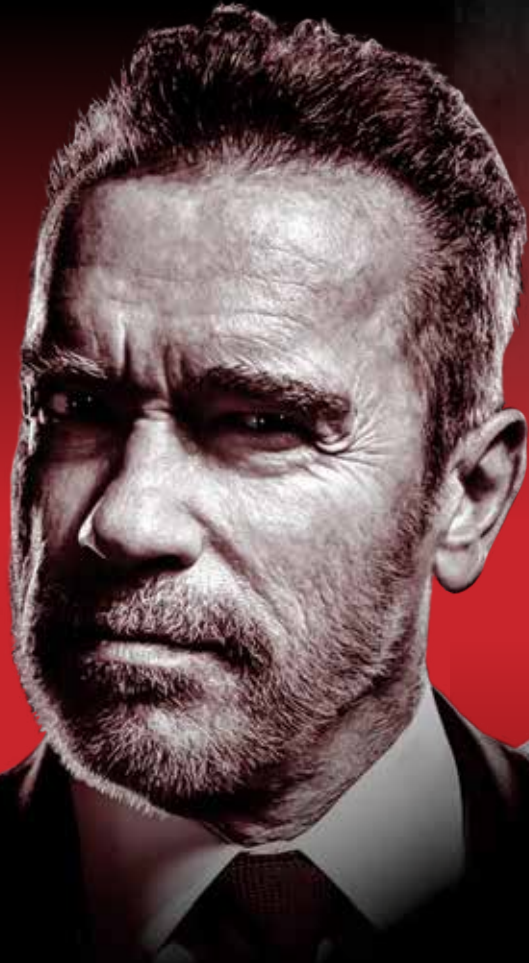


www.arnoldclassicafrica.com



Multi Sport and  
Arts Festival



3-5 June 2022

RUIMSIG STADIUM | ROODEPOORT | JOHANNESBURG



Elite Pro Bodybuilding

Inspection  
*Report*



# CONTENT

City of Johannesburg	3
Ruimsig Stadium	4
Elite Pro Athlete information	6
Tanning, Hair & Makeup	12
Sporting Codes	13
Tickets 2022	14
South Africa Information	15





# CITY OF JOHANNESBURG

Proud Partner of Arnold Classic Africa



In South Africa, Johannesburg is the second largest city in Africa, in 2016 there were 4.94 million people living in the City of Johannesburg. Joburg, or Jozi as some prefer to call it, offers visitors an experience as unique and diverse as the city itself. Whether you are on business, in search of a cultural encounter, an adrenaline rush or simply want to relax and unwind for a few days, the city of Johannesburg has everything you're looking for and more! [www.joburgtourism.com](http://www.joburgtourism.com)

## **Johannesburg is a young city with an incredible history and legacy.**

The settlement sprang up in 1886 when prospectors found gold in the area now known as the Witwatersrand. When the discovery

became public, thousands flocked here in search of fortune and new opportunities. Today, Johannesburg still attracts those who want to realise their dreams and achieve success.

**The new city was named after  
two officials of the Zuid-Afrikaansche  
Republiek (ZAR);  
Johannes Meyer and  
Johannes Rissik.**

Johannesburg grew rapidly and quickly transformed from a small settlement into a full-fledged city. It seemed like nothing could stop its growth, not even the Anglo-Boer war. In those tumultuous times, and beyond, Johannesburg

has always been recognised as the golden beating heart of South Africa.

Through the years, Johannesburg has been the site of many iconic events. It was where the Springboks beat the All Blacks to take the Rugby World Cup in 1995, and, most recently, it was where South Africa showed the world that we can host an event as large as the FIFA Soccer World Cup with style and grace.

Tourist Information ([joburg.org.za](http://joburg.org.za)) ■



# RUIMSIG STADIUM



**Arnold Classic Africa organizers will be building the GG Tent City on the grounds of the Ruimsig Stadium, Johannesburg. This year we are PUTTING FESTIVE back in the FESTIVAL, with more than 50 tents and activations spread over many acres of land.**

Ruimsig Stadium is a multi-purpose stadium located in Roodepoort, South Africa. It is used mostly for football matches and was used as a training field for teams participating in the 2010 FIFA World Cup after being renovated in 2009 and brought up to FIFA standards. At the 2009 FIFA Confederations Cup, Iraq used Ruimsig Stadium for their training sessions.

