

# WORLD POWERLIFTING CONGRESS- SOUTH AFRICA



## MEET INFO – AWPC/WPC AFRICAN CONGRESS POWERLIFTING CHAMPIONSHIPS 2026

24-27 SEPTEMBER – SOUTH AFRICA, DURBAN,  
KZN

### MEET INFORMATION

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 via email:  
[reservations.durban@onomohotel.com](mailto:reservations.durban@onomohotel.com) and provide the discount code **WPCWD26**.

**Onomo Durban**

Onomo Hotel Durban is conveniently located between the Durban International Convention Centre and the longest promenade in Africa making it the ideal choice for both business and leisure travellers. The hotel boasts 160 rooms, with four types of rooms available (twin, standard queen, suites, and universal rooms), each designed to cater to the needs of the modern nomadic and business traveller. The hotel's vibrant and colourful decor pays homage to the local culture. Onomo Hotel Durban also features three state-of-the-art conference rooms, a stunning rooftop restaurant and bar, and a green terrace restaurant and bar. Our dynamic space and service offerings provide an experience that accommodates work, play, and relaxation.

**Services and facilities**

- Free Wi-Fi network
- Concierge service
- Airport shuttle
- Laundry & dry cleaning
- Conference rooms
- Dedicated workspace
- Fitness centre and basic fitness activities with personal trainer (by arrangement)
- Outdoor swimming pool
- Restaurant
- Bar

**Dining**

- In-house Restaurant
- Tapas Restaurant & Skybar

**Our rooms**

**160 guest rooms:**

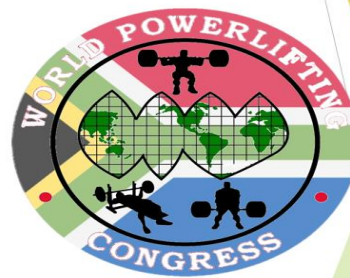
- Standard queen room (60)
- Standard twin room (60)
- Suite (40)

**Equipment:**

- Mix & match in suites and queen rooms
- In-rod in twin rooms
- Flat screen TV with satellite bouquet and Netflix
- With your own account
- Free 4-in-1 (shower, hairdryer, iron, and ironing board)
- Hair curler (available on request)
- Iron and ironing board (available on request)
- Air conditioning (in heat function)
- Wake up calls
- Laundry and dry cleaning

Onomo Durban  
56 KE Masinga Road, Sylvester Mthuli Drive, Durban, South Africa  
T: +27 (0)31 400 1000

# WORLD POWERLIFTING CONGRESS- SOUTH AFRICA



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: Thursday 24th - Sunday 27th September, 2026

Please note that the dates of the competition are **subject to change** depending on the number of entries received

## LIFTING SCHEDULE

**Note: Weigh-in periods will be 24 hours before lifting; weigh-in sessions will be from 09:00 am to 11:00 am and from 03:00 pm to 05:00 pm.**

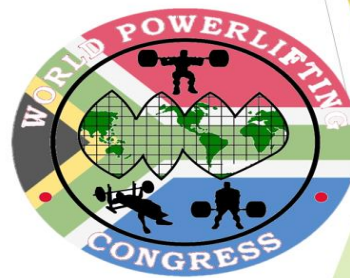
### DAY 1 – THURSDAY, 24 SEPTEMBER 2026

| Competition                                 | Entity              | Gender        | Classes          | Weight Category |                   |
|---|---------------------|---------------|------------------|-----------------|-------------------|
| Full Power,<br>Deadlift Only,<br>Bench Only | RAW &<br>Equipped   | AWPC &<br>WPC | Female           | All Classes     | All<br>Categories |
| Full Power,<br>Deadlift Only,<br>Bench Only | RAW &<br>Equipped   | AWPC &<br>WPC | Male             | All Classes     | All<br>Categories |
| Full Power,<br>Deadlift Only,<br>Bench Only | Special<br>Olympics | AWPC &<br>WPC | Male &<br>Female | All Classes     | All<br>Categories |

### DAY 2 – FRIDAY, 25 SEPTEMBER 2026

| Competition                                 | Entity   | Gender | Classes | Weight Category |                   |
|---|----------|--------|---------|-----------------|-------------------|
| Full Power,<br>Deadlift Only,<br>Bench Only | Equipped | AWPC   | Female  | All Classes     | All<br>Categories |

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|  |          |      |      |             |                   |
|--|----------|------|------|-------------|-------------------|
| <i>Full Power,<br/>Deadlift Only,<br/>Bench Only</i> | Equipped | AWPC | Male | All Classes | All<br>Categories |
|--|----------|------|------|-------------|-------------------|

## DAY 3 – SATURDAY, 26 SEPTEMBER 2026

| <b>Competition</b>                                   | <b>Entity</b>  | <b>Gender</b>     | <b>Classes</b> | <b>Weight<br/>Category</b> |                   |
|--|----------------|-------------------|----------------|----------------------------|-------------------|
| <i>Full Power,<br/>Deadlift Only,<br/>Bench Only</i> | Classic<br>RAW | WPC &<br>Military | Female         | All Classes                | All<br>Categories |
| <i>Full Power,<br/>Deadlift Only,<br/>Bench Only</i> | Classic<br>RAW | WPC               | Male           | Teen Only                  | All<br>Categories |

## DAY 4 – SUNDAY, 27 SEPTEMBER 2026

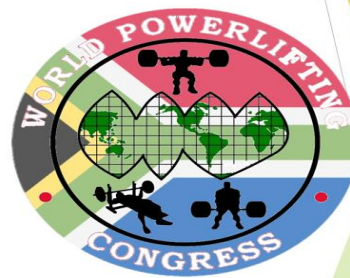
| <b>Competition</b>                                   | <b>Entity</b>  | <b>Gender</b>     | <b>Classes</b> | <b>Weight<br/>Category</b>   |                   |
|--|----------------|-------------------|----------------|------------------------------|-------------------|
| <i>Full Power,<br/>Deadlift Only,<br/>Bench Only</i> | Classic<br>RAW | WPC &<br>Military | Male           | Junior,<br>Open &<br>Masters | All<br>Categories |

## MEET INFORMATION

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

**/ 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.

**Entry Fees:** Entry Deadline- July 31, 2026. Entries must be received by Zane Ison only via e-mail [wpcsazane@gmail.com](mailto:wpcsazane@gmail.com) by this date. A penalty of \$20 will be imposed on any individual who exceeds the deadline.

Entry Fee- \$98.00 USD

Athletes have the following entry options for the competition:

Full Power

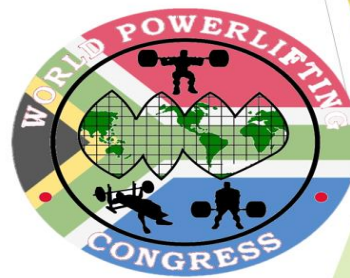
Bench Press Only

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!

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**Photographer:** Emet Media, +27 68 966 2223,  
Packages can be enquired with Emet Media



## TOURISTS ATTRACTIONS

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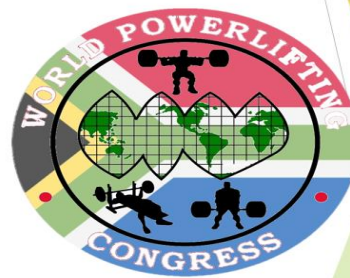
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[https://www.tripadvisor.co.za/AttractionProductReview-g312595-d11457949-Drakensberg\\_Giant\\_s\\_Castle\\_Cave\\_Art\\_Mandela\\_Capture\\_Site\\_Tour\\_from\\_Durban-Durban\\_K.html](https://www.tripadvisor.co.za/AttractionProductReview-g312595-d11457949-Drakensberg_Giant_s_Castle_Cave_Art_Mandela_Capture_S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

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