

**2024 African Men's Equipped Bench Press Championships****Potchefstroom / South Africa, 29 October – 3 November, 2024****Division «Open»**

#	Name	Born	Team	BP
<b>-83kg</b>				
1.	Techap Fongang	1989	Cameroon	160.0
<b>-93kg</b>				
1.	Balangwe Bakinien Julien	1986	Cameroon	182.5
<b>-120kg</b>				
1.	Naoussi Nembot Ano	1992	Cameroon	195.0
<b>120+kg</b>				
1.	Ngon Anong A	1987	Cameroon	200.0

**In Division there are 4 Lifters****Division «Subjuniors»**

#	Name	Born	Team	BP
<b>-59kg</b>				
1.	Tingounzeu Daren Aram	2010	Cameroon	70.0
<b>-66kg</b>				
1.	Ondoua Ntonga Hugue Laurent	2009	Cameroon	90.0

**In Division there are 2 Lifters****Division «Masters I»**

#	Name	Born	Team	BP
<b>120+kg</b>				
1.	Breetzke Simon	1978	South Africa	265.0

**In Division there is 1 Lifter****Division «Masters II»**

#	Name	Born	Team	BP
<b>-105kg</b>				
1.	Tingounzeu Omer Gaston	1974	Cameroon	70.0
<b>-120kg</b>				
1.	de Beer Hermanus	1970	South Africa	175.0
<b>120+kg</b>				
1.	Crain John	1969	South Africa	222.5

**In Total there are 10 Lifters**