



African Senior Weightlifting Championships
African Senior 32 Men and 21 women Weightlifting Championships
1 st Cup Of African Senior Men and Women Weightlifting Clubs



Hall 3 Cairo Stadium Egypt
26/10/2022 to 01/11/2022

START BOOK





African Senior Weightlifting Championships
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Hall 3 Cairo Stadium Egypt
 26/10/2022 to 01/11/2022

TIME TABLE

	GENDER	CATEGORY	TIME	COMPETITOR	JURY	REFEREE	C.MARSHAL	TIME KEEPER	TECHN.	SECRETARY	DOCTOR
28.10.2022											
1	W	49 kg A , 55 kg A	17:00	4	1	1	1	1	1	1	
29.10.2022											
2	M	55 kg A , 61 kg A	11:00	4	1	1	1	1	1	1	
3	W	59 kg A , 64 kg A , 71 kg A	14:00	9	1	1	1	1	1	1	
4	M	67 kg A , 73 kg A	17:00	10	2	2	2	2	2	2	
30.10.2022											
5	M	81 kg A , 89 kg A	11:00	12	1	2	2	2	2	2	
6	W	76 kg A , 81 kg A	14:00	5	1	2	2	2	2	2	
7	M	96 kg A	17:00	6	2	1	1	1	1	1	
31.10.2022											
8	W	87 kg A , +87 kg A	11:00	9	2	1	1	1	1	1	
9	M	102 kg A , 109 kg A , +109 kg A	14:00	10	1	2	2	2	2	2	



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GROUP OF JURIES AND REFEREES

JURY Member Group 1 :

HORST SAYLER [SWZ] *President of Jury
MAHMOUD MAHGOUB [EGY]
KEVIN DU PLOOY [RSA]

JURY Member Group 2 :

WAFAA MOUSA [EGY] *President of Jury
GARDENCIA DU PLOOY [RSA]
MOULDI MASTOURI [TUN]

REFEREE Group 1 :

GEORGES HIPPOLYTE DJEUDJI [CAM]
AHMED ABDELHALIM [EGY]
YAHY AMIN [LBA]
MOHAMED HAMDY [EGY]

REFEREE Group 2 :

DANIEL YAKOM NSEGNA [CAM]
ALI ABURWAIS [LBA]
MOHAMED ISMAIL [EGY]
PULENG [RSA]



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GROUP OF OTHER COMPETITION OFFICIALS

CHIEF MARSHAL Group 1 :

OSAMA GHANNAW [LBA]
MHAMOUD FULLA [EGY]

CHIEF MARSHAL Group 2 :

MOSTAFA MOHAMED [EGY]
MAHMOUD BAKRY [EGY]

TIMEKEEPER Group 1 :

AHMED HASSANIN [EGY]
EID TANTAWY [EGY]

TIMEKEEPER Group 2 :

EMAD GOUDA [EGY]
ATIF ADLY [EGY]

TECHNICAL CONTROLLER Group 1 :

ADEL RIAHI [TUN]
MOHAMED ATTIAA [EGY]

TECHNICAL CONTROLLER Group 2 :

PIERRE DIXIE [SEY]
RAMADAN MAHMOUD [EGY]

SECRETARY Group 1 :

HOSSAMELDIN MADBOLY [EGY]
ADEL EL SAYED [EGY]

SECRETARY Group 2 :

SONDOS ABDELELAA [EGY]
SAYED ABDELATI [EGY]



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STATISTICS MEN

No	TEAM	55 kg	61 kg	67 kg	73 kg	81 kg	89 kg	96 kg	102 kg	109 kg	+109 kg	TOTAL
1	CMR : CAMEROON				1		1		1			3
2	COD : DR CONGO		1		1							2
3	EGY : EGYPT			2	2	2	1	2	3		1	13
4	GHA : GHANA									1		1
5	LBA : LIBYA				1	1	2	1	1	1		7
6	MRI : MAURITIUS					1	1	1	1	1		5
7	SLE : SIERRA LEONE			1								1
8	SUD : SUDAN					1		1				2
9	TUN : TUNISIA	1	2	1		1		1				6
10	ZAM : ZAMBIA				1	1						2
	Grand Total	1	3	4	6	7	5	6	6	3	1	42



