

2025 African Women's Equipped Bench Press Championships**Tunis / Tunisia, 24 – 28 November, 2025****The List of Teams****Algeria {The Team in Total: 60}***Lifters: 51*

1.	Badjoudj Boudjemaa	M	Masters 3	-93kg
2.	Boutarfa Aissa	M	Masters 2	-83kg
3.	Halladja Hamid	M	Masters 2	-105kg
4.	Erridir Zoubir	M	Masters 2	-105kg
5.	Hamdi Nabil	M	Masters 1	-83kg
6.	Brahimi Sofiane	M	Masters 1	-83kg
7.	Taibi Abdelfatah	M	Masters 1	-83kg
8.	Boudaoud Zinou	M	Masters 1	-93kg
9.	Rezgui Mohamed Youcef	M	Masters 1	-93kg
10.	Belkessa Brahim	M	Masters 1	-105kg
11.	Ait Abdellah Mohamed	M	Masters 1	-105kg
12.	Djabri Hocine	M	Masters 1	-120kg
13.	Beggari Sami	M	Masters 1	120+kg
14.	Temghari Omar	M	Masters 1	120+kg
15.	Liratni Mohamed	M	Masters 1	120+kg
16.	Messaoudi Mohamed	M	Juniors	-83kg
17.	Azouni Abderahim	M	Juniors	-93kg
18.	Zaoui Soumia	F	Juniors	-43kg
19.	Tchantchane Hania	F	Juniors	-57kg
20.	Aomari Amel	F	Juniors	-63kg
21.	Belhadj Khadidja	F	Juniors	-69kg
22.	Amrouch Ayoub	M	Subjuniors	-53kg
23.	Khelifi Billal	M	Subjuniors	-59kg
24.	Ould Mammar Nasr Eddine	M	Subjuniors	-66kg
25.	Naamaoui Ahmed Samy	M	Subjuniors	-74kg
26.	Chabane Oussama	M	Subjuniors	-93kg
27.	Eulmi Youcef	M	Subjuniors	-120kg
28.	Boumediene Mira	F	Subjuniors	-47kg
29.	Boumediene Dhikra	F	Subjuniors	-52kg
30.	Bennezair Nour El Houda	F	Subjuniors	-84kg
31.	Ghara Abderaouf	M	Open	-59kg
32.	Bellala Abdelhamid Elarbi	M	Open	-66kg
33.	Medjahed Yacine	M	Open	-74kg
34.	Boudaoud Hocine	M	Open	-74kg
35.	Ferdjoukh Mohamed	M	Open	-83kg
36.	Nouari Aimene	M	Open	-93kg
37.	Bentalha Ilyes	M	Open	-105kg
38.	Bendjeddou Yacine	M	Open	-120kg
39.	Sahad Mohamed	M	Open	-120kg
40.	Bettou Mohamed Aziz	M	Open	-120kg
41.	Ait Abdallah Chaabane	M	Open	120+kg
42.	Lekhal Abdeslam	M	Open	120+kg
43.	Rahim Abdelhafidh	M	Open	120+kg
44.	Saoudi Fatiha	F	Open	-52kg

45. Kouri Safia	F	Open	-63kg
46. Ainennasse Hamza Lilia	F	Open	84+kg
47. Meziani Yasmine	F	Open	-69kg
48. Bousseboua Hadjer	F	Open	-76kg
49. Maouchi Thanina	F	Open	-76kg

Team Members: 9

1. Nezlioui Said	✓	Cat.II	
2. Dali Mokhtar	✓	Cat.II	
3. Bourabah Mokrane	✓	Cat.II	
4. Benchikhe Badreddine	✓	Cat.II	
5. Meghassel Mohamed Abou Sofiane	✓	Cat.II	
6. Nedjah A. Kamel .e	✓	Cat.I	✓ Official
7. Taib Mourad			✓ Head Coach - Referee [NFR]
8. Chikhi Ali Mustapha			✓ Official
9. Lammali Mohamed			✓ Doctor

Cameroon {The Team in Total: 39}*Lifters: 30*

1. Koule Nguime Victor	M	Masters 1	-120kg
2. Tingounzeu Daren	M	Subjuniors	-53kg
3. Ondoua Ntonga Hugue	M	Subjuniors	-59kg
4. Ondoua Ntonga Hugues	M	Subjuniors	-59kg
5. Tingounzeu Momo Erine	F	Subjuniors	-57kg
6. Techap Fongang	M	Open	-83kg
7. Moluh Inoussa	M	Open	-105kg
8. Naoussi Nembot Ano	M	Open	-120kg
9. Ngon Anong	M	Open	120+kg
10. Njoh Faron Tifuh	F	Open	-63kg
11. Fokem Fofe Christelle	F	Open	84+kg

