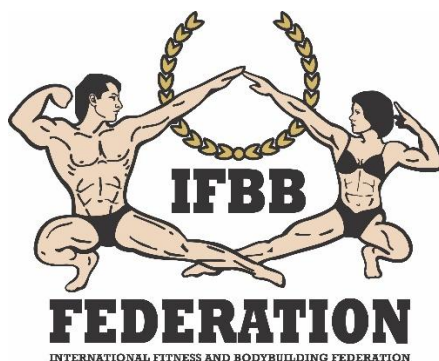


Inspection Report



IFBB SOUTH AFRICA NATIONAL CHAMPIONSHIPS

11 – 13 September 2025
The Junction, Kloof, eThekweni,
Kwa-Zulu Natal

The Junction – Space to connect

THE JUNCTION
connecting community

IFBB SA National

BODYBUILDING & FITNESS

Championships



KWA-ZULU NATAL

The Junction - 53 Abelia Road, Kloof

11-13 Sept '25



IFBB Official Protea
World Team Selection

Weigh-in : Thurs: 11 Sept
Championships : Fri & Sat: 12-13 Sept

Franci Rust | 079 933 0967 | francirust@gmail.com

1. INTRODUCTION

The IFBB SA National Championships is the flagship Bodybuilding event of the year. Athletes are selected at Provincial level to compete at this prestigious event.

The event will be hosted at The Junction, 53 Abelia Road, Kloof, eThekweni, Kwa-Zulu Natal.

The South African team will be selected over several categories, to attend the annual **IFBB World Fit Model Championships in Dubai and the Men's International World Championships, Women's World Championships and Fitness Challenge World Championships in Santa Susanna, Spain later this year.**

It is recommended that all athletes who compete at the South African National Championships be in possession of a valid passport, as not having one may jeopardise their selection for the World Championships later this year.

All athletes must have completed the mandatory e-learning Anti-doping course and have a valid certificate.

At the IFBB SA National Championships, the IFBB South African teams will be selected to represent SA at the following events:

18 – 19 October 2025	IFBB World Fit Model Championships
13 – 17 November 2025	Men's International World Championships, Women's World Championships and Fitness Challenge World Championships

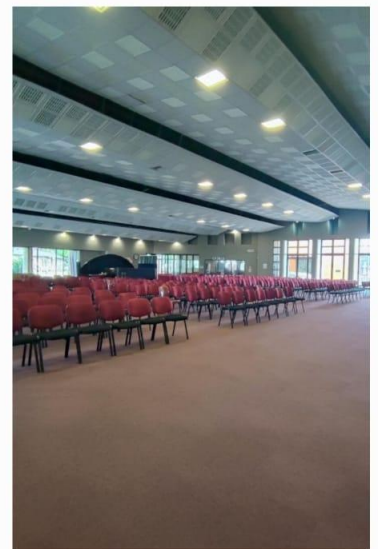
Only athletes with valid passports at the time of the IFBB SA National Championships will be considered for the World Teams.

2. VENUE

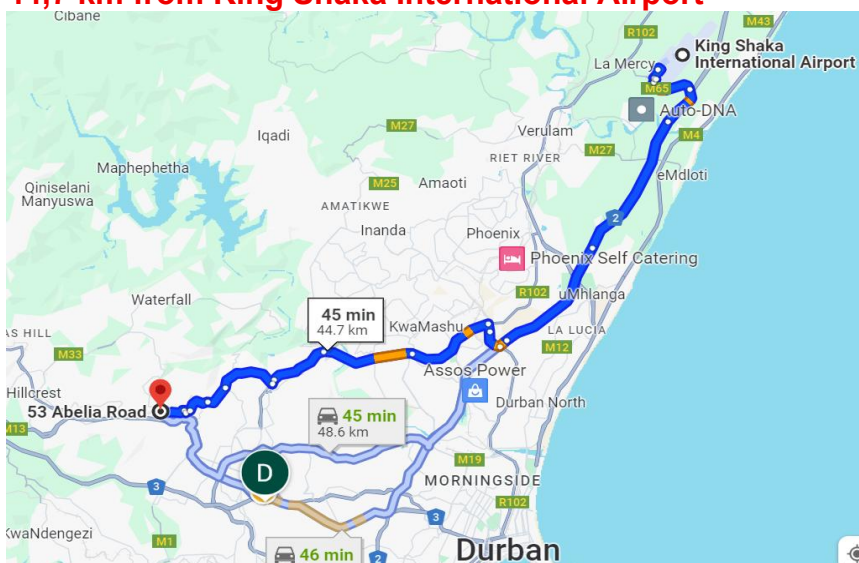
The Junction

Address:

