



START BOOK





African Senior Weightlifting Qualification Championships 2019

Cairo Stadium
23/04/2019 to 30/04/2019



TIME TABLE

	GENDER	CATEGORY	TIME	COMPETITOR	JURY	REFEREE	C.MARSHAL	TIME KEEPER	TECHN.	SECRETARY	DOCTOR
25.04.2019											
1	W	45 kg A , 49 kg A	19:00	8	1	1	1	1	1	1	
26.04.2019											
2	W	55 kg A	11:00	7	1	1	1	1	1	1	
3	M	55 kg A , 61 kg A	13:00	8	2	2	2	2	2	2	
4	W	59 kg A	16:00	10	1	1	1	1	1	1	
5	M	67 kg A , 73 kg A	18:00	14	2	2	2	2	2	2	
27.04.2019											
6	W	64 kg A	16:00	9	1	1	1	1	1	1	
7	M	81 kg A	18:00	11	2	2	2	2	2	2	
28.04.2019											
8	W	71 kg A	11:00	6	1	1	1	1	1	1	
9	M	89 kg A	13:00	9	2	2	2	2	2	2	
10	W	76 kg A , 81 kg A	16:00	9	1	1	1	1	1	1	
11	M	96 kg A	18:00	8	2	2	2	2	2	2	
29.04.2019											
12	W	87 kg A , +87 kg A	11:00	5	1	1	1	1	1	1	
13	M	102 kg A , 109 kg A , +109 kg A	13:00	10	2	2	2	2	2	2	



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GROUP OF JURIES AND REFEREES

JURY Member Group 1 :

KEVIN JAMES DU PLOOY [RSA] *President of Jury
SALIM SSENKUNGU MUSOKE [UGA]
ALEX RANDRIMANARIVO [MAD]
RAMDAN MAHMOUD [EGY]

JURY Member Group 2 :

HORST SAYLER [SWZ] *President of Jury
HISHAM ELTWNAY [EGY]
AHMED CHAHNAOUI [MAR]
OSAMA GHANNAW [LBA]

REFEREE Member Group 1 :

ZAHIYA ANAHNIA [ALG]
HAMADI ZORGHANI [LBA]
MOHAMED FARIH [MAR]
NOUREDDINE BEN ALI [TUN]

REFEREE Member Group 2 :

NOUREDDINE SLAMA [ALG]
CHEDLY ASCHI [TUN]
HAULA MUSOKE NAKIGANDA [UGA]
SALY MAHMOUD EL SAED [EGY]



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GROUP OF OTHER COMPETITION OFFICIALS

CHIEF MARSHAL Member Group 1 :

KHALED ELHOUSENY [EGY]

MOHAMED HAMDE [EGY]

CHIEF MARSHAL Member Group 2 :

AHMED AWAD [EGY]

MAHMOUD ABDELRAHMAN [EGY]

TIMEKEEPER Member Group 1 :

ASEEM HELME [EGY]

TIMEKEEPER Member Group 2 :

GOUDA ABDELSADEK [EGY]

METWALY HAMOUDA [EGY]

TECHNICAL CONTROLLER Member Group 1 :

ASHARAF SULTAN [EGY]

MOHAMED ELNEMR [EGY]

TECHNICAL CONTROLLER Member Group 2 :

EAD TANTAWE [EGY]

AHMED FAHMY [EGY]

SECRETARY Member Group 1 :

MOHAMED FAYAD [EGY]

ELSAED ABDELATTE [EGY]

SECRETARY Member Group 2 :

SAEID SAED [EGY]

ENGA SAED [EGY]

ANNOUNCER Member Group 1 :

WAFAA MOUSA [EGY]

SAMER ABDELSAMEE [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	ALG : ALGERIA				1			1		1	1	4
2	BOT : BOTSWANA						1	1				2
3	CMR : CAMEROON					2				1		3
4	EGY : EGYPT			1	1	2	1	2		2	1	10
5	GHA : GHANA			1		1	1	1				4
6	KEN : KENYA					1	1					2
7	LBA : LIBYAN		1	1	1	1	1					5
8	MAD : MADAGASCAR	1		1								2
9	MAR : MOROCCO	1	1	1	1		2	1	1	1	1	10
10	MRI : MAURITIUS		1	1		1						3
11	NGR : NIGERIA			1								1
12	RSA : SOUTH AFRICA							1				1
13	TUN : TUNISIA		2	1	1	2	2			1		9
14	UGA : UGANDA		1	1		1		1				4
	Grand Total	2	6	9	5	11	9	8	1	6	3	60



