

2024 African Men's Equipped Bench Press Championships

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

Division «Open»

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

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

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

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

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

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

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

In Total there are 10 Lifters