



# South Africa Masters Weightlifting Federation AGM 2025

Date: 19 December 2025 at 14:00

Place: Online (Zoom)



## AGENDA

- Read the notice convening the meeting
- Read and confirm the credentials and apologies if any
- Confirm the minutes of the last AGM and to deal with matters arising
- Confirm the Treasurer's Income and Expenditure Account and Balance Sheet for 2025
- Discuss and approve the Membership Fee for 2026
- Masters World Championships 2026
- SA Masters Weightlifting Championships 2026
- Feedback from committee members
- Changes to the committee

## Treasurer Feedback

### ■ F2025 Financial Statement

#### THE SOUTH AFRICAN MASTER WEIGHTLIFTING FINANCIAL STATEMENTS FOR YEAR END 31 MARCH 2025

|                                | APR 2024 - MAR 2025 | APR 2023 - MAR 2024 |
|--------------------------------|---------------------|---------------------|
| NOTES                          | R                   | R                   |
| <b>INCOME</b>                  |                     |                     |
| Memberships                    | R26 405.00          | R25 920.00          |
| International Competition fees | R15 200.00          | R22 800.00          |
| Masters Champs                 | R41 518.00          | R0.00               |
| Singlets                       | R4 700.00           | R12 383.00          |
| <u>Total Income</u>            | <u>R87 823.00</u>   | <u>R61 103.00</u>   |
| <b>EXPENSE</b>                 |                     |                     |
| Bank charges                   | R1 905.79           | R1 621.17           |
| International Competition fees | R14 965.65          | R26 870.27          |
| Singlets                       | R4 180.25           | R16 726.75          |
| Medals / Masters Champs        | R43 108.03          | R4 620.00           |
| Development fees               | R0.00               | R1 155.00           |
| <u>Total Expenses</u>          | <u>R64 159.72</u>   | <u>R50 993.19</u>   |
| <u>Profit / Loss (-)</u>       | <u>R23 663.28</u>   | <u>R10 109.81</u>   |



## Competitions for 2026

- Masters World Championships 2026
  - Athens, Greece
  - 17 – 26 September 2026
- SA Masters Weightlifting Championships 2026
  - Provisionally booked for 24 – 25 October 2026 \*
  - Cape Town proposed destination \*

\* - To be confirmed



## REPORTS FROM EXECUTIVE COMMITTEE

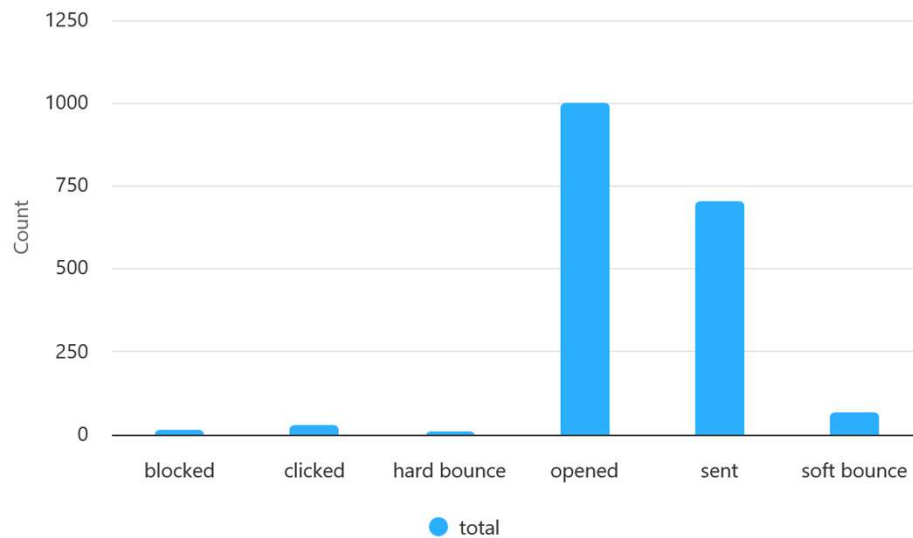
- Newsletters
- Instagram
- Facebook
- Website
- Clothing and branding
- Records
- Memberships



# NEWSLETTERS

- 6 Mailers Sent
- 270 Subscribers
- 1,263 Total Mails Sent
- 54% of mails opened

## Newsletter Status 2025



Highcharts.com

SA Masters Weightlifting Newsletter November Edition - Message (HTM...