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STATISTICS WOMEN

No	TEAM	45 kg	49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	87 kg	+87 kg	TOTAL
1	ALG : ALGERIA			1	1		2		1			5
2	BOT : BOTSWANA				1							1
3	CMR : CAMEROON					1		1		1		3
4	EGY : EGYPT		1	1		2	1	2	1	1	1	10
5	GHA : GHANA		1		1							2
6	KEN : KENYA				1	1						2
7	MAD : MADAGASCAR	1				1						2
8	MAR : MOROCCO	1		2	2	2	1	1	1			10
9	MRI : MAURITIUS		1				1	1			1	4
10	NGR : NIGERIA		1	1	1				1			4
11	RSA : SOUTH AFRICA				1	1						2
12	TUN : TUNISIA		2	2	2	1	1			1		9
	Grand Total	2	6	7	10	9	6	5	4	3	2	54



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COMBINED STATISTICS

No	TEAM	MEN	WOMEN	TOTAL
1	ALG : ALGERIA	4	5	9
2	BOT : BOTSWANA	2	1	3
3	CMR : CAMEROON	3	3	6
4	EGY : EGYPT	10	10	20
5	GHA : GHANA	4	2	6
6	KEN : KENYA	2	2	4
7	LBA : LIBYAN	5	0	5
8	MAD : MADAGASCAR	2	2	4
9	MAR : MOROCCO	10	10	20
10	MRI : MAURITIUS	3	4	7
11	NGR : NIGERIA	1	4	5
12	RSA : SOUTH AFRICA	1	2	3
13	TUN : TUNISIA	9	9	18
14	UGA : UGANDA	4	0	4
	Grand Total	60	54	114

SENIOR WOMEN'S WORLD RECORDS

CAT.	Lift	Result	Name	Born	Team	Date	Place
45 kg	SNATCH	85Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	108Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	TOTAL	191Kg.	World Standard	01.11.2018		01.11.2018	World Standard
49 kg	SNATCH	94Kg.	HOU Zhihui	18.03.1997	CHN	23.02.2019	Fuzhou
	CLEAN&JERK	120Kg.	PRAMONGKHOL Chayuttra	29.11.1994	THA	03.11.2018	Ashgabat
	TOTAL	210Kg.	HOU Zhihui	18.03.1997	CHN	23.02.2019	Fuzhou
55 kg	SNATCH	105Kg.	SRISURAT Sukanya	03.05.1995	THA	03.11.2018	Ashgabat
	CLEAN&JERK	128Kg.	LIAO Qiuyun	13.07.1995	CHN	22.04.2019	Ningbo
	TOTAL	232Kg.	SRISURAT Sukanya	03.05.1995	THA	03.11.2018	Ashgabat
59 kg	SNATCH	106Kg.	KUO Hsing Chun	26.11.1993	TPE	22.04.2019	Ningbo
	CLEAN&JERK	137Kg.	KUO Hsing Chun	26.11.1993	TPE	22.04.2019	Ningbo
	TOTAL	243Kg.	KUO Hsing Chun	26.11.1993	TPE	22.04.2019	Ningbo
64 kg	SNATCH	113Kg.	DENG Wei	14.02.1993	CHN	25.02.2019	Fuzhou
	CLEAN&JERK	141Kg.	DENG Wei	14.02.1993	CHN	25.02.2019	Fuzhou
	TOTAL	254Kg.	DENG Wei	14.02.1993	CHN	25.02.2019	Fuzhou
71 kg	SNATCH	117Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	152Kg.	ZHANG Wangli	27.05.1996	CHN	06.11.2018	Ashgabat
	TOTAL	267Kg.	ZHANG Wangli	27.05.1996	CHN	06.11.2018	Ashgabat
76 kg	SNATCH	122Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	156Kg.	ZHANG Wangli	27.05.1996	CHN	26.02.2019	Fuzhou
	TOTAL	274Kg.	ZHANG Wangli	27.05.1996	CHN	26.02.2019	Fuzhou
81 kg	SNATCH	127Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	158Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	TOTAL	283Kg.	World Standard	01.11.2018		01.11.2018	World Standard
87 kg	SNATCH	132Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	164Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	TOTAL	294Kg.	World Standard	01.11.2018		01.11.2018	World Standard
+87 kg	SNATCH	146Kg.	KASHIRINA Tatiana	24.01.1991	RUS	13.04.2019	Batumi
	CLEAN&JERK	185Kg.	KASHIRINA Tatiana	24.01.1991	RUS	10.11.2018	Ashgabat
	TOTAL	331Kg.	KASHIRINA Tatiana	24.01.1991	RUS	13.04.2019	Batumi



