

Classic Powerlifting	Age Category	Weight Category	Surname	First Name	Country	Date of birth	Squat	Bench	Deadlift	Total	SJ	J	O	M1	M2	M3
	Junior	53	Hasan	Ali	Iraq	1997	125	70	155	350		1				
	SubJunior	59	Barkouk	Karim	Algeria	2000	150	80	180	410	1					
	Junior	59	Abdulhusein	Karrar	Iraq	1995	145	100	195	440		1				
	Junior	59	Sofyane	Mohamed	Morocco	27/05/1996	140	90	200	430		1				
	Junior	59	Errider	Moussa	Algeria	1996	150	100	150	400		1				
	Open	59	Albuthabhak	Hussein	Iraq	1987	175	135	195	505				1		
	Open	59	Lakehal	Mohammed	Algeria	1982	200	100	200	500				1		
	Open	59	Jassim Almulla	Mohammed	Kuwait	?	150	70	160	380				1		
	SubJunior	66	Gharbawee	Ali	Iraq	2001	150	75	180	405	1					
	Junior	66	Al Darwge	Ahmed	Libya	04/12/1995	180	120	245	545		1				
	Open	66	Ali	Naji Awadr Abu Bakr	Libya	06/03/1988	210	145	260	615				1		
	Open	66	Damini	Ezzaki	Morocco	15/02/1988	210	450	260	615				1		
	Open	66	Al-Masslawi	Ahmen	Iraq	1990	190	125	190	505				1		
	Open	66	Almefarij	Nasser Ahmad	Kuwait	?	170	85	210	465				1		
	Open	66	Lahmidi	Abdelghafour	Morocco	26/07/1994	160	100	180	440				1		
	Master 2	66	Saktiwy	Abderrazak	Morocco	1969	160	150	220	530					1	
	Master 2	66	Amyn	Abdullah Abdulwahhab Abdullah	Libya	01/01/1965	180	90	200	470					1	
	Master 3	66	Sedad	Omar	Morocco	1947	100	70	120	290						1
	SubJunior	74	Bencheikh	Hicham	Algeria	2003	170	100	200	470	1					
	Junior	74	Manamela	Karabo	South Africa	07/12/1999	160	95	200	455		1				
	Open	74	Jabbooree	Ali	Iraq	1992	215	150	275	660				1		
	Open	74	Aouimer	Billal	Algeria	1993	230	120	280	630				1		
	Open	74	Choug dali	Abdellah	Morocco	23/04/1990	170	125	220	515				1		
	Open	74	Alojairi	Badar Mohmmad	Kuwait	?	120	145	220	485				1		
	Open	74	Naouy	Jalal	Morocco	25/04/1989	160	105	200	465				1		
Reserve?	Open	74	Abdullah	Mohamed Alhatem	Kuwait	?	190	95	200	455				1		
Reserve?	Open	74	Almuwail	Badar Mohmmad	Kuwait	?	150	90	190	430				1		
	Master 2	74	Al Waseea	Mohammed	Libya	01/09/1966	130	80	170	380					1	
	SubJunior	83	Abdulameer	Mohammed	Iraq	2001	180	110	200	490	1					
	SubJunior	83	Laaboudi	Amine	Morocco	28/12/2001	130	92.5	170	392.5	1					
	Junior	83	Bendoui	Ramdane	Algeria	1995	220	140	270	630		1				
	Open	83	Al Refadi	Mohammed Mikaeil	Libya	15/05/1987	255	175	300	730				1		
	Open	83	Techap	Fongang	Cameroon	05/09/1989	250	175	280	705				1		
	Open	83	Toubal	Fatah	Algeria	1983	260	150	270	680				1		
	Open	83	Singham Habilu	Nsobe	Cameroon	02/10/1989	210	160	285	655				1		
	Open	83	Sanni	Abdel Wahhab F.A.	Benin	12/07/1988	220	140	260	620				1		
	Open	83	Ali	Abdullah Alnajdi	Kuwait	?	220	165	225	610				1		
	Open	83	Toufik	Abdelkader	Morocco	10/06/1990	212.5	120	230	562.5				1		
	Open	83	Ali	Hussein Shams	Kuwait	?	225	100	230	555				1		
	Open	83	Ghariba	Zakaria	Morocco	26/08/1993	170	107.5	220	497.5				1		
	Master 2	83	Ishaytir	Nasi Ramadhan	Libya	16/03/1967	200	125	230	555					1	
	Junior	93	Adeelah	Mohammed	Iraq	1997	235	185	240	660		1				
	Junior	93	Hamad	Najeeb Hamdi	Libya	22/07/1999	220	130	290	640		1				
	Junior	93	Iamkaddem	Youness	Morocco	1999	190	225	120	535		1				
	Open	93	Kanane	Amar	Algeria	1987	300	160	300	760				1		
	Open	93	Tarek	Osman	Egypt	20/12/1980	250	170	300	720				1		
	Open	93	Al-Obaidi	Abbas	Iraq	1985	235	150	275	660				1		
	Open	93	Moubtakir	Daoud	Morocco	29/03/1990	225	150	250	625				1		
	Open	93	Ali	Akif	Morocco	12/04/1985	200	170	240	610				1		
	Open	93	Bekker	Armand	South Africa	23/03/1990	205	145	250	600				1		



