

African Mens Equipped Benchpress Championships**Meknes / Morocco, 15 – 17 September, 2022****The List of Teams****Algeria {The Team in Total: 19}***Lifters: 14*

1. Zaaf Farook	M Juniors	-66kg
2. Ferdjoukh Mohamed	M Juniors	-83kg
3. Bendjeddou Noureddine	M Juniors	-93kg
4. Slila Azouaou	M Subjuniors	-74kg
5. Ziouere Sid Ali	M Open	-66kg
6. Belmokadem Abdennasser	M Open	-74kg
7. Toubal Fatah	M Open	-83kg
8. Kanane Amar	M Open	-93kg
9. Bendjeddou Yacine	M Open	-105kg
10. Sahad Mohamed	M Open	-120kg
11. Boughalem Ilyas	M Open	120+kg
12. Kouri Safia	F Open	-63kg
13. Cheffai Malia	F Open	-84kg
14. Tatar Zahra	F Open	-76kg

Team Members: 5

1. Lorabi Abdelaziz	✓ Cat.II	
2. Ayadat Seghir	✓ Nat.	
3. Taib Mourad	✓ Cat.II	✓ Head Coach
4. Nedjah Abdelouaheb Kamel Eddine	✓ Cat.I	✓ Official
5. Lammali Mohamed		✓ Doctor

Cameroon {The Team in Total: 20}*Lifters: 17*

1. Techap Fongang	M Open	-83kg
2. Moluh Inoussa	M Open	-93kg
3. Nandji Clauvis	M Open	-105kg
4. Anong A Ngon	M Open	120+kg
5. Salamatou Bouba	F Open	-69kg
6. Nguenkam Yolande	F Open	-69kg

Team Members: 3

1. Bile Roger	✓ Cat.II	✓ Head Coach
2. Bessely Vactor		✓ Assistant Coach
3. Woulefack Laure Vivian		✓ Assistant Coach

Cape Verde {The Team in Total: 3}*Lifters: 2*

1. Cardoso Adilson	M Open	-74kg
2. da Lomba Andreia	F Open	84+kg

Team Members: 1

1. Santos Bino		✓ Official
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Central African Republic {The Team in Total: 10}

Lifters: 5

1. Baki Auguste	F	Subjuniors	-63kg
2. Ndoungr Joel	M	Open	-66kg
3. Nailo Bessambai Arnold Kirinusse	M	Open	-83kg
4. Fiolenga Don de Dieu Baudelaire	M	Open	-83kg
5. Lamine Chimene Jolivia	F	Open	-52kg

Team Members: 5

1. Yomozane Leopold	✓	Nat.	
2. Kokilo Guy Le Grand	✓	Official	
3. Bengue Gervil Patric	✓	Coach	
4. Rodolphe Heretiers Bonheur Doneng Wanzoumon	✓	Coach	
5. Mbeto Baby Sydney Josy Alix Nyclonsone	✓	Coach	

Egypt {The Team in Total: 5}*Lifters: 3*

1. Marie Mohamed	M	Open	-83kg
2. Nour Mohamed	M	Open	-83kg
3. Hazem Mostafa	M	Open	-105kg

Team Members: 2

1. Marie Mohamed	✓	Cat.II	
2. Aboshosha Osama	✓	Official	

Ghana {The Team in Total: 3}*Lifters: 2*

1. Asare Kofi Leslie	M	Open	-105kg
2. Arkoh Juliana	F	Open	-69kg

Team Members: 1

1. Lamptey Godson Odartey	✓	Nat.	✓ Coach
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Ivory Coast {The Team in Total: 15}*Lifters: 12*

1. Diaha Marie Annabelle	F	Juniors	-63kg
2. Elouaflin Michael	M	Open	-66kg
3. Kouassi Ghislain Ulrich	M	Open	-66kg
4. Kone Kassim Ibrahim	M	Open	-74kg
5. Niagne Franck Patrick	M	Open	-93kg
6. Gustave Fezan Bi	M	Open	-120kg
7. Borris Quantchi	M	Open	-120kg
8. Tamo Irame Lewis Bernard	M	Open	120+kg
9. Sekongo Nohoua Laurence	F	Open	84+kg
10. Nda Marie Manuella	F	Open	-76kg