Team Members: 9

1. Tingounzeu Omer Gaston	✓	Cat.II	
2. Tingounzeu Omer Gaston			✓ Coach - Referee [NFR]
3. Yaho Calvin			✓ Official
4. Byem Assandje Theodore			✓ Official
5. Magne Kamgain Gaelle Merline			✓ Official
6. Monade Delphine			✓ Physiotherapist
7. Bile Roger			✓ Coach
8. Bessely Victor			✓ Coach
9. Ndjama Luc Emmanuel			✓ Doctor

Cape Verde {The Team in Total: 5}*Lifters: 4*

1. Veiga Yanes	M	Open	-93kg
2. Carvalho Jeisson	M	Open	120+kg
3. Monteiro Erica	F	Open	-63kg
4. Fernandes Conceicao	F	Open	-84kg

Team Members: 1

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|-------------------------|----------|------------------------------|
| 1. Santos Carlos Albino | ✓ Cat.II | ✓ Head Coach - Referee [NFR] |
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Central African Republic {The Team in Total: 7}*Lifters: 5*

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|--------------------------------------|-----------|-------|
| 1. Devaux Pounedagui Gordon Exechiel | M Juniors | -66kg |
| 2. Gantada Vertu | M Juniors | -74kg |
| 3. Nailo Bessimbai Arnaud Kirinusse | M Open | -83kg |
| 4. Fiolega Don de Dieu Bordelaire | M Open | -83kg |
| 5. Niabode Giscard Delonge | M Open | -93kg |

Team Members: 2

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|---|--------------|
| 1. Kokilo Guy Le Grand | ✓ Head Coach |
| 2. Mbeto-Baby Sydney Josy Alix Nyclonsone | ✓ Official |

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

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|--------------------|--------|--------|
| 1. Abdulla Mohamed | M Open | -120kg |
| 2. Abouassi Aya | F Open | -84kg |

Ivory Coast {The Team in Total: 9}*Lifters: 6*

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|-------------------------------|--------|--------|
| 1. Kouassi Ghislain | M Open | -74kg |
| 2. Cofie Kablan Yves Bertrand | M Open | -83kg |
| 3. Niagne Franck | M Open | -120kg |

Team Members: 3

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|--------------------|----------|-------------------|
| 1. Nango Romeo | ✓ Cat.II | ✓ Coach |
| 2. Dokoui Emmanuel | | ✓ Coach |
| 3. Kondo Yannick | | ✓ Assistant Coach |

Libya {The Team in Total: 48}*Lifters: 38*

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|------------------------|-------------|--------|
| 1. Elmaghrebi Abdalla | M Masters 4 | -105kg |
| 2. Alraeis Faeag | M Masters 3 | -66kg |
| 3. Aryn Abdullah | M Masters 3 | -74kg |
| 4. Shushan Ibrahim | M Masters 3 | -93kg |
| 5. Alelwani Abdulsatar | M Masters 3 | -105kg |
| 6. Shebek Omar | M Masters 2 | -66kg |
| 7. Alfalah Asharaf | M Masters 2 | -74kg |
| 8. Busadirah Adel | M Masters 2 | -93kg |
| 9. Ruaua Mftah | M Masters 2 | -105kg |
| 10. Makhlof Tariq | M Masters 2 | -120kg |
| 11. Khareef Khalid | M Masters 2 | 120+kg |
| 12. Mohammed Khalid | M Masters 1 | -66kg |
| 13. Abu Sittah Hamza | M Masters 1 | -74kg |
| 14. Bakkar Magdi | M Masters 1 | -83kg |

15.	Bin Sultan Ali	M	Masters 1	-105kg
16.	Alsaeti Aml	F	Masters 1	-57kg
17.	Abdalla Nefenn	F	Masters 1	-63kg
18.	Mohammed Mohammed	M	Juniors	-53kg
19.	Amhimmid Amhimmid	M	Juniors	-59kg
20.	Elnamawi Mohamed	M	Juniors	-66kg
21.	Nagem Mohamed	M	Juniors	-83kg
22.	Alkirrami Mahmoud	M	Juniors	-93kg
23.	Abraheem Ahmed	M	Juniors	-105kg
24.	Alamami Nadir	M	Juniors	-120kg
25.	Abousinan Mohammed	M	Juniors	120+kg
26.	Alsuwayah Jasem	M	Subjuniors	-53kg
27.	Gheryani Ali	M	Subjuniors	-59kg
28.	Alnakkaa Aldahmani	M	Subjuniors	-66kg
29.	Busadirah Abdulhadi	M	Subjuniors	-74kg
30.	Lameen Mohammed	M	Subjuniors	-83kg
31.	Iqnayb Abdullah	M	Open	-59kg
32.	Elhamali Mohamed	M	Open	-66kg
33.	Saed Awnullah	M	Open	-74kg
34.	Salim Khalleefah	M	Open	-83kg
35.	Aldirsi Mohammed	M	Open	-93kg
36.	Daebis Nouralddeen	M	Open	-105kg
37.	Fidan Hussein	M	Open	120+kg
38.	Alzwe Hind	F	Open	-47kg

