

AFRICAN POWERLIFTING FEDERATION

2025 African Women's Classic Bench Press Championships

Tunis (Tunisia), 24-28.11.2025

SCORESHEET

Rnk	Lifters	d.o.b.	Team	BWT	IPF GL Cf.	Lot	1 Att.	2 Att.	3 Att.	Result	IPF GL	Pts
Open												
-52kg												
1.	Sarra Khlifi	03.07.04	TUN	50,96	0,9751	1	55,0	X	X	55,0	53,63	12
-57kg												
1.	Lounis Ameni	09.11.92	TUN	55,60	0,9058	4	65,0	72,5	X	72,5	65,67	12
-84kg												
1.	Mazhoud Nawrez	11.06.00	TUN	83,95	0,7462	6	80,0	X	X	80,0	59,69	12
84+kg												
1.	Fokem Fofe Christelle Aim	11.11.87	CMR	113,47	0,7126	7	115,0	120,0	425,0	120,0	85,52	12

Team (points)

1.	Tunisia	36	[12+12+12]	79,00	IPF GL
2.	Cameroon	12	[12]	85,52	IPF GL

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Fokem Fofe Christelle Aim	Cameroon	113.47	120,0	85,5162	1
2.	Lounis Ameni	Tunisia	55.60	72,5	65,6721	1
3.	Mazhoud Nawrez	Tunisia	83.95	80,0	59,6940	1

Masters 1

-76kg						
1.	Saidani Ep Messelmani R	22.01.82	TUN	75,49	0,7698	8
				47,5	47,5	36,57
				X		12

Team (points)

1. Tunisia 12 [12] 36,57IPF GL

Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Saidani Ep Messelmani R	Tunisia	75.49	47,5	36,5677	1

Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; wg - World Games Record;
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DSQ - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

CMR = Cameroon

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Open												
-66kg												
1.	Bellala Abdelhamid Elarbi	21.05.99	ALG	64,28	0,5755	6	115,0	122,5	135,5	122,5	70,49	12
-74kg												
1.	Boudaoud Hocine	24.06.87	ALG	73,03	0,5371	9	140,0	150,0	160,5	150,0	80,56	12
-83kg												
1.	Techap Fongang	05.09.89	CMR	81,27	0,5078	11	160,0	170,0	175,0	175,0	88,86	12
-105kg												
1.	Sboui Fares	30.12.00	TUN	104,97	0,4478	21	195,0	205,0	227,5	205,0	91,80	12
-120kg												
1.	Niagne Franck Patrick	03.07.91	CIV	106,65	0,4446	27	205,0	215,0	225,0	225,0	100,03	12
2.	Naoussi Nembot Ano	03.09.92	CMR	117,42	0,4259	25	190,0	195,0	195,0	195,0	83,04	9
3.	Bettou Mohamed Aziz	02.11.99	ALG	118,89	0,4236	26	185,0	195,0	205,0	195,0	82,60	8

Team (points)

1. Algeria	32 [12+12+8]	133,65IPF GL
2. Cameroon	21 [12+9]	71,90IPF GL
3. Ivory Coast	12 [12]	00,03IPF GL
4. Tunisia	12 [12]	91,80IPF GL

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Niagne Franck Patrick	Ivory Coast	106.65	225,0	100,0260	1
2.	Sboui Fares	Tunisia	104.97	205,0	91,8043	1
3.	Techap Fongang	Cameroon	81.27	175,0	88,8584	1

Sub-Juniors

-53kg												
1.	Tingounzeu Daren Aram	04.01.10	CMR	52,69	0,6430	1	70,0	77,5	82,5	82,5	53,04	12
-66kg												
1.	Selmi Seif Eddine	04.05.07	TUN	61,27	0,5909	5	70,0	85,0	105,0	85,0	50,23	12
-93kg												
1.	Yassine Barnat	15.01.07	TUN	90,16	0,4818	16	80,0	X	X	80,0	38,54	12

Team (points)

1. Tunisia	24 [12+12]	88,77IPF GL
2. Cameroon	12 [12]	53,04IPF GL

Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Tingounzeu Daren Aram	Cameroon	52.69	82,5	53,0444	1
2.	Selmi Seif Eddine	Tunisia	61.27	85,0	50,2251	1
3.	Yassine Barnat	Tunisia	90.16	80,0	38,5404	1

Juniors

-120kg												
1.	Najjari Mohamed Moez	13.10.03	TUN	115,84	0,4284	24	95,0	X	X	95,0	40,70	12
120+kg												
1.	Thompson Stanford	04.12.02	RSA	175,77	0,3661	30	170,0	195,5	205,0	195,5	71,58	12

Team (points)

1. South Africa	12 [12]	71,58IPF GL
2. Tunisia	12 [12]	40,70IPF GL

Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Thompson Stanford	South Africa	175.77	195,5	71,5769	1

2.	Najjari Mohamed Moez	Tunisia				115.84		95,0		40,6960	1
Masters 1											
-83kg											
1.	Brahimi Sofiane	22.02.81	ALG	82,61	0,5035	10	130,0	140,0	150,0	150,0	75,53 12
-93kg											
1.	Rezgui Mohamed Youcef	22.07.83	ALG	92,57	0,4755	15	150,0	150,0	160,0	160,0	76,08 12
2.	Boudaoud Zinou	06.11.76	ALG	91,36	0,4786	13	152,5	155,0	162,5	155,0	74,18 9
	—Akif Ali	12.04.85	MOR	91,95	0,4771	14	160,0	160,0	160,0	DSQ	— —
-105kg											
1.	Ballil Nezar	30.05.78	MOR	99,82	0,4585	19	175,0	182,5	185,0	182,5	83,68 12
-120kg											
1.	Djabri Hocine	22.09.85	ALG	118,74	0,4238	22	185,0	192,5	192,5	185,0	78,40 12
2.	Koule Nguime Victor	18.02.77	CMR	111,32	0,4360	23	160,0	170,0	170,0	170,0	74,12 9
120+kg											
1.	Beggari Sami	13.04.85	ALG	120,30	0,4214	29	135,0	145,0	160,0	145,0	61,11 12
Team (points)											
1.	Algeria	57	[12+12+12+12+9]							165,30IPF GL	
2.	Morocco	12	[12]							83,68IPF GL	
3.	Cameroon	9	[9]							74,12IPF GL	

Best Lifters of Masters 1 by IPF GL Formula						
Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Ballil Nezar	Morocco	99.82	182,5	83,6786	1
2.	Djabri Hocine	Algeria	118.74	185,0	78,4030	1
3.	Rezgui Mohamed Youcef	Algeria	92.57	160,0	76,0832	1

Masters 2											
-105kg											
1.	Erridir Zoubir	20.07.67	ALG	101,70	0,4545	17	160,0	167,5	172,5	167,5	76,13 12
Team (points)											
1.	Algeria	12	[12]							76,13IPF GL	

Best Lifters of Masters 2 by IPF GL Formula						
Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Erridir Zoubir	Algeria	101.70	167,5	76,1267	1

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ALG = Algeria
CIV = Ivory Coast
CMR = Cameroon

MOR = Morocco
RSA = South Africa
TUN = Tunisia

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Tunis (Tunisia), 24-28.11.2025

SCORESHEET

Rnk	Lifters	d.o.b.	Team	BWT	IPF GL Cf.	Lot	1 Att.	2 Att.	3 Att.	Result	IPF GL	Pts
Open												
-120kg												
1.	Niagne Franck Patrick	03.07.91	CIV	108,00	0,3066	8	190,0	210,0	220,0	210,0	64,38	12
2.	Naoussi Nembot Ano	03.09.92	CMR	119,10	0,2950	7	200,0	210,0	220,0	210,0	61,94	9

Team (points)

1.	Ivory Coast	12 [12]	64,38	IPF GL
2.	Cameroon	9 [9]	61,94	IPF GL

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Niagne Franck Patrick	Ivory Coast	108.00	210,0	64,3850	1
2.	Naoussi Nembot Ano	Cameroon	119.10	210,0	61,9414	2

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