

**2024 African Men's Equipped Powerlifting Championships**

Potchefstroom / South Africa, 29 October – 3 November, 2024

**The List of Teams****Algeria {The Team in Total: 21}***Lifters: 17*

|     |                     |   |            |        |
|-----|---------------------|---|------------|--------|
| 1.  | Boutarfa Aissa      | M | Masters 2  | -83kg  |
| 2.  | Meziani Brahim      | M | Juniors    | -66kg  |
| 3.  | Benmeddah Slimane   | M | Juniors    | -74kg  |
| 4.  | Amrouch Ayoub       | M | Subjuniors | -53kg  |
| 5.  | Naamaoui Ahmed Sami | M | Subjuniors | -74kg  |
| 6.  | Bouzidia Fodil      | M | Subjuniors | -93kg  |
| 7.  | Hamdani Fethi       | M | Open       | -83kg  |
| 8.  | Letaief Noueddine   | M | Open       | -83kg  |
| 9.  | Bentalha Ilyes      | M | Open       | -93kg  |
| 10. | Belkebir Abderrahim | M | Open       | -93kg  |
| 11. | Kebbab Saber        | M | Open       | -105kg |
| 12. | Bendjeddou Yacine   | M | Open       | -105kg |
| 13. | Bendjeddou Yacine   | M | Open       | -120kg |
| 14. | Sahad Mohamed       | M | Open       | -120kg |
| 15. | Zouggar Redouane    | M | Open       | 120+kg |
| 16. | Kouri Safia         | F | Open       | -63kg  |

*Team Members: 4*

|    |                     |   |       |                   |
|----|---------------------|---|-------|-------------------|
| 1. | Bourabah Mokrane    | ✓ | Cat.2 |                   |
| 2. | Nedjah A. Kamel . E | ✓ | Cat.1 | ✓ Official        |
| 3. | Taib Mourad         |   |       | ✓ Head Coach      |
| 4. | Rezki Mahmoud       |   |       | ✓ Assistant Coach |

**Cameroon {The Team in Total: 35}***Lifters: 29*

|     |                                    |   |            |        |
|-----|------------------------------------|---|------------|--------|
| 1.  | Tingounzeu Omer Gaston             | M | Masters 2  | -105kg |
| 2.  | Tingounzeu Daren Aram              | M | Subjuniors | -59kg  |
| 3.  | Ondoua Ntonga Hugue<br>Laurent     | M | Subjuniors | -66kg  |
| 4.  | Ondoua Ntonga Hugues<br>Laurent    | M | Subjuniors | -66kg  |
| 5.  | Tingounzeu Momo Erine<br>Jennly    | F | Subjuniors | -57kg  |
| 6.  | Techap Fongang                     | M | Open       | -83kg  |
| 7.  | Balangwe Bakinien Julien           | M | Open       | -93kg  |
| 8.  | Balangwe Bakinien Julien           | M | Open       | -93kg  |
| 9.  | Naoussi Nembot Ano                 | M | Open       | -120kg |
| 10. | Ngon Anong A                       | M | Open       | 120+kg |
| 11. | Aboueme Ndeme Hanriette<br>Audrey  | F | Open       | -84kg  |
| 12. | Fokem Fofe Aimerance               | F | Open       | 84+kg  |
| 13. | Fokem Fofe Christelle<br>Aimerance | F | Open       | 84+kg  |

*Team Members: 6*

|                           |         |                   |
|---------------------------|---------|-------------------|
| 1. Tingounzeu Omer Gaston | ✓ Cat.2 |                   |
| 2. Yaho Calvin            |         | ✓ Official        |
| 3. Owona Mbah Jean Claude |         | ✓ Official        |
| 4. Bile Roger             |         | ✓ Coach           |
| 5. Ndzama Luc Emmanuel    |         | ✓ Doctor          |
| 6. Bessely Victor         |         | ✓ Assistant Coach |

**Cape Verde {The Team in Total: 4}***Lifters: 3*

|                        |        |        |
|------------------------|--------|--------|
| 1. Carvalho Jeisson    | M Open | 120+kg |
| 2. Monteiro Erica      | F Open | -63kg  |
| 3. Fernandes Conceicao | F Open | -84kg  |

*Team Members: 1*

|                             |         |            |
|-----------------------------|---------|------------|
| 1. dos Santos Carlos Albino | ✓ Cat.2 | ✓ Official |
|-----------------------------|---------|------------|

**Central African Republic {The Team in Total: 5}***Lifters: 2*

|                                       |        |       |
|---------------------------------------|--------|-------|
| 1. Fiolengo Don de Dieu<br>Baudelaire | M Open | -83kg |
| 2. Niabode Giscar Delange             | M Open | -93kg |

