

**African Women's Classic Bench Press Championships**  
**Potchefstroom / South Africa, 30 November – 4 December, 2021**  
**The List of Teams**

**Algeria {The Team in Total: 13}***Lifters: 11*

1. Lakehal Mohamed	M	Open	-59kg
2. Toubal Fatah	M	Open	-83kg
3. Hamdani Fethi	M	Open	-83kg
4. Kanane Amar	M	Open	-93kg
5. Kebab Saber	M	Open	-93kg
6. Bendjeddou Yacine	M	Open	-105kg
7. Sahad Mohamed	M	Open	-120kg
8. Ammor Mohamed Zine Eddine	M	Open	-120kg
9. Boughalem Ilyas	M	Open	120+kg
10. Kouri Safia	F	Open	-63kg
11. Tatar Zahra	F	Open	-76kg

*Team Members: 2*

1. Nedjah Abdelouaheb Kamel Eddine	✓	Cat.I	✓	Official
2. Taib Mourad			✓	Coach

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

1. Sanni Abdel Wahhab	M	Open	-93kg
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**Cameroon {The Team in Total: 32}***Lifters: 26*

1. Ibrahim Njuwou Ngnambi	M	Masters 1	-105kg
2. Victor Koule Nguime	M	Masters 1	-120kg
3. Nguenkam Yolande	F	Juniors	-69kg
4. Yolande Nguenkam	F	Juniors	-69kg
5. Fongang Techap	M	Open	-83kg
6. Inoussa Moluh	M	Open	-93kg
7. Serge Bangsi	M	Open	-93kg
8. Moluh Inoussa	M	Open	-93kg
9. Clauvis Nandji	M	Open	-105kg
10. Antoine Baya Nsang	M	Open	-105kg
11. Francis Edgar Yebga	M	Open	-120kg
12. Henriette Audrey Aboueme Ndeme	F	Open	-84kg
13. Christelle Aimerance Fokem Fofe	F	Open	84+kg
14. Bouba Salamatou	F	Open	-69kg

*Team Members: 6*

1. Roger Bile	✓	Cat.II	
2. Laure Viviane Woulefack	✓	Nat.	
3. Jean Jacques Abanda Minkada			✓ Official

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|---------------------|-------------------|
| 4. Calvin Yaho      | ✓ Coach           |
| 5. Dieudonne Abanda | ✓ Assistant Coach |
| 6. Victor Bessely   | ✓ Assistant Coach |

**Egypt {The Team in Total: 7}***Lifters: 6*

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|---------------------|-----------|--------|
| 1. Ahmed Mohamed    | M Juniors | -66kg  |
| 2. Abdullah Tarek   | M Open    | -83kg  |
| 3. Marie Mohamed    | M Open    | -83kg  |
| 4. Nouredin Mohamed | M Open    | -83kg  |
| 5. Hazem Mostafa    | M Open    | -105kg |

*Team Members: 1*

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| 1. Marie Mohamed | ✓ Cat.II |
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**Ivory Coast {The Team in Total: 18}***Lifters: 14*

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|------------------------------------|-----------|--------|
| 1. Marie Annabelle Akissi<br>Diaha | F Juniors | -63kg  |
| 2. Ghislain Ulrich Kouassi         | M Open    | -66kg  |
| 3. Michael Elouafin                | M Open    | -66kg  |
| 4. Kassim Kone                     | M Open    | -74kg  |
| 5. Vladmir Tizie Bi                | M Open    | -74kg  |
| 6. Aristide Ekou                   | M Open    | -93kg  |
| 7. Franck Patrick Niagne           | M Open    | -93kg  |
| 8. Gustave Fezan Bi                | M Open    | -105kg |
| 9. Kouadio Julien                  | M Open    | -120kg |
| 10. Irame Lewis Bernard Tamo       | M Open    | 120+kg |
| 11. Nohoua Laurence Sekongo        | F Open    | 84+kg  |

*Team Members: 4*

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|--------------------------|-------------------|
| 1. Dokoui Claude         | ✓ Head Coach      |
| 2. Fofana Aboubakar      | ✓ Official        |
| 3. Kouao Stephane Ulrich | ✓ Physiotherapist |
| 4. Bi Kacou Fezan Jures  | ✓ Assistant Coach |

**Libya {The Team in Total: 21}***Lifters: 13*

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|---------------------------------------|--------------|--------|
| 1. Elmaghrebi Abdalla                 | M Masters 3  | -105kg |
| 2. Aryn Abdullah                      | M Masters 2  | -74kg  |
| 3. Aliskandarani Mohammed             | M Masters 1  | -74kg  |
| 4. Elbuaishi Akram                    | M Masters 1  | -93kg  |
| 5. Makhoulouf Tariq                   | M Masters 1  | 120+kg |
| 6. Alhasi Saeid                       | M Juniors    | -105kg |
| 7. Alafi Othman                       | M Subjuniors | -59kg  |
| 8. Salim Mohammed                     | M Subjuniors | -74kg  |
| 9. Abousinan Mohammed Abd<br>Alraheem | M Subjuniors | 120+kg |
| 10. Ali Naji Awadh                    | M Open       | -66kg  |
| 11. Al Darwge Ahmed                   | M Open       | -74kg  |
| 12. Merwas Eslam                      | M Open       | -120kg |

