

2015 AFRICAN POWERLIFTING CHAMPIONSHIPS

LIEU Meknès

Classic African powerlifting championship

Date 24-Oct-2015

Licen.	CLUB	S F-M	Date nais.	Age	Indice	Cat. d'âge	NOM	Prénom	Poids de corps	Cat. Poids	Lot.	SQUAT			Total SQUAT	DC			Total DC	S de T			TOTAL S de T	TOTAL Annoncé	TOTAL Réalisé	Clas.	Niv.	Niv. OPEN	Total Indice	Place Indice	
												1	2	3		1	2	3		1	2	3									
	MOR	F				Junior	Hind	Madhak	51.6	52	11	40	55	60	55	30	35	40	35	50	60	70	70			160.0	1				
	RSA	F				Junior	Leighton	Megan	56.7	57	8,6,5	90	95		95	57.5	62.5	65	62.5	90	100	110	100			257.5	1				
	ALG	F				Junior	Zatar	Zohra	61.7	63	13	95	95	100	95	42.5	45	50	45	120	135	135	135			275.0	1				
	ALG	F				Junior	Bouterfa	Souad	66.1	72	12	100	110	115	115	40	42.5	45	42.5	120	130		130			287.5	1				
	RSA	F				Open	Casey	Mariska	45.8	47	7,5,5	80	85	85	85	47.5	52.5	52.5	47.5	100	112.5	122.5	122.5			255.0	1				
	ALG	F				Open	Gritli	Khadija	55.2	57	12	90	95	95	90	42.5	42.5	42.5	0	115	125	135	135			225.0	1				
	ALG	F				Open	Kouri	Safia	57.7	63	8	120	125		125	50	55	57.5	57.5	120	135	140	140			322.5	1				
	ALG	F				Open	Khendouzi	Touria	113.9	84+	12	140	150	160	160	50	60	70	60	140	160	170	160			380.0	1				
	RSA	F				Master1	Anthony	Carol	55	57	11,7,5	60	65	70	65	42.5	45	50	45	115	125	125	125			235.0	1				
	RSA	F				Master1	Ingel	Carm	61.4	63	10,7,5	85	92.5	97.5	92.5	50	55	55	50	95	105	112.5	112.5			255.0	1				
	ALG	M				Junior	Riahi	Hakim	57.6	59	10	150	160	170	160	65	72.5	77.5	72.5	190	210	220	220			452.5	1				
	ALG	M				Junior	Mamouni	Ziad	59.6	66		155	165	175	175	85	92.5	95	95	190	215	222.5	190			460.0	1				
	MOR	M				Junior	Ameziane	Mohamed	65.9	66		115	120	125	125	85	90	95	95	160	180	190	190			410.0	2				
	ALG	M				Junior	Aoumer	Billal	73.2	74	12	175	185		185	100	110	115	115	210	220	230	230			530.0	1				
	EGY	M				Junior	Hana	Waleed	83	83		140	160	160	140	100	115	120	115	150	175	190	190			445.0	2				
	RSA	M				Junior	Rapoo	Tshepo	79.5	83	11,7,6	200	220	232.5	220	127.5	132.5	137.5	137.5	230	245	250	245			602.5	1				
	EGY	M				Master 1	Aliane	Mohamed	82.6	83		210	220	225	220	145	150	155	155	225	240	255	255			630.0	1				

OBSERVATIONS et DIVERS :	Secrétaire	1er Assesseur	Chef de Plateau	2eme Assesseur
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Date **24-Oct-2015**

Licen.	CLUB	S F-M	Date nais.	Age	Indice	Cat. d'âge	NOM	Prénom	Poids de corps	Cat. Poids	Lot.	SQUAT			Total SQUAT	DC			Total DC	S de T			TOTAL S de T	TOTAL Annoncé	TOTAL Réalisé	Clas.	Niv.	Niv. OPEN	Total Indice	Place Indice
												1	2	3		1	2	3		1	2	3								
	ALG	M				Open	Lakehal	Mohamed	58.8	59		190	200	210	210	105	115	117.5	115	200	220	230	230		555.0	1				
	MOR	M				Open	Marmouch	Younes	58.5	59		110	120	125	110	85	92.5	95	95	165	175	185	185		390.0	2				
	MOR	M				Open	Said	Jouiri	57.8	59		110	120	130	120	70	75	75	75	160	175	190	190		385.0	3				
	ALG	M				Open	Aissa	Abdelkader	65.4	66		145	155	160	160	105	115	117.5	117.5	215	230	240	240		517.5	1				
	ALG	M				Open	Elfekair	Rabah	73.3	74		245	255	262.5	262.5	145	150	150	150	255	265	280	280		692.5	1				
	EGY	M				Open	Ahmed Abdelfadil	Mohamed	73	74		200	220	240	240	130	140	150	150	210	230	245	230		620.0	2				
	EGY	M				Open	Mostafa	Mahmoud	81.9	83		225	240	250	250	165	172.5	177.5	172.5	260	270	280	280		702.5	1				
	ALG	M				Open	Faidi	Djallal	81.5	83		230	240	245	240	140	147.5	150	150	250	270	280	270		660.0	2				