Team Members: 10

1.	Makhlof Khalid	✓	Cat.I	
2.	Alsager Tarek	✓	Cat.II	
3.	Alshuwayhidi Munayr	✓	Cat.II	
4.	Albabour Mohammed	✓	Cat.II	
5.	Makhlouf Tariq	✓	Head Coach - Athlete [NFR]	
6.	Busadirah Adel	✓	Coach - Athlete [NFR]	
7.	Elbuaishi Akram	✓	Official	
8.	Elbakbak Mofid	✓	Official	
9.	Gheryani Abdalla	✓	Official	
10.	Mahmoud Ahmed	✓	Coach	

Morocco {The Team in Total: 15}*Lifters: 13*

1.	Akif Ali	M	Masters 1	-93kg
2.	Ballil Nezar	M	Masters 1	-105kg
3.	El Morabity Aymane El Idrysy	M	Juniors	-83kg
4.	Dachraoui Ilyas	M	Juniors	-120kg
5.	Charchaoui Firdaous	F	Juniors	-57kg
6.	El Ayachi Boutaina	F	Juniors	-69kg
7.	Lahmidi Abdelghafor	M	Open	-74kg
8.	Tbaik Yasser	M	Open	-105kg
9.	Ajeddi Mostapha	M	Open	-120kg
10.	Benzekri Mohamed Hamza	M	Open	-120kg

11. M Ghari Israe	F Open	-57kg
12. Moumni Imane	F Open	-57kg
13. R Kiek Mervat	F Open	-84kg

Team Members: 2

1. Jamal Hamid	✓ Cat.I	✓ Head Coach - Referee [NFR]
2. El Mamoun Mohamed		✓ Official

Nigeria {The Team in Total: 8}*Lifters: 7*

1. Agbigbe Joel	M Masters 1	-83kg
2. Osazuwa Mary	F Masters 1	-84kg
3. Adekanye Samuel Ojo	M Open	-59kg
4. Olayinka Simon Gbenga	M Open	-93kg
5. Egwu Livinus	M Open	-120kg
6. Ejeh Victor	M Open	120+kg
7. Didih Onome Omolola	F Open	-57kg

Team Members: 1

1. Iduseri Lucky Jolly	✓ Head Coach
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South Africa {The Team in Total: 10}*Lifters: 8*

1. van den Berg Kai	M Juniors	-83kg
2. Thompson Stanford	M Juniors	120+kg
3. Mahomed Riyaad	M Subjuniors	-53kg
4. Mahomed Rehaan	M Subjuniors	-59kg
5. Naidoo Leon	M Subjuniors	-74kg
6. Becker Alrich	M Subjuniors	-74kg
7. Stander Lisa	F Subjuniors	-76kg
8. Ntuli Nkosinathi	M Open	-93kg

Team Members: 2

1. Smith Hannie	✓ Cat.I	✓ Head Coach - Referee [NFR]
2. Leighton Heather	✓ Cat.I	✓ Official

Tunisia {The Team in Total: 94}*Lifters: 60*

1. Zouari Mohamed	M Masters 1	-59kg
2. Jlassi Mohamed Nadhir	M Masters 1	-93kg
3. Saidani Ep Messelmani Rakia	F Masters 1	-76kg
4. Hajlaoui Fares	M Juniors	-59kg
5. Arbi Chalghoumi	M Juniors	-59kg
6. Riahi Mohamed Aziz	M Juniors	-66kg
7. Guendi Issam	M Juniors	-74kg
8. Louizi Yassine	M Juniors	-83kg
9. Mouelhi Yassine	M Juniors	-105kg
10. Sboui Ayoub	M Juniors	-105kg
11. Najjari Mohamed Moez	M Juniors	-120kg
12. Slimane Youssef	M Juniors	-120kg