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SENIOR MEN's WORLD RECORDS

CAT.	Lift	Result	Name	Born	Team	Date	Place
55 kg	SNATCH	135Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	162Kg.	OM Yun Chol	18.11.1991	PRK	02.11.2018	Ashgabat
	TOTAL	293Kg.	World Standard	01.11.2018		01.11.2018	World Standard
61 kg	SNATCH	144Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	174Kg.	IRAWAN Eko Yuli	24.07.1989	INA	03.11.2018	Ashgabat
	TOTAL	317Kg.	IRAWAN Eko Yuli	24.07.1989	INA	03.11.2018	Ashgabat
67 kg	SNATCH	154Kg.	CHEN Lijun	08.02.1993	CHN	21.04.2019	Ningbo
	CLEAN&JERK	185Kg.	CHEN Lijun	08.02.1993	CHN	21.04.2019	Ningbo
	TOTAL	339Kg.	CHEN Lijun	08.02.1993	CHN	21.04.2019	Ningbo
73 kg	SNATCH	168Kg.	SHI Zhiyong	10.10.1993	CHN	22.04.2019	Ningbo
	CLEAN&JERK	196Kg.	SHI Zhiyong	10.10.1993	CHN	04.11.2018	Ashgabat
	TOTAL	362Kg.	SHI Zhiyong	10.10.1993	CHN	22.04.2019	Ningbo
81 kg	SNATCH	173Kg.	MAHMOUD Mohamed Ihab Youssef Ahmed	21.11.1989	EGY	05.11.2018	Ashgabat
	CLEAN&JERK	206Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	TOTAL	375Kg.	LI Dayin	12.02.1998	CHN	24.02.2019	Fuzhou
89 kg	SNATCH	179Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	216Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	TOTAL	387Kg.	World Standard	01.11.2018		01.11.2018	World Standard
96 kg	SNATCH	186Kg.	MORADI Sohrab	22.09.1988	IRI	07.11.2018	Ashgabat
	CLEAN&JERK	230Kg.	MORADI Sohrab	22.09.1988	IRI	07.11.2018	Ashgabat
	TOTAL	416Kg.	MORADI Sohrab	22.09.1988	IRI	07.11.2018	Ashgabat
102 kg	SNATCH	191Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	231Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	TOTAL	412Kg.	World Standard	01.11.2018		01.11.2018	World Standard
109 kg	SNATCH	196Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	240Kg.	MARTIROSYAN Simon	17.02.1997	ARM	09.11.2018	Ashgabat
	TOTAL	435Kg.	MARTIROSYAN Simon	17.02.1997	ARM	09.11.2018	Ashgabat
+109 kg	SNATCH	218Kg.	TALAKHADZE Lasha	02.10.1993	GEO	13.04.2019	Batumi
	CLEAN&JERK	260Kg.	TALAKHADZE Lasha	02.10.1993	GEO	13.04.2019	Batumi
	TOTAL	478Kg.	TALAKHADZE Lasha	02.10.1993	GEO	13.04.2019	Batumi



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SENIOR WOMEN'S AFRICAN RECORDS

CAT.	Lift	Result	Name	Born	Team	Date	Place
45 kg	SNATCH	67Kg.	African Standard			01.11.2018	African Standard
	CLEAN&JERK	92Kg.	African Standard			01.11.2018	African Standard
	TOTAL	155Kg.	African Standard			01.11.2018	African Standard
49 kg	SNATCH	76Kg.	Marie RANAIVOSOA		MRI	02.11.2018	Ashgabat
	CLEAN&JERK	99Kg.	African Standard			01.11.2018	African Standard
	TOTAL	173Kg.	Marie RANAIVOSOA		MRI	02.11.2018	Ashgabat
55 kg	SNATCH	97Kg.	Nouha LANDOULSI		TUN	03.11.2018	Ashgabat
	CLEAN&JERK	114Kg.	Nouha LANDOULSI		TUN	03.11.2018	Ashgabat
	TOTAL	211Kg.	Nouha LANDOULSI		TUN	03.11.2018	Ashgabat
59 kg	SNATCH	92Kg.	Ghofrane BELKHIR		TUN	10.12.2018	Cairo
	CLEAN&JERK	125Kg.	Chineye FEDELIS		NGR	03.11.2018	Ashgabat
	TOTAL	215Kg.	Chineye FEDELIS		NGR	03.11.2018	Ashgabat
64 kg	SNATCH	97Kg.	African Standard			01.11.2018	African Standard
	CLEAN&JERK	123Kg.	African Standard			01.11.2018	African Standard
	TOTAL	218Kg.	African Standard			01.11.2018	African Standard
71 kg	SNATCH	111Kg.	Sara Samir AHMED		EGY	06.11.2018	Ashgabat
	CLEAN&JERK	141Kg.	Sara Samir AHMED		EGY	06.11.2018	Ashgabat
	TOTAL	252Kg.	Sara Samir AHMED		EGY	06.11.2018	Ashgabat
76 kg	SNATCH	110Kg.	African Standard			01.11.2018	African Standard
	CLEAN&JERK	140Kg.	Sara Samir AHMED		EGY	11.12.2018	Cairo
	TOTAL	250Kg.	Sara Samir AHMED		EGY	11.12.2018	Cairo
81 kg	SNATCH	115Kg.	African Standard			01.11.2018	African Standard
	CLEAN&JERK	142Kg.	African Standard			01.11.2018	African Standard
	TOTAL	253Kg.	African Standard			01.11.2018	African Standard
87 kg	SNATCH	118Kg.	African Standard			01.11.2018	African Standard
	CLEAN&JERK	146Kg.	African Standard			01.11.2018	African Standard
	TOTAL	261Kg.	African Standard			01.11.2018	African Standard
+87 kg	SNATCH	119Kg.	African Standard			01.11.2018	African Standard
	CLEAN&JERK	150Kg.	Shaimaa Ahmed HARIDY		EGY	10.11.2018	Ashgabat
	TOTAL	267Kg.	Shaimaa Ahmed HARIDY		EGY	10.11.2018	Ashgabat



