



Document Ref: SAWF_SGM_Minutes_20260419.docx

Date: 2026/04/17

MINUTES

SPECIAL GENERAL MEETING

A Special General Meeting of the South African Weightlifting Federation will be held on Sunday the 19th April 2026 at 16:00

Venue: Online

Welcome to the Special General meeting held today the 19th of April 2026. All documents were sent out as per the constitution. I would like to thank everyone for joining us today.

1. Roll call

Position	Name / Surname	Apology / Present / Absent
President	Caroline Wolf	Present
Vice President	Ruben Burger	Present
General-Secretary	Antionette Kriel	Present
Financial Officer	Darryn Anthony	Apology sent
Technical Officer	Rodney Anthony	Present
Development Officer	George Piet	Absent
Marketing and Media Officer	N/A	
HR Officer	Stan Bosch	Apology sent
Medical Officer	Nikki Alorto	Present

South African Weightlifting Federation Executive Members [Dated 2025/01/30]

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Human Resources: Mr Stan Bosch; Media & Marketing: Vacant, Medical: Dr Nikki Allorto;
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Mr George Piet (Eastern Cape); Dr Kevin du Plooy (Western Cape); Mr Calvyn van Wyk (Limpopo);
Mr Lafras Dunn (North West)



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Page 2 of 15

Provincial Association	Name / Surname	Apology / Present / Absent
Western Cape	Kevin du Plooy	Present
x	Connie du Plooy	Present
x	Anneke Spies-Burger	Present
x	Johanni Taljaard	Present

Provincial Association	Name / Surname	Apology / Present / Absent
Gauteng	Andre Gadney	Present
x	Chantelle Burger	Present
x	Carol Anthony	Present
x	Matthew Bowyer	Present

Provincial Association	Name / Surname	Apology / Present / Absent
Limpopo	Nolene Sclimmer	Apology sent

Provincial Association	Name / Surname	Apology / Present / Absent
North West	Idele du Toit	Present
x	Lafras Dunn	Present

Provincial Association	Name / Surname	Apology / Present / Absent
KZN	Martin Venter	Present

Provincial Association	Name / Surname	Apology / Present / Absent
Eastern Cape	Floriana Karolisin	Absent

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Page 3 of 15

	Curvon Jacobs	Absent
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Provincial Association	Name / Surname	Apology / Present / Absent
Free State	Antony Swanepoel	Present
	Roenel van Rensburg	Present
	Marne Matthysen	Present

Association	Name / Surname	Apology / Present / Absent
Masters Weightlifting	Michelle de Jong	Absent

Athlete Commission	Name / Surname	Apology / Present / Absent
	Laryne Jefferies	Present

Coach Commission	Name / Surname	Apology / Present / Absent
	Lyle du Plooy	Present
	Scott Schreuder	Present

Quorum: 14/27

2. President's welcome and introduction.

I would like to start off by reminding us why we are reviewing the policies. At our AGM last year we identified wording issues in the policies which we have reviewed and tabled. We have received additional comments from the Western Cape Weightlifting Association and thank them and Kevin for putting them forward. Many were tabled and addressed at the AGM.

The Policies tabled below are as per the AGM, however as we can see a second competition policy has been tabled as per the Western Cape suggestions, as well as responses to the Western Cape submissions (see below). We will not be reading through the entire Agenda, but dealing with the specific voting points as set out.

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Page 4 of 15

On another note, not specifically mentioned in the Agenda is the Provincial associations compliance. As the Federation is purely graded on its Provincial associations we have been attending meetings and having discussion on ways to assist them. Thank you to Gauteng, North West and KZN for having their AGM's, Free State will be in due course. The Mpumalanga Association has had their inaugural meeting, and we are excited to have them join our team.

Concerns around the Eastern Cape, Western Cape and Limpopo associations are being addressed; we have sent out emails, and we look forward to some positive feedback.

Without the Provincial associations there can be no Federation. We also would like to point out that we are being audited in the next few weeks and would like to display a positive light on the Federation rather than having to deal with associations who are not compliant and bringing unnecessary stress on our athletes who are ultimately the ones who will suffer.

The other concern is the Executives who do not attend or send apologies for meetings, AGM, OGM and SGM, this is seen as a poor governance of the Federation. Positions on the Executive are not there to put a Title to a name but a position in which one has been elected, to serve the Federation and its members. We will be reviewing compliance. Those who have not complied with the constitution will be placed on review.