13.	Najjari Mohamed Moez	M Juniors	120+kg
14.	Bel Haj Dahmen Mohamed Oussema	M Juniors	120+kg
15.	El Banna Aicha	F Juniors	-52kg
16.	Mathlouthi Rania	F Juniors	-57kg
17.	Bibani Nousayba	F Juniors	-63kg
18.	Mechri Loujayn	F Juniors	-84kg
19.	Abidi Amira	F Juniors	84+kg
20.	Bakri Yosra	F Juniors	-69kg
21.	Ouenniche Ons	F Juniors	-76kg
22.	Zammeli Moayed	M Subjuniors	-59kg
23.	Selmi Seif Eddine	M Subjuniors	-66kg
24.	Touffahi Mohamed Amine	M Subjuniors	-66kg
25.	Toumi Mootaz	M Subjuniors	-74kg
26.	Gharbi Mohamed Aziz	M Subjuniors	-83kg
27.	Trabelsi Yassine	M Subjuniors	-83kg
28.	Barnat Yassine	M Subjuniors	-93kg
29.	Yassine Barnat	M Subjuniors	-93kg
30.	Chalghoum Ahmed	M Subjuniors	-105kg
31.	Salhi Amen Allah	M Subjuniors	-120kg
32.	Zaag Mohamed Naceur	M Subjuniors	-120kg
33.	Meddeb Ranim	F Subjuniors	-52kg
34.	Messek Maram	F Subjuniors	-57kg
35.	Derbali Yasmine	F Subjuniors	-63kg
36.	Hamdi Zeineb	F Subjuniors	-84kg
37.	El Dhahab Esraa Siwar	F Subjuniors	-69kg
38.	Abdelli Bachaaur	F Subjuniors	-76kg
39.	Chalghoumi Arbi	M Open	-59kg
40.	Messek Iyed	M Open	-66kg
41.	Ben Amara Bechir	M Open	-66kg
42.	Setti Yasser	M Open	-74kg
43.	Belaidi Ismael	M Open	-83kg
44.	Denguir Brahim	M Open	-93kg
45.	Zerai Elyes	M Open	-93kg
46.	Sboui Fares	M Open	-105kg
47.	Hedhili Azza	F Open	-47kg
48.	Sarra Khlifi	F Open	-52kg
49.	Lounis Ameni	F Open	-57kg
50.	Hkima Yasmine	F Open	-57kg
51.	Mazhoud Nawrez	F Open	-84kg
52.	Laabidi Yosra	F Open	-69kg
53.	Matter Alya Noel	F Open	-69kg
54.	Gribaa Oumaima	F Open	-76kg

Team Members: 34

1. Abdenmour Hassnaoui ✓ Cat.II
2. Anouar Saii ✓ Nat.
3. Fathi Nemri ✓ Nat.
4. Bilel Souihi ✓ Nat.

5.	Maher Snousi	✓ Nat.	
6.	Ahlem Bouzid	✓ Nat.	
7.	Hichem Belkhir	✓ Nat.	
8.	Hathemi Belakhel	✓ Nat.	
9.	Ahmed Ghadamsi	✓ Nat.	
10.	Mohamed Marouene Guedoura	✓ Nat.	
11.	Ikbel Tarhouni	✓ Nat.	
12.	Kais Boukhris	✓ Nat.	
13.	Raouf Baarousi	✓ Nat.	
14.	Hakim Ben Slimen	✓ Nat.	
15.	Hassen Abdelmoula	✓ Nat.	
16.	Mansour Mohamed Amine	✓ Nat.	
17.	Sadem Geni	✓ Nat.	
18.	Yassine Kadoussi	✓ Nat.	
19.	Lotfi Jbali	✓ Cat.II	✓ Official
20.	Bilel Abdelmoula	✓ Nat.	✓ Official
21.	Rakia Saidani Ep Messelmani	✓ Nat.	✓ Official
22.	Mansour Mohamed Amine		✓ Head Coach
23.	Brahim Hedi		✓ Official
24.	Boughdiri Fathi		✓ Official
25.	Faichel Mehri		✓ Official
26.	Mechichi Youssef		✓ Official
27.	Laaroussi Ezzedine		✓ Official
28.	Ben Rezek Radhouen		✓ Official
29.	Ahmed Boushaki		✓ Official
30.	Nourhene Hassnaoui		✓ Official
31.	Najed Khalfaoui		✓ Official
32.	Aya Lamloum		✓ Doctor
33.	Taher Bohli		✓ Official
34.	Wajdi Aouinet		✓ Official

Summary Table

Number of Lifters	2025 African Women's Classic Bench Press Championships	8
	2025 African Men's Classic Bench Press Championships	31
	2025 African Women's Equipped Bench Press Championships	3
	2025 African Men's Equipped Bench Press Championships	8
	2025 African Women's Classic Powerlifting Championships	52
	2025 African Men's Classic Powerlifting Championships	120
	2025 African Women's Equipped Powerlifting Championships	0
	2025 African Men's Equipped Powerlifting Championships	2

Persons as ...	Referee	28
	Representative	36
	Referee & Representative	9
All Together		297