*Team Members: 3*

|                          |  |            |
|--------------------------|--|------------|
| 1. Hamadyida Bernard     |  | ✓ Official |
| 2. Kokilo Guy Le Grand   |  | ✓ Official |
| 3. Miango Anzoye Patrick |  | ✓ Coach    |

**Egypt {The Team in Total: 2}***Lifters: 1*

|                 |        |       |
|-----------------|--------|-------|
| 1. Nageeb Tarek | M Open | -66kg |
|-----------------|--------|-------|

*Team Members: 1*

|                  |  |         |
|------------------|--|---------|
| 1. Nageeb Abdala |  | ✓ Coach |
|------------------|--|---------|

**Ivory Coast {The Team in Total: 13}***Lifters: 8*

|                                      |        |        |
|--------------------------------------|--------|--------|
| 1. Kouassi Ghislain Ulrich           | M Open | -66kg  |
| 2. Agoua Jean Joel                   | M Open | -74kg  |
| 3. Bodji N'guessan Fabrice<br>Junior | M Open | -93kg  |
| 4. Corcher Ahizi Ange-Martial        | M Open | -105kg |
| 5. Ahui Djirabou Arnaud<br>Silvere E | M Open | -120kg |
| 6. Nda Marie Manuella                | F Open | -84kg  |
| 7. Sekongo Nohoua Laurence           | F Open | 84+kg  |
| 8. Assey Ebah Desiree Nadege         | F Open | -76kg  |

*Team Members: 5*

|                            |         |                   |
|----------------------------|---------|-------------------|
| 1. Nango Romeo             | ✓ Cat.2 |                   |
| 2. Dokoui Claude Emmanuel  | ✓ Nat.  |                   |
| 3. Nwole Aniba Ela         |         | ✓ Assistant Coach |
| 4. Kouame Melaine Sandrine |         | ✓ Assistant Coach |

5. Kouadio Lagahuzere Nda √ Assistant Coach  
Christelle

**Morocco {The Team in Total: 2}***Lifters: 1*

1. Bouab Mohamed M Subjuniors -83kg

*Team Members: 1*

1. Jamal Hamid √ Cat.1 √ Head Coach

**Namibia {The Team in Total: 1}***Lifters: 1*

1. Meyer Melt M Juniors -120kg

**South Africa {The Team in Total: 43}***Lifters: 42*

|                              |              |        |
|------------------------------|--------------|--------|
| 1. Oppenheim Dan             | M Masters 4  | -83kg  |
| 2. Bruce Jc                  | M Masters 3  | -66kg  |
| 3. de Nysschen Tommie        | M Masters 3  | -83kg  |
| 4. Leighton Heather          | F Masters 3  | -69kg  |
| 5. van der Linde Glen        | M Masters 2  | -74kg  |
| 6. Ridgard Alan              | M Masters 2  | -93kg  |
| 7. Ingel Nicholas            | M Masters 2  | -105kg |
| 8. de Beer Hermanus          | M Masters 2  | -120kg |
| 9. Crain John                | M Masters 2  | 120+kg |
| 10. Barry Elisabeth          | F Masters 2  | -52kg  |
| 11. Anthony Carol            | F Masters 2  | -57kg  |
| 12. Johnson Enrico           | M Masters 1  | -66kg  |
| 13. Coleman Steven           | M Masters 1  | -66kg  |
| 14. van Huyssteen Braam      | M Masters 1  | -120kg |
| 15. Breetzke Simon           | M Masters 1  | 120+kg |
| 16. Motlhako Thapelo         | M Juniors    | -74kg  |
| 17. Britz Sean               | M Juniors    | -105kg |
| 18. Devnarain Surina         | F Juniors    | -57kg  |
| 19. Fourie Marianka          | F Juniors    | -76kg  |
| 20. Chung Hao-Cheng Charlton | M Subjuniors | -59kg  |
| 21. Holmes Morgan            | M Subjuniors | -83kg  |
| 22. Fulop Szethyn            | M Subjuniors | -93kg  |
| 23. Steenekamp Richard       | M Subjuniors | -105kg |
| 24. Ridgard Joanna           | F Subjuniors | -57kg  |
| 25. Naicker Karamyn          | F Subjuniors | -57kg  |
| 26. van der Linde Ruben      | M Open       | -74kg  |
| 27. Vorster Marcel           | M Open       | -74kg  |
| 28. Cowley Michael           | M Open       | -105kg |
| 29. Pietersen Haroun         | M Open       | -105kg |
| 30. Roos Chevonne            | F Open       | -57kg  |
| 31. Leighton Megan           | F Open       | -63kg  |
| 32. Faul Megan               | F Open       | -84kg  |
| 33. Perotti Olivia           | F Open       | 84+kg  |
| 34. Serge V'leen             | F Open       | -76kg  |