13. Fidan Hussein	M Open	120+kg
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*Team Members: 8*

1. Alkuwafi Rafeeq	✓ Cat.II	
2. Makhoulouf Tariq		✓ Head Coach
3. Elbakbak Mofid		✓ Official
4. Shwehdi Manna Hasin		✓ Official
5. Alshuwayhidi Munayr		✓ Official
6. Makhoulouf Marwan		✓ Official
7. Elshaari WALI		✓ Coach
8. Elbuaishi Akram		✓ Assistant Coach

**Morocco {The Team in Total: 11}***Lifters: 8*

1. Jamal Hamid	M Masters 2	-93kg
2. Lahmidi Abdelghafor	M Open	-74kg
3. Boutarta Mohammed Zakaria	M Open	-83kg
4. Ajeddi Mostapha	M Open	-120kg
5. Guerai Chaimae	F Open	-69kg

*Team Members: 3*

1. Jamal Hamid	✓ Cat.II	✓ Official
2. El Mamoun Mohamed		✓ Official
3. Liemlahi Youssef		✓ Coach

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

1. Johannes Marius	M Masters 1	-105kg
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**South Africa {The Team in Total: 110}***Lifters: 104*

1. Bruce Jc	M Masters 3	-66kg
2. Thomas Glen	M Masters 3	-93kg
3. Young Colin	M Masters 3	-105kg
4. Sinclair Miriam	F Masters 3	-57kg
5. Hacker Ian	M Masters 2	-74kg
6. Tania Nils	M Masters 2	-74kg
7. De Nysschen Tommie	M Masters 2	-83kg
8. de Nysschen Tommie	M Masters 2	-83kg
9. Crain John	M Masters 2	-105kg
10. Schoonraad Christo	M Masters 2	-105kg
11. Crain John	M Masters 2	-120kg
12. Bensch Denis	M Masters 2	-120kg
13. De Beer Hermanus	M Masters 2	-120kg
14. Furman Ian	M Masters 2	120+kg
15. Human Mornay	M Masters 2	120+kg
16. Anthony Carol	F Masters 2	-52kg
17. Crain Zohra	F Masters 2	-57kg
18. Kaka Christine	F Masters 2	-57kg
19. Kriel Antoinette	F Masters 2	-63kg

20.	Ndatya Xolani	M	Masters 1	-74kg
21.	Phalatsi Jacobus	M	Masters 1	-74kg
22.	Forget Chris	M	Masters 1	-83kg
23.	Ramparsad Rishal	M	Masters 1	-83kg
24.	Masson Craig	M	Masters 1	-105kg
25.	Du Toit Koos	M	Masters 1	-120kg
26.	Kerr David	M	Masters 1	120+kg
27.	Smith Gys	M	Masters 1	120+kg
28.	Barry Elisabeth	F	Masters 1	-52kg
29.	Garber Sorah	F	Masters 1	-63kg
30.	Pretorius Patty-Johanita	F	Masters 1	-84kg
31.	Moloele Phokwane	F	Masters 1	84+kg
32.	Longhurst Monica	F	Masters 1	-69kg
33.	Lessing Vanessa	F	Masters 1	-69kg
34.	Poxon Jodi	F	Masters 1	-76kg
35.	Ngwenya Zanele	F	Masters 1	-76kg
36.	Maharaj Suvar	M	Juniors	-74kg
37.	Manamela Karabo	M	Juniors	-74kg
38.	van der Linde Ruben	M	Juniors	-74kg
39.	McCaw Cameron	M	Juniors	-83kg
40.	Thekiso Khotso	M	Juniors	-83kg
41.	Yslie Fabio	M	Juniors	-93kg
42.	Furman Justin	M	Juniors	-120kg
43.	Mundell Alexandra	F	Juniors	-57kg
44.	Qilingele Mbaso	F	Juniors	-84kg
45.	Coetsee Tyla	F	Juniors	-69kg
46.	Poxon Caitlin	F	Juniors	-69kg
47.	Mashinini Sechaba	M	Subjuniors	-74kg
48.	Arendse Matthew	M	Subjuniors	-74kg
49.	Kruger Janko	M	Subjuniors	-83kg
50.	Albertyn Jordan	M	Subjuniors	-83kg
51.	Delpont Liam	M	Subjuniors	-93kg
52.	Strydom Marchelle	M	Subjuniors	-93kg
53.	Buck Conor	M	Subjuniors	-105kg
54.	Osman Taariq	M	Subjuniors	-120kg
55.	Rollo Dylan	M	Subjuniors	120+kg
56.	Grefen Aimee	F	Subjuniors	-57kg
57.	Ferreira Anika	F	Subjuniors	-63kg
58.	De Wet Mijuane	F	Subjuniors	-63kg
59.	Vermaak Ance	F	Subjuniors	-63kg
60.	Brown Colleen	F	Subjuniors	84+kg
61.	Mottalini Gaia	F	Subjuniors	-69kg
62.	Groenewald Heike	F	Subjuniors	-69kg
63.	Goliath Geordie	M	Open	-59kg
64.	Vorster Marcel	M	Open	-66kg
65.	Govington Chadwyn	M	Open	-74kg
66.	Sadie Eugene	M	Open	-83kg
67.	Duarte Nick	M	Open	-93kg
68.	Ayekpa Archie	M	Open	-93kg