	MOR	M				Junior	Tobi	Hamza	102.6	105						152.5	157.5	170	157.5				0		157.5	1				
	RSA	M				Junior	Loubser	Sebastiaan	109.4	120						150	165	177.5	177.5				0		177.5	1				
	EGY	M				Junior	Noureddin	Mohamed	127	120+						120	130	135	130				0		130.0	1				
	ALG	M				Open	Mansouri	Abdelali	72	74						152.5	157.5	160	160				0		160.0	1				
	EGY	M				Open	Marie	Mohamed	86	93						120	140	140	140				0		140.0	2				
	ALG	M				Open	Kebab	Saber	90.8	93						170	177.5	177.5	170				0		170.0	1				
	ALG	M				Open	Amour	Mohamed	100.3	105						185	192.5	200	200				0		200.0	1				
	MOR	M				Open	Nezar	Balil	98.5	105						170	170	172.5	170				0		170.0	2				
	EGY	M				Open	Shaaban	Yasser	120	120						140	150	160	150				0		150.0	1				
	ALG	M				Open	Boughalem	Ilyes	144.6	120+						250	262.5	271	271				0		271.0	1				
	MOR	M				Open	Dardaz	Moussa	129.5	120+						160	175	185	185				0		185.0	2				
	EGY	M				Master 1	Hussein	Khaled	94.4	105						140	150		150						150.0	1				
	MOR	M				Master 1	Jamal	Hamid	91.8	93						150	157.5	157.5	157.5				0		157.5	1				
	MOR	M				Master 2	Chabbour	Mohamed	91.2	93						152.5	160		152.5						152.5	1				

OBSERVATIONS et DIVERS :	Secrétaire	1er Assesneur	Chef de Plateau	2eme Assesneur
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2015 AFRICAN POWERLIFTING CHAMPIONSHIPS