Looking to a more positive side, the Commonwealth Games is on the horizon and we wish our athletes the best of luck for the up-and-coming qualifying events.

Let's move onto the matters on hand.

3. To accept or to reject the revised Selection Policy which shall have been prepared by the Technical Committee. Refer to the following document attached:

Voting link: <https://forms.gle/AnnAVnoL2oLRQiw8>

- a. SAWF_Constitution_ScheduleK_SelectionPolicy_20260419

South African Weightlifting Federation Executive Members [Dated 2025/01/30]

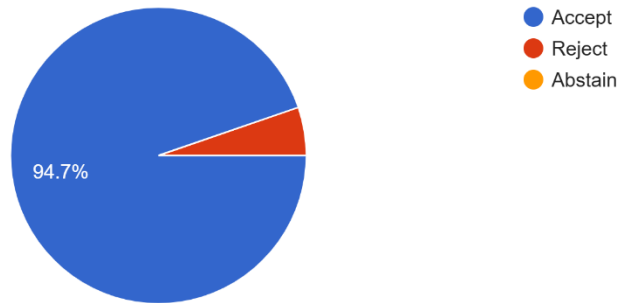
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Please choose one of the following pertaining to the selection policy dated 19/04/2026
19 responses



Accept

18 responses

Reject

1 response

4. To accept or to reject the proposed changes to the Competitions Policy. Refer to the following documents attached:

Voting link: <https://forms.gle/rmX5sYhMZff9fkNe8>

- a. Option 1: SAWF_Constitution_ScheduleJ_CompetitionPolicy_20260419_V1
- b. Option 2: SAWF_Constitution_ScheduleJ_CompetitionPolicy_20260419_V2

South African Weightlifting Federation Executive Members [Dated 2025/01/30]

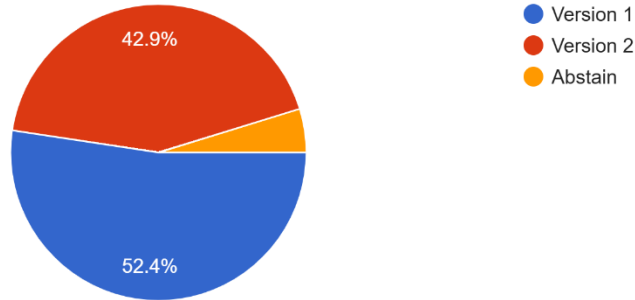
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Please choose one of the following pertaining to the competition policy dated 19/04/2026
21 responses



<input checked="" type="radio"/> Version 1 <hr/> 11 responses
<input checked="" type="radio"/> Version 2 <hr/> 9 responses
<input checked="" type="radio"/> Abstain <hr/> 1 response

5. To accept or to reject the proposed changes to the Coaches' Policy. Refer to the following document attached:

Voting link: <https://forms.gle/7AshzEaKNfTuc7tq7>

a. SAWF_Constitution_ScheduleM_CoachPolicy_20260419

South African Weightlifting Federation Executive Members [Dated 2025/01/30]

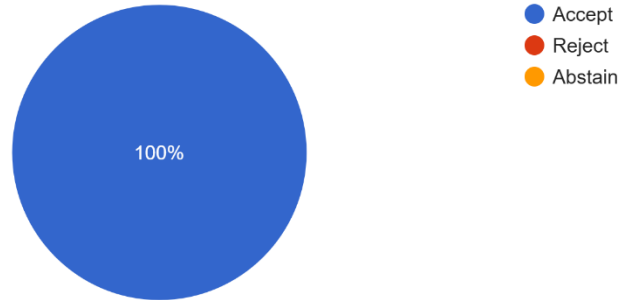
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Please choose one of the following pertaining to the coaches' policy dated 19/04/2026
21 responses



Accept

21 responses

(These results were verified by two members of the Executive Committee.)

The President thanked everyone for attending and closed the meeting at 16:29

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COMMENTS RECEIVED FROM WCWA PERTAINING TO THE SELECTION POLICY

SAWF Selection Policy concerns and Recommendations

1. Concerns and Recommendations Regarding SAWF Selection Standards of the SAWF selection policy:

With reference to Figure 1, "SA Weightlifting Qualifying Standards Table," we would like to raise several concerns regarding inconsistencies in the current qualifying criteria across different bodyweight divisions.