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STATISTICS WOMEN

No	TEAM	49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	87 kg	+87 kg	TOTAL
1	CMR : CAMEROON							1	1		2
2	EGY : EGYPT	1	1	1		1	1	2	1	3	11
3	GHA : GHANA									1	1
4	MRI : MAURITIUS					1			1		2
5	RSA : SOUTH AFRICA					1					1
6	RWA : RWANDA		1	1							2
7	SEY : SEYCHELLES			1			1			1	3
8	SLE : SIERRA LEONE								1		1
9	TUN : TUNISIA		1	2	1						4
	Grand Total	1	3	5	1	3	2	3	4	5	27



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Nation
STATISTICS SENIOR MEN

No	TEAM	55 kg	61 kg	67 kg	73 kg	81 kg	89 kg	96 kg	102 kg	109 kg	TOTAL
1	CMR : CAMEROON				1		1		1		3
2	COD : DR CONGO		1		1						2
3	EGY : EGYPT			2	2	2	1	2	1		10
4	GHA : GHANA									1	1
5	LBA : LIBYA				1		1		1		3
6	MRI : MAURITIUS					1	1	1	1	1	5
7	SLE : SIERRA LEONE			1							1
8	SUD : SUDAN					1		1			2
9	TUN : TUNISIA	1	2	1		1		1			6
10	ZAM : ZAMBIA				1	1					2
	Grand Total	1	3	4	6	6	4	5	4	2	35



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Nation
STATISTICS SENIOR WOMEN

No	TEAM	49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	87 kg	+87 kg	TOTAL
1	CMR : CAMEROON							1	1		2
2	EGY : EGYPT	1	1	1		1	1	2	1	2	10
3	GHA : GHANA									1	1
4	MRI : MAURITIUS					1			1		2
5	RSA : SOUTH AFRICA					1					1
6	RWA : RWANDA		1	1							2
7	SEY : SEYCHELLES			1			1			1	3
8	SLE : SIERRA LEONE								1		1
9	TUN : TUNISIA		1	2	1						4
	Grand Total	1	3	5	1	3	2	3	4	4	26



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Clubs
STATISTICS SENIOR MEN

No	TEAM	61 kg	67 kg	73 kg	81 kg	89 kg	96 kg	102 kg	109 kg	+109 kg	TOTAL
1	CMR : CAMEROON			1		1		1			3
2	COD : DR CONGO	1		1							2
3	EGY : EGYPT			2				3		1	6
4	LBA : LIBYA			1	1	2	1	1	1		7
5	MRI : MAURITIUS				1	1	1	1	1		5
6	SLE : SIERRA LEONE		1								1
7	SUD : SUDAN				1		1				2
8	ZAM : ZAMBIA			1	1						2
	Grand Total	1	1	6	4	4	3	6	2	1	28



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Clubs
STATISTICS SENIOR WOMEN

No	TEAM	55 kg	59 kg	71 kg	76 kg	81 kg	87 kg	+87 kg	TOTAL
1	CMR : CAMEROON					1	1		2
2	EGY : EGYPT				1	1	1	2	5
3	MRI : MAURITIUS			1			1		2
4	RSA : SOUTH AFRICA			1					1
5	RWA : RWANDA	1	1						2
6	SEY : SEYCHELLES		1		1			1	3
7	SLE : SIERRA LEONE						1		1
	Grand Total	1	2	2	2	2	4	3	16



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COMBINED STATISTICS
Competitions

No	TEAM	Nat		Club		MEN	WOMEN	TOTAL
		MEN	WOMEN	MEN	WOMEN			
1	CMR : CAMEROON	3	2	3	2	3	2	5
2	COD : DR CONGO	2	0	2	0	2	0	2
3	EGY : EGYPT	10	10	6	5	13	11	24
4	GHA : GHANA	1	1	0	0	1	1	2
5	LBA : LIBYA	3	0	7	0	7	0	7
6	MRI : MAURITIUS	5	2	5	2	5	2	7
7	RSA : SOUTH AFRICA	0	1	0	1	0	1	1
8	RWA : RWANDA	0	2	0	2	0	2	2
9	SEY : SEYCHELLES	0	3	0	3	0	3	3
10	SLE : SIERRA LEONE	1	1	1	1	1	1	2
11	SUD : SUDAN	2	0	2	0	2	0	2
12	TUN : TUNISIA	6	4	0	0	6	4	10
13	ZAM : ZAMBIA	2	0	2	0	2	0	2
Grand Total		35	26	28	16	42	27	69

Remark:

Nat = Nation [Senior]

Club = Clubs [Senior]



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SENIOR WOMEN'S SENIOR AFECAN RECORD