LIEU **Meknés**

Classic African powerlifting championship

Date **25-Oct-2015**

Licen.	CLUB	S F-M	Date nais.	Age	Indice	Cat. d'âge	NOM	Prénom	Poids de corps	Cat. Poids	Lot.	SQUAT			Total SQUAT	DC			Total DC	S de T			Total S de T	TOTAL Annoncé	TOTAL Réalisé	Clas.	Niv.	Niv. OPEN	Total Indice	Place Indice
												1	2	3		1	2	3		1	2	3								
	RSA	M	1995			Junior	Smith	Adriaan	91.7	93		170	180	180	180	130	137.5	142.5	137.5	205	220	232.5	220		537.5	2				
	ALG	M	1996			Junior	Moufek	Zakaria	91.7	93		235	250	257.5	250	135	145	150	145	250	270	290	270		665.0	1				
	RSA	M	1995			Junior	Jantjies	Herschelle	99.9	105		170	180	187.5	187.5	120	127.5	132.5	132.5	180	200	217.5	217.5		537.5	1				
	RSA	M	1992			Junior	Loubser	Sebastian	109.1	120		200	215	230	215	155	170	180	180	200	215	232.5	232.5		627.5	1				
	ALG	M	1992			Junior	Zared	Azouaou	135.1	120+		220	240	250	250	140	150	160	160	225	240	250	250		660.0	1				
	RSA	M	1972			Master 1	Casey	Patrick	86.3	93		120	130	135	135	80	85	85	80	165	175	175	165		380.0	1				
	RSA	M	1971			Master 1	Ingel	Nic	100.6	105		140	150	157.5	150	120	127.5	132.5	127.5	165	185	200	185		462.5	1				
	EGY	M	1975			Master 1	Hossameidin	Ahmed	106.1	120		120			120	100			100	150			150		370.0	1				
	EGY	M	1952			Master 3	Talaat	Mousa	87.5	93		120	120	130	120	100			100	100			100		320.0	1				
	EGY	M	1980			Open	Faragua	Mahmoud	83.6	93		230	240	240	240	170	180	180	180	230	250	260	260		680.0	2				
	ALG	M	1987			Open	Kanane	Amar	91.7	93		265	280	280	280	150	160	165	165	270	290	300	290		735.0	1				
	MOR	M	1989			Open	Mouden	Mustapha	89	93		220	225	232.5	225	145	155	157.5	155	220	230	235	235		615.0	3				
	MOR	M	1989			Open	Elhadj	Saidi	90.2	93		200	210	217.5	217.5	135	140	142.5	140	230	245	245	230		587.5	4				
	ALG	M	1978			Open	Hadj Youb	Belal	104.7	105		230	245	260	260	152.5	157.5	165	165	260	280	300	280		765.0	1				
	EGY	M	1990			Open	Maisra	Salam	102.4	105		225	240	250	240	115	120	125	120	230	230	262.5	230		590.0	3				
	EGY	M	1980			Open	Meilad	Fady	94.5	105		200	210	225	210	150	160	165	160	230	250	255	250		620.0	2				
	EGY	M	1984			Open	Omar	Mohamed	110.3	120		150			150	100	100	115	115	230	240	265	240		505.0	2				
	ALG	M	1981			Open	Naitladjemil	Boudjemaa	116.4	120		270	290	300	290	170	177.5	182.5	182.5	280	300	312.5	312.5		785.0	1				
	EGY	M	1976			Open	Eldeken	Mohamed	128.3	120+		150			150	100			100	150			150		400.0	2				
	ALG	M	1976			Open	Bouafia	Mohamed	130.5	120+		350	375	390	390	210	220	222.5	222.5	335	355	367.5	355		967.5	1				

OBSERVATIONS et DIVERS :	Secrétaire	1er Assesseur	Chef de Plateau	2eme Assesseur
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African Powerlifting Championships 2015

For the first time since the African Powerlifting Federation opened the African Championships to female lifters, the South African Powerlifting Federation took a small team of 10 lifters to Morocco for the 2015 Championships, which took place from 23-25 October in the city of Meknes.

The South African team, consisting of Protea lifters and lifters competing under SAPF Federation colours, was the only team from the southern hemisphere, with the other participants being Algeria, Egypt and the host nation of Morocco. Three other countries were late cancellations due to logistical challenges.

The competition consisted of a Classic (Raw) Powerlifting event and a Classic Benchpress event, for age divisions Junior, Senior, Master 1 and Master 2. Notwithstanding the small number of participants, the South African team can be extremely proud of their results, achieving 10 gold medals and 1 silver medal. Many personal bests were achieved, and Junior Protea lifter Megan Leighton set two new South African records, with a benchpress of 62.5kg in the 57kg division.

Here are the team results:

Classic Powerlifting:

Womens Junior 57kg	Megan Leighton	Gold
Womens Open 47kg	Mariska Casey	Gold
Womens Master 1 57kg	Carol Anthony	Gold
Womens Master 1 63kg	Carm Ingel	Gold
Mens Junior 83kg	Tshepo Rapoo	Gold
Mens Junior 93kg	Adrian Smith	Silver
Mens Junior 105kg	Herschelle Jantjies	Gold
Mens Junior 120kg	Sebastiaan Loubser	Gold
Mens Master 1 93kg	Patrick Casey	Gold
Mens Master 1 105kg	Nic Ingel	Gold

Classic Benchpress:

Mens Junior 120kg	Sebastiaan Loubser	Gold
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Congratulations also go to coach Ephraim Khandanise, who was awarded his Category 2 International Referee certification at the competition.

The Best Team award went to Algeria, with their lifters Mohamed Bouafia and Safia Kouri taking the Best Male and Female lifter awards.

At the APF Congress, bids were submitted by South Africa and Egypt to host the 2016 African Powerlifting Championships. The bid was awarded to Egypt, subject to the APF executive approving the suitability of the venue (Sharm El Sheikh) and the readiness of the EPF to host the event.

Heather Leighton – Team manager