



MY SPORT. MY PASSION.

Immediate release

Arnold Classic Africa gives Mamelodi athlete a major boost

After putting up a challenge in her Arnold Classic Africa debut last year, bodybuilding domestic worker Regina Jonga will return fitter and stronger for the second edition of the multi-sport festival, and she believes she will put up an even bigger fight in Sandton in May.

Jonga took sixth place in the women's physique contest at the 2016 Arnold Classic Africa, in the category for women under 1.63m, which was won by Margita Zamolova of the Czech Republic. Though she was largely unsupported when she competed last season, however, the 39-year-old Zimbabwean who lives in Mamelodi has since received assistance which has given her a significant boost.

She is now trained by IFBB pro athlete Marlene Koekemoer, her nutritional needs are covered by BSSA Supplements and she has a one-year free membership at Viva Gym, thanks to assistance provided by Bodybuilding South Africa and Jacaranda FM.

"I'm feeling better, and if I look at my body now and think about the condition I was in last year, I think I can get a better place this time," Jonga says.

"Last year I had no trainer and I wasn't able to take any supplements, but now I have a supplement sponsor and a trainer, which makes a big difference."

While she is still employed as a domestic worker - one of two jobs she holds down to support her family - Jonga has been promoted from cleaning a restaurant in Pretoria to guarding the door as a bouncer.

'the nation' s biggest international multi-sport festival and expo'

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Launched by her participation at the Arnold Classic Africa, she says her fledgling sports career is starting to transform her life, as bodybuilding continues to provide her with new opportunities. She has appeared in a music video, which helped grow her small fan base, and has been approached for potential acting roles in local productions.

Five years after taking up the sport, Jonga says she has only just begun, and her dream is to achieve international success.

"I want to be a professional bodybuilder, and I want to compete overseas in Europe. Those are my goals."

She will get her next chance to show the progress she has made when she makes her second appearance at the Arnold Classic Africa.

Endorsed by the International Federation of Bodybuilding and Fitness (IFBB), the annual event will host professional and amateur bodybuilding contests in various divisions, with physique and fitness categories also on show.

"The Arnold Classic Africa is not just about showcasing the world's best athletes, and while that's a key component of what makes this event so special, we are proud to also provide opportunities to budding Southern African athletes," says Arnold Classic Africa partner Wayne Price.

"This event has changed Regina's life, and we hope to be able to give similar chances to other promising athletes over three days of competition this year in nearly 60 sport codes."

The 2017 Arnold Classic Africa, the largest multi-sport festival on the continent, will be held at Sandton Convention Centre between 5-7 May.

Ends



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