CAT.	Lift	Result	Name	Born	Team	Date	Place
45 kg	SNATCH	71Kg.	ROSINA RANDAFIARISON		MAD	08.11.2019	ANTANANRIVO
	CLEAN&JERK	92Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
	TOTAL	156Kg.	ROSINA RANDAFIARISON		MAD	08.11.2019	ANTANANRIVO
49 kg	SNATCH	76Kg.	MARIE RANAIVOSOA		MRI	02.11.2018	ASHGABAT
	CLEAN&JERK	99Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
	TOTAL	173Kg.	MARIE RANAIVOSOA		MRI	02.11.2018	ASHGABAT
55 kg	SNATCH	97Kg.	NOUHA LANDOULSI		TUN	03.11.2018	ASHGABAT
	CLEAN&JERK	116Kg.	ADIJAT ADENIKE OLARINOYE		NGR	25.08.2019	RABAT
	TOTAL	211Kg.	NOUHA LANDOULSI		TUN	03.11.2018	ASHGABAT
59 kg	SNATCH	93Kg.	RAFLATU FOLASHADE LAWAL		NGR	27.08.2019	RABAT
	CLEAN&JERK	125Kg.	CHINEYE FEDELIS		NGR	03.11.2018	ASHGABAT
	TOTAL	215Kg.	CHINEYE FEDELIS		NGR	03.11.2018	ASHGABAT
64 kg	SNATCH	106Kg.	NEAMA SAID FAHMI		EGY	12.12.2021	TASHKENT
	CLEAN&JERK	127Kg.	NEAMA SAID FAHMI		EGY	12.12.2021	TASHKENT
	TOTAL	233Kg.	NEAMA SAID FAHMI		EGY	12.12.2021	TASHKENT
71 kg	SNATCH	111Kg.	SARA SAMIR		EGY	06.11.2018	ASHGABAT
	CLEAN&JERK	141Kg.	SARA SAMIR		EGY	06.11.2018	ASHGABAT
	TOTAL	252Kg.	SARA SAMIR		EGY	06.11.2018	ASHGABAT
76 kg	SNATCH	112Kg.	SARA SAMIR		EGY	28.04.2019	CAIRO
	CLEAN&JERK	145Kg.	SARA SAMIR		EGY	28.04.2019	CAIRO
	TOTAL	257Kg.	SARA SAMIR		EGY	28.04.2019	CAIRO
81 kg	SNATCH	115Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
	CLEAN&JERK	142Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
	TOTAL	253Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
87 kg	SNATCH	118Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
	CLEAN&JERK	146Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
	TOTAL	261Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
+87 kg	SNATCH	121Kg.	HALIMA ABBAS		EGY	30.08.2019	RABAT
	CLEAN&JERK	151Kg.	HALIMA ABBAS		EGY	30.08.2019	RABAT
	TOTAL	272Kg.	HALIMA ABBAS		EGY	30.08.2019	RABAT



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SENIOR MEN's SENIOR AFECAN RECORD

CAT.	Lift	Result	Name	Born	Team	Date	Place
55 kg	SNATCH	125Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
	CLEAN&JERK	144Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
	TOTAL	262Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
61 kg	SNATCH	132Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
	CLEAN&JERK	155Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
	TOTAL	283Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
67 kg	SNATCH	140Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
	CLEAN&JERK	168Kg.	AHMED SAAD		EGY	26.04.2019	CAIRO
	TOTAL	303Kg.	TOJOMIRINA ALIN ANORIANTSITOHAINA		MAD	28.05.2021	NAIROBI
73 kg	SNATCH	153Kg.	KAREM BEN HNIA		TUN	27.08.2019	RABAT
	CLEAN&JERK	186Kg.	KAREM BEN HNIA		TUN	04.11.2018	ASHGABAT
	TOTAL	338Kg.	KAREM BEN HNIA		TUN	26.04.2019	CAIRO
81 kg	SNATCH	173Kg.	MOHAMED IHAB MAHMOUD		EGY	05.11.2018	ASHGABAT
	CLEAN&JERK	200Kg.	MOHAMED IHAB MAHMOUD		EGY	05.11.2018	ASHGABAT
	TOTAL	373Kg.	MOHAMED IHAB MAHMOUD		EGY	05.11.2018	ASHGABAT
89 kg	SNATCH	171Kg.	KARIM ABOKAHLA		EGY	03.07.2022	ORAN
	CLEAN&JERK	212Kg.	KARIM ABOKAHLA		EGY	03.07.2022	ORAN
	TOTAL	383Kg.	KARIM ABOKAHLA		EGY	03.07.2022	ORAN
96 kg	SNATCH	170Kg.	MOHAMED SLIM		EGY	28.04.2019	CAIRO
	CLEAN&JERK	212Kg.	AHMED SAYED ASHOUR		EGY	14.12.2021	TASHKENT
	TOTAL	377Kg.	AHMED SAYED ASHOUR		EGY	14.12.2021	TASHKENT
102 kg	SNATCH	174Kg.	AYMEN BACHA		TUN	04.07.2022	ORAN
	CLEAN&JERK	213Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
	TOTAL	387Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
109 kg	SNATCH	177Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
	CLEAN&JERK	219Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
	TOTAL	398Kg.	AFRICAN STANDERD			01.11.2018	AFRICAN STANDERD
+109 kg	SNATCH	202Kg.	WALID BIDANI		ALG	04.07.2022	ORAN
	CLEAN&JERK	235Kg.	WALID BIDANI		ALG	04.07.2022	ORAN
	TOTAL	437Kg.	WALID BIDANI		ALG	04.07.2022	ORAN



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START LIST

WOMEN 49 kg A , 55 kg A

Competition : 28.10.2022 17:00

Weigh in : 15:00

No	LOT	NAME	BORN	TEAM	ENT.	Nat	Club
49 kg A							
1	8	HABIBA ABDELAFATTAH	2007	EGY	137	X	
55 kg A							
1	39	NOURA MOHAMED ABDERAOUF	2005	EGY	171	X	
2	46	SOUHIR KHEMIRI	2005	TUN	160	X	
3	52	NAWAL UWASE	1998	RWA	70	X	X

Remark:

Nat=Nation [Senior]

Club=Clubs [Senior]

Jury

1. HORST SAYLER [SWZ] * President of Jury
2. MAHMOUD MAHGOUB [EGY]

3. KEVIN DU PLOOY [RSA]

Referee

C- GEORGES HIPPOLYTE DJEUDJI [CAM]
Res- MOHAMED HAMDY [EGY]

L- AHMED ABDELHALIM [EGY]

R- YAHY AMIN [LBA]

Chief Marshal

1. OSAMA GHANNAW [LBA]

2. MHAMOU FULLA [EGY]

Time Keeper

1. AHMED HASSANIN [EGY]

2. EID TANTAWY [EGY]

Technical Controller

1. ADEL RIAHI [TUN]

2. MOHAMED ATTIAA [EGY]

Secretary

1. HOSSAMELDIN MADBOLY [EGY]

2. ADEL EL SAYED [EGY]

Records:	Snatch	Clean and Jerk	Total
49 kg-SENIOR SENIOR AFECAN RECORD	76 - MARIE RANAIVOSOA[MRI]	99 - AFRICAN STANDERD	173 - MARIE RANAIVOSOA[MRI]
55 kg-SENIOR SENIOR AFECAN RECORD	97 - NOUHA LANDOULSI[TUN]	116 - ADIJAT ADENIKE OLARINOYE[NGR]	211 - NOUHA LANDOULSI[TUN]



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START LIST

MEN 55 kg A , 61 kg A

Competition : 29.10.2022 11:00

Weigh in : 9:00

No	LOT	NAME	BORN	TEAM	ENT.	Nat	Club
55 kg A							
1	34	MAHMOUD SAJIR JBELI	2006	TUN	210	X	
61 kg A							
1	27	AZIZ BEL HAJ	2002	TUN	260	X	
2	43	MOHAMED AMINE BOUHAJBA	1996	TUN	270	X	
3	68	JELGIB ELION NDUNYAMA	1993	COD	185	X	X

Remark:

Nat=Nation [Senior]

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Jury

- HORST SAYLER [SWZ] * President of Jury
- MAHMOUD MAHGOUB [EGY]
- KEVIN DU PLOOY [RSA]

Referee

- C- DANIEL YAKOM NSEGNA [CAM] L- ALI ABURWAIS [LBA] R- MOHAMED ISMAIL [EGY]
Res- PULENG [RSA]

Chief Marshal

- OSAMA GHANNAW [LBA]
- MHAMOUD FULLA [EGY]

Time Keeper

- AHMED HASSANIN [EGY]
- EID TANTAWY [EGY]

Technical Controller

- ADEL RIAHI [TUN]
- MOHAMED ATTIAA [EGY]

Secretary

- HOSSAMELDIN MADBOLY [EGY]
- ADEL EL SAYED [EGY]

Records:	Snatch	Clean and Jerk	Total
<i>55 kg-SENIOR SENIOR AFECAN RECORD</i>	125 - AFRICAN STANDERD	144 - AFRICAN STANDERD	262 - AFRICAN STANDERD
<i>61 kg-SENIOR SENIOR AFECAN RECORD</i>	132 - AFRICAN STANDERD	155 - AFRICAN STANDERD	283 - AFRICAN STANDERD



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START LIST

WOMEN 59 kg A , 64 kg A , 71 kg A

Competition : 29.10.2022 14:00

Weigh in : 12:00

No	LOT	NAME	BORN	TEAM	ENT.	Nat	Club
59 kg A							
1	4	GHO FARN BEL KHIR	2001	TUN	200	X	
2	22	NOUHA AL ANDOISL	1989	TUN	200	X	
3	41	RUBY MALVINA	2004	SEY	160	X	X
4	55	SANDRINE TWAGIRAMARIYA	1991	RWA	70	X	X
5	64	BASMA IBRAHIEM	1995	EGY	201	X	
64 kg A							
1	47	CHIMA RAHMOUNI	2001	TUN	200	X	
71 kg A							
1	10	Laryne Jefferies	1991	RSA	180	X	X
2	24	Ketty Lent	2001	MRI	180	X	X
3	40	NEAMA SAID	2002	EGY	226	X	

Remark:

Nat=Nation [Senior]

Club=Clubs [Senior]

Jury

1. HORST SAYLER [SWZ] * President of Jury
2. MAHMOUD MAHGOUB [EGY]

3. KEVIN DU PLOOY [RSA]

Referee

C- MOHAMED HAMDY [EGY]
Res- YAHY AMIN [LBA]

L- GEORGES HIPPOLYTE DJEUDJI [CAM]

R- AHMED ABDELHALIM [EGY]

Chief Marshal

1. OSAMA GHANNAW [LBA]

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Time Keeper

1. AHMED HASSANIN [EGY]

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Technical Controller

1. ADEL RIAHI [TUN]

2. MOHAMED ATTIAA [EGY]

Secretary

1. HOSSAMELDIN MADBOLY [EGY]

2. ADEL EL SAYED [EGY]

Records:	Snatch	Clean and Jerk	Total
<i>59 kg-SENIOR SENIOR AFECAN RECORD</i>	93 - RAFLATU FOLASHADE LAWAL[NGR]	125 - CHINEYE FEDELIS[NGR]	215 - CHINEYE FEDELIS[NGR]
<i>64 kg-SENIOR SENIOR AFECAN RECORD</i>	106 - NEAMA SAID FAHMI[EGY]	127 - NEAMA SAID FAHMI[EGY]	233 - NEAMA SAID FAHMI[EGY]
<i>71 kg-SENIOR SENIOR AFECAN RECORD</i>	111 - SARA SAMIR [EGY]	141 - SARA SAMIR [EGY]	252 - SARA SAMIR [EGY]



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MEN 67 kg A , 73 kg A

Competition : 29.10.2022 17:00

Weigh in : 15:00

No	LOT	NAME	BORN	TEAM	ENT.	Nat	Club
67 kg A							
1	13	AYOUB SALEM	2002	TUN	270	X	
2	26	LAMIN KAMARA	2001	SLE	215	X	X
3	49	IHAB IBRAHIM	1996	EGY	285	X	
4	66	AHMED NASAR	2000	EGY	285	X	
73 kg A							
1	1	DAISON PHIRI	1998	ZAM	203	X	X
2	3	Ahsaan SHABI	1997	LBA	290	X	X
3	38	GERARD THIBAUD EBEUSSA	1998	CMR	260	X	X
4	63	AHMED MOHAMED ABDERAOUF	1996	EGY	315	X	X
5	69	MOSTAFA IBRAHIEM	1996	EGY	320	X	X
6	70	JONATHAN MBULA LIONGE	1996	COD	210	X	X

Remark:

Nat=Nation [Senior]

Club=Clubs [Senior]

Jury

1. WAFAA MOUSA [EGY] * President of Jury
2. GARDENCIA DU PLOOY [RSA]

3. MOULDI MASTOURI [TUN]

Referee

C- PULENG [RSA]

L- DANIEL YAKOM NSEGNA [CAM]

R- ALI ABURWAIS [LBA]

Res- MOHAMED ISMAIL [EGY]

Chief Marshal

1. MOSTAFA MOHAMED [EGY]

2. MAHMOUD BAKRY [EGY]

Time Keeper

1. EMAD GOUDA [EGY]

2. ATIF ADLY [EGY]

Technical Controller

1. PIERRE DIXIE [SEY]

2. RAMADAN MAHMOUD [EGY]

Secretary

1. SONDOS ABDELELAA [EGY]

2. SAYED ABDELATI [EGY]

Records:	Snatch	Clean and Jerk	Total
67 kg-SENIOR SENIOR AFECAN RECORD	140 - AFRICAN STANDERD	168 - AHMED SAAD[EGY]	303 - TOJOMIRINA ALIN ANORIANTSITOHAINA[MAD]
73 kg-SENIOR SENIOR AFECAN RECORD	153 - KAREM BEN HNIA[TUN]	186 - KAREM BEN HNIA[TUN]	338 - KAREM BEN HNIA[TUN]



African Senior Weightlifting Championships
African Senior 32 Men and 21 women Weightlifting Championships
1 st Cup Of African Senior Men and Women Weightlifting Clubs



Hall 3 Cairo Stadium Egypt
26/10/2022 to 01/11/2022

START LIST

MEN 81 kg A , 89 kg A

Competition : 30.10.2022 11:00

Weigh in : 9:00

No	LOT	NAME	BORN	TEAM	ENT.	Nat	Club
81 kg A							
1	11	ESLAM MAADDAEY	1996	EGY	325	X	
2	12	CHILUNPA CHISALA	1990	ZAM	170	X	X
3	15	ADAM NASRELDIEN	2002	SUD	170	X	X
4	16	YOUSEF SHAKIR	2004	LBA	200		X
5	45	MOHAMED MOHAMED ABDERAOUF	2003	EGY	290	X	
6	61	Dinesh Pandoo	2001	MRI	250	X	X
7	72	HAMZA BEN AMOR	2004	TUN	300	X	
89 kg A							
1	5	DANIEL ONANA TANGA	2007	CMR	300	X	X
2	19	MAHMOUD ABDELAZIZ	2002	EGY	320	X	
3	51	Dorian Madanamoothoo	2001	MRI	250	X	X
4	54	MOHAED MASIMIR	2006	LBA	160		X
5	59	Omar ALAJEEMI	1999	LBA	310	X	X

Remark:

Nat=Nation [Senior]

Club=Clubs [Senior]

Jury

1. HORST SAYLER [SWZ] * President of Jury

2. MAHMOUD MAHGOUB [EGY]

3. KEVIN DU PLOOY [RSA]

Referee

C- YAHY AMIN [LBA]

L- MOHAMED HAMD I [EGY]

R- GEORGES HIPPOLYTE DJEUDJI [CAM]

Res- AHMED ABDELHALIM [EGY]

Chief Marshal

1. MOSTAFA MOHAMED [EGY]

2. MAHMOUD BAKRY [EGY]

Time Keeper

1. EMAD GOUDA [EGY]

2. ATIF ADLY [EGY]

Technical Controller

1. PIERRE DIXIE [SEY]

2. RAMADAN MAHMOUD [EGY]

Secretary

1. SONDOS ABDELELAA [EGY]

2. SAYED ABDELATI [EGY]

Records:	Snatch	Clean and Jerk	Total
<i>81 kg-SENIOR SENIOR AFECAN RECORD</i>	173 - MOHAMED IHAB MAHMOUD[EGY]	200 - MOHAMED IHAB MAHMOUD[EGY]	373 - MOHAMED IHAB MAHMOUD[EGY]
<i>89 kg-SENIOR SENIOR AFECAN RECORD</i>	171 - KARIM ABOKAHLA[EGY]	212 - KARIM ABOKAHLA[EGY]	383 - KARIM ABOKAHLA[EGY]



African Senior Weightlifting Championships
African Senior 32 Men and 21 women Weightlifting Championships
1 st Cup Of African Senior Men and Women Weightlifting Clubs



Hall 3 Cairo Stadium Egypt
26/10/2022 to 01/11/2022

START LIST

WOMEN 76 kg A , 81 kg A

Competition : 30.10.2022 14:00

Weigh in : 12:00

No	LOT	NAME	BORN	TEAM	ENT.	Nat	Club
76 kg A							
1	36	JOELITA COLOMA	2003	SEY	160	X	X
2	50	ROUFIDA ABDELTAWWAB	2003	EGY	209	X	X
81 kg A							
1	20	JEANNE GAELLE EYENGA MBO OSSI	1999	CMR	200	X	X
2	53	SARA AHMED	1998	EGY	257	X	
3	60	FATMA AHMED	2003	EGY	220	X	X

Remark:

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Club=Clubs [Senior]

Jury

1. HORST SAYLER [SWZ] * President of Jury

2. MAHMOUD MAHGOUB [EGY]

3. KEVIN DU PLOOY [RSA]

Referee

C- MOHAMED ISMAIL [EGY]