1.1 Discrepancies in Qualification Standards:

a. For the African and Commonwealth Championships, the required qualifying totals vary significantly between weight categories. Some divisions require athletes to achieve approximately 63% of the current world record standard, while others require up to 68%.

b. Similarly, for the World Championships, qualifying standards are inconsistent, ranging from 75% to as high as 79% of the current world record standard, depending on the division.

c. In certain categories, athletes are required to exceed the current South African record to qualify for the national team. This creates a paradox where it is theoretically easier to set a national record than to qualify for team selection, which raises concerns about fairness and accessibility.

1.2 Recommendations for Improvement:

Considering the above concerns, we propose the following adjustments to the qualification framework:

a. With the new International Weightlifting Federation (IWF) bodyweight categories coming into effect on 1 August 2026, SAWF should wait for the official release of new world standards before recalculating national qualifying standards.

b. A uniform standard of 60% of the applicable world standard should be applied across all bodyweight categories for qualification to the African and Commonwealth Championships.

c. A uniform standard of 70% of the applicable world standard should be applied across all bodyweight categories for qualification to the World Championships.

SAWF FEEDBACK:

Not considered as suggested for new body weight categories. Should be tabled again when this becomes relevant.

1. Concerns Regarding the Use of Sinclair as the Sole Selection Criterion:

With reference to Point 2 under *Final Team Selection* — "The top 10 athletes (8 + 2 reserves), by Sinclair, male and female, will be considered for final team selection..." — we would like to raise concerns about the reliance on the Sinclair formula as the primary selection tool.

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2.1 While the Sinclair formula is an important and widely accepted method for comparing athlete performance across different bodyweight categories, its use as the sole criterion for national team selection may not ensure that the strongest or most competitive team is selected for international competition. International team selection is inherently multi-dimensional and should consider a broader set of performance and strategic factors, including:

- a. Actual competition totals achieved by athletes.
- b. Official rankings within their specific bodyweight categories (e.g. World, Commonwealth, and African rankings) – if available/applicable.
- c. Qualification pathways and criteria set by governing bodies such as the International Weightlifting Federation.
- d. Medal potential and competitiveness within specific categories.
- e. Performance at key events, particularly National Championships.

2.2 By way of example: in major competitions such as the Commonwealth Games, qualification is primarily driven by the official ranking system of the International Weightlifting Federation. An athlete may not rank within the top 8 in South Africa based on Sinclair, yet still place within the top 8 of the official Commonwealth rankings and have a realistic chance of qualification for Commonwealth Games. Conversely, an athlete may rank within the top 8 nationally by Sinclair but sit as low as 15th on the Commonwealth ranking list, with little to no chance of qualifying. Additionally, if an athlete is the second-ranked South African in their weight division, qualification may not be achievable due to country quota.

- a. An athlete may not rank within the top 8 by Sinclair, yet still fall within the top qualification positions in their weight category, giving them a realistic opportunity to qualify for major events.
- b. Conversely, an athlete may rank within the top 8 by Sinclair, but sit significantly lower in the official qualification rankings, with limited or no realistic pathway to qualification

2.3 Recommendations for Improvement

While the Sinclair formula should remain an important component of athlete evaluation, it should not be used as the sole or primary determinant for final team selection. Instead, SAWF should adopt a holistic selection approach that balances:

- a. Sinclair scores
- b. Competition totals
- c. Championship performance at SA Champs
- d. Official qualification rankings – where applicable

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e. Strategic selection considerations

This approach will better ensure that the most competitive and strategically positioned team is selected to represent South Africa at international competitions.

SAWF FEEDBACK

Final selection steps re-worded and structured to provide clarity showing that Sinclair is not sole selection criterion.

2. Concerns Regarding athletes being allowed to drop a body weight category irrespective of body weight:

With reference point number 4 under *Final team selection*, "If an athlete has achieved the qualifying standard in a particular body weight category (see Fig. 1), he/she can be selected in a lower body weight category (irrespective of body weight) if their Sinclair is higher than that of the top lifters in the lower body weight category."

3.1 The assumption cannot be made that an athlete will outperform a lifter in a lower bodyweight category without direct, head-to-head competition. Athletes often experience a significant reduction in strength when cutting body weight, which may negatively impact performance. This assumption may only be reasonable in cases where an athlete is already at the lower end of their current weight category and in close proximity to the next lower division.

3.2 Recommendations for Improvement

a. An athlete may be considered for selection in a lower bodyweight category, based on a higher Sinclair score than competitors in that category, only if their body weight is within 5% of the upper limit of the lower category.

b. An athlete may be selected in a lower bodyweight category irrespective of body weight only in cases where no other athletes have met the qualifying standard in that specific category.

