

2024 African Men's Classic Bench Press Championships

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

Division «Open»

#	Name	Born	Team	BP
-66kg				
^R 1.	Elouaflin Michael	1989	Ivory Coast	135.0
-83kg				
1.	Hamdani Fethi	1993	Algeria	177.5
2.	Techap Fongang	1989	Cameroon	160.0
-93kg				
1.	Belkebir Abderrahim	1995	Algeria	190.0
2.	Balangwe Bakinien Julien	1986	Cameroon	182.5
-105kg				
1.	Kebbab Saber	1976	Algeria	190.0
-120kg				
1.	Naoussi Nembot Ano	1992	Cameroon	195.0
2.	Bendjeddou Yacine	1989	Algeria	195.0
120+kg				
1.	Ngon Anong A	1987	Cameroon	200.0
In Division there are 9 Lifters (In Teams:8 In Reserve:1)				

Division «Subjuniors»

#	Name	Born	Team	BP
-59kg				
1.	Tingounzeu Daren Aram	2010	Cameroon	70.0
-66kg				
1.	Ondoua Ntonga Hugues Laurent	2009	Cameroon	90.0
In Division there are 2 Lifters				

Division «Masters I»

#	Name	Born	Team	BP
2.	Coleman Steven	1979	South Africa	123.0
120+kg				
1.	Breetzke Simon	1978	South Africa	165.0
In Division there are 2 Lifters				

Division «Masters II»

#	Name	Born	Team	BP
-105kg				
1.	Ingel Nicholas	1971	South Africa	125.0
2.	Tingounzeu Omer Gaston	1974	Cameroon	70.0
-120kg				
1.	de Beer Hermanus	1970	South Africa	152.5
120+kg				
1.	Crain John	1969	South Africa	177.5
In Division there are 4 Lifters				

Division «Masters III»

#	Name	Born	Team	BP
-66kg				

1. Bruce Jc 1963 South Africa 80.0

In Division there is 1 Lifter

Division «Masters IV»

#	Name	Born	Team	BP
---	------	------	------	----

-83kg

1. Oppenheim Dan 1945 South Africa 90.0

In Total there are 19 Lifters (In Teams:18 In Reserve:1)