L- PULENG [RSA]

R- DANIEL YAKOM NSEGNA [CAM]

Res- ALI ABURWAIS [LBA]

Chief Marshal

1. MOSTAFA MOHAMED [EGY]

2. MAHMOUD BAKRY [EGY]

Time Keeper

1. EMAD GOUDA [EGY]

2. ATIF ADLY [EGY]

Technical Controller

1. PIERRE DIXIE [SEY]

2. RAMADAN MAHMOUD [EGY]

Secretary

1. SONDOS ABDELELAA [EGY]

2. SAYED ABDELATI [EGY]

Records:	Snatch	Clean and Jerk	Total
<i>76 kg-SENIOR SENIOR AFECAN RECORD</i>	112 - SARA SAMIR [EGY]	145 - SARA SAMIR [EGY]	257 - SARA SAMIR [EGY]
<i>81 kg-SENIOR SENIOR AFECAN RECORD</i>	115 - AFRICAN STANDERD	142 - AFRICAN STANDERD	253 - AFRICAN STANDERD



African Senior Weightlifting Championships
 African Senior 32 Men and 21 women Weightlifting Championships
 1 st Cup Of African Senior Men and Women Weightlifting Clubs



Hall 3 Cairo Stadium Egypt
 26/10/2022 to 01/11/2022

START LIST

MEN 96 kg A

Competition : 30.10.2022 17:00

Weigh in : 15:00

No	LOT	NAME	BORN	TEAM	ENT.	Nat	Club
96 kg A							
1	21	AYOUB DRIDI	2000	TUN	320	X	
2	28	ADLI SHENINA	1992	LBA	240		X
3	31	Cedric Coret	1991	MRI	290	X	X
4	44	SALAH NABEEL	1999	SUD	190	X	X
5	62	KARIM ABOKAHLA	1996	EGY	360	X	
6	75	AHMED ALI	1999	EGY	280	X	

Remark:

Nat=Nation [Senior]

Club=Clubs [Senior]

Jury

- 1. WAFAA MOUSA [EGY] * President of Jury
- 2. GARDENCIA DU PLOOY [RSA]
- 3. MOULDI MASTOURI [TUN]

Referee

- C- AHMED ABDELHALIM [EGY]
- L- YAHY AMIN [LBA]
- R- MOHAMED HAMDY [EGY]
- Res- GEORGES HIPPOLYTE DJEUDJI [CAM]

Chief Marshal

- 1. OSAMA GHANNAW [LBA]
- 2. MHAMOUH FULLA [EGY]

Time Keeper

- 1. AHMED HASSANIN [EGY]
- 2. EID TANTAWY [EGY]

Technical Controller

- 1. ADEL RIAHI [TUN]
- 2. MOHAMED ATTIAA [EGY]

Secretary

- 1. HOSSAMELDIN MADBOLY [EGY]
- 2. ADEL EL SAYED [EGY]

Records:	Snatch	Clean and Jerk	Total
96 kg-SENIOR SENIOR AFECAN RECORD	170 - MOHAMED SLIM[EGY]	212 - AHMED SAYED ASHOUR[EGY]	377 - AHMED SAYED ASHOUR[EGY]



African Senior Weightlifting Championships
African Senior 32 Men and 21 women Weightlifting Championships
1 st Cup Of African Senior Men and Women Weightlifting Clubs



Hall 3 Cairo Stadium Egypt
26/10/2022 to 01/11/2022

START LIST

WOMEN 87 kg A , +87 kg A

Competition : 31.10.2022 11:00

Weigh in : 9:00

No	LOT	NAME	BORN	TEAM	ENT.	Nat	Club
87 kg A							
1	35	Marie Alison Sunee	1999	MRI	180	X	X
2	37	SAMAR HUSSIN	1995	EGY	236	X	X
3	42	NGADIE LEWIS	2003	SLE	140	X	X
4	67	PHALONE LEICIA NZIMO	2001	CMR	180	X	X
+87 kg A							
1	23	HALIMA ABBAS	1995	EGY	260	X	X
2	25	SHAIMAA HARIDY	1991	EGY	200	X	
3	30	SALMA FARAG	2002	EGY	200		X
4	33	Marie Korkor Agbah Hughes	1991	GHA	160	X	
5	58	ROMANTHA LARUE	1998	SEY	170	X	X

Remark:

Nat=Nation [Senior]
Club=Clubs [Senior]

