



IFBB SOUTH AFRICA

2026 EVENTS CALENDAR



February 2026

Event Name	Date	Province	Venue	Contact Person
Judges Seminar & Refresher	7 February 2026	Gauteng	TBA	Helena 064 238 2623
Judges Seminar & Refresher	15 February 2026	Eastern Cape (Buffalo City)	TBA	Steve 0783513742
Judges Seminar & Refresher	21 February 2026	Western Cape	TBA	Claude 0844135229
Judges Seminar & Refresher	21 February 2026	Mpumalanga	TBA	Juan 0720999500
Judges Seminar & Refresher	21 February 2026	KwaZulu-Natal	TBA	Franci 0799330967
Athlete / Posing Seminar	21 February 2026	KwaZulu-Natal	TBA	Franci 0799330967
Judges Seminar & Refresher	22 February 2026	Eastern Cape	TBA	Mbuzeli 0717016945 or 0630250164
Athlete Seminar	28 February 2026	Gauteng	TBA	Marlene 0824167442

March 2026

Event Name	Date	Province	Venue	Contact Person
Judges Seminar & Refresher	1 March 2026	Eastern Cape (OR Tambo)	TBA	Rick 0734689500
Athlete / Posing Seminar	7 March 2026	Western Cape	TBA	Claude 0844135229

May 2026

Event Name	Date	Province	Venue	Contact Person
Buffalo City Championships	2 May 2026	Eastern Cape	TBA	Steve 0783513742
Nelson Mandela Bay Championships	9 May 2026	Eastern Cape	TBA	Mbuzeli 0717016945 or 0630250164
OR Tambo Championships	16 May 2026	Eastern Cape	TBA	Rick 0734689500
Iron City Classic	16 May 2026	Gauteng	TBA	Helena 064 238 2623
Athlete / Posing Seminar	23 May 2026	Mpumalanga	TBA	Juan 0720999500
Northern Cape Provincial Championships	30 May 2026	Northern Cape	TBA	Monique 0605084976
East Coast Classic	30 May 2026	KwaZulu-Natal	The Junction, Kloof	Franci 0799330967
Seminar / Posing Seminar	30 May 2026	North West - Mafikeng	TBA	Star 0661178247

June 2026

Event Name	Date	Province	Venue	Contact Person
DH Classic	13 June 2026	Cape Town	TBA	Claude 0844135229
USSA National Championships	26-28 June 2026	North West - Mafikeng	TBA	Mihlali 0763912804 or 0649047688
Eastern Cape Provincial Championships	27 June 2026	Eastern Cape	TBA	Lawrence 0823456834

July 2026

Event Name	Date	Province	Venue	Contact Person
Mpumalanga Provincial Championships	11 July 2026	Mpumalanga	TBA	Natasha 0795161352
Gauteng Provincial Championships	18 July 2026	Gauteng	TBA	Helena 064 238 2623
Western Cape Provincial Championships	18 July 2026	Western Cape	TBA	Claude 0844135229
KZN Provincial Championships	25 July 2026	KwaZulu-Natal	The Junction, Kloof	Franci 0799330967

August 2026

Event Name	Date	Province	Venue	Contact Person
North West Provincial Championships	1 August 2026	North West - Mafikeng	TBA	Star 0661178247
South African National Amateur & SemiPro Championships	19-22 August 2026	Western Cape	TBA	Franci 0799330967

November 2026

Event Name	Date	Province	Venue	Contact Person
Northern Cape Classic	7 November 2026	Northern Cape	Upington	Monique 0605084976
DH Classic	14 November 2026	KwaZulu-Natal	The Junction, Kloof	Franci 0799330967
XFE - DH Classic	28 November 2026	Gauteng	TBA	Helena 0642382623

*TBA – To be Advised



sport & recreation
Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA