IT'S ON! TEMPERS FLARE AS EFC 139 ATHLETES FACE OFF



Johannesburg, South Africa - 2 November 2026

EFC 139 Fight Week officially got underway on Monday with an entertaining Media Day at the World Sports Betting EFC Arena, where athletes came face-to-face ahead of Thursday's event. From confident predictions and championship ambitions to a heated confrontation between former acquaintances, the afternoon offered an early indication of what awaits inside the Hexagon on 5 November.

Headlining the event, South Africa's Godfrey "FeralSpunky" Mkhwanazi and undefeated Namibian Veja Hinda presented two very different personalities.

Mkhwanazi, relaxed and outspoken, revealed that he had been enjoying some time away from competition, attending weddings and living life, when the opportunity to headline EFC 139 arose. His team saw no reason to turn it down.

The experienced South African dismissed suggestions that Hinda presents any unfamiliar challenges, boldly declaring, "You can compare me with any best fighter in the world and I'll have the upper hand."

Asked how quickly he intends to finish the contest, Mkhwanazi responded, "They don't pay me overtime, so as quickly as possible."

Hinda, meanwhile, remained composed throughout the exchange. Originally preparing for a different opponent, the undefeated Namibian explained that his training had initially focused on grappling and Brazilian jiu-jitsu, but the change in opposition required adjustments to his game plan.

Despite acknowledging Mkhwanazi's experience, Hinda expressed complete confidence in his preparation, explaining that his priority was to remain calm and focused.

Their face-off was intense but professional, with both athletes shaking hands before a prolonged stare-down in which neither appeared willing to give ground.

Vellem and Farrow promise a spectacular lightweight contest

In one of the afternoon's most respectful exchanges, undefeated lightweights Nasiphi "The Honey Badger" Vellem and Grant Farrow spoke openly about their admiration for each other's abilities.

Vellem praised his coach Demarte Pena and explained that he had specifically called out Farrow because he wanted to test himself against such a talented opponent.

"I can't say he has a weakness. We will see on Thursday," Vellem admitted.

Farrow was equally complimentary, describing the matchup as an opportunity that would benefit both athletes regardless of the result.

However, the mutual respect did little to soften their predictions.

"It's going to be a car crash," Farrow declared, suggesting that neither athlete would take a backward step.

Vellem responded with a reminder of what is at stake between two undefeated competitors.

"Someone's O has got to go, and it's not mine."

Farrow had his own final message: "Thursday I show up to collect my trophy."

Zwane reveals who convinced him to return and calls out Faeez Jacobs

Ayanda Zwane provided one of the afternoon's biggest revelations when discussing his decision to return to competition after leaving his gloves in the Hexagon following his defeat to Lewis Mataya at EFC 137.

Zwane explained that several people close to him had encouraged his return, but identified EFC champion Faeez Jacobs as the person who ultimately convinced him.

"I have my eyes set on him. He's next," Zwane declared.

His undefeated opponent, Yaseen Adams, appeared entirely unfazed.

"I'm going to ace this test!" Adams announced, before questioning whether Zwane truly wanted to continue competing.

Zwane acknowledged Adams' talent and hunger, but warned that his greater experience would prove decisive.

"I'm going to take him to waters and no lifeguard is going to save him in this one."

The pair exchanged words during a tense face-off, with Zwane encouraging his opponent to put on a show. Unlike the earlier main event face-off, there was no handshake.

Ndlovu and Martinho steal the show with explosive confrontation

The afternoon's most heated exchange came between Godknows Ndlovu and Zeca Martinho, whose apparent personal history quickly turned their Media Day appearance into an extended verbal confrontation.

What began with mutual expressions of respect rapidly deteriorated as the two athletes disputed events from their past.

Martinho promised to "bring the fire", while Ndlovu questioned his opponent's sincerity and repeatedly accused him of putting on an act.

"You fake right now," Ndlovu declared.

Martinho fired back, challenging Ndlovu's version of their history and insisting that his hunger to succeed remained as strong as ever.

The exchanges became increasingly personal, with both athletes talking over one another as the confrontation continued.

Their eventual face-off was equally heated, requiring EFC Vice President Graeme Cartmell to intervene and separate the pair.

Even after the separation, the argument continued, with Martinho demanding that Ndlovu stop addressing people in the crowd and focus on him.

The encounter provided some of the most dramatic moments of EFC 139 Media Day and added considerable personal stakes to Thursday's contest.

Championship ambitions and unfinished business

Returning veteran Micky "The Mouse" Cloete made his intentions clear following his extended absence from competition.

"I want that title and that's the whole idea for doing this," Cloete explained, adding that he was more excited than ever to return.

His opponent, Sisa Jungula, was equally ambitious, insisting that simply winning would not be enough.

Jungula wants to demonstrate that his skills have developed to another level and eventually become EFC champion.

Both athletes expressed respect for one another, although Cloete warned that once he established top position on the ground, Jungula would find himself in serious difficulty.

In another intriguing matchup, Angola's Eduardo Barros and South Africa's Roevan De Beer discussed the growing competition between their respective countries.

Barros expressed confidence in Angola's Brazilian jiu-jitsu pedigree and revealed that he had been training with some of the country's leading grappling and wrestling coaches.

De Beer, meanwhile, spoke about the motivation that comes with experience and age, describing himself as an old tiger who becomes most dangerous when the end is near.

Barros predicted a first-round finish.

"That suits me," De Beer responded.

Rising athletes target EFC gold

Tyron "CIT Sniper" Lamprecht delivered an uncompromising message ahead of his meeting with David Makane.

"There is nowhere that I'm behind David. I'm just better than him," Lamprecht declared.

The CIT athlete made it clear that his immediate objective was championship gold and that he had no particular rival in mind.

"I'm here to whip everybody," he announced, predicting a spectacular finish on Thursday.

Charmaine "The Terminator" Venter, appearing without her scheduled opponent Dayne Van Wyk, spoke enthusiastically about their upcoming rematch following their previous encounters in kickboxing. Venter also emphasised her desire to help grow EFC's women's division.

Phillip "Pitbull" Cronje, representing Knockout Centre in the Strand and also training with Don Madge at Madfit MMA, delivered one of the afternoon's most passionate interviews.

Cronje spoke about his journey, the importance of his coaches and training partners, and his determination to inspire young people from his community.

"I'm here to show all the kids in my area that you can make it as long as you dream, believe and never give up," Cronje explained.

He also credited his faith and the people supporting him, promising that EFC audiences were about to see something special.

NEXT UP: OFFICIAL WEIGH-IN ON WEDNESDAY

With Media Day complete, attention now moves to the official EFC 139 Weigh-In on **Wednesday, 4 November at 10:00 CAT**, broadcast live on the EFC YouTube channel.

All competing athletes will step onto the scales before coming face-to-face for the final time ahead of Thursday's event.

EFC 139 takes place on Thursday, 5 November 2026, at the World Sports Betting EFC Arena in Johannesburg, South Africa.

The preliminary card broadcasts live globally on Discover Sport and Bally TV from 16:00 CAT, with the main card live from 19:00 CAT on SuperSport, SABC Sport, Discover Sport, DAZN and other international broadcast partners.

For tickets and broadcast information, visit efcworldwide.com.

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