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SENIOR MEN'S AFRICAN RECORDS

CAT.	Lift	Result	Name	Born	Team	Date	Place
55 kg	SNATCH	125Kg.	African Standard			01.11.2018	African Standard
	CLEAN&JERK	144Kg.	African Standard			01.11.2018	African Standard
	TOTAL	262Kg.	African Standard			01.11.2018	African Standard
61 kg	SNATCH	132Kg.	African Standard			01.11.2018	African Standard
	CLEAN&JERK	155Kg.	African Standard			01.11.2018	African Standard
	TOTAL	283Kg.	African Standard			01.11.2018	African Standard
67 kg	SNATCH	140Kg.	African Standard			01.11.2018	African Standard
	CLEAN&JERK	167Kg.	Ahmed Saad AHMED		EGY	10.12.2018	Cairo
	TOTAL	302Kg.	African Standard			01.11.2018	African Standard
73 kg	SNATCH	151Kg.	Karem BEN HNIA		TUN	04.11.2018	Ashgabat
	CLEAN&JERK	186Kg.	Karem BEN HNIA		TUN	04.11.2018	Ashgabat
	TOTAL	337Kg.	Karem BEN HNIA		TUN	04.11.2018	Ashgabat
81 kg	SNATCH	173Kg.	Mohamed Ihab MAHAMOUD		EGY	05.11.2018	Ashgabat
	CLEAN&JERK	200Kg.	Mohamed Ihab MAHAMOUD		EGY	05.11.2018	Ashgabat
	TOTAL	373Kg.	Mohamed Ihab MAHAMOUD		EGY	05.11.2018	Ashgabat
89 kg	SNATCH	162Kg.	African Standard			01.11.2018	African Standard
	CLEAN&JERK	199Kg.	African Standard			01.11.2018	African Standard
	TOTAL	361Kg.	African Standard			01.11.2018	African Standard
96 kg	SNATCH	168Kg.	African Standard			01.11.2018	African Standard
	CLEAN&JERK	207Kg.	African Standard			01.11.2018	African Standard
	TOTAL	376Kg.	African Standard			01.11.2018	African Standard
102 kg	SNATCH	173Kg.	African Standard			01.11.2018	African Standard
	CLEAN&JERK	213Kg.	African Standard			01.11.2018	African Standard
	TOTAL	387Kg.	African Standard			01.11.2018	African Standard
109 kg	SNATCH	177Kg.	African Standard			01.11.2018	African Standard
	CLEAN&JERK	219Kg.	African Standard			01.11.2018	African Standard
	TOTAL	398Kg.	African Standard			01.11.2018	African Standard
+109 kg	SNATCH	197Kg.	Walid BIDANI			01.11.2018	African Standard
	CLEAN&JERK	228Kg.	African Standard			01.11.2018	African Standard
	TOTAL	417Kg.	African Standard			01.11.2018	African Standard



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START LIST

WOMEN 45 kg A , 49 kg A

Competition : 25.04.2019 19:00

Weigh in : 17:00

No	LOT	NAME	BORN	TEAM	ENT.
45 kg A					
1	4	ROSINA RANDAFIARISON	1999	MAD	140
2	73	MAHA FAJRESLAM	2003	MAR	100
49 kg A					
1	22	HEBA AHMED	1996	EGY	160
2	35	AUGUSTINA NKEM NWAOKOLO	1992	NGR	150
3	51	ZAHRA CHIH	1994	TUN	140
4	56	YOSRA BENISSA	2001	TUN	140
5	58	WINNFRED NTUMI	2002	GHA	121
6	112	ROILYA HANITRA RANAIVOSOA	1990	MRI	170

Jury

- Kevin James du PLOOY [RSA]
- Salim Ssenkungu MUSOKE [UGA]
- Alex RANDRIMANARIVO [MAD]
- Ramdan MAHMOUD [EGY]

Referee

- C- Zahiya ANAHNIA [ALG] L- Hamadi ZORGHANI [LBA]
R- MOHAMED FARIH [MAR] Res- Nouredine BEN ALI [TUN]

