



Star Tshikang

Chairman: Bonjala, North West

Tell us a little about yourself

My name is Star Simon Tshikang and I was born in Schweizer-Reneke in North West province. I work at Sibanye Stillwaters (previously known as Lonmin). I am married with 4 children; three girls and one boy.

How long have you been involved with IFBB SA/Bodybuilding South Africa?

Mr Wayne Price often saw me at many IFBB competitions, saw my passion for the sport and recruited me to be a member of the IFBB North West committee while I was still an athlete and team manager of the (then) Lonmin bodybuilding team. In 2018 I was still actively competing - my last show was SA Championships in Rustenburg - and it was during that year that I was appointed as Vice-Chairperson of IFBB North West.

How did you get involved in the sport of bodybuilding?

My love for bodybuilding started when I saw a friend of mine, Andrew Seikaneng competing. We started to hit the gym together, and eventually I began competing in IFBB competitions. Together we started a bodybuilding team in which I was team manager and Andrew was the coach.

What are some of the challenges faced as a regional chairperson?

Our region was supposed to host a provincial show in August this year but due to the COVID-19 pandemic all competitions were cancelled. The main challenge faced in organising our first show was struggling to get sponsors on board as most of them had no knowledge of bodybuilding.

What are your plans for your region going forward?

Formalising a district committee in North West and hosting athlete workshops to educate people about the sport of bodybuilding and also provide guidance on posing. I would like to involve gym owners so that they can encourage their gym members to participate in bodybuilding.

What are your thoughts on the South African bodybuilding industry as a whole and BBSA's role in it?

The IFBB SA is a well-established bodybuilding federation that encourages ethical conduct and good sportsmanship in the bodybuilding industry. With a long history of top-quality shows and events, IFBB SA is also overseeing the development of athletes in the bodybuilding and fitness industry within the borders of their constitution. IFBB SA has a strong provincial structure and specific rules to abide by; making it one of the best bodybuilding federations to compete within the borders of their constitution.





Ronelle van Rensburg

Chairlady: Northern Cape



Tell us a little about yourself

My journey in the fitness industry started in Bloemfontein in 1977, where I also met my late husband. In 1978 I started with in-house training with Jan Lindeque and was introduced to bodybuilding. I attended the SA Championship where I had the honor of meeting the late Reg Park and his wife, Mareon. We also spent some time together after. I had my own gym in the Western Cape during the '80s. I have been involved in gyms for 10 years. My two daughters, Suzette and Jonell, and I share a love for the fitness lifestyle. Currently, I am assisting Suzette with her clients at The Fitness Factory in Kathu, Northern Cape.

How long have you been involved with IFBB SA/Bodybuilding South Africa?

My daughter, Suzette, and I got involved in 2014. During 2015 we qualified as Provincial Judges - the first in the Northern Cape and a mean mother and daughter team. We also joined the Provincial Committee at that time. First as secretary, then Vice-chair and now Chair. Suzette is the Chief Judge of NC and my youngest, Jonell, is an athlete.

How did you get involved in the sport of bodybuilding?

It all started in the gym when they needed judges for a show. With my history with bodybuilding, we volunteered, did the training and the rest is history. IFBB for life!

What are some of the challenges faced as a regional chairperson?

Our biggest challenge is the distance between towns in the Northern Cape. The province is huge. Also, NC is not a rich province. We struggle to get a lot of athletes as not a lot of people can afford the lifestyle.

What are your plans for your region going forward?

- Finding a way to assist athletes with this lifestyle.
- Providing more education regarding training and competing.
- And ultimately, getting more people involved in the sport.

What are your thoughts on the South African bodybuilding industry as a whole and BBSA's role in it?

I believe we are going in the right direction. Our overall athlete quality is also improving every year. The anti-doping campaign is excellent. I see a very bright future ahead.

Morula Legodi (CoachMo) Chairman: Limpopo



Tell us a little about yourself

I was born in Makotse, Polokwane in Limpopo Province. I am a father of three children. I work for the Department of Health as an HR practitioner.

How long have you been involved with IFBB?
3 years.

Why did you get involved in the sport of bodybuilding?

I have a passion for the sport, healthy living, healthy eating and fitness.

What are some of the challenges faced as a regional chairperson?

Financial support, government support and the promotion of the sport to the entire province.

What are your plans for your region going forward?

- Development of the youth
- Marketing the sport of bodybuilding
- Increased government involvement and support
- Getting sponsors

What are your thoughts on the South African bodybuilding industry as a whole and BBSA's role in it?

BBSA is an officially recognised sporting body, aiming to develop bodybuilding to all athletes. The federation maintains good ethics and good character in the sport world, and strives for equality in race and gender.

Juan Van Der Walt Chairman: Mpumalanga

Tell us a little about yourself

I am Juan van der Walt IFBB Mpumalanga Chairman. My wife is Natasha van der Walt, IFBB Mpumalanga athlete; my right hand in organising shows and the mother of my two beautiful daughters.

How long have you been involved with IFBB SA/Bodybuilding South Africa?

Six years.

How did you get involved in the sport of bodybuilding?

My wife competed for two years as a bikini fitness athlete. Together we started IFBB Mpumalanga in 2014, organising shows and supporting athletes to reach their goals.

What are some of the challenges faced as a regional chairperson?

- Getting event sponsors,
- Starting new districts/regions within

Mpumalanga without committed members, and

- Not getting all coaches and athletes to attend our seminars to get the correct knowledge about competing in IFBB.

What are your plans for your region going forward?

- To host seminars in the underprivileged regions of our province
- Increasing the number of female competitors at our shows, and
- Developing more athletes, committee members and supporters in Mpumalanga.

What are your thoughts on the South African bodybuilding industry as a whole and BBSA's role in it?

IFBB is ruling the industry with the right rules and regulations, seeing athletes for who they are and not just a number on stage. Athletes are the pride and joy of



IFBB. The federation takes pride in being able to take competitors around the world to show off what SA has to offer. IFBB is the only federation in which you can earn your national Protea colors. We are immensely proud to be part of the leading federation which has the passion to develop athletes to a higher level.