

**2025 African Men's Equipped Powerlifting 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. Nezloui 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*

- |                         |          |                              |
|-------------------------|----------|------------------------------|
| 1. Santos Carlos Albino | ✓ Cat.II | ✓ Head Coach - Referee [NFR] |
|-------------------------|----------|------------------------------|

**Central African Republic {The Team in Total: 7}***Lifters: 5*

- |                                      |           |       |
|--------------------------------------|-----------|-------|
| 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*

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

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

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

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

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

*Team Members: 3*

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

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

- |                        |             |        |
|------------------------|-------------|--------|
| 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 |
|------------------------|--------------|

**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 Bachaeur               | 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 Ghadems                | ✓ 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. Faicel 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 |