndi	Henderson	Gauteng	3
	<u>Ladies Wellness u166cm</u>			
181	Mapula	Colin	Limpopo	1
179	Esme	Nel	Gauteng	2
175	Bernadette	Moyles	Gauteng	3
177	Elizabeth	Dumagude	Gauteng	4
174	Anzelle	Kruger	North West	5
178	Zannelee	Liebenberg	Northern Cape	6
	<u>Ladies Wellness o166cm</u>			
185	Belinda	Nel	Mpumalanga	1
187	Cayleigh	Fowles	Kwazulu-Natal	2
186	Bianca	Vermaak	Gauteng	3
190	Maricia	Rabie	Gauteng	4
191	Nastasha	De Klerk	Kwazulu-Natal	5
189	Elizea	Van Rensburg	Kwazulu-Natal	6
	<u>Ladies Wellness o35yrs</u>			
192	Monique	Giraud Groener	Gauteng	1
185	Belinda	Nel	Mpumalanga	2

<u>No.</u>	<u>Name</u>	<u>Province</u>	<u>Place</u>
187	Cayleigh Fowles	Kwazulu-Natal	3
	<u>Ladies Wellness o40yrs</u>		
181	Mapula Colin	Limpopo	1
179	Esme Nel	Gauteng	2
175	Bernadette Moyles	Gauteng	3
180	Jenny Van Niekerk	Kwazulu-Natal	4
189	Elizea Van Rensburg	Kwazulu-Natal	5
193	SONET BRETCHJIE	Eastern Cape	6
	<u>Ladies Wellness OVERALLS</u>		
192	Monique Giraud Groener	Gauteng	1
	<u>Ladies Body Fitness Overalls</u>		
173	Shandine Nortje	Gauteng	1
	<u>Ladies Physique</u>		
194	Beulah Palha	Kwazulu-Natal	1
197	Jo Cloete	Gauteng	2
195	Natasha Colson	Western Cape	3
198	Kate Slabber	Western Cape	4
199	Mariann Rostasi	Kwazulu-Natal	5
196	Delene Matthews	Kwazulu-Natal	6
	<u>Junior Bodybuilding 16 to 20 yr</u>		
203	Michael East	Kwazulu-Natal	1
201	Jordan Lim	Kwazulu-Natal	2
205	Njabulo Dlamini	Kwazulu-Natal	3
204	Thandile Mabusela	Eastern Cape	4
5	Siyabonga nkosi	North West	5
200	Caleb Kopman	Western Cape	6
	<u>Junior Bodybuilding 21-23 u75</u>		
206	Ndivhuwo Mangwane	Gauteng	1
207	Lindokuhle Ntshangase	USSA	2
214	Zusiphe Ngedle	Eastern Cape	3
211	Thabani Masinga	USSA	4
212	Thato Mhlanga	USSA	5
135	Nkonzenhle Gumede	Kwazulu-Natal	6
	<u>Junior Bodybuilding 21-23 o75</u>		
215	Nkosana Skosana	Gauteng	1

<u>No.</u>	<u>Name</u>		Province	Place
218	Thapelo	Khoza	Limpopo	2
216	Siphumelele	Mchunu	Kwazulu-Natal	3
134	Lennon	Moguru	Limpopo	4
	<u>SESSION 2</u>			
	<u>Snr Bodybuilding u65kg</u>			
222	Maxwell	Nxumalo	Kwazulu-Natal	1
223	Lizo	Siziba	Eastern Cape	2
224	NEWSANE	KOLLA	Eastern Cape	3
	<u>Snr Bodybuilding u70kg</u>			
226	Lalo	Mnisi	Gauteng	1
225	Nontswabu	Buhle	USSA	2
227	Minenhle	Sikhosana	USSA	3
28	Nhlakanipho	Shoba	Kwazulu-Natal	4
235	Jacob	Jiyane	North West	5
	<u>Snr Bodybuilding u75kg</u>			
232	Sibonelo	Khomo	Kwazulu-Natal	1
229	LARNELL	FREDERICKS	Eastern Cape	2
137	Sean Kenneth	Fowles	Kwazulu-Natal	3
123	Lefa Mathule	Mothipi	USSA	4
	<u>Snr Bodybuilding u80kg</u>			
237	Langelihle	Ngcobo	Kwazulu-Natal	1
231	SANGA	GIJANA	Eastern Cape	2
3	Heinrich	Abbott	Gauteng	3
234	Jabulani	Buthelezi	Kwazulu-Natal	4
245	Nadeem	Osman	Kwazulu-Natal	5
238	Mlando Zwelethu	Ntshangase	USSA	6
	<u>Snr Bodybuilding u85kg</u>			
253	Sindile	Makupula	Gauteng	1
242	Michael	Horne	Mpumalanga	2
139	Leslie	Thornton	Kwazulu-Natal	3
10	Celumusa	Mthimkhulu	Kwazulu-Natal	4
247	Jaco	Steyn	Gauteng	5
244	Mthobisi	Ngcobo	USSA	6
	<u>Snr Bodybuilding u90kg</u>			
254	STEVEN	DOMERIS	Eastern Cape	1

No.	Name		Province	Place
255	Walter	Mukhvare	Gauteng	2
6	Aadil	Bassa	Kwazulu-Natal	3
250	Rory	Warmback	Gauteng	4
251	Ruan	Prinsloo	Western Cape	5
	<u>Snr Bodybuilding u95kg</u>			
261	Thomas	Antonio	Northern Cape	1
203	Michael	East	Kwazulu-Natal	2
257	Hannes	Alberts	Gauteng	3
264	Juan	Matthee	Western Cape	4
249	Jarred	Roberts	Kwazulu-Natal	5
256	Rageshan	Naidoo	Kwazulu-Natal	6
	<u>Snr Bodybuilding o100kg</u>			
263	Andre	Emmanual	Gauteng	1
258	Jandre Janse	Van Vuuren	North West	2
262	Bilal	Amraoui	Western Cape	3
259	Johnathan	Young	Gauteng	4
265	Sinethemba	Ngwaleni	Eastern Cape	5
	<u>Bodybuilding Masters o40yrs</u>			
132	Tharish	Ragubeer	Kwazulu-Natal	1
262	Bilal	Amraoui	Western Cape	2
250	Rory	Warmback	Gauteng	3
259	Johnathan	Young	Gauteng	4
264	Juan	Matthee	Western Cape	5
266	George	Poolman	Northern Cape	6
	<u>Bodybuilding Masters o50yrs</u>			
234	Jabulani	Buthlezi	Kwazulu-Natal	1
240	Terrence	Pillay	Kwazulu-Natal	2
248	Jan	Visser	North West	3
268	Bongani	Pephu	Eastern Cape	4
271	Allan	Flanigan	Gauteng	5
270	Bruce	Scott	Kwazulu-Natal	6
	<u>Bodybuilding Overall</u>			
232	Sibonelo	Khomo	Kwazulu-Natal	1