File Message Help ESET Acrobat

Delete Archive Reply Reply All Forward Respond All Apps Quick Steps Move Tags Editing Immersive Translate Zoom

SA Masters Weightlifting Newsletter November Edition

newsletter@mastersweightliftingsa.co.za  
To michelle@brains.co.za

Mon 2025/11/10 13:52

Click here to download pictures. To help protect your privacy, Outlook prevented automatic download of some pictures in this message.

World Qualification Totals 2026 New Categories.pdf  
350 KB

Good day weightlifting enthusiasts!

2025 is quickly drawing to a close, but before it does there is still some lifting to be done. The highlight of the season is the upcoming **SA Senior National Champs** taking place **29 – 30 November at CFJ Lifestyle Fitness in Germiston**. This is open to ALL lifters – regardless of age category – so everyone is welcome to join!

Entries are R795 and close on Friday 14th November, so do not miss out! Enter now at [SA National Champs 2025](#)

**Announcements:**  
Masters AGM: Taking place soon. Stay tuned for details and how you can participate.

New Standards and Records: Keep an eye out for the release of updated standards and records. If you have any queries please be in touch via email at [info@mastersweightliftingsa.co.za](mailto:info@mastersweightliftingsa.co.za)

**Looking Ahead:**  
The 2026 Masters World Champs will be held in Athens. Greece from **17 – 26 September**. Please take care

INSTAGRAM

12:18

← samastersweightlifting



SA Masters Weightlifting

169 posts831 followers78 following

Official page of SAMWL. Platform for master athletes 35+ to compete competitively in the sport of Olympic Weightlifting

[mastersweightliftingsa.co.za/](https://mastersweightliftingsa.co.za/)

Followed by barbara0717, michelle.dejong and 9 others

Following

Message





How to regis...





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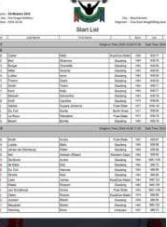
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12:18

← samastersweightlifting





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## INSTAGRAM

- 169 posts to date
- 831 followers
- 3 % Increase in followers (up 24 from 807)