Chief Marshal

- Khaled Elhouseny [EGY]
- Mohamed Hamde [EGY]

Time Keeper

- Aseem Helme [EGY]

Technical Controller

- Asharaf Sultan [EGY]
- Mohamed Elnemr [EGY]

Secretary

- Mohamed Fayad [EGY]
- Elsaed Abdelatte [EGY]



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START LIST

WOMEN 55 kg A

Competition : 26.04.2019 11:00

Weigh in : 9:00

No	LOT	NAME	BORN	TEAM	ENT.
55 kg A					
1	3	BASMA IBRAHIM	1995	EGY	180
2	23	LAGHOUATI FATIMA ZOHRA	27.02.1999	ALG	140
3	39	CHIKA JOY AMALAHA	1997	NGR	195
4	41	MARYEM SABIHI	2002	MAR	125
5	94	CHAIMA DEROUICH	2001	TUN	140
6	95	NOUHA LANDOULSI	1998	TUN	180
7	110	SOUMIA DIK	1988	MAR	130

Jury

- Kevin James du PLOOY [RSA]
- Salim Ssenkungu MUSOKE [UGA]
- Alex RANDRIMANARIVO [MAD]
- Ramdan MAHMOUD [EGY]

Referee

- C- Nouredine BEN ALI [TUN]
- L- Zahiya ANAHNIA [ALG]
- R- Hamadi ZORGHANI [LBA]
- Res- MOHAMED FARIH [MAR]

Chief Marshal

- Khaled Elhouseny [EGY]
- Mohamed Hamde [EGY]

Time Keeper

- Aseem Helme [EGY]

Technical Controller

- Asharaf Sultan [EGY]
- Mohamed Elnemr [EGY]

Secretary

- Mohamed Fayad [EGY]
- Elsaed Abdelatte [EGY]



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START LIST

MEN 55 kg A , 61 kg A

Competition : 26.04.2019 13:00

Weigh in : 11:00

No	LOT	NAME	BORN	TEAM	ENT.
55 kg A					
1	26	ISSAM HARFI	1997	MAR	180
2	46	ERIC HERMAN ANDRIATSITOHAINA	1991	MAD	220
61 kg A					
1	1	ABDULLAH BOUSHEEHAH	12.01.1992	LBA	220
2	72	DORIAN MADANAMOOHOO	2001	MRI	220
3	81	MOUHCINE MAZOZI	1995	MAR	205
4	82	AMINE BOUHIJBHA	1996	TUN	260
5	97	JULIUS SSEKITOOLEKO	07.08.1997	UGA	190
6	109	MOHAMED AZIZ BELHAJ	2002	TUN	225

Jury

1. Horst SAYLER [SWZ]
2. Hisham ELTWNY [EGY]
3. AHMED CHAHNAOUI [MAR]
4. Osama GHANNAW [LBA]

Referee

- C- Nouredine SLAMA [ALG] L- Chedly ASCHI [TUN]
R- Haula Musoke NAKIGANDA [UGA] Res- Saly MAHMOUD EL SAED [EGY]

Chief Marshal

1. Ahmed Awad [EGY]
2. Mahmoud Abdelrahman [EGY]

Time Keeper

1. Gouda Abdelsadek [EGY]
2. Metwaly Hamouda [EGY]

Technical Controller

1. Ead Tantawe [EGY]
2. Ahmed Fahmy [EGY]

Secretary

1. Saeid Saed [EGY]
2. Enga Saed [EGY]



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START LIST

WOMEN 59 kg A

Competition : 26.04.2019 16:00

Weigh in : 14:00

No	LOT	NAME	BORN	TEAM	ENT.
59 kg A					
1	6	POENMILOUD MARYENINADA	26.09.1997	ALG	150
2	33	EYA RIZGUI	2003	TUN	140
3	37	MAGDELINE MOYENGWA	2001	BOT	115
4	48	WINNY LANGAT	1988	KEN	135
5	49	SOUAD ELBADAOUY	2000	MAR	130
6	71	GHOFRANE BELKHIR	2001	TUN	180
7	75	KHADIJA MESSOUK	2002	MAR	120
8	96	CHINENYE SILVER FIDELIS	1992	NGR	195
9	105	JOHANNI TALJAARD	1984	RSA	190
10	107	SANDRA MENSIMAH OWSU	2002	GHA	141

Jury

- Kevin James du PLOOY [RSA]
- Salim Ssenkungu MUSOKE [UGA]
- Alex RANDRIMANARIVO [MAD]
- Ramdan MAHMOUD [EGY]

Referee

- C- MOHAMED FARIH [MAR] L- Nouredine BEN ALI [TUN]
R- Zahiya ANAHNIA [ALG] Res- Hamadi ZORGHANI [LBA]

Chief Marshal

- Khaled Elhouseny [EGY]
- Mohamed Hamde [EGY]