Jury

- | | |
|------------------------------------------|--------------------------|
| 1. WAFAA MOUSA [EGY] * President of Jury | |
| 2. GARDENCIA DU PLOOY [RSA] | 3. MOULDI MASTOURI [TUN] |

Referee

- | | | |
|--------------------------------|-------------------------|-----------------|
| C- ALI ABURWAIS [LBA] | L- MOHAMED ISMAIL [EGY] | R- PULENG [RSA] |
| Res- DANIEL YAKOM NSEGNA [CAM] | | |

Chief Marshal

- | | |
|------------------------|------------------------|
| 1. OSAMA GHANNAW [LBA] | 2. MHAMOUH FULLA [EGY] |
|------------------------|------------------------|

Time Keeper

- | | |
|-------------------------|----------------------|
| 1. AHMED HASSANIN [EGY] | 2. EID TANTAWY [EGY] |
|-------------------------|----------------------|

Technical Controller

- | | |
|---------------------|-------------------------|
| 1. ADEL RIAHI [TUN] | 2. MOHAMED ATTIAA [EGY] |
|---------------------|-------------------------|

Secretary

- | | |
|------------------------------|------------------------|
| 1. HOSSAMELDIN MADBOLY [EGY] | 2. ADEL EL SAYED [EGY] |
|------------------------------|------------------------|

Records:	Snatch	Clean and Jerk	Total
87 kg-SENIOR SENIOR AFECAN RECORD	118 - AFRICAN STANDERD	146 - AFRICAN STANDERD	261 - AFRICAN STANDERD
+87 kg-SENIOR SENIOR AFECAN RECORD	121 - HALIMA ABBAS[EGY]	151 - HALIMA ABBAS[EGY]	272 - HALIMA ABBAS[EGY]



African Senior Weightlifting Championships
African Senior 32 Men and 21 women Weightlifting Championships
1 st Cup Of African Senior Men and Women Weightlifting Clubs



Hall 3 Cairo Stadium Egypt
26/10/2022 to 01/11/2022

START LIST

MEN 102 kg A , 109 kg A , +109 kg A

Competition : 31.10.2022 14:00

Weigh in : 12:00

No	LOT	NAME	BORN	TEAM	ENT.	Nat	Club
102 kg A							
1	2	GABER FRHAN	1985	EGY	360		X
2	9	MOHAMED ABDELALIM	1997	EGY	360	X	X
3	14	JUNIOR PERICLEX NGADIANYABEYEU	1993	CMR	340	X	X
4	29	Jack Anthony Madanamoothoo	1999	MRI	290	X	X
5	56	Ahmed ABUZRIBA	2000	LBA	330	X	X
6	71	RAGAB ABDALLA	1991	EGY	355		X
109 kg A							
1	7	Khelwin Juboo	2002	MRI	290	X	X
2	17	NASRULDEEN ALMALKI	2004	LBA	230		X
3	57	Nii Nortey Solomon Ocquaye	1993	GHA	280	X	
+109 kg A							
1	32	ABDELRAHMAN ELSAYED	1989	EGY	420		X

Remark:

Nat=Nation [Senior]

Club=Clubs [Senior]

Jury

1. HORST SAYLER [SWZ] * President of Jury
2. MAHMOUD MAHGOUB [EGY]

3. KEVIN DU PLOOY [RSA]

Referee

C- GEORGES HIPPOLYTE DJEUDJI [CAM]
Res- MOHAMED HAMDY [EGY]

L- AHMED ABDELHALIM [EGY]

R- YAHY AMIN [LBA]

Chief Marshal

1. MOSTAFA MOHAMED [EGY]

2. MAHMOUD BAKRY [EGY]

Time Keeper

1. EMAD GOUDA [EGY]

2. ATIF ADLY [EGY]

Technical Controller

1. PIERRE DIXIE [SEY]

2. RAMADAN MAHMOUD [EGY]

Secretary

1. SONDOS ABDELELAA [EGY]

2. SAYED ABDELATI [EGY]

Records:	Snatch	Clean and Jerk	Total
<i>102 kg-SENIOR SENIOR AFECAN RECORD</i>	174 - AYMEN BACHA[TUN]	213 - AFRICAN STANDERD	387 - AFRICAN STANDERD
<i>109 kg-SENIOR SENIOR AFECAN RECORD</i>	177 - AFRICAN STANDERD	219 - AFRICAN STANDERD	398 - AFRICAN STANDERD
<i>+109 kg-SENIOR SENIOR AFECAN RECORD</i>	202 - WALID BIDANI[ALG]	235 - WALID BIDANI[ALG]	437 - WALID BIDANI[ALG]

