

**2024 African Men's Equipped Bench Press 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 Laurent	M	Subjuniors	-66kg
4.	Ondoua Ntonga Hugues Laurent	M	Subjuniors	-66kg
5.	Tingounzeu Momo Erine 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 Audrey	F	Open	-84kg
12.	Fokem Fofe Aimerance	F	Open	84+kg
13.	Fokem Fofe Christelle 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
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**Central African Republic {The Team in Total: 5}***Lifters: 2*

1. Fiolengo Don de Dieu 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
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*Team Members: 1*

1. Nageeb Abdala		✓ Coach
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**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 Junior	M Open	-93kg
4. Corcher Ahizi Ange-Martial	M Open	-105kg
5. Ahui Djirabou Arnaud 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

