

HLONGWA AND LOKOLO SET TO SETTLE UNFINISHED BUSINESS AT EFC 140

Eight years after their first encounter, two EFC veterans return to the Hexagon for a middleweight rematch on 3 December



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Eight years after Mzwandile Hlongwa defeated Roy Lokolo in their first professional encounter, the two experienced African middleweights are preparing to meet again at EFC 140 on Thursday, 3 December at the WSB EFC Arena in Johannesburg.

Their first meeting in 2018 ended with Hlongwa claiming victory by verbal submission in the second round. Much has changed since then, with both athletes experiencing the highs and challenges of professional MMA careers that have taken them through some of the sport's toughest competition.

For South Africa's Hlongwa, those years have included some unforgettable moments.

A former EFC light heavyweight title challenger, Hlongwa has established a reputation as one of the most unpredictable strikers to compete inside the Hexagon. His spectacular spinning-elbow knockout

of Torbjørn Madsen remains one of his defining career moments, earning EFC Knockout of the Year recognition.

His career has also taken him beyond South Africa, including a meeting with UFC superstar Khamzat Chimaev at BRAVE CF. Having competed against elite international opposition and challenged for EFC championship gold, Hlongwa has experienced professional MMA at the highest levels.

But recent years have been difficult for the South African, who enters EFC 140 looking to end a run of five consecutive defeats. A return to winning form against an opponent he has already beaten would provide a significant boost to his career.

For the Democratic Republic of Congo's Roy Lokolo, the rematch represents an opportunity that has been eight years in the making.

Lokolo has built his career around his reach and striking ability, with a first-round TKO victory over Francois Cundari among his most notable performances. Having last competed in 2023, the Congolese athlete now prepares to return to the EFC Hexagon after an extended absence.

During his time away, Lokolo has made an important change to his preparation, joining Demarte Pena's team at Fight Camp in Johannesburg.

Under the guidance of the former EFC champion, Lokolo has the opportunity to develop his skills in a new environment before facing an opponent who knows exactly what it takes to defeat him.

Their first meeting belongs to Hlongwa, but eight years is a long time in professional MMA.

Both athletes have experienced setbacks since their earlier encounter, and both arrive at EFC 140 with something to prove. Hlongwa is determined to rediscover the form that once made him one of the organisation's most dangerous finishers, while Lokolo has the opportunity to avenge a defeat that has remained on his record since 2018.

Hlongwa vs Lokolo joins the developing EFC 140 fight card, headlined by the EFC Flyweight Championship showdown between Tumelo Manyamala and Brandon Santos.

With EFC 139 taking place on Thursday, 5 November, preparations continue for EFC 140, the promotion's final event of 2026, with further bouts to be announced in the coming weeks.

EFC 140 is presented by World Sports Betting and takes place on Thursday, 3 December at the WSB EFC Arena in Johannesburg, South Africa. Tickets and broadcast information are available at:

<https://efcworldwide.com>

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