



2024

COMPETITION CALENDAR

MARCH 23RD	GRASSROOTS Pretoria Gauteng	Martin Smit martinsmit8@hotmail.com
APRIL 6TH	METAL MADNESS Mosselbay Western Cape	Jan Kruger jankruger1401@gmail.com
MAY 11TH	WARRIOR CLASSIC Johannesburg Gauteng	Nataly Barbosa abcsoflongevity@gmail.com
MAY 18TH	UNDER DOGS Nelspruit Mpumalanga	Raymond Waters Tysonrwaters@gmail.com
MAY 18TH	RPC NAMIB COASTAL CLASSIC Swakopmund Namibia	Brad Leng rpcnamibia@gmail.com
JUNE 15TH	RHINO RAMPAGE POWERLIFTING Pretoria Gauteng	Martin Smit & Nataly Barbosa martinsmit8@hotmail.com
JUNE 16TH	RHINO RAMPAGE STRONGMAN Pretoria Gauteng	Martin Smit & Nataly Barbosa martinsmit8@hotmail.com
JULY 20TH	SIMPLICITY Pretoria Gauteng	Dan Hurlin daniel.ross.hurlin@gmail.com
SEPTEMBER 21ST	RPC NATIONAL CHAMPIONSHIPS	Martin Smit & Nataly Barbosa martinsmit8@hotmail.com
SEPTEMBER 22ND	RPC NATIONAL SECONDARIES	Martin Smit & Nataly Barbosa martinsmit8@hotmail.com
OCTOBER 19TH	BADGER CLASSIC Pretoria Gauteng	Dan Hurlin daniel.ross.hurlin@gmail.com
NOVEMBER 30TH	PUSH 'N PULL Johannesburg Gauteng	Nataly Barbosa abcsoflongevity@gmail.com