Equipped Powerlifting	Age Category	Weight Category	Surname	First Name	Country	Date of birth	Squat	Bench	Deadlift	Total
Open		74	Onana Tsoungui	Guy Daniel	Cameroon	14/09/1983	210	145	225	580
Open		74	Nouli	Giscard Armand	Cameroon	12/01/1977	200	150	220	570
Open		83	Techap	Fongang	Cameroon	05/09/1989	250	180	280	710
Open		83	Sultan Adel	Alhazaa	Kuwait	?	180	140	230	550
Open		93	Tarek	Osman	Egypt	20/12/1980	250	170	300	720
Open		93	Jamal Yacoub	Yousef	Kuwait	?	260	180	280	720
Open		93	Ngoungue	Abdou Karim	Cameroon	01/03/1981	250	170	270	690
Open		120+	Ibrahim Alkhamees	Fahad	Kuwait	?	190	140	240	570

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1										
1										
1										
1										
0	0	8	0	0	0					8

Equipped Bench	Age Category	Weight Category	Surname	First Name	Country	Date of birth	Squat	Bench	Deadlift	Total
SubJunior		74	Mohamed Murad Al Maazmi	Ali Yaqoub	UAE	25/07/2001		170		
Open		83	Husain Ghuloom	Ahmed Haider	UAE	25/11/1992		210		
Open		83	Techap	Fongang	Cameroon	05/09/1989		180		
Master 1		83	Obaid Al Ghais Alzaabi	Faisal Ahmed	UAE	17/12/1978		220		
Open		93	Akif	Ali	Morocco	12/04/1985		180		
Open		105	Mohammed Al Humeidi Alkhan Bouli	Mohammed Ali	UAE	08/08/1980		210		
Master 3		105	Young	Colin	South Africa	09/06/1957		162		
Open		120	Ibrahim	Magadji	Cameroon	18/09/1990		225		
Open		120	Koule Nguime	Victor	Cameroon	18/02/1977		180		
Master 1		120	Khamis Ali Alajmi	Hamad Juma	UAE	07/11/1977		200		
Master 1		120 +	Khamis Sahooba Aldeheri	Omar Jumaa	UAE	24/08/1971		170		

