

African Men's Equipped Bench Press Championships**Potchefstroom / South Africa, 9 – 11 March, 2023****The Entry List of Representatives**

| # | Name | Team | Duty |
|-----|------------------------|--------------|-----------------|
| 1. | Nedjah A. Kamel .E | Algeria | Official |
| 2. | Bessely Victor | Cameroon | Coach |
| 3. | Fuya Tankeu Sam Roland | Cameroon | Assistant Coach |
| 4. | Ngo Malong Anne | Cameroon | Assistant Coach |
| 5. | Ngo Malong Anne | Cameroon | Assistant Coach |
| 6. | Aboshousha Osama | Egypt | Official |
| 7. | Alshuwayhdi Munayr | Libya | Official |
| 8. | El Mamoun Mohamed | Morocco | Official |
| 9. | Jamal Hamid | Morocco | Official |
| 10. | Anthony Rodney | South Africa | Coach |
| 11. | Anthony Carol | South Africa | Assistant Coach |
| 12. | Leighton Megan | South Africa | Coach |
| 13. | Leighton Heather | South Africa | Official |
| 14. | Ludik Andre | South Africa | Head Coach |
| 15. | Maritz Ilze-Mari | South Africa | Coach |
| 16. | Oppenheim Dan | South Africa | Coach |
| 17. | Smith Hannie | South Africa | Official |
| 18. | de Wet Laura | South Africa | Coach |
| 19. | de Wet Henk | South Africa | Coach |
| 20. | du Toit Chantelle | South Africa | Coach |