

WORLD POWERLIFTING  
CONGRESS-  
SOUTH AFRICA



## MEET INFO - WPC WORLD POWERLIFTING CHAMPIONSHIPS 2025

4-9 NOVEMBER – SOUTH AFRICA, DURBAN, KZN

### MEET INFORMATION

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Location: <https://www.onomohotels.com/en/hotel/onomo-hotel-durban/>

Onomo Hotel, 56 KE Masinga Rd, Stamford Hill, Durban, Kwazulu-Natal, South Africa, 4025

Book your stay at Onomo Hotel with discount code **WPCWD25**



Meet Director: Zane Ison, WPC-South Africa President – [wpcsaazane@gmail.com](mailto:wpcsaazane@gmail.com)

Juanese Ison, WPC SA Exco – [wpcsaJison@gmail.com](mailto:wpcsaJison@gmail.com)

Dates: Tuesday 4th - Sunday 9th November, 2025

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## LIFTING SCHEDULE

**Note: Weigh-in periods will be 24 hours before lifting; weigh-in sessions will be from 07:00 am to 09:00 am and from 03:00 pm to 05:00 pm.**

### DAY 1 – TUESDAY, 04 NOVEMBER 2025

<b>Competition</b>		<b>Gender</b>	<b>Classes</b>	<b>Weight Category</b>
Full Power	RAW	Female	All Classes	All Categories
Full Power	RAW	Male	Open, Teen and Junior	All Categories
Full Power	Special Olympics	Male & Female	All Classes	All Categories

### DAY 2 – WEDNESDAY, 05 NOVEMBER 2025

<b>Competition</b>		<b>Gender</b>	<b>Classes</b>	<b>Weight Category</b>
Full Power	Equipped	Female	All Classes	All Categories
Full Power	Equipped	Male	All Classes	All Categories
Bench Press & Deadlift Only	Special Olympics	Male & Female	All Classes	All Categories

### DAY 3 – THURSDAY, 06 NOVEMBER 2025

<b>Competition</b>		<b>Gender</b>	<b>Classes</b>	<b>Weight Category</b>
Full Power	RAW	Male	Masters	All Categories
Full Power	Classic RAW	Male	Masters & Teen	All Categories

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**DAY 4 – FRIDAY, 07 NOVEMBER 2024**

<b>Competition</b>		<b>Gender</b>	<b>Classes</b>	<b>Weight Category</b>
<i>Full Power Bench Press Only</i>	Classic RAW	Male	Open & Junior	All Categories
	RAW	Male and Female	All Classes	All Categories

**DAY 5 – SATURDAY, 08 NOVEMBER 2024**

<b>Competition</b>		<b>Gender</b>	<b>Classes</b>	<b>Weight Category</b>
<i>Full Power Bench Press Only</i>	Classic RAW	Female	All Classes	All Categories
	Equipped	Male and Female	All Classes	All Categories

**DAY 6 – SUNDAY, 09 NOVEMBER 2024**

<b>Competition</b>		<b>Gender</b>	<b>Classes</b>	<b>Weight Category</b>
<i>Deadlift Only</i>	RAW	Male and Female	All Classes	All Categories
<i>Deadlift Only</i>	Equipped	Male and Female	All Classes	All Categories

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**/ Accommodation** Onomo Hotel, 56 KE Masinga Rd, Stamford Hill, Durban, Kwazulu-Natal, South Africa, 4025

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**Flights per day:** Flights will be shared on World Powerlifting Congress SA facebook page the night before the lifter is due to lift. This can only be done once all weigh-ins have been completed.

**Competition Start:** Please note that competitions will start strictly at 9 AM each morning. We kindly ask all participants to arrive early, allowing ample time for warm-ups and preparation. This will ensure a smooth and timely progression of the event.

**Prize Giving:** To honor the achievements of our athletes, prize-giving ceremonies will take place every day after the final lifts have been completed. This will be a wonderful opportunity to celebrate the hard work and dedication of all competitors.. Please note that this time will depend on when the competition is completed.

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## **Entry Fees:**

Entry Deadline- August 17, 2025. Entries must be received by Zane Ison only via e-mail [wpcsaazane@gmail.com](mailto:wpcsaazane@gmail.com) by this date. A penalty of \$20 will be imposed on any individual who exceed the deadline.