SAWF FEEDBACK

Implemented in Final Selection criteria

COMMENTS RECEIVED FROM WCWA PERTAINING TO THE COMPETITIONS POLICY

Further to the letter dated 2026.02.01, WCWA wish to put the following forward for consideration:

1. We would like to address the following concerns and discrepancies within the SAWF Selection Policy.

Point 4.2(i) of the Competition Policy, under the heading *Participation Eligibility*, states:

"The qualifying standards to participate at any National Championship will be the 'South African Championships' standard (refer to Figure 1 in the Selection Policy), which is determined by the South African Weightlifting

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Page 11 of 15

Federation. Implementing the qualification standards will be done at the discretion of the SAWF Executive Committee. The qualifying standards should bridge the gap between maximal representation from all provinces, while still maintaining a standard associated with this level of competition. Note – the goal is not to have athletes snatching an empty barbell at a National Senior Championships, but we also want to encourage participation that can see every division have at least a specific number of athletes entered.”

Despite this clearly stated requirement, athletes who have not achieved the prescribed qualifying standards have nonetheless been permitted to compete at South African Championships and have also been awarded medals (although titles have reportedly not been conferred). This appears to contradict both the intent and the application of the qualifying criteria.

Conversely, athletes in the U12, U10, and U8 categories competing at the SA Youth and Junior Championships have only been awarded certificates of participation, with no medals or formal recognition of achievement. This is in accordance with paragraph two under Point 2 (South African Weightlifting Bodyweight Categories), which states:

“U12, U10 and U8 lifter weight categories will be determined at weigh-in on the day. No lifter in these age categories will be required to make any specific weight. **Certificates are issued to lifters for participation. No provincial or national medals are required.**”

This creates a concerning and inconsistent scenario in which senior athletes who have not met qualifying standards are still able to compete and receive medals, while younger developmental athletes—who are at a critical stage of growth and motivation—are denied equivalent recognition for their participation and performance. Such inconsistencies may undermine the integrity of the selection policy, create confusion regarding standards and expectations, and potentially discourage long-term athlete development.

2. Recommendation:

We respectfully propose the following solutions:

2.1 We acknowledge and support the SAWF’s intent to increase participation at national level while the sport continues to grow. In light of this, we recommend that senior athletes who have not achieved the qualifying standard still be permitted to participate; however, they should be awarded certificates of participation only. While such athletes may be invited to the podium if they place within the top three positions, no medals should be awarded to them unless the qualifying standard has been met. This approach would maintain the integrity of the competition standards while still encouraging broader participation.

SAWF FEEDBACK

Weightlifting is a growing sport in SA. Many aspects in the competition policy have been discussed and agreed on previously. Seniors are few and far between currently; Masters athletes are out-performing the Seniors on many levels; to keep interest we have repeatedly agreed to keep things as

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Page 12 of 15

simple as possible and keep qualification to minimum. To compare the young under 13 years of age to the seniors is just not practical at this stage.

The revision in the competition Policy Version 2 has taken the requested changes into account.

2.2 We support the policy provision allowing U12, U10, and U8 weight categories to be determined at weigh-in on the day, with no requirement for athletes in these age groups to meet specific bodyweight categories. However, we strongly recommend that medals be awarded in each category, in accordance with Tables 1 and 2 of the Competition Policy under the heading *South African Weightlifting Bodyweight Categories*, based on the athlete's recorded bodyweight at weigh-in on the day. This would ensure that young athletes receive appropriate recognition for their performance and effort, thereby promoting motivation and long-term development within the sport.

SAWF FEEDBACK

The purpose of the U12, U10 and U8 bodyweight categories is to give young athletes who are not recognized in the IWF a platform to compete at a SA Championships. Weightlifting is not like other sports for young development who do offer opportunities in these categories. If it's a question about medals or certificates, then let's look at medals as the cost factor is not significant in this day and age.

Please note that the comments from the WCWA does contradict the suggestion to remove U12, U10 and U8 bodyweight categories completely and only keep U14 body weight categories and also not allow U8 to U12 athletes to compete at national championships at all (see below letter dated 26/02/01), however more leniency has been written into both versions of the policy as to provision of medals or certificates at provincial level and hosting province of national championships.

Based on recommendations made in letter dated 26/02/01, U8-U12 body weight categories removed from policy in version 2 and U8 to U12 categories not included at national championships. Body weight categories for U14s also changed as per letter.

