



Date: 2026/07/24

NOTICE & AGENDA

SPECIAL GENERAL MEETING

A Special General Meeting of the South African Weightlifting Federation will be held on Thursday the 20th August 2026 at 19:00

Venue: Online

Agenda

1. Roll call
2. President's welcome and introduction.
3. To accept or to reject the revised body weight categories and qualification standards as part of the Selection Policy which shall have been prepared by the Technical Committee. Refer to the following document attached:
 - a. SAWF_Constitution_ScheduleK_SelectionPolicy_revision_standards
4. To accept or to reject the body weight category changes to the Competitions Policy. Refer to the following document attached:
 - a. SAWF_Constitution_ScheduleJ_CompetitionPolicy_revision_BWCat
5. To consider the proposed record standards for the new body weight categories and any feedback received. Refer to the following documents attached:
 - a. New record standards_Women_20260801
 - b. New record standards_Men_20260801

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

4 Engwena Road, Edenvale, 1610
Johannesburg, Gauteng, South Africa
Website: saweightlifting.co.za
Email: info@saweightlifting.co.za
Tel: +27 10 745 6505

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Please send feedback on body weight categories and standards (record and qualification) changes only to technical@saweightlifting.co.za by no later than Friday 7 August 2026 at 5pm SAST. Please note that a complete review of all policies will take place at a later stage.

The following persons shall be entitled to attend and speak at the S.G.M as per 15.2 of the South African Weightlifting Federation constitution dated the 27th October 2023:

- 15.2. The Federation Council shall comprise the following.
 - 15.2.1. The following elected Exco members.
 - 15.2.1.1. The President;
 - 15.2.1.2. The Vice-President;
 - 15.2.1.3. Treasurer
 - 15.2.1.4. Secretary-General
 - 15.2.1.5. Technical Officer
 - 15.2.1.6. Development Officer
 - 15.2.1.7. Marketing and Media Officer
 - 15.2.1.8. Human Resources Officer
 - 15.2.1.9. Medical Officer
 - 15.2.2. 4 (four) representatives of the Ordinary Members (Provincial Association)
 - 15.2.3. 2 (two) athletes' representatives elected by the Athletes' Commission.
 - 15.2.4. 2 (two) coaches' representatives elected by the Coaches' Commission
 - 15.2.5. 1 (one) representative of other Associate members (if applicable)

Please refer to 18. SPECIAL GENERAL MEETINGS ("S.G.M.'s") and 19. REPRESENTATION AND VOTING RIGHTS of the constitution for further information.

Kind Regards,

Antoinette Kriel (Secretary-General)

South African Weightlifting Federation

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