

ALLEN & BEMBE FACE-TO-FACE

Press Con Kicks Off EFC 129 Fight Week

3 November 2025



Johannesburg, South Africa - EFC 129 Fight Week has officially begun, with the fight week press conference setting the tone for a massive night of action at the World Sports Betting Arena this Thursday, 6 November.

Main event athletes Boyd Allen and Vince Bembe set the tone early with a focused exchange ahead of their featherweight contender bout. Allen described Bembe as his toughest opponent yet, saying every man in front of him is always the hardest, and added that he wants a photo with Martin van Staden once he reclaims the belt to show that we still have it. Bembe responded with confidence, saying he believes he has what it takes to beat Allen and that this will be the biggest victory of his career. Their silent, handshake free face off left no doubt about the intensity to come.

Steven Goncalves, who faces Guide Moyo, admitted this fight feels like now or never for him after training in Thailand to find his edge. Their face off had Goncalves' words met with Moyo's calm smile, creating a respectful but competitive energy.

Heavyweight contender Terrence Born who is scheduled to clash with Sholto Luiters sent a message to the division, calling for higher standards in the recent title fights.

Co main eventers Ziko Makengele and Ndidi Alonu were absent from the press conference. EFC VP of Talent Graeme Cartmell addressed the issue directly, calling it unacceptable and confirming repercussions, emphasising that all athletes are expected to attend spectator events.

In his post event interview with Simon Stephens, Cartmell said he loves headlining with a fight that does not even need a belt, only intent, and praised the energy between Allen and Bembe. Stephens predicted Sholto Luiters versus Terrence Born as the potential Fight of the Night, and Cartmell backed Ziko to turn the tables on Ndidi in their rematch, and said a big performance from Terrence could set him up for a title shot heading into 2026.

Watch the full EFC 129 Press Conference and face offs [HERE](#)

EFC 129 Fight Card

Boyd Allen vs Vince Bembe Featherweight Contender Bout
Ndidi Alonu vs Ziko Makengele Welterweight
Steven Goncalves vs Guide Moyo Featherweight
Terrence Born vs Sholto Luiters Heavyweight
Cole Henning vs Christopher Matukane Welterweight
Moses Mokhari vs Sibusiso Sovendle Bantamweight
Nerik Simoes vs Musa Sethwape Catchweight 148lbs
Godfrey Mkhwanazi vs Allistar Kunene Bantamweight
Dauda Rajabu vs Lecture Gumbi Catchweight 138lbs
Mika Ngomane vs Mfanafuthi Ngobese Flyweight
Alex Kapinga vs Bruce Mayasi Featherweight

EFC 129 Allen vs Bembe takes place on Thursday, 6 November 2025, live from the World Sports Betting Arena at the EFC Performance Institute, Johannesburg, South Africa.

Broadcast details and more at www.efcworldwide.com