



Gentle Giant

Classic

R 1 000 000 Cash Prize Money

4 & 5 October 2019

Venue: Big Top Carnival City

Online Entry R 1500

On the day R 2000

web tickets 

Open to all Athletes. National Sanctioned Show. Promoter holds the right to cancel the show if a minimum of 500 athletes are not registered by 30 August 2019. Entries will then be refunded.

The 3rd, Gentle Giant Classic 2019 will be held at the Big Top Carnival City, Boksburg.



Accommodation in the area



Road Lodge Carnival City

(Distance from venue: 700m)

011 915 5800

rlcarnival.dm@clhg.com



Angelica Guesthouse

(Distance from venue: 10.6km)

011 913 2935

angelicaguesthouse@
telkomsa.net



Kuse Khaya

(Distance from venue: 10.4km)

011 913 8981

info@khayaguesthouse
.co.za



Sunward Park

(Distance from venue: 8.4km)

011 913 1517

info@sunwardhouse
.co.za



Afrique Boutique

(Distance from venue: 14.4km)

011 918 8001

info@abhotel.co.za



Green Fig

(Distance from venue: 4.4km)

011 742 2027

info@greenfig-
guesthouse.co.za



All are Welcome

(Distance from venue: 4.3km)

011 915 3077

clmello@talkomsa.net



Franchise Guesthouse

(Distance from venue: 10.4km)

011 421 3982

infofranchiseguest-
house.co.za

Registration and Weigh In

DOCUMENTS TO BE PRESENTED AT REGISTRATION AND WEIGH IN

- ID Document
- Music on USB in WAV format

IMPORTANT NOTICE:

The use of profane, vulgar or offensive language is strictly prohibited in posing music, you will be asked to leave the stage.

FRIDAY, 4 OCTOBER 2019

Weigh In and Registration for the athletes from 17:00 - 20:00, Big top Carnival City, Boksburg

Program for Saturday 5 October 2019

07:00 -08:00	Late registration for athletes
08:30	Athletes meeting
09:00	Pre Judging
16:30	Doors open for finals
17:00	Finales



Gentle Giant Classic



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Prize Money

1st Place	R 10 000
2nd Place	R 6 000
3rd Place	R 4 000
4th Place	R 3 000
5th Place	R 2 500
6th Place	R 2 000

Overalls

Beach Bikini	R 5 000
Bikini Fitness	R 5 000
Women's Body Fitness	R 5 000
Men's Juniors U/23	R 5 000
Senior Bodybuilding	R 5 000
Masters Over 40	R 5 000
Men's Athletic Physique	R 5 000
Classic Physique	R 5 000
Senior Men's	R 5 000

Pay it forward

R 1 000 per category
Line up winners choose one of his competitors

Athlete Online Entry Open 1 June

Online Entry R 1500

On the day R 2000

Affiliation R 200

How do I enter?

No points or qualification needed
online registration open to all



For more information go to www.gentlegiantpromotions.com

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Gentle Giant Classic



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Men Categories

Juniors U/23

Under 75 kg
Over 75 kg

Masters Over 40

Under 80 kg
Over 80 kg

Senior Men's

Up to 70kg
Up to 80 kg
Up to 90 kg
Up to 100 kg
Over 100 kg

Muscular Men's Physique

One line up

Classic Physique

Up to 180 cm
Over 180 cm

Men's Athletic Physique

Junior U/23
Up to 163 cm
Up to 176 cm
Up to 179 cm
Over 179 cm

Senior Classic Bodybuilding

Up to 175 cm
Up to 180 cm
Over 180 cm

Women Categories

Beach Bikini

Junior U/23
Up to 163 cm
Over 163 cm

Bikini Fitness

Up to 166 cm
Up to 172 cm
Over 172 cm
Over 35 years

Women's Wellness

One line up

Body Fitness

Up to 168 cm
Over 168 cm

Women's Physique

One line up

Gentle Giant Promotions, Promoter of the Gentle Giant Classic, holds the right to combine line ups if less than 6 athletes enter in a specific division

Top 6 - Medals and Cheque
Overall - Trophy and Cheque



For more information go to www.gentlegiantpromotions.com

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Program for Saturday 5 October 2019

SERVICES OFFERED AT THE EVENT

Onsite training provider:

- Jan Tana bookings can be booked through.

Clarice Kruger - 061 989 9457

The IFBB reserves the right to refuse any athlete onto the stage that has tans and bronzers that can be wiped off. If the tan comes off by simply wiping, the athlete will be told to remove it before stepping on stage. No spray & cook or deep heat may be used at this event.

Onsite Hair and Makeup provider:

- Bookings can be booked through.

Lente: 076 493 5874

PLEASE BOOK IN ADVANCE TO AVOID DISAPPOINTMENT – ATHLETES WILL NOT BE ALLOWED TO APPLY TAN IN ANY OTHER AREAS IN THE VENUE OTHER THAN THE ALLOCATED BACKSTAGE AREAS.

**BACKSTAGE ACCESS / DRESSING ROOM ACCESS - VERY IMPORTANT
STRICTLY NO MEN ALLOWED IN LADIES CHANGE ROOMS**

Access to the backstage and/or dressing room areas shall be strictly limited to athletes and backstage pass holders only.

Backstage passes can be purchased from Webticket or at the entrance for R 500.00 and can be collected by the accreditation stand.

PLEASE NOTE:

- **Having a backstage pass does not give you access for the pre judging or finals, you will need an additional auditorium ticket.**

- **All athletes must wear and compete with the wrist band they receive at registration.**

PHOTOS:

Photographs from professional photographer hired for the event will be available after the event

SHOW TICKETS:

Tickets can be bought directly through Webticket or at the door.

Ticket prices:

Saturday Pre-Judging	R200
Saturday Finals	R300
Saturday Backstage pass (excl. entrance into event)	R500
Saturday Combo ticket (Pre-judging & Finals)	R400

IMPORTANT INFORMATION FOR ATHLETES:

PLEASE NOTE: ATHLETES MAY VIEW PRE-JUDGING FREE OF CHARGE ON THE DAY, BUT TICKETS HAVE TO BE BOUGHT FOR FINALS

Retail Therapy

South Africa's shopping centres provide world-class shopping, plenty of entertainment, the latest movies and delicious food in conveniently situated and safe surroundings. Whether you are looking for something specific, have time on your hands to browse around or just love to shop, the boutiques, chain stores and specialist shops in the country's malls have it all.

The quality, cost and variety of goods on offer along with the safe, sophisticated environment provided by South Africa's shopping centres should not take visiting international holidaymakers and business people by surprise. South Africa's malls are famous for their excellent shopping and entertainment facilities. When you leave the country after your holiday or business trip, you will lament the baggage restrictions of the international airlines and wish that you could take more of South Africa home with you!

Thanks to a very favourable exchange rate, Euros or US Dollars go a very long way in South African shopping centres, and make even the more exclusive purchases very affordable. And there is so much to see and buy!

Along with general retail stores, like Woolworths, Truworths, Edgars, Pick 'n Pay and Checkers, which will provide you with clothes, groceries and homeware, you will discover that malls and shopping centres in South Africa each have their own character, created by the dozens of boutiques, specialty stores and restaurants that they host. Many of the centres are also located in beautifully designed buildings, showing off state of the art architecture and ensuring that your shopping experience is a pleasant one.



mall carnival
a sweetside to life



EAST RAND MALL



LAKESIDE MALL