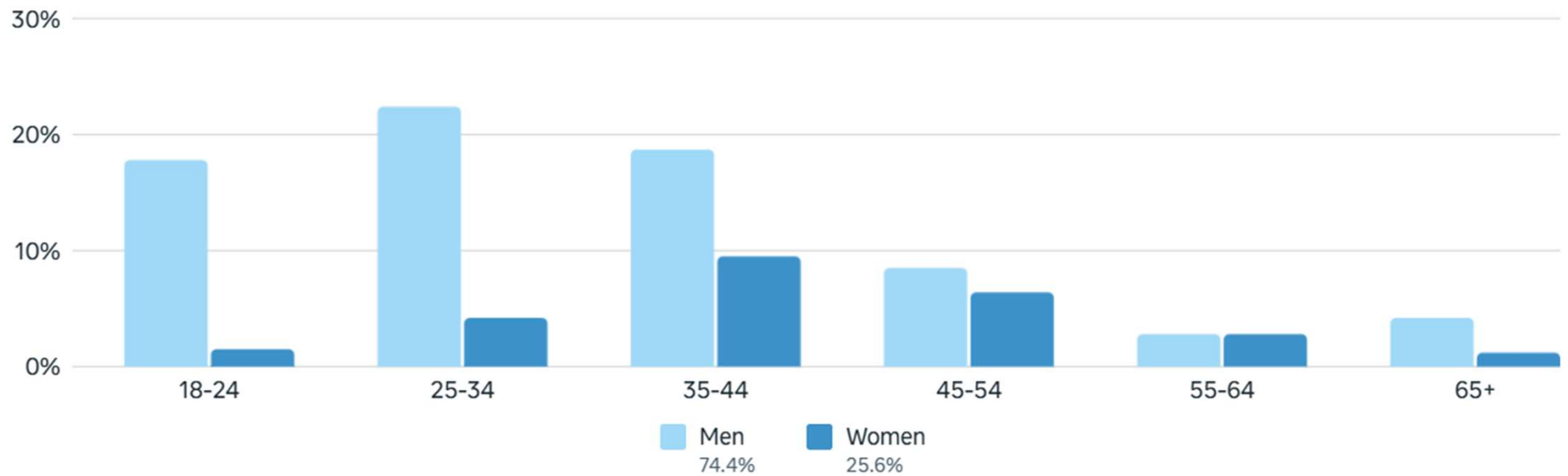
## FACEBOOK

Followers ⓘ

Lifetime

2,015

Age & gender ⓘ





Views breakdown ⓘ

Custom: 1

7,200

Views ⓘ

66 ↓ -15%

3-second views ⓘ

0 ↓ -100%

1-minute views ⓘ



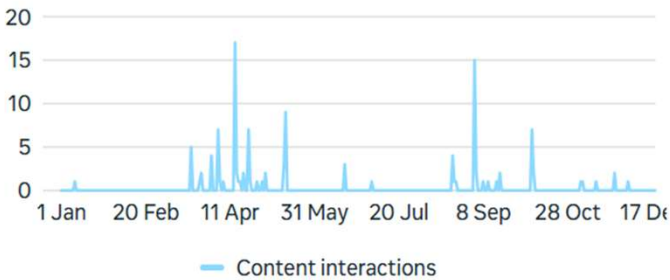
FACEBOOK



Content interactions ⓘ

Export ▼

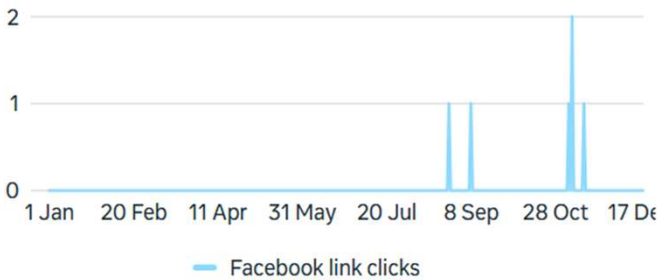
116 ↓ 16.5%



Link clicks ⓘ

Export ▼

6 0%



Visits ⓘ

Export ▼

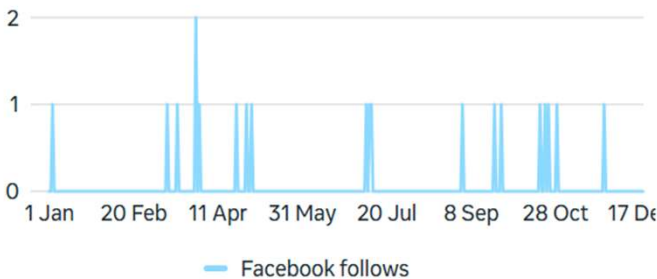
1.1K ↓ 39%



Follows ⓘ

Export ▼

19 ↓ 58.7%

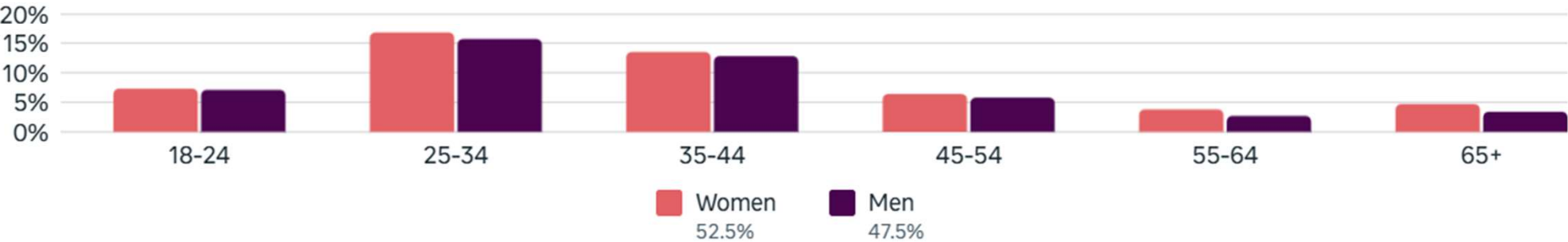


# FACEBOOK

Demographics Trends Potential audience

Estimated audience size ⓘ  
28,800,000-33,800,000

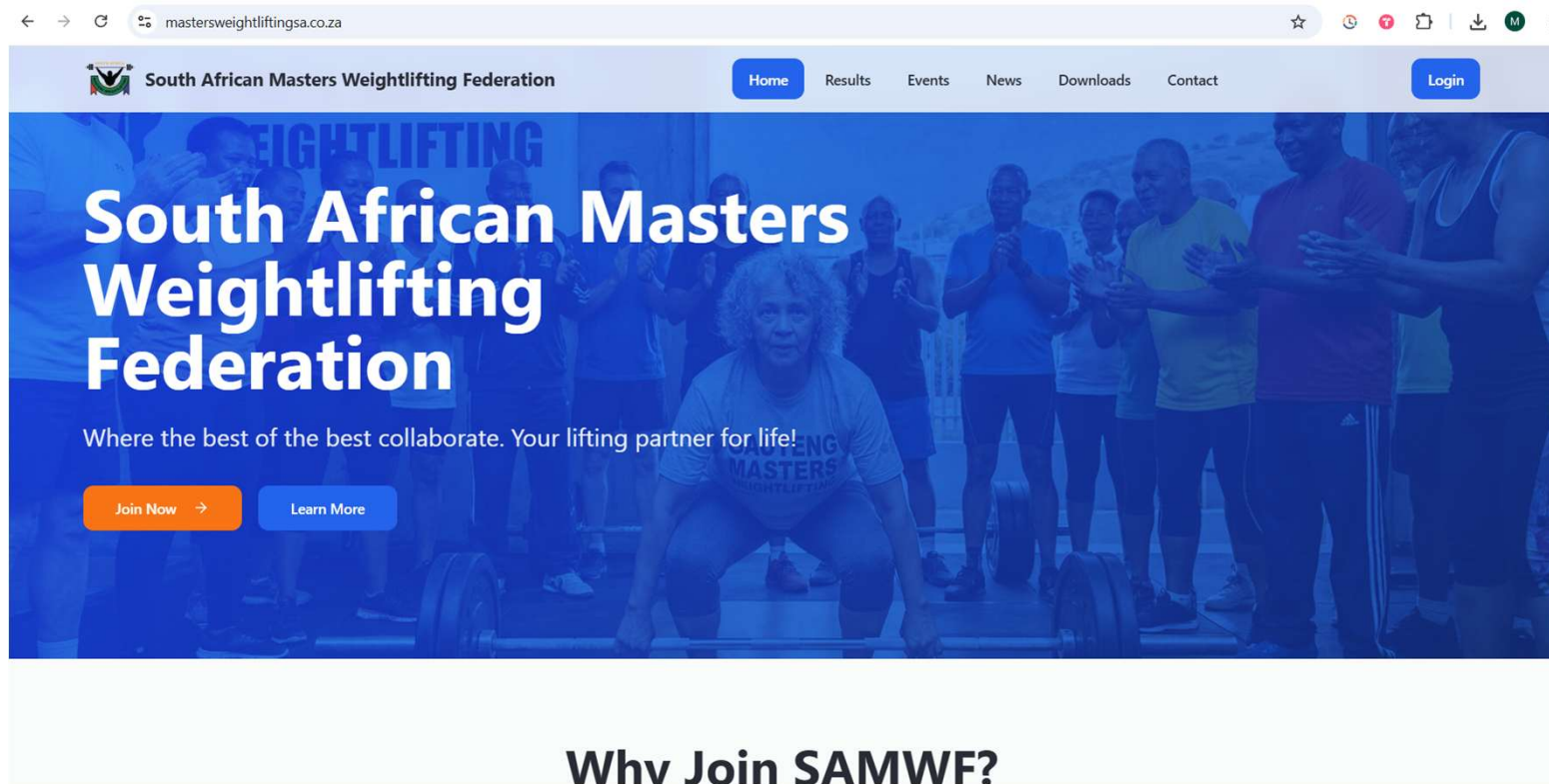
Age & gender ⓘ





## WEBSITE

- New website launched on 21 November 2025
- Updates coming in 2026



## Records

- Total records broken – Men – 66
- Total records broken – Women – 65
  
- Records broken in 2025 – Men – 11
- Records broken in 2025 – Women – 9
- Records broken in 2024 – Men – 22
- Records broken in 2024 – Women – 12
- Records broken in 2023 – Men – 13
- Records broken in 2023 – Women – 19
- Records broken in 2022 – Men – 40
- Records broken in 2022 – Women – 65
- Records broken in 2021 – Men – 10
- Records broken in 2021 – Women – 25
  
- Total record holders – Men – 17
- Total record holders – Women – 19
- World records – N/A

\* Pending verification due to new weight classes





## Memberships

- 68 total paid members
  - Eastern Cape – 2
  - Free State – 5
  - Gauteng – 38
  - KwaZulu-Natal – 0
  - Limpopo – 4
  - Mpumalanga – 4
  - Western Cape – 10
  - North West – 2
  - International - 2
  
- 302\* total Masters members registered on SAWF

\* includes Admin, Technical Officials, Coaches and Unaffiliated Members

Well done on good growth in Free State and Mpumalanga

## Clothing / Branding

### Pricing

- Ladies Masters Singlet – R900
- Mens Sleeved Masters Singlet – R1000
- Mens Sleeveless Masters Singlet – R950
- Unisex Tracksuit Jacket – R750
- Unisex Tracksuit Pants – R650