The stadium hosted an international friendly between Australia and Denmark,[4] and one between the USA and Australia on 5 June 2010. Ruimsig Stadium was constructed in 1994 at a cost of R24 million as an international Athletics

venue to the latest IAAF standards at the time. The venue forms part of a multi-sport events complex which was designed so that sporting codes that require access to open land and open water can also be staged at this venue, and the events that have taken place include Road Running, Cross County Running, Triathlon, Duathlon, Mountain Biking, Off-road Triathlon, Road Cycling and model aeroplanes.

The terrain was also designed to accommodate BMX, model cars and moto cross, although the various managers have at different times not always allowed motorised sport. The annual

Urban Assault Mountain Bike Race at the stadium attracts up to 2,000 participants and has been running for ten years.



Corner Hendrik Potgieter & Furrow Rd,  
Ruimsig, Krugersdorp, 1747

**Tel:** 010 020 1234.

GPS Coordinates: -26°3'34.41' /  
+27°50'21.47'.

[www.cradlestonemall.co.za](http://www.cradlestonemall.co.za)





Perfectly located in the heart of Mogale City in Johannesburg's West Rand. Named for its close proximity to the World Heritage Site, Cradlestone Mall is both an architectural masterpiece and, is optimally located at the intersection of the N14/R28 highways and Hendrik Potgieter and conveniently adjacent to the Pinehaven Interchange.

**Cradlestone Mall offers the perfect mix of 160 quality shops, restaurants and services- all in a fresh and vibrant atmosphere.**

Shopper enjoyment and convenience are at the forefront of every visit to Cradlestone Mall, whether meeting friends for a meal, finding the perfect gifts for family, or buying that well

deserved item. In addition to the nearly 4300 convenient parking bays, specialised facilities for the disabled and family parking, the Mall also makes use of the very latest energy saving technologies, reducing the Mall's carbon footprint and ensuring that Cradlestone Mall is an exceptional and unforgettable shopping experience.

**Trading hours:**

Monday to Saturday	09:00 to 18:00
Sunday	09:00 to 17:00
Public Holidays	09:00 to 17:00

**Gym in Cradelstone Mall**

(3km from Ruimsig Stadium) Hendrik Potgieter Drive, Roodepoort

**Contact number** +27 11 662 2938



# ELITE PRO ATHLETE INFORMATION

## Competition information

Arnold Classic Africa will present the following 3-line ups and all athletes are to enter and confirm their participation with the IFBB Elite Pro Headquarters.

Elite Pro Bodybuilding	\$4000 prize money
Elite Pro Men's Physique	\$4000 prize money
Elite Pro Bikini	\$4000 prize money

### Information:

**Arnold Classic Africa**  
wayne@arnoldclassicsa.co.za

**Elite Pro Headquarters**  
info@eliteprocards.com

## Accommodation

Experience Africa!! Misty Hills Country Hotel in Muldersdrift is the preferred four-star host hotel for the IFBB Elite Pro Athletes and IFBB Officials. The venue is 15 minutes from Ruimsig Stadium, Roodepoort in Johannesburg where the Arnold Classic Africa will be hosted 3 to 5 June 2022.

Transport from the airport can be confirmed in advance with michelle@arnoldclassicsa.co.za. A complimentary vehicle from the hotel to competition venue will be available.

The athletes will be responsible to book and pay their own accommodation for the duration of stay. Please book and confirm your accommodation in advance:



### Ms Amanda Venter

**Email:** roomsdivision@rali.co.za  
**Address:** Muldersdrift Estate, 69 Drift Blvd,  
Muldersdrift, Johannesburg,  
1747  
**Phone:** 011 950 6000





### Stones Throw Manor

Km distance to Ruimsig Stadium, Roodepoort	10 km
Km distance from OR Tambo International Airport	45 minutes
Km distance from Lanseria International Airport	15 minutes
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	No
Self catering option available	Yes
Booking code	ACA2022