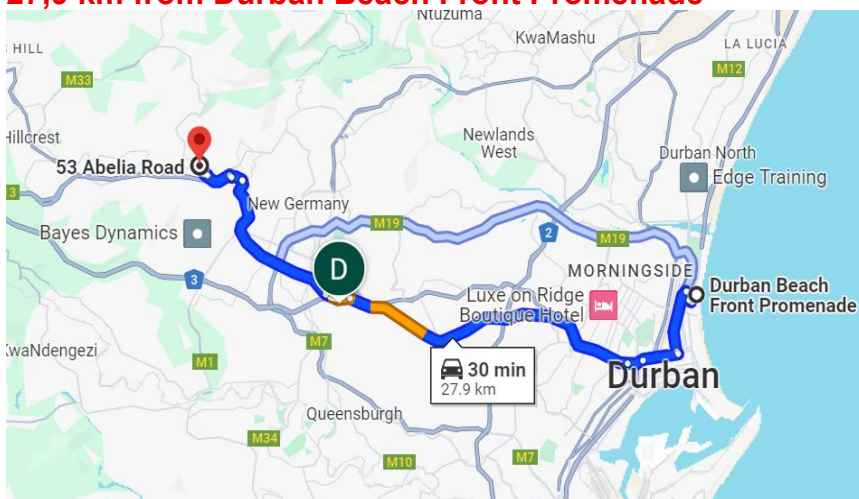
53 Abelia Road,
Kloof, eThekweni,
Kwa-Zulu Natal



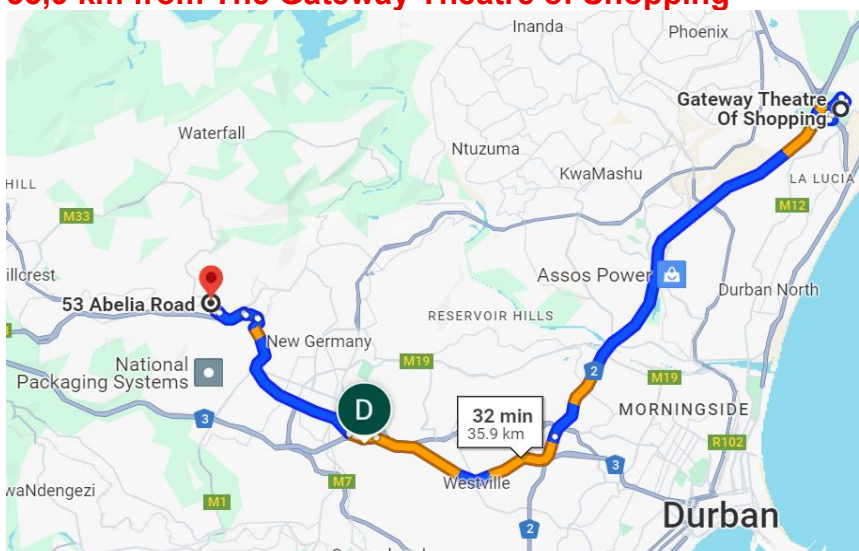
44,7 km from King Shaka International Airport



27,9 km from Durban Beach Front Promenade



35,9 km from The Gateway Theatre of Shopping



3. ACCOMMODATION

	<h4>LEMON TREE B&B, KLOOF</h4> <p>(Distance from Venue: 2.1km)</p> <p>Room ONLY - per person Rate: R950 per night</p> <p>Room ONLY - 2 people sharing Rate: R1250 per night</p> <p>Breakfast Extra @ R150 p/p</p> <p>Call: 066 219 1661</p>
	<h4>INN AFRICA B&B, KLOOF</h4> <p>(Distance from Venue: 3.4km)</p> <p>Bed & Breakfast - Single Room Rate: R1095 per night</p> <p>Bed & Breakfast - Double Room Rate: R1095 per night</p> <p>Call: 031 764 6422</p>
	<h4>THE ANCHORAGE, KLOOF</h4> <p>(Distance from Venue: 4.9km)</p> <p>Bed & Breakfast - 2 people sharing Rate: R1100 per night</p> <p>Call: 067 920 9987</p>
	<h4>THE GREGORY, KLOOF</h4> <p>(Distance from Venue: 5.8km)</p> <p>Bed & Breakfast - Twin room Rate: R1100.00 per night</p> <p>Call: 031 492 4984</p>
	<h4>AMMAZULU AFRICAN PALACE, KLOOF</h4> <p>(Distance from Venue: 4.5km)</p> <p>Single Room ONLY Rate: R1350 per night</p> <p>Double Room ONLY Rate: R1800 per night</p> <p>Breakfast extra @ R200 per person</p> <p>Call: 031 764 8000</p>
	<h4>CHURCHILL HOUSE, GILLITTS</h4> <p>(Distance from Venue: 7km)</p> <p>Bed & Breakfast - Single Room Rate: R980 per night</p> <p>Bed & Breakfast - Double Room Rate: R1500 per night</p> <p>Call: 082 664 7107</p>



THE DU BOIRS BOUTIQUE, WATERFALL

(Distance from Venue: 10.6km)

Standard room - per person

Rate: R 950.00 per night

Breakfast included

Call: 031 776 3159



NKUTU RIVER LODGE, KLOOF

(Distance from Venue: 8.9km)

2 people sharing

Rate: R1210.00 per night

Per person

Rate: R990.00 per night

Call: 031 762 1417

SELF CATERING



THE WARRENS B&B, HILLCREST

(Distance from Venue: 9.3km)