Entry Fee- \$125.00 USD

Athletes have the following entry options for the competition:

Full Power

Bench Press Only

Deadlift Only

Please note that there will be an additional entry fee of \$60 for every additional entry.

## **Competition Shirts:**

More information regarding direct ordering will be provided soon. Please stay tuned for updates!

## **Photographer:**

Details about how to directly order photography services will be shared shortly. Check back for more information!



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## TOURISTS ATTRACTIONS

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[https://www.tripadvisor.co.za/Attraction\\_Review-g312595-d480871-Reviews-U\\_Shaka\\_Marine\\_World-Durban\\_KwaZulu\\_Natal.html](https://www.tripadvisor.co.za/Attraction_Review-g312595-d480871-Reviews-U_Shaka_Marine_World-Durban_KwaZulu_Natal.html)

[https://www.tripadvisor.co.za/Attraction\\_Review-g312595-d1909671-Reviews-Shark\\_Cage\\_Diving-Durban\\_KwaZulu\\_Natal.html](https://www.tripadvisor.co.za/Attraction_Review-g312595-d1909671-Reviews-Shark_Cage_Diving-Durban_KwaZulu_Natal.html)

[https://www.tripadvisor.co.za/Attraction\\_Review-g312595-d500985-Reviews-Phezulu\\_Safari\\_Park-Durban\\_KwaZulu\\_Natal.html](https://www.tripadvisor.co.za/Attraction_Review-g312595-d500985-Reviews-Phezulu_Safari_Park-Durban_KwaZulu_Natal.html)

[https://www.tripadvisor.co.za/Attraction\\_Review-g312595-d469378-Reviews-The\\_Valley\\_of\\_a\\_1000\\_Hills-Durban\\_KwaZulu\\_Natal.html](https://www.tripadvisor.co.za/Attraction_Review-g312595-d469378-Reviews-The_Valley_of_a_1000_Hills-Durban_KwaZulu_Natal.html)

[https://www.tripadvisor.co.za/Attraction\\_Review-g312595-d480867-Reviews-UShaka\\_Wet\\_n\\_Wild-Durban\\_KwaZulu\\_Natal.html](https://www.tripadvisor.co.za/Attraction_Review-g312595-d480867-Reviews-UShaka_Wet_n_Wild-Durban_KwaZulu_Natal.html)

[https://www.tripadvisor.co.za/Attraction\\_Review-g312595-d2074056-Reviews-Big\\_Rush\\_Urban\\_Adrenaline-Durban\\_KwaZulu\\_Natal.html](https://www.tripadvisor.co.za/Attraction_Review-g312595-d2074056-Reviews-Big_Rush_Urban_Adrenaline-Durban_KwaZulu_Natal.html)

[https://www.tripadvisor.co.za/AttractionProductReview-g312608-d20432092-Durban\\_Big\\_5\\_Luxury\\_Safari\\_at\\_an\\_Award\\_Winning\\_Game\\_Reserve\\_Zeiss\\_Binoculars-Umhla.html](https://www.tripadvisor.co.za/AttractionProductReview-g312608-d20432092-Durban_Big_5_Luxury_Safari_at_an_Award_Winning_Game_Reserve_Zeiss_Binoculars-Umhla.html)

[https://www.tripadvisor.co.za/AttractionProductReview-g312595-d25176403-Tala\\_Game\\_Reserve\\_Phezulu\\_Safari\\_Natal\\_Lion\\_Park\\_Full\\_Day\\_Tour\\_From\\_Durban-Durban\\_.html](https://www.tripadvisor.co.za/AttractionProductReview-g312595-d25176403-Tala_Game_Reserve_Phezulu_Safari_Natal_Lion_Park_Full_Day_Tour_From_Durban-Durban_.html)

[https://www.tripadvisor.co.za/AttractionProductReview-g312595-d27493142-Luxury\\_Harbour\\_Ocean\\_Boat\\_Cruise-Durban\\_KwaZulu\\_Natal.html](https://www.tripadvisor.co.za/AttractionProductReview-g312595-d27493142-Luxury_Harbour_Ocean_Boat_Cruise-Durban_KwaZulu_Natal.html)