#### Web page links

[https://stones-throw-manor.business.site/?utm\\_source=gmb&utm\\_medium=referral](https://stones-throw-manor.business.site/?utm_source=gmb&utm_medium=referral)

<https://www.facebook.com/stonesstrow>

#### Contact person

Blessings Nyaningwe  
074 485 0304 | whatsapp 074 485 0304  
email roomdiv@riverstonelodge.co.za

### Misty Hills Hotel Conference Centre & Spa

Km distance to Ruimsig Stadium, Roodepoort	13 km
Km distance from OR Tambo International Airport	51 km
Km distance from Lanseria International Airport	16.3 km
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	Yes
Can cater for special diets	Yes
Self catering option available	No
Booking code	ACA2022

#### Web page links

<http://www.mistyhillscountryhotel.com/>

<https://www.facebook.com/mistyhillshotel>

#### Contact person

Johanna Thabeng – Johanna@rali.co.za  
Amanda Venter – roomsdivision@rali.co.za  
011 950 6000

### Avianto Hotel

Km distance to Ruimsig Stadium, Roodepoort	11 min (9,0 km)
Km distance from OR Tambo International Airport	54 min (86,8 km)
Km distance from Lanseria International Airport	15 min (18,5 km)
Shuttle Service	No
We offer breakfast / Lunch / Dinner	Yes
Can cater for special diets	Yes if requested before
Self catering option available	No
Booking code	ACA2022

#### Web page link

[www.avianto.co.za](http://www.avianto.co.za)

#### Contact person

Itumeleng +27 11 668 3000  
info@avianto.co.za



### Lanseria Country Estate

Km distance to Ruimsig Stadium, Roodepoort	27 km
Km distance from OR Tambo International Airport	57 km
Km distance from Lanseria International Airport	5 km
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	Yes
Can cater for special diets	Yes
Self catering option available	Yes
Booking code	ACA2022

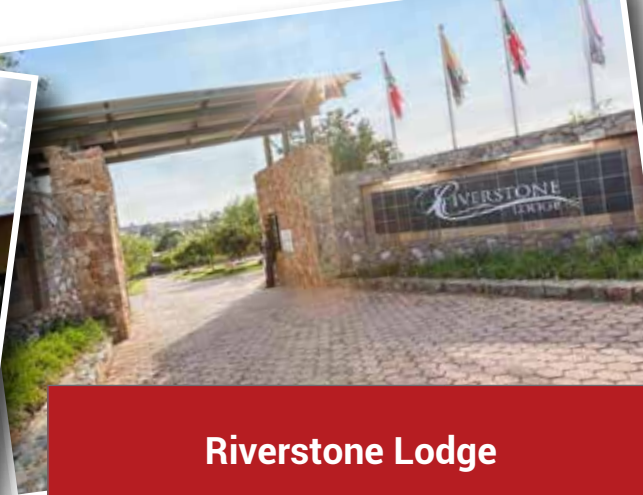
#### Web page links

<https://lanseriacountryestate.co.za>

<https://www.facebook.com/LanseriaCountryEstate/>

#### Contact person

Caleb, Jessie or Felix. 0828739883 or [enquiries@lanseriacountryestate.co.za](mailto:enquiries@lanseriacountryestate.co.za)



### Riverstone Lodge

Km distance to Ruimsig Stadium, Roodepoort	10 km
Km distance from OR Tambo International Airport	45 min
Km distance from Lanseria International Airport	15 min
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	Yes
Can cater for special diets	Yes
Self catering option available	No
Booking code	ACA2022

#### Web page links

<https://www.riverstonelodge.co.za/>

<https://www.facebook.com/LodgeRiverstone>

#### Contact person

Khethiwe Khumalo  
email [reservations@riverstonelodge.co.za](mailto:reservations@riverstonelodge.co.za)  
Blessings email  
[roomdiv@riverstonelodge.co.za](mailto:roomdiv@riverstonelodge.co.za)  
WhatsApp +27116683111  
Call +27116683111



### 26 Degrees South Hotel

Km distance to Ruimsig Stadium, Roodepoort	11 km
Km distance from OR Tambo International Airport	43 km
Km distance from Lanseria International Airport	10 km
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	YES
Can cater for special diets	Yes
Self catering option available	NO
Booking code	ARNOLD