1										
1	0	6	3	0	1					11

Classic Bench	Age Category	Weight Category	Surname	First Name	Country	Date of birth	Squat	Bench	Deadlift	Total
SubJunior		74	Mohamed Murad Al Maazmi	Ali Yaqoub	UAE	25/07/2001		150		
Open		74	Hamdani	Fethi	Algeria	1993		160		
Open		83	Husain Ghuloom	Ahmed Haider	UAE	25/11/1992		190		
Open		83	Techap	Fongang	Cameroon	05/09/1989		175		
Open		83	Kebab	Saber	Algeria	1976		170		
Master 1		83	Obaid Al Ghais Alzaabi	Faisal Ahmed	UAE	17/12/1978		200		
Open		93	Mansouri	Abdelghani	Algeria	1985		180		
Open		93	Akif	Ali	Morocco	12/04/1985		170		
Open		105	Zahnoun	Youghorta	Algeria	1985		190		
Open		105	Mohammed Al Humeidi Alkhan Bouli	Mohammed Ali	UAE	08/08/1980		190		
Open		105	Bakari	Seremani	Zimbabwe	11/05/1980		165		
Open		105	Hadi	Kamal	Morocco	01/10/1983		160		
Master 3		105	Young	Colin	South Africa	09/06/1957		161		
Open		120	Ibrahim	Magadji	Cameroon	18/09/1990		210		
Open		120	Fezan Bi	Tiana Kouassi Gustave	Ivory Coast	22/03/1988		210		
Master 1		120	Khamis Ali Alajmi	Hamad Juma	UAE	07/11/1977		180		
Master 1		120 +	Khamis Sahooba Aldeheri	Omar Jumaa	UAE	24/08/1971		170		

1										
1	0	12	3	0	1					17



Day	Session	Event	Weight classes	Number of lifters
Thursday	Session 1	BP Raw	All Women, Men up to 83	5 + 6 = 11
	Session 2	BP Raw	Men 93-120+	11
	Session 3	PL and BP Equipped	All Women All Men	W(6 + 5), M(8 + 11) = 30
Friday	Session 1	Raw PL	Men up to 66	18
	Session 2	Raw PL	Women up to 63	11
	Session 3	Raw PL	Men 74-83	23
Saturday	Session 1	Raw PL	Men 93-105	24
	Session 2	Raw PL	Women 72-84+	10
	Session 3	Raw PL	Men 120-120+	17

3. Suggestions : Perhaps put Equipped BP with Raw BP - then Thursday sessions look like this:

Day	Session	Event	Weight classes	Number of lifters
Thursday	Session 1	BP Raw and Equipped	All Women, Men up to 83	W(5+5), M(6+4) = 20
	Session 2	BP Raw and Equipped	Men 93-120+	M(11 + 7) = 18
	Session 3	PL Equipped	All Women All Men	W(6)+ M(8) = 14

Country	African Champs	Arab Champs
Algeria	Y	
Morocco	Y	Y
Libya	Y	Y
Egypt	Y	Y
South Africa	Y	
Zimbabwe	Y	
Benin	Y	
Ivory Coast	Y	
Cameroon	Y	
Ghana	Y	
Iraq		Y
UAE		Y
Kuwait		Y

Final nominations received:	Women					Men					Total
	Raw PL	EQ PL	Raw BP	EQ BP	Total Women	Raw PL	EQ PL	Raw BP	EQ BP	Total Men	
27/09/2018	4	0	0	0	4	12	0	4	0	16	20
27/09/2018	6	0	0	0	6	15	0	2	1	18	24
27/09/2018	0	0	0	0	0	13	0	0	0	13	13
29/09/2018	0	0	0	0	0	5	1	0	0	6	6
27/09/2018	6	4	1	2	13	4	0	1	1	6	19
17/09/2018	1	0	0	0	1	0	0	1	0	1	2
29/09/2018	0	0	0	0	0	1	0	0	0	1	1
29/09/2018	0	0	0	0	0	1	0	1	0	2	2
29/09/2018	4	2	4	3	13	3	4	2	3	12	25
18/09/2018	0	0	0	0	0	1	0	0	0	1	1
29/09/2018	0	0	0	0	0	15	0	0	0	15	15
29/09/2018	0	0	0	0	0	0	0	6	6	12	12
27/09/2018	0	0	0	0	0	12	3	0	0	15	15
	<b>21</b>	<b>6</b>	<b>5</b>	<b>5</b>	<b>37</b>	<b>82</b>	<b>8</b>	<b>17</b>	<b>11</b>	<b>118</b>	<b>155</b>

Oman		
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withdrawn					0					0	0
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