Team Members: 3

1. Fofana Aboubakar	✓	Official	
2. Dokoui Claude Emmanuel	✓	Official	

3. Nango Kangah Kouassi
Laurent

✓ Official

Libya {The Team in Total: 22}

Lifters: 15

1. Elmaghrebi Abdalla	M	Masters 3	-105kg
2. Balwin Omar	M	Masters 2	-83kg
3. Alshannakia Adel	M	Masters 2	-93kg
4. Saed Salim	M	Masters 2	-105kg
5. Alfalah Asharaf	M	Masters 1	-74kg
6. Elbuaishi Akram	M	Masters 1	-93kg
7. Makhlof Tariq	M	Masters 1	-120kg
8. Khareef Khalid	M	Masters 1	120+kg
9. Salim Mohammed	M	Juniors	-83kg
10. Aboudabous Abdullah	M	Juniors	-93kg
11. Alhasi Saeid	M	Juniors	-105kg
12. Abousinan Mohammed	M	Juniors	120+kg
13. Asmaeil Islam	M	Subjuniors	-83kg
14. Elhamali Mohamed	M	Open	-59kg
15. Mohamed Abdulla Mohamed Ahmeed	M	Open	-105kg

Team Members: 7

1. Alkuwafi Rafeeq	✓ Cat.II	
2. Makhlof Khalid	✓ Cat.II	
3. Alsager Tarek	✓ Nat.	
4. Albabour Mohammed	✓ Nat.	
5. Makhlof Tariq		✓ Head Coach
6. Munayr Alshuwayhidi		✓ Official
7. Alfalah Asharaf		✓ Assistant Coach

Morocco {The Team in Total: 24}

Lifters: 18

1. Jamal Hamid	M	Masters 2	-93kg
2. Ballil Nezar	M	Masters 1	-105kg
3. Atif Ayman	M	Juniors	-66kg
4. Tbaik Yasser	M	Juniors	-93kg
5. Negra Soulaïmane	M	Juniors	-93kg
6. Yakoubi Ilham	F	Juniors	-52kg
7. Alj Youssef	M	Open	-59kg
8. Ben Chaib Youssef	M	Open	-74kg
9. El Bassami Abdessalam	M	Open	-74kg
10. Lahmidi Abdelghafor	M	Open	-74kg
11. Boutarta Mohammed Zakaria	M	Open	-83kg
12. Akif Ali	M	Open	-93kg
13. Zahouri Mohamed	M	Open	-105kg
14. Ajeddi Mostapha	M	Open	-120kg
15. Saad Nada	F	Open	-63kg
16. Guerai Chaimae	F	Open	-69kg

17. Teffal Laila	F Open	-76kg
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Team Members: 6

1. Jamal Hamid	✓ Cat.II	✓ Official
2. Kaoua Khalid		✓ Official
3. El Mamoun Mohamed		✓ Official
4. Tawdi Adil		✓ Coach
5. Ballil Nezar		✓ Coach
6. Liemlahi Youssef		✓ Coach

South Africa {The Team in Total: 10}*Lifters: 8*

1. de Beer Hermanus	M Masters 2	-120kg
2. Crain John	M Masters 2	120+kg
3. Valle Tarryn	F Masters 1	-52kg
4. Nel Braam	M Subjuniors	-74kg
5. Ntuli Nkosinathi	M Open	-93kg
6. Botha Farzana	F Open	-52kg

Team Members: 2

1. Smith Hannie	✓ Cat.I	✓ Official
2. Leighton Heather	✓ Cat.I	✓ Official

Tunisia {The Team in Total: 6}*Lifters: 5*

1. Saidani Ep Messelmani Rakia	F Masters 1	-76kg
2. Zerai Elyes	M Juniors	-93kg
3. Sboui Fares	M Juniors	-105kg
4. Refai Jaweher	F Juniors	-52kg
5. Mazhoud Nawrez	F Juniors	-76kg

Team Members: 1

1. Hassnaoui Abdennour	✓ Nat.	✓ Head Coach
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Zimbabwe {The Team in Total: 4}*Team Members: 4*

1. Svongwa Audrey		✓ Head Coach
2. Mutunga Leonard		✓ Official
3. Bakari Seremani		✓ Official
4. Spencer Spencer		✓ Doctor

Summary Table

Number of Lifters	African Womens Equipped Powerlifting Championships	2
	African Mens Equipped Powerlifting Championships	2
	African Womens Classic Powerlifting Championships	21
	African Mens Classic Powerlifting Championships	55
	African Womens Equipped Benchpress Championships	0
	African Mens Equipped Benchpress Championships	3
	African Womens Classic Benchpress Championships	2
	African Mens Classic Benchpress Championships	16
Persons as ...	Referee	8
	Representative	24
	Referee & Representative	8
All Together		141