

Bodybuilders flex their muscles at USSA

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VANDEBIJLPARK - The North-West University's (NWU's) bodybuilding team recently achieved remarkable success at the University Sports South Africa (USSA) games that was held at the Tsebonokeng Hall on the Vanderbijlpark Campus. Competing against seven other universities, the NWU team secured second place, showcasing their exceptional talent and dedication to the sport. Headed by bodybuilding coach Raphael Kayembe Ntumba, the NWU team's performance garnered notable individual achievements across various categories.

Among these are Simphiwe Nhlengethwa who clinched first place in the Men's Bodybuilding over 80kg and Overall Bodybuilding categories, with Tshepiso Moloi announced as Best Woman Poser. Adding to the accolades, Denzel Chivanga secured first place in the Men's Bodybuilding under 80kg. Rushmore Verah placed first in the Men's Physique over 176cm and the Physique Overalls, and Lehlohonolo Mnisi claimed first place in the Senior Men Bodybuilding under 75kg division. Additionally, Kudzai Trish Mudzingwa and Samkelisiwe Felicia Maseko shone bright in the Ladies' Bikini over 164cm category, coming first and second respectively. Sandile Dike and Mandlakayise Jonga also took first and second place in the Men's Physique under

176cm category, while Nomthandazo Galate and Shari Igwe placed second and fourth in the Ladies Bikini under 164cm division.

Looking ahead, the South African National Bodybuilding Championships are set to take place at The Junction in Durban from August 1-3. Coach Ntumba says this event is of paramount importance, as it will be used to select the International Federation of Bodybuilding and Fitness' official Protea

World Team that will represent South Africa in Japan. Notably, the team is also preparing a second group of athletes for the Sedibeng Regional Championships, scheduled to take place on July 20.

"As the team gear up for the upcoming Nationals and continue their preparation for future events, they have undoubtedly set a high standard for success in the sport of bodybuilding," he says.



NWU Vanderbijlpark's USSA bodybuilding team.