Time Keeper

- Aseem Helme [EGY]

Technical Controller

- Asharaf Sultan [EGY]
- Mohamed Elnemr [EGY]

Secretary

- Mohamed Fayad [EGY]
- Elsaed Abdelatte [EGY]



African Senior Weightlifting Qualification Championships 2019

Cairo Stadium
23/04/2019 to 30/04/2019



START LIST

MEN 67 kg A , 73 kg A

Competition : 26.04.2019 18:00

Weigh in : 16:00

No	LOT	NAME	BORN	TEAM	ENT.
67 kg A					
1	13	MARC JONATHAN CORET	1989	MRI	240
2	16	EHSSSINE BENHMIDA	1996	TUN	290
3	52	TOJONIRINA ALAIN ANDRIATSITOHAINA	1995	MAD	260
4	66	AHMED SAAD	1986	EGY	290
5	69	IBRAHIM NSUBUGA	26.12.1983	UGA	200
6	77	DAVID AKWEI	2000	GHA	231
7	83	EDIDIONG UMOAFIA	24.09.2002	NGR	260
8	92	MOHAMED MOLABI	2001	MAR	215
9	111	AHSAAN SHABI	22.03.1997	LBA	270
73 kg A					
1	57	KAREM BENHANIA	1994	TUN	310
2	68	NAFAA SERIAK	1994	ALG	290
3	80	MOSTAFA IBRAHIM	1996	EGY	310
4	99	MARAJ TUBAL	10.01.1994	LBA	290
5	108	ABDERRAHIM MOUM	2000	MAR	250

Jury

1. Horst SAYLER [SWZ]
2. Hisham ELTWNY [EGY]
3. AHMED CHAHNAOUI [MAR]
4. Osama GHANNAW [LBA]

Referee

- C- Saly MAHMOUD EL SAED [EGY] L- Nouredine SLAMA [ALG]
R- Chedly ASCHI [TUN] Res- Haula Musoke NAKIGANDA [UGA]

Chief Marshal

1. Ahmed Awad [EGY]
2. Mahmoud Abdelrahman [EGY]

Time Keeper

1. Gouda Abdelsadek [EGY]
2. Metwaly Hamouda [EGY]

Technical Controller

1. Ead Tantawe [EGY]
2. Ahmed Fahmy [EGY]

Secretary

1. Saeid Saed [EGY]
2. Enga Saed [EGY]



African Senior Weightlifting Qualification Championships 2019

Cairo Stadium
23/04/2019 to 30/04/2019



START LIST

WOMEN 64 kg A

Competition : 27.04.2019 16:00

Weigh in : 14:00

No	LOT	NAME	BORN	TEAM	ENT.
64 kg A					
1	24	HASNAE LARTI	1999	MAR	130
2	63	WINNIE OKOTH	1991	KEN	135
3	65	PASCALINE KAMANG TOUKAM	1997	CMR	160
4	67	NEAMA FAHMI	2002	EGY	190
5	84	CHAIMA RAHMOUNI	2001	TUN	200
6	85	ELISA VANIA RAVOLOLONIAINA	1992	MAD	160
7	87	RKIA SABIHI	2004	MAR	120
8	91	MONA PRETORIUS	1988	RSA	185
9	100	ESRAA RASHED	1998	EGY	190

Jury

- Kevin James du PLOOY [RSA]
- Salim Ssenkungu MUSOKE [UGA]
- Alex RANDRIMANARIVO [MAD]
- Ramdan MAHMOUD [EGY]

Referee

- C- Hamadi ZORGHANI [LBA] L- MOHAMED FARIH [MAR]
R- Nouredine BEN ALI [TUN] Res- Zahiya ANAHNIA [ALG]

Chief Marshal

- Khaled Elhouseny [EGY]
- Mohamed Hamde [EGY]

Time Keeper

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Technical Controller

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Secretary

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- Elsaed Abdelatte [EGY]



African Senior Weightlifting Qualification Championships 2019

Cairo Stadium
23/04/2019 to 30/04/2019



START LIST

MEN 81 kg A

Competition : 27.04.2019 18:00

Weigh in : 16:00

No	LOT	NAME	BORN	TEAM	ENT.
81 kg A					
1	14	AHMED VAIDY NDJOYA	1999	CMR	300
2	21	SLIM BECHINI	1999	TUN	290
3	29	RAMZI BAHLOUL	1989	TUN	330
4	34	ANTHONY MADANAMOOHOO	1999	MRI	250
5	40	OMAR ALAJEEMI	25.07.1999	LBA	270
6	42	IVAN MASAKWE	01.05.1990	UGA	240
7	45	WEBSTER LUKOSE	1989	KEN	260
8	74	MOHAMED MAHMOUD	1989	EGY	350
9	88	AHMED ALSAYED	1997	EGY	320
10	103	JEAN BAPTISE YANCU KATCHANEE	1993	CMR	300
11	113	JEREMIAH TENG - GBUL BENYE	2001	GHA	261