(excludes delivery)





## Clothing / Branding

- 2023 tracksuit / singlets successful design
- 2026 tracksuit / singlets design proposals now open
- Masters Blazers
  - Blue blazer approved and embroiderer sourced
- Sales will be available in 2-3 Sale Cycles



## Procedures

- Sponsorships / Fundraising
- Events
- Constitution
- Championships/Competitions
- Affiliation Fees



## Sponsorships/Fundraising

- Looking for volunteers to assist the committee to apply for funding for SA Masters Weightlifting from various bodies which offer funding for sports
- Working closely with SA Weightlifting Federation



## 2026 Program of Events

### SA Masters Weightlifting Calendar 2026 - Revision 1

| Month     | Date                   | Event                                       | Location       |
|-----------|------------------------|---------------------------------------------|----------------|
| January   |                        |                                             |                |
| February  | Late Feb               | Club Competition [Level 2]                  | Gauteng        |
| March     |                        |                                             |                |
| April     | Mid Apr                | Potential * Club Competition [Level 2]      | T.B.A.         |
| May       | Late May               | Possible Provincial Champs                  | T.B.A.         |
| June      | Late Jun               | Club Competition [Level 2]                  | T.B.A.         |
| July      |                        |                                             |                |
| August    | Mid Aug                | Club Competition [Level 2]                  | T.B.A.         |
| September | 17 – 26 September 2026 | Masters World Championships 2026            | Athens, Greece |
|           | Late Sep               | SA Seniors Championships 2026               | T.B.A.         |
| October   | 24 – 25 October 2026   | SA Masters Weightlifting Championships 2026 | Cape Town      |
| November  | End Nov                | Club Competition [Level 2]                  | Gauteng        |
| December  |                        |                                             | T.B.A.         |





## Constitution

- Follow on from 2024/2025 work completed
- At this point in time not feasible Non-Profit we feel we are now better prepared to go forward with the drafting of a constitution. This has taken longer than anticipated but we feel we are moving in the right direction
- We are meeting with IMWA in early 2026 to discuss bylaws in the constitution
- New rules to be included



## Competitions

- Masters' SA Championship took place in Gauteng with a combined Provincial Champs and was a great success
- Plans to host Masters Championship in 2026 in Western Cape (subject to venue)
- Masters were included in all competitions in 2025
- South Africa was represented by 3 athletes international (Masters World Championships)
- Working closely with SAWF to elevate the competition space

## Affiliation Fees for 2026



- Proposed fee for 2026 :
  - remain at R185 excluding portal fee = R200 in total

|                   | SAWF Fees 2026 | Masters Fees 2026 |            |       | Provincial Fees 2026 |            |       | Total for Member |
|-------------------|----------------|-------------------|------------|-------|----------------------|------------|-------|------------------|
|                   | SAWF           | SAMWF             | Portal Fee | Total | Province             | Portal Fee | Total |                  |
| Master (35+)      | 200            | 185               | 15         | 200   | 200                  | 15         | 215   | 615              |
| Snr (21 to 34)    | 250            | -                 | -          | -     | 200                  | 15         | 215   | 465              |
| Jnr (18 to 20)    | 100            | -                 | -          | -     | 175                  | 15         | 190   | 290              |
| Youth (13 to 17)  | 60             | -                 | -          | -     | 100                  | 15         | 115   | 175              |
| U13 (12-)         | 40             | -                 | -          | -     | 100                  | 15         | 115   | 155              |
| Coach             | 200            | -                 | -          | -     | 200                  | 15         | 215   | 415              |
| Club Subscription | 50             | -                 | -          | -     | 300                  | 15         | 315   | 365              |

\* Fees may vary from province to province

## Election of New Committee Members

- President –
- General Secretary –
- Treasurer –
- Head of Communications –
- Website Development Coordinator –
- Development / Competitions Coordinator –
- Record Keeping Coordinator –
- Federation Clothing and Branding –





## General Discussion Points

- Strategic upliftment drive
- Volunteers appreciation
- Volunteers required to grow the federation
- New body weight categories
- Record breaking rules – Level 2 (any provincial or national)
- Qualification rules – must attend Masters at least every 2 years
- International federation affiliations
- Affiliated members
- Colours
- General discussion

CLOSE/THANK YOU