#### Web page links

<https://26dsouth.co.za/>

<https://web.facebook.com/26DSOUTH>

#### Contact person

Charlene  
email: [info@26dsouth.co.za](mailto:info@26dsouth.co.za)





### Indaba Hotel, Spa & Conference Centre (4 star TGCSA Graded)

Km distance to Ruimsig Stadium, Roodepoort	24 km
Km distance from OR Tambo International Airport	32 km (45 minutes)
Km distance from Lanseria International Airport	18 km (15 minutes)
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	Yes
Self catering option available	No
Booking code	ACA2022

#### Web page links

<https://www.indabahotel.co.za/>

<https://www.facebook.com/Indaba Hotel, Spa & Conference Centre/>

#### Contact person

Reservations@indabahotel.co.za  
Tel: 011 840 6600

### Blueberry Hill Hotel

Distance to Ruimsig Stadium	10 km
Distance from Lanseria International airport	20 km
Distance from OR Tambo International airport	45 km
Self Catering option available / We do self-catering apartment as well with fully kitchen furnished	Yes
We offer breakfast / lunch / dinner	Yes
Can cater for special diets	Yes
Transport shuttle available	Available at extra charge
Booking code	ACA 2022

#### Web page links

<https://blueberryhillhotel.co.za/>

#### Contact person

info@blueberryhillhotel.co.za  
Thabile Radebe: 083 992 7707/010 109 8789

### Glenburn Lodge & Spa

Km distance to Ruimsig Stadium, Roodepoort	17 km
Km distance from OR Tambo International Airport	62 km
Km distance from Lanseria International Airport	16.3 Km
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	Yes
Self catering option available	Yes
Booking code	ACA2022

#### Web page links

<https://glenburn.co.za/>

<https://www.facebook.com/GlenburnLodgeAndSpa/>

#### Contact person

Saleen Reddy- 0861148866  
email : cro@guvon.co.za



## Kloofzicht Lodge and Spa

Km distance to Ruimsig Stadium, Roodepoort	16.3 km (23 min)
Km distance from OR Tambo International Airport	63.8 km (59 Minutes)
Km distance from Lanseria International Airport	18.9 km (21 Minutes)
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	Yes
Can cater for special diets	Yes
Self catering option available	No
Booking code	ACA2022

### Web page links

<https://www.kloofzichtlodge.co.za/>

<https://www.facebook.com/KloofzichtLodgeAndSpa/>

### Contact person

Saleen Reddy- 0861148866  
email : cro@guvon.co.za

## Ramkiki Country Estate

Km distance to Ruimsig Stadium, Roodepoort	4.2 km
Km distance from OR Tambo International Airport	54 km
Km distance from Lanseria International Airport	23.5 km
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	Breakfast incl, rest available
Can cater for special diets	Yes
Self catering option available	No
Booking code	ACA2022

### Web page links

[www.ramkiki.co.za](http://www.ramkiki.co.za)

<https://www.facebook.com/Ramkikisa>

### Contact person

Anneke, Iz mari, Plakkie  
anneke@ramkiki.co.za • izmari@ramkiki.co.za  
reception@ramkiki.co.za  
011 958 0503 • 082 414 5129







# IFBB ELITE PRO



## Airport Transfers, Tickets, Visa info and Covid regulations

Arnold Classic Africa will provide free transfers to Misty Hills Country hotel on Thursday 2 June from **OR Tambo International Airport** (50minutes to hotel) or **Lanseria International Airport** (10 minutes to hotel).

Arnold Classic Africa will provide free transfers back to the airport on Sunday 5 April to OR Tambo International Airport and Lanseria International Airport.

*Please email Michelle to confirm you will need ground transport on the above dates and include your flight information michelle@arnoldclassicsa.co.za*

## Travelling

**Need help with?** IGO Travel is the Arnold Classic Africa preferred service provider.

- Air ticket
- Ground transport
- Visa information
- Covid regulations
- Extend my travel to see South Africa

### Contact:

Vicky Peterson  
Vicky.peterson@igotravel.co.za

## Preliminary Elite Pro Running Schedule (Will be confirmed)

### Arrival date

2 June 2022

### Weigh in and registration

3 June 2022

18h00 at the Ruimsig Stadium

### Pre-Judging

4 June 2022

17h00 in Auditorium, Ruimsig stadium

### Finals

4 June 2022

19h00 in Auditorium, Ruimsig stadium

### Departure date

5 June 2022



## TANNING, HAIR & MAKEUP

Online bookings and payment:

[www.jantanaafrica.com](http://www.jantanaafrica.com)

Jan Tana will be the Exclusive Tanning, Hair & Makeup company Back Stage. They will provide Professional Airbrush Tanning, Hair & Makeup Services to insure you look your best.

### PLEASE MAKE BOOKINGS FOR TANNING, HAIR AND MAKEUP IN ADVANCE WITH JAN TANA.

Jan Tana is the Official Tanning, Hair & Makeup Sponsor for the IFBB Elite Pro.

### GENERAL

- [admin@jantanaafrica.com](mailto:admin@jantanaafrica.com)

### FRANCE PRICE

- [france@gentlegiantpromotions.com](mailto:france@gentlegiantpromotions.com)

### MEGAN ELS

- [sales@arnoldclassicsa.co.za](mailto:sales@arnoldclassicsa.co.za)

The service will include base coat, stage coat, touch up and glaze. Time schedule will be shared 1 week before competition date.

South African athletes	R 850.00
International athletes	R1100.00

**The IFBB reserves the right to refuse any athlete onto the stage that has tans and bronzers that can be wiped off.**

**Book your Hair and Makeup online or direct with our professional ACA Service Providers.**

**Self-application product will be available to purchase at all events.**



### HAIR AND MAKEUP

*Isma Theron | Tipsee & Co*

**Cell:** +27 81 488 1610

**e-mail:** [ismatheron@gmail.com](mailto:ismatheron@gmail.com)

*Lente Rautenbach | Makeup by Lente*

**Cell:** +27 76 493 5874

**e-mail:** [Velentestudio.lemmer2@gmail.com](mailto:Velentestudio.lemmer2@gmail.com)

### National Athletes:

• Hair	R 600
• Makeup	R 850
• Makeup with lashes	R 900

### International Athletes

• Hair	R 700
• Makeup	R1 100
• Makeup with lashes	R1 200



# SPORTING CODES



- Aerial Sport
- Archery
- Arm Wrestling
- Arnold Transformation
- Art Competition
- Baseball
- Baseball 5
- Basketball
- Battle Heritage
- Beach Tennis
- Beach Volleyball
- Bocce Ball
- Bodybuilding IFBB Amateur
- Bodybuilding and Fitness
- Bodybuilding IFBB Elite Pro
- Body Painting
- Cue Sport

- Deaf Sport
- Fencing
- Figure Skating
- Fitness Fiesta
- Floor Hockey
- Futsal 5 a side
- Street Football
- Gauteng Aquatics
- Golf
- Herd Games/Throwdown
- Ice Hockey
- Judo
- Kangoo jump
- Karate
- Korean Martial Arts
- Legobuild
- Majorettes

- Model planes
- Model Search
- Orchards Tae Bo
- Paddle Ball
- Powerlifting
- Rides and entertainment for kids
- Ringball
- Ringtennis
- Roller Sport - artistic skating
- Softball
- Special Olympics (Table tennis/boche)
- Speed Cubes
- Artistic skating
- Skate Boards
- Strongman Amateur

- Table Tennis
- Team Chess
- Team Volleyball
- Teen Challenge
- Tenpin Bowling (Northcliff Bowling)
- Trail Run
- Weightlifting
- Wrestling
- Zumba Kids



web tickets

# TICKETS 2022

RUIMSIG STADIUM  
ROODEPOORT  
JOHANNESBURG

## GENERAL ACCESS TICKET

Access to the ACA sports and events in GG Tent City

R100	- Adults Friday	Free	- Kids under 7yrs
R150	- Adults Saturday	R50	- Kids 7 - 12yrs one day
R150	- Adults Sunday	R100	- Kids Weekend 7 - 12 yrs
R300	- Adults Weekend		



3-5 JUNE



LIMITED  
TICKETS  
AVAILABLE

## VIP VISITOR TICKET

Do you want to experience the Arnold Multi Sport and Art Festival as a VIP? Now is the opportunity to be one of the more important guests, with special privileges and free gifts from our sponsors. This ticket will give you VIP parking, special access to a VIP Visitor Lounge with spectacular views of the stadium while relaxing on couches with free refreshments, private bathrooms and phone charging points.

R3 500 - Adult per day | R5 500 - Adult weekend

## AUDITORIUM IFBB ELITE PRO BODYBUILDING TICKET

The ticket for the auditorium include general access at the main gate and all sports and events.

R500 - Prejudging and Finals - Non reserved

(You do not need a general access ticket to ACA event)

R950 - Backstage Pass

(Auditorium access in general seat and ACA event)

## IFBB AMATEUR BODYBUILDING TICKET

Your general access ticket at the main gate and backstage ticket will allow you into the auditorium

FREE - IFBB Amateur Bodybuilding event

R800 - Backstage ticket per day

R1 200 - Backstage ticket weekend

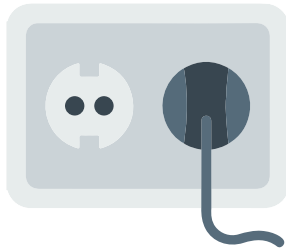
Gates open 7am to late



# SOUTH AFRICA INFORMATION

1

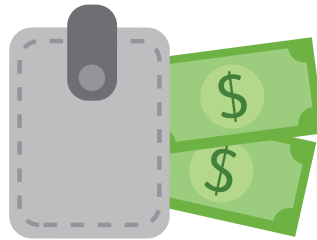
## ELECTRICAL CURRENT



230 V / 50 Hz, plug / socket type C / D / M / N. For more information visit <http://www.worldstandards.eu/electricity/plug-voltage-by-country>

2

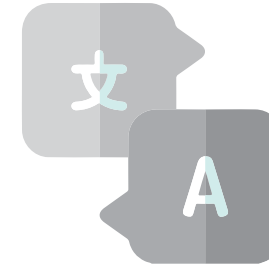
## CURRENCY



The national currency in South Africa is SOUTH AFRICAN RAND (ZAR).  
1.00 USD = 14.60 ZAR (as for March 29th, 2022)  
1.00 EUR = 16.18 ZAR (as for March 29th, 2022)  
Current rates at: <http://www.x-rates.com/table/?from=ZAR&amount=1> Banks for exchange available at Airport & Mall

3

## LANGUAGE



South Africa has eleven official languages: Afrikaans, English, Ndebele, Northern Sotho, Sotho, Swazi, Tswana, Tsonga, Venda, Xhosa, and Zulu. English is recognised as the language of commerce and science and remains the de facto lingua franca of the nation (used to make communication possible between people who do not share a native language).

4

## TIME DIFFERENCE



Standard Time Zone for Johannesburg: UTC/GMT + 2 hours. More info at: <http://24time-zones.com/>

5

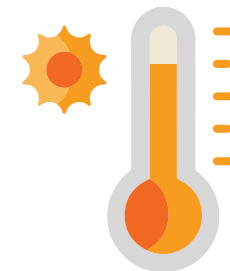
## VISAS



Holders of passports of many countries do not need visas to enter South Africa. See the list available at: <http://www.dha.gov.za/index.php/immigration-services/exempt-countries>. Citizens of other countries need to apply for the visitor's visa.

6

## CLIMATE



During the month of May, the average daily temperature is 12.6°C (54.70°F). Average high: 18.9°C (66.00°F), average low: 7.2°C (45.00°F). Average rainy days: 2.9 and relative humidity: 56%.



## ARNOLD SPORTS FESTIVAL 2022

CONTACT US FOR ALL YOUR TRAVEL REQUIREMENTS DURING THE FESTIVAL

Flights | Transfers | Accommodation | Scheduled Day Tours



Day tour examples that we can arrange: Ultimate Pilanesberg Open Vehicle Day Tour / Rhino and Lion Park Tour / Elephant Sanctuary Tour / Soweto Tour

### CUSTOM ITINERARIES

We can also facilitate trip extensions in and around South Africa for before and after the event.

