



Estony Pridgeon

IJF Governance and Strategy Director

Last name: Pridgeon

IJF function: IJF Governance and Strategy Director

First name: Estony

Joined IJF: 2012

IJF career:

2025-present IJF Governance and Strategy Director

2013-present IJF Development Commission member

2012-present IJF Gender Equality Commission member

Judo and sports career:

Judoka since 1978

Botswana national coach

Botswana Judo Team Manager

Administrative career:

2016-present General Secretary, African Judo Union

2011-2016 Head of Communication, African Judo Union

2009-2010 Communication Director, African Judo Union

2009-2019 President, Southern African Judo Confederation

2009-2017 President, Botswana Judo Federation

2009-2013 Executive Board Member, Botswana National Olympic Committee

1999-present Owner of various private companies

1990-1999 Senior Staff Officer Communication, South African National Defence Force, 44 Parachute Brigade

Awards and decorations:

Botswana National Sports Council Award: Non-Citizen of the Year (2010, 2012, 2017)

Runner-up, Botswana National Sports Council Award: Non-Citizen of the Year (2009, 2011, 2013)

IOC Woman and Sports Award (2013)



Estony Pridgeon

IJF Governance and Strategy Director

Education:

2011 Olympic Solidarity High Performance Coaching Enrichment, University of Delaware (Honours with Excellence)

1994–1997 Public Relations Practitioner Diploma, Public Relations Institute of South Africa

1990–1999 Various Military Courses, South African Defence Force