



Gauteng Central provincial team



Gauteng West Rand provincial team

## PROVINCIAL CHAMPIONSHIPS TAKING PLACE ACROSS THE COUNTRY

During the month of August, district provincial championship shows take place across South Africa. Teams are selected at these events to represent the various districts at the annual South African Bodybuilding Championships, which takes place this year from 13 – 15 September 2019 at the Emerald Resort & Casino, Vanderbijlpark, Sedibeng district in Gauteng province.



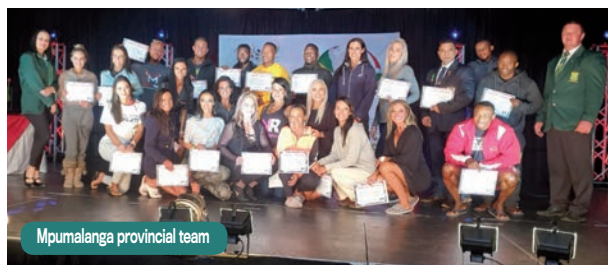
North West provincial team



Gauteng Ekurhuleni provincial team



Gauteng North provincial team



Mpumalanga provincial team



Limpopo provincial team



## Sedibeng Provincial Championships

This year we hosted the 44th Sedibeng Provincial Bodybuilding Championship formally known as the Transvaal Bodybuilding Championship. The first one was held in 1975. The competition was held at Emerald Casino on the 3rd of August 2019.

We were lucky enough to have 149 entries in 18 divisions. The overall quality of athletes was the highest we have had in our many years of this show. We were able to select our largest provincial team we have ever selected. It was truly great to see so many great athletes on stage.



Gauteng Sedibeng provincial team