[https://www.tripadvisor.co.za/AttractionProductReview-g312595-d29010257-Hluhluwe\\_Imfolozi\\_and\\_Isimangaliso\\_Wetlands\\_2\\_Day\\_Safari-Durban\\_KwaZulu\\_Natal.html](https://www.tripadvisor.co.za/AttractionProductReview-g312595-d29010257-Hluhluwe_Imfolozi_and_Isimangaliso_Wetlands_2_Day_Safari-Durban_KwaZulu_Natal.html)

[https://www.tripadvisor.co.za/AttractionProductReview-g312595-d12016337-Relaxing\\_Gondola\\_Boat\\_Ride\\_on\\_the\\_Durban\\_Point\\_Waterfront\\_Canal-Durban\\_KwaZulu\\_Nat.html](https://www.tripadvisor.co.za/AttractionProductReview-g312595-d12016337-Relaxing_Gondola_Boat_Ride_on_the_Durban_Point_Waterfront_Canal-Durban_KwaZulu_Nat.html)

[https://www.tripadvisor.co.za/AttractionProductReview-g312595-d11457834-Phezulu\\_Cultural\\_Village\\_Reptile\\_Park\\_Day\\_Tour\\_from\\_Durban-Durban\\_KwaZulu\\_Natal.html](https://www.tripadvisor.co.za/AttractionProductReview-g312595-d11457834-Phezulu_Cultural_Village_Reptile_Park_Day_Tour_from_Durban-Durban_KwaZulu_Natal.html)

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[https://www.tripadvisor.co.za/AttractionProductReview-g312595-d25572389-Full\\_Day\\_Isimangaliso\\_Wetlands\\_Park\\_Croc\\_Hippo\\_Game\\_Fr\\_Durban-Durban\\_KwaZulu\\_Natal.html](https://www.tripadvisor.co.za/AttractionProductReview-g312595-d25572389-Full_Day_Isimangaliso_Wetlands_Park_Croc_Hippo_Game_Fr_Durban-Durban_KwaZulu_Natal.html)

[https://www.tripadvisor.co.za/AttractionProductReview-g312595-d25000822-Full\\_Day\\_Sani\\_Pass\\_and\\_Lesotho\\_Tour\\_From\\_Durban-Durban\\_KwaZulu\\_Natal.html](https://www.tripadvisor.co.za/AttractionProductReview-g312595-d25000822-Full_Day_Sani_Pass_and_Lesotho_Tour_From_Durban-Durban_KwaZulu_Natal.html)

[https://www.tripadvisor.co.za/AttractionProductReview-g312595-d25082763-Drakensberg\\_and\\_Nelson\\_Mandela\\_Capture\\_Site\\_Full\\_Day\\_Private\\_Tour-Durban\\_KwaZulu\\_N.html](https://www.tripadvisor.co.za/AttractionProductReview-g312595-d25082763-Drakensberg_and_Nelson_Mandela_Capture_Site_Full_Day_Private_Tour-Durban_KwaZulu_N.html)

[https://www.tripadvisor.co.za/AttractionProductReview-g312595-d13805638-Hluhluwe\\_Imfolozi\\_Safari\\_St\\_Lucia\\_Boat\\_Safari\\_Day\\_Tour\\_from\\_Durban-Durban\\_KwaZulu\\_.html](https://www.tripadvisor.co.za/AttractionProductReview-g312595-d13805638-Hluhluwe_Imfolozi_Safari_St_Lucia_Boat_Safari_Day_Tour_from_Durban-Durban_KwaZulu_.html)

[https://www.tripadvisor.co.za/AttractionProductReview-g312595-d11457949-Drakensberg\\_Giant\\_s\\_Castle\\_Cave\\_Art\\_Mandela\\_Capture\\_Site\\_Tour\\_from\\_Durban-Durban\\_K.html](https://www.tripadvisor.co.za/AttractionProductReview-g312595-d11457949-Drakensberg_Giant_s_Castle_Cave_Art_Mandela_Capture_Site_Tour_from_Durban-Durban_K.html)

[https://www.tripadvisor.co.za/AttractionProductReview-g312595-d11478122-Hluhluwe\\_Imfolozi\\_Safari\\_Day\\_Tour\\_from\\_Durban-Durban\\_KwaZulu\\_Natal.html](https://www.tripadvisor.co.za/AttractionProductReview-g312595-d11478122-Hluhluwe_Imfolozi_Safari_Day_Tour_from_Durban-Durban_KwaZulu_Natal.html)