Jury

1. Horst SAYLER [SWZ]
3. AHMED CHAHNAOUI [MAR]

2. Hisham ELTWNY [EGY]
4. Osama GHANNAW [LBA]

Referee

C- Haula Musoke NAKIGANDA [UGA]
R- Nouredine SLAMA [ALG] L- Saly MAHMOUD EL SAED [EGY]
Res- Chedly ASCHI [TUN]

Chief Marshal

1. Ahmed Awad [EGY]

2. Mahmoud Abdelrahman [EGY]

Time Keeper

1. Gouda Abdelsadek [EGY] 2. Metwaly Hamouda [EGY]

Technical Controller

1. Ead Tantawe [EGY]

2. Ahmed Fahmy [EGY]

Secretary

1. Saeid Saed [EGY]

2. Enga Saed [EGY]



African Senior Weightlifting Qualification Championships 2019

Cairo Stadium
23/04/2019 to 30/04/2019



START LIST

WOMEN 71 kg A

Competition : 28.04.2019 11:00

Weigh in : 9:00

No	LOT	NAME	BORN	TEAM	ENT.
71 kg A					
1	7	ZAHIRA HALBANE	2001	MAR	130
2	54	KETTY LENT LENT	2001	MRI	180
3	59	CHERARA IKRAM	06.06.1999	ALG	170
4	61	RANIA MAHMOUD	2001	EGY	205
5	79	YOSRA LAABIDI	1998	TUN	190
6	86	HAMMOU KHEIRA	08.03.1997	ALG	140

Jury

1. Kevin James du PLOOY [RSA]
2. Salim Ssenkungu MUSOKE [UGA]
3. Alex RANDRIMANARIVO [MAD]
4. Ramdan MAHMOUD [EGY]

Referee

- C- Zahiya ANAHNIA [ALG]
- L- Hamadi ZORGHANI [LBA]
- R- MOHAMED FARIH [MAR]
- Res- Nouredine BEN ALI [TUN]

Chief Marshal

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Secretary

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African Senior Weightlifting Qualification Championships 2019

Cairo Stadium
23/04/2019 to 30/04/2019



START LIST

MEN 89 kg A

Competition : 28.04.2019 13:00

Weigh in : 11:00

No	LOT	NAME	BORN	TEAM	ENT.
89 kg A					
1	10	AHMED ALI	1999	EGY	350
2	28	DIKABELO SOLOMON	1995	BOT	220
3	32	AHMED ABUZRIBA	16.04.2000	LBA	300
4	36	ANAS DARGAL	1997	MAR	250
5	55	CHRISTIAN AMOAH	1999	GHA	305
6	60	MAURICE AROMO	1988	KEN	240
7	62	WAJIH TLILI	1999	TUN	315
8	89	SOUFIANE BOUHI	2001	MAR	240
9	102	RAMI BAHLOUL	1991	TUN	310

Jury

1. Horst SAYLER [SWZ]
2. Hisham ELTWNY [EGY]
3. AHMED CHAHNAOUI [MAR]
4. Osama GHANNAW [LBA]

Chief Marshal

1. Ahmed Awad [EGY]
2. Mahmoud Abdelrahman [EGY]

Technical Controller

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2. Ahmed Fahmy [EGY]

Referee

- C- Chedly ASCHI [TUN]
- L- Haula Musoke NAKIGANDA [UGA]
- R- Saly MAHMOUD EL SAED [EGY]
- Res- Nouredine SLAMA [ALG]

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1. Gouda Abdelsadek [EGY]
2. Metwaly Hamouda [EGY]

Secretary

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2. Enga Saed [EGY]



African Senior Weightlifting Qualification Championships 2019

Cairo Stadium
23/04/2019 to 30/04/2019



START LIST

WOMEN 76 kg A , 81 kg A

Competition : 28.04.2019 16:00

Weigh in : 14:00

No	LOT	NAME	BORN	TEAM	ENT.
76 kg A					
1	5	CHAIMAA CHARKANI	1997	MAR	135
2	19	SARA MOHAMED	1998	EGY	230
3	47	FATMA AHMED	2003	EGY	185
4	50	JEANE GAELLE EYENGA MBO OSSI	1999	CMR	180
5	76	ALISON SUNEE	1999	MRI	180
81 kg A					
1	9	SAMIRA OUASS	1992	MAR	140
2	12	SALMA FARAG	2002	EGY	205
3	20	BILIKIS ABIOCUN OTUNOLA	1994	NGR	200
4	53	BOUCHRA F/Z HERACH	22.08.2000	ALG	180

Jury

- Kevin James du PLOOY [RSA]
- Salim Ssenkungu MUSOKE [UGA]
- Alex RANDRIMANARIVO [MAD]
- Ramdan MAHMOUD [EGY]