To address the question of costs, the SAWF is always fighting this battle for all the athletes. We would love to sponsor all the athletes. We do give as much support to the provincial associations as possible.

We do find that many provincial associations are not utilizing the opportunities we do offer, which does leave new equipment lying in a storeroom, unutilized.

3. Paragraph 4(ii) refers

ii. Any athlete that resides within the Republic will be seen to be eligible for participation in local club competitions, including provincial championships, provided they are registered with the SAWF (which automatically includes the province).

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Page 13 of 15

The province is of the view that:

1. an athlete cannot compete at the national championships without being registered with province or without the knowledge of the province per se;
2. such athletes are outside the jurisdiction of the province, since they are members of the public and to form part of the structure of weightlifting in South Africa, one must belong to a club and subsequently to the relevant province;
3. it is the responsibility of the province to register athletes. By following this procedure, the province can manage its athletes better and in so doing, reduce the risk of a positive return in anti-doping tests among others;
4. such an approach nullifies the notion that both the province and the SAWF are legal persons in their own right;
5. as such, the province serves no purpose at all.

The province respectfully recommends the following:

ii. Any athlete that resides within the Republic will be seen to be eligible for participation in local club competitions, including provincial championships, provided they are registered with the Club, Province and SAWF

SAWF FEEDBACK

Change not implemented as affiliation via the portal includes provincial and SAWF affiliation with provinces having access to membership and club affiliation information. Any further discussion around this matter is a constitutional discussion and not relevant here.

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Page **14** of **15**

LETTER FROM DR KEVIN DU PLOOY (WCWA)

Date: 26.02.01

The President
Ms Caroline Wolfe
South African Weightlifting Federation

Dear Caroline

The letter of WCWA dated 24.01.08 refers:

Pursuant to this letter WCWA wish to express its concern about lighter u/14 lifters having to compete against heavier lifters.

In view of the above WCWA holds that the bodyweight categories of the u14 age be further refined and reviewed. As it stands, it is not in the interest of the lifters to compete against heavier lifters. The updated version of the Competition Policy dated 5 May 2025 entitles the u/14 lifter to compete in the 56kg category. The question arises against who the u14 lifters weighing lighter competes. Some lifters will never in their lifetime lift beyond the body weight of 56kg. Our argument is about accommodating 13 and 14 year olds weighing lighter. In fact, the Competition of Policy dated 23.02.21 has addressed this matter perfectly. It can be further adjusted to fall in line with current body weight of 56kg and then adjusting it downwards accordingly. E.g.

- 56kg, 52kg, 49kg, 45kg, 41kg, 39kg, 37kg, 35kg 32kg (Boys)
- 44kg, 41kg, 39kg, 35kg, 32kg, 29kg (Girls)

We are of the view that these categories will address the different bodyweight categories for both boys and girls in a fair manner.

The rest of the bodyweight categories should be removed from the Competition Policy of the SAWF and be limited to the Provinces or the Policy can be adjusted to address this matter. i.e. u8 through to 12-year-old lifters should compete at Provincial level only.

To motivate this matter further, it has become very expensive to travel and to accommodate teams. The inclusion of the u8 through 12-year-old lifters will increase the team size and costs obviously.

Kindly review this appeal in the interest of our young athletes who are indeed the future of Weightlifting.

South African Weightlifting Federation Executive Members [Dated 2025/01/30]

President: Mrs Caroline Wolf; Vice-president: Mr Ruben Burger; General Secretary: Ms Antoinette Kriel;
Treasurer: Mr Darryn Anthony; Technical: Mr Rodney Anthony; Development: Mr George Piet;
Human Resources: Mr Stan Bosch; Media & Marketing: Vacant, Medical: Dr Nikki Allorto;
Athlete Rep: Mrs Anneke Spies-Burger; Coach Rep: Mr Curvon Jacobs; SAMWF: Ms Michelle de Jong
Provincial Chairpersons: Mr Martin Venter (KwaZulu-Natal); Mr Andre Gadney (Gauteng); Mr Andre Smith (Free State);
Mr George Piet (Eastern Cape); Dr Kevin du Plooy (Western Cape); Mr Calvyn van Wyk (Limpopo);
Mr Lafras Dunn (North West)



South African Weightlifting Federation

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Page 15 of 15

Thanking you kindly

Dr. Kevin J. du Plooy

A handwritten signature in black ink, appearing to read "K. du Plooy", written over a light blue grid background.

(President)

Not signed: Electronically sent

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