69.	Smedley Deon	M	Open	-93kg
70.	Johnson Johnny Charles	M	Open	-105kg
71.	Wewege Tom	M	Open	-105kg
72.	Smith Julian	M	Open	-105kg
73.	Bezuidenhout Brandon	M	Open	-120kg
74.	Noonan Kyle	M	Open	120+kg
75.	Leask Jared	M	Open	120+kg
76.	Payne Sasha	F	Open	-57kg
77.	Kriel Antoinette	F	Open	-57kg
78.	Leighton Megan	F	Open	-63kg
79.	Cupp Nicole	F	Open	-63kg
80.	De Wet Mijuane	F	Open	-63kg
81.	Da Silva Daniella	F	Open	-63kg
82.	Engelbrecht Elmarie	F	Open	-84kg
83.	De Jager Christi	F	Open	84+kg
84.	Steyn Kay-Lee	F	Open	84+kg
85.	Beyl Kimberley	F	Open	-69kg
86.	Oosthuizen Bianca	F	Open	-76kg
87.	Perotti Olivia	F	Open	-76kg

*Team Members: 6*

1.	Oppenheim Dan	✓	Cat.I	
2.	Leighton Megan	✓	Cat.I	
3.	Du Toit Chantelle	✓	Nat.	
4.	Ludik Andre	✓	Cat.I	✓ Head Coach
5.	Leighton Heather	✓	Cat.II	✓ Official
6.	Smith Hannie	✓	Cat.I	✓ Official

**Zimbabwe {The Team in Total: 14}***Lifters: 12*

1.	Padera Tadius	M	Juniors	-83kg
2.	Gwanzura Tatenda	M	Juniors	-83kg
3.	Utete Talent	M	Open	-66kg
4.	Musundire Marnix	M	Open	-66kg
5.	Chisetera Nigel	M	Open	-74kg
6.	Karuma Michael	M	Open	-74kg
7.	Chikukwa Francois	M	Open	-83kg
8.	Bakari Seremani	M	Open	-120kg
9.	Molife Juliet	F	Open	-63kg
10.	Mashonganyika Maude	F	Open	-69kg
11.	Svongwa Audrey	F	Open	-76kg

*Team Members: 2*

1.	Audrey Svongwa	✓	Coach
2.	Bakari Seremani	✓	Coach

**Akademie Reformatoriese Opleiding en Studies {The Team in Total: 1}***Lifters: 1*

1.	Van der Linde Ruben	M	Open	-74kg
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**Monash University {The Team in Total: 1}**

*Lifters: 1*

1. Poxon Caitlin	F Open	-69kg
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**Nelson Mandela Metropolitan University {The Team in Total: 1}***Lifters: 1*

1. Sinde Sakhe	M Open	-74kg
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**University of Pretoria {The Team in Total: 2}***Lifters: 2*

1. Manamela Karabo	M Open	-74kg
2. O'Donahue Grant	M Open	-83kg

**University of Witwatersrand {The Team in Total: 1}***Lifters: 1*

1. Knowles Jason	M Open	-83kg
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**VEGA Institute of Learning {The Team in Total: 1}***Lifters: 1*

1. Mulaudzi Tshepo	M Open	-53kg
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**Summary Table**

Number of Lifters	African Women's Classic Powerlifting Championships	39
	African Men's Classic Powerlifting Championships	83
	African Women's Equipped Powerlifting Championships	9
	African Men's Equipped Powerlifting Championships	5
	African Women's Classic Bench Press Championships	15
	African Mens Classic Bench Press Championships	34
	African Women's Equipped Bench Press Championships	1
	African Mens Equipped Bench Press Championships	10
	APF Women's University Powerlifting Cup	1
	APF Men's University Powerlifting Cup	6
Persons as ...	Referee	7
	Representative	20
	Referee & Representative	5
All Together		235