Referee

- C- Nouredine BEN ALI [TUN]
- L- Zahiya ANAHNIA [ALG]
- R- Hamadi ZORGHANI [LBA]
- Res- MOHAMED FARIH [MAR]

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Secretary

- Mohamed Fayad [EGY]
- Elsaed Abdelatte [EGY]



African Senior Weightlifting Qualification Championships 2019

Cairo Stadium
23/04/2019 to 30/04/2019



START LIST

MEN 96 kg A

Competition : 28.04.2019 18:00

Weigh in : 16:00

No	LOT	NAME	BORN	TEAM	ENT.
96 kg A					
1	2	ALPHIUS KAGISO	1997	BOT	240
2	15	ZUBAIR KARIM KUBO	10.01.1995	UGA	280
3	25	RUBEN BURGER	1991	RSA	290
4	27	SADDAM MESSAOUI	1991	ALG	330
5	44	MOHAMED SELIM	1997	EGY	360
6	90	RAGAB ABDELRAZEK	1991	EGY	360
7	93	MEHDI ARMILAT	1996	MAR	270
8	106	FORRESTER CHRISTOPHER OSEI	1989	GHA	320

Jury

1. Horst SAYLER [SWZ]
2. Hisham ELTWNY [EGY]
3. AHMED CHAHNAOUI [MAR]
4. Osama GHANNAW [LBA]

Referee

- C- Nouredine SLAMA [ALG]
- L- Chedly ASCHI [TUN]
- R- Haula Musoke NAKIGANDA [UGA]
- Res- Saly MAHMOUD EL SAED [EGY]

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Secretary

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African Senior Weightlifting Qualification Championships 2019

Cairo Stadium
23/04/2019 to 30/04/2019



START LIST

WOMEN 87 kg A , +87 kg A

Competition : 29.04.2019 11:00

Weigh in : 9:00

No	LOT	NAME	BORN	TEAM	ENT.
87 kg A					
1	11	SAMAR HUSSIN	1995	EGY	215
2	43	AMENI BENMOUSSA	1999	TUN	200
3	64	CLEMENTINE MEUKEUGNI NOUMBISSI	1990	CMR	210
+87 kg A					
1	18	HALIMA ABBAS	1995	EGY	240
2	104	SHALINEE VALAYDON	1986	MRI	210

Jury

- Kevin James du PLOOY [RSA]
- Salim Ssenkungu MUSOKE [UGA]
- Alex RANDRIMANARIVO [MAD]
- Ramdan MAHMOUD [EGY]

Referee

- C- MOHAMED FARIH [MAR] L- Nouredine BEN ALI [TUN]
R- Zahiya ANAHNIA [ALG] Res- Hamadi ZORGHANI [LBA]

Chief Marshal

- Khaled Elhouseny [EGY]
- Mohamed Hamde [EGY]

Time Keeper

- Aseem Helme [EGY]

Technical Controller

- Asharaf Sultan [EGY]
- Mohamed Elnemr [EGY]

Secretary

- Mohamed Fayad [EGY]
- Elsaed Abdelatte [EGY]



African Senior Weightlifting Qualification Championships 2019

Cairo Stadium
23/04/2019 to 30/04/2019



START LIST

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

Competition : 29.04.2019 13:00

Weigh in : 11:00

No	LOT	NAME	BORN	TEAM	ENT.
102 kg A					
1	101	BADREDDINE EZZOUHARI	2001	MAR	240
109 kg A					
1	8	MOHAMED MOHAMED	1998	EGY	340
2	17	AYMEN BACHA	1999	TUN	350
3	31	RABAH CHOUYA	1988	ALG	330
4	38	JUNIOR PERICLEX NGADJA NYABEU	1993	CMR	340
5	70	BADR-EDDINE LAGSIR	1995	MAR	270
6	78	GABER MOHAMED	1985	EGY	360
+109 kg A					
1	30	AHMED GABER	1996	EGY	400
2	98	ZAKARIA BERTALI	1985	MAR	265
3	114	WALID BIDANI	1994	ALG	400

Jury

1. Horst SAYLER [SWZ]
2. Hisham ELTWNY [EGY]
3. AHMED CHAHNAOUI [MAR]
4. Osama GHANNAW [LBA]

Referee

- C- Saly MAHMOUD EL SAED [EGY] L- Nouredine SLAMA [ALG]
R- Chedly ASCHI [TUN] Res- Haula Musoke NAKIGANDA [UGA]

Chief Marshal

1. Ahmed Awad [EGY]
2. Mahmoud Abdelrahman [EGY]

Time Keeper

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2. Metwaly Hamouda [EGY]

Technical Controller

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2. Ahmed Fahmy [EGY]

Secretary

1. Saeid Saed [EGY]
2. Enga Saed [EGY]