

African Women's Equipped Bench Press Championships**Potchefstroom / South Africa, 9 – 11 March, 2023****The List of Teams****Algeria {The Team in Total: 9}***Lifters: 5*

1. Erridir Zoubir	M Masters 2	-105kg
2. Belbedj Adlane	M Masters 1	-93kg
3. Belkebir Abderrahim	M Open	-93kg
4. Bennabi Mohand	M Open	-120kg
5. Maafa Fethi	M Open	120+kg

Team Members: 4

1. Nezlioui Said	✓ Cat.II	
2. Bourabah Mokrane	✓ Cat.II	
3. Taib Mourad	✓ Cat.II	
4. Nedjah A. Kamel .E	✓ Cat.I	✓ Official

Cameroon {The Team in Total: 14}*Lifters: 8*

1. Techap Fongang	M Open	-83kg
2. Bangsi Serge	M Open	-93kg
3. Francis Edgar Yebga Yebga	M Open	-120kg
4. Salamatou Bouba	F Open	-69kg

Team Members: 6

1. Bile Roger	✓ Cat.II	
2. Bile Roger	✓ Cat.II	
3. Bessely Victor		✓ Coach
4. Ngo Malong Anne		✓ Assistant Coach
5. Fuya Tankeu Sam Roland		✓ Assistant Coach

Egypt {The Team in Total: 2}*Lifters: 1*

1. Hazem Mostafa	M Open	-105kg
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Team Members: 1

1. Aboshousha Osama		✓ Official
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Libya {The Team in Total: 6}*Lifters: 3*

1. Makhlof Khalid	M Masters 2	-120kg
2. Alkuwafi Rafeeq	M Masters 1	-105kg
3. Alshuwayhidi Munayr	M Masters 1	-120kg

Team Members: 3

1. Alkuwafi Rafeeq	✓ Cat.II	
2. Makhlof Khalid	✓ Cat.II	
3. Alshuwayhidi Munayr		✓ Official

Morocco {The Team in Total: 2}*Team Members: 2*

1. Jamal Hamid	✓ Cat.I Reg.	✓ Official
2. El Mamoun Mohamed		✓ Official

South Africa {The Team in Total: 60}*Lifters: 48*

1. Bruce Jc	M Masters 3	-66kg
2. de Nysschen Tommie	M Masters 3	-74kg
3. Thomas Glen	M Masters 3	-105kg
4. Schoonraad Christo	M Masters 3	-105kg
5. de Beer Hermanus	M Masters 2	-120kg
6. Crain John	M Masters 2	120+kg
7. Bensch Denis	M Masters 2	120+kg
8. Anthony Carol	F Masters 2	-52kg
9. Crain Zohra	F Masters 2	-63kg
10. Mathewson Gail	F Masters 2	-76kg
11. Coleman Steven	M Masters 1	-66kg
12. Meyer Johann	M Masters 1	-83kg
13. Fitzpatrick Ricardo	M Masters 1	-83kg
14. Jacobsz David	M Masters 1	-93kg
15. Botha Jerry	M Masters 1	-93kg
16. Janse van Rensburg Hendrik	M Masters 1	-105kg
17. Mudau Newton	M Masters 1	-120kg
18. Koekemoer Werner	M Masters 1	120+kg
19. Garber Sorah	F Masters 1	-57kg
20. Rees Jacqui	F Masters 1	84+kg
21. Poxon Jodi	F Masters 1	-76kg
22. Eilim Avishai	M Juniors	-83kg
23. Putter Sunelle	F Juniors	84+kg
24. Kotze Charnleigh	F Juniors	-69kg
25. Meshilinie Samuel	M Subjuniors	-53kg
26. Hamayun Faraz	M Subjuniors	-66kg
27. Steenekamp Richard	M Subjuniors	-105kg
28. Eilim Devorah	F Subjuniors	-57kg
29. Fourie Catinka	F Subjuniors	-63kg
30. Smith Gila	F Subjuniors	-69kg
31. van der Merwe Roechelle	F Subjuniors	-76kg
32. Routledge Steven	M Open	-66kg
33. Govington Chadwyn	M Open	-74kg
34. Ayekpa Archie	M Open	-93kg
35. Masson Craig	M Open	-105kg
36. van Wyk Derik	M Open	-105kg
37. Smith Johan	M Open	-120kg
38. Smith Johan	M Open	120+kg
39. Breetzke Simon	M Open	120+kg
40. Schroder Stefan	M Open	120+kg
41. Norton Lauren	F Open	84+kg
42. Rees Christi	F Open	84+kg
43. Leighton Megan	F Open	-69kg
44. Brewer Laura	F Open	-69kg

Team Members: 12

1. Rees Jacqui	✓ Cat.II	
2. Ludik Andre	✓ Cat.I	✓ Head Coach
3. Smith Hannie	✓ Cat.I	✓ Official
4. Leighton Heather	✓ Cat.I	✓ Official
5. Oppenheim Dan	✓ Cat.I	✓ Coach
6. Leighton Megan	✓ Cat.I	✓ Coach
7. Anthony Rodney	✓ Cat.I	✓ Coach
8. Maritz Ilze-Mari	✓ Cat.II	✓ Coach
9. du Toit Chantelle	✓ Cat.II	✓ Coach
10. de Wet Henk		✓ Coach
11. de Wet Laura		✓ Coach
12. Anthony Carol		✓ Assistant Coach

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

1. Bvumburai Simbayi	M Open	-105kg
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Summary Table

Number of Lifters	African Women's Classic Bench Press Championships	13
	African Men's Classic Bench Press Championships	36
	African Women's Equipped Bench Press Championships	5
	African Men's Equipped Bench Press Championships	12
Persons as ...	Referee	8
	Representative	10
	Referee & Representative	10
All Together		94