Bed & Breakfast - per person

Rate: R1200 per night

Bed & Breakfast – 2 people sharing

Rate: R1780 per night

Call: 082 664 7107



COASTLANDS HOTEL, MUSGRAVE

(Distance from Venue: 21km)

Promo Code:
IFBBSA2025CMH

Bed ONLY - per person

Rate: R1200 per night

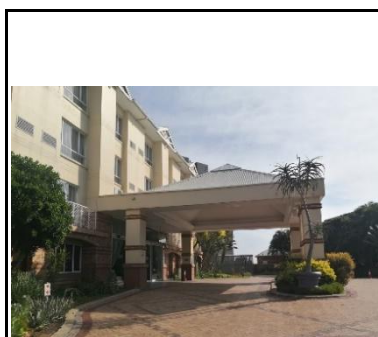
Bed & Breakfast - per person

Rate: R1400 per night

Bed & Breakfast - 2 people sharing

Rate: R1600 per night

Call: 031 271 8200



RIVERSIDE HOTEL, DURBAN NORTH

(Distance from Venue: 28km)

Promo Code:
BODYBUILDING SA

Bed & buffet breakfast - single room

Rate: R1250 per night

Bed & buffet breakfast - double room

Rate: R1450 per night

Bed & buffet breakfast - triple room

Rate: R1850 per night

Bed & buffet breakfast – family room
(4 people)

Rate: R2100 per night

Call: 031 563 0600 – for bookings email

reservations@riversidehotel.co.za (quote Promo Code)

4. WEIGH-IN AND REGISTRATION

4.1 Schedule

Venue: The Junction Venue, Backstage area

Date: Thursday, 11 September 2025

Time: Strictly 08h00

THURSDAY, 11 SEPTEMBER SCHEDULE	
07:30 – 08:00	Group A to arrive
08:00 – 11:00	Group A weigh-in and registration
10:00 – 11:00	Group B to arrive
11:00 – 12:00	Group A & B Team Photos dressed in Provincial/Regional Colors
12:00 – 13:00	Compulsory Anti-Doping Seminar for all athletes (group A & B) and Officials. Not attending and signing the register will result in you not taking part in the competition. Coaches and family may also attend.
13:00 – 16:00	Group B weigh-in and registration

5. PROGRAM AND RUNNING ORDER

Weigh-in for all Fitness Challenge Athletes – Thursday, 11 September

BRONZE CHALLENGE Friday, 12 September 09:00 – 13:00

Session 1

- Junior Men's Fitness Challenge (athletes under 23 years old)
- Junior Women's Fitness Challenge
- Men's Fitness Challenge (athletes between ages 24 and 40)
- Master Men's Fitness Challenge (athletes >40 years)
- Women's Fitness Challenge (athletes between age 24 and 35)
- Master Women's Fitness Challenge (athletes >35 years)
- Couples Fitness Challenge
- Team Fitness Challenge (team of 6 athletes of the same sex or mixed)
(Categories by execution and performance levels)

SILVER CHALLENGE Friday, 12 September 13:30 – 16:00

Session 2

- Junior Men's Fitness Challenge (athletes under 23 years old)
- Junior Women's Fitness Challenge
- Men's Fitness Challenge (athletes between ages 24 and 40)
- Master Men's Fitness Challenge (athletes >40 years)
- Women's Fitness Challenge (athletes between age 24 and 35)
- Master Women's Fitness Challenge (athletes >35 years)
- Couples Fitness Challenge
- Team Fitness Challenge (team of 6 athletes of the same sex or mixed)
(Categories by execution and performance levels)

GOLD CHALLENGE Saturday, 13 September 09:00 – 13:00

Session 3

- Junior Men's Fitness Challenge (athletes under 23 years old)
- Junior Women's Fitness Challenge
- Men's Fitness Challenge (athletes between ages 24 and 40)
- Master Men's Fitness Challenge (athletes >40 years)
- Women's Fitness Challenge (athletes between age 24 and 35)
- Master Women's Fitness Challenge (athletes >35 years)
- Couples Fitness Challenge
- Team Fitness Challenge (team of 6 athletes of the same sex or mixed)
(Categories by execution and performance levels)

6. CAPPING CEREMONY OF THE 2024 TEAM

Venue: The Junction, Main Arena
Date: Friday, 12 September 2025
Time: 18h00
Entry: Free



Athletes that competed at the various 2024 IFBB World Championships will have their formal Capping Ceremony on Friday, 12th September 2025.

Athletes can order and pay for their jackets through www.XCO.co.za in advance and bring it to the Capping Ceremony with their Green Protea Cap (already received), for the Capping Ceremony.

Athletes will be contacted and added to a WhatsApp Group where more details will be communicated regarding the ceremony.

7. TICKETS

ENTRANCE FEE	R400 PER DAY R750 WEEKEND
KIDS UNDER 13 YR	FREE
BACKSTAGE TICKET	R800 PER DAY R1200 WEEKEND

Tickets available at the door.