

**MEDITERRANEAN WEIGHTLIFTING CONFEDERATION****15th MEDITERRANEAN WEIGHTLIFTING CUP**

Ismailia Egypt / 14 - 17 May 2026

**Men Championships****( Sinclair ) Senior Men Athletes Points**

Rank	Athlete Name	Nation	B-W.	Year	Pest Total	Points
1	Aymen Bacha	TUN	114.90	1999	396	431.329
2	Touiari Aymen	ALG	108.80	1998	375	416.209
3	Touiari Faris	ALG	93.45	1999	340	401.614
4	Said Helal Abdelfattah	EGY	102.75	2004	350	396.994
5	Ayoub Salem	TUN	78.35	2002	305	394.335
6	Amine Bouhijbha	TUN	64.30	1996	267	390.971
7	Said Alioua	MAR	88.00	2004	319	387.746
8	Abdulrauf Abdullah Khalifa	LBA	78.30	2010	299	386.718
9	Ismail Rachidi	MAR	70.35	1999	277	382.113
10	Bilal Bouamr	MAR	129.70	2004	352	370.187
11	Omar Mahmoud Gabrd	EGY	115.10	2007	338	367.946
12	Mohammad Mahmoud Albakhnasi	LBA	87.40	2009	299	364.674
13	Ehab Edris Emhemmed Zoutu	LBA	91.15	2009	290	346.547
14	Aws Mohamed Ali Eshtiwi	LBA	59.50	2010	218	337.464
15	Nikitas Asimakis	GRE	71.60	2002	245	334.240
16	Loukas Marios	GRE	83.75	2008	245	305.420

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1	Abdulrauf Abdullah Khalifa	LBA	78.30	2010	299	386.718
2	Omar Mahmoud Gabrd	EGY	115.10	2007	338	367.946
3	Mohammad Mahmoud Albakhnasi	LBA	87.40	2009	299	364.674
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**Men ChampionShips****( Sinclair ) Youth Men Athletes Points**

<b>Rank</b>	<b>Athlete Name</b>	<b>Nation</b>	<b>B-W.</b>	<b>Year</b>	<b>Pest Total</b>	<b>Points</b>
<b>1</b>	<b>Abdulrauf Abdullah Khalifa</b>	<b>LBA</b>	<b>78.30</b>	<b>2010</b>	<b>299</b>	<b>386.718</b>
<b>2</b>	<b>Mohammad Mahmoud Albakhnasi</b>	<b>LBA</b>	<b>87.40</b>	<b>2009</b>	<b>299</b>	<b>364.674</b>
<b>3</b>	<b>Ehab Edris Emhemmed Zoutu</b>	<b>LBA</b>	<b>91.15</b>	<b>2009</b>	<b>290</b>	<b>346.547</b>
<b>4</b>	<b>Aws Mohamed Ali Eshtiwi</b>	<b>LBA</b>	<b>59.50</b>	<b>2010</b>	<b>218</b>	<b>337.464</b>

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( Sinclair ) Men Team Points

Rank	Country	Name Of Athletes Men						Total Points
		Name 1 & Points		Name 2 & Points		Name 3 & Points		
1	TUN	Amine Bouhijbha	390.971	Ayoub Salem	394.335	Aymen Bacha	431.329	1216.636
2	MAR	Said Alioua	387.746	Ismail Rachidi	382.113	Bilal Bouamr	370.187	1140.045
3	LBA	Mohammad Mahmoud Albakhnasi	364.674	Abdulrauf Abdullah Khalifa	386.718	Ehab Edris Emhemmed Zoutu	346.547	1097.939
4	ALG	Touiari Faris	401.614	Touiari Aymen	416.209			817.823
5	EGY	Said Helal Abdelfattah	396.994	Omar Mohamed Barakat		Omar Mahmoud Gabrd	367.946	764.940
6	GRE	Nikitas Asimakis	334.240	Loukas Marios	305.420			639.661

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**Women ChampionShips****( Sinclair ) Senior Women Athletes Points**

Rank	Athlete Name	Nation	B-W.	Year	Pest Total	Points
1	SAMIR EISAYED Sara	EGY	79.75	1998	259	300.103
2	Eya Aouadi	TUN	58.00	2005	188	260.164
3	Jawaaher Gesmi	TUN	67.50	1999	205	258.437
4	Mariam Khaled Ibrahim	EGY	52.85	2007	168	248.082
5	Ech-Chaibia Ech-Chachouiy	MAR	69.50	2010	196	243.135
6	Maria XENOKOSTA	GRE	63.95	2006	182	236.761
7	Tasnim Benwada	TUN	53.00	2007	159	234.307
8	Maha FajrEslam	MAR	57.95	2003	166	229.851
9	Aya Amerane	MAR	62.80	2004	173	227.541
10	Nedal Mohamed Ali	EGY	57.70	2005	163	226.351
11	Bouabdellah Douaa Nawal	ALG	75.80	0	185	219.496
12	Dris Inas	ALG	61.65	2008	161	214.192
13	Plevri Lamprini	GRE	61.60	1999	160	212.970
14	CHATZIATHANASIOU Christina	GRE	59.50	2008	147	200.038
15	Tselika Zoi - Maria	GRE	63.45	2004	147	192.136

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**Women ChampionShips  
( Sinclair ) Junior Women Athletes Points**

Rank	Athlete Name	Nation	B-W.	Year	Pest Total	Points
1	Mariam Khaled Ibrahim	EGY	52.85	2007	168	248.082
2	Ech-Chaibia Ech-Chachouiy	MAR	69.50	2010	196	243.135
3	Maria XENOKOSTA	GRE	63.95	2006	182	236.761
4	Tasnim Benwada	TUN	53.00	2007	159	234.307
5	Bouabdellah Douaa Nawal	ALG	75.80	0	185	219.496
6	Dris Inas	ALG	61.65	2008	161	214.192
7	CHATZIATHANASIOU Christina	GRE	59.50	2008	147	200.038

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**Women ChampionShips**

**( Sinclair ) Youth Women Athletes Points**

<b>Rank</b>	<b>Athlete Name</b>	<b>Nation</b>	<b>B-W.</b>	<b>Year</b>	<b>Pest Total</b>	<b>Points</b>
<b>1</b>	<b>Mariam Khaled Ibrahim</b>	<b>EGY</b>	<b>52.85</b>	<b>2007</b>	<b>168</b>	<b>248.082</b>
<b>2</b>	<b>Ech-Chaibia Ech-Chachouiy</b>	<b>MAR</b>	<b>69.50</b>	<b>2010</b>	<b>196</b>	<b>243.135</b>
<b>3</b>	<b>Tasnim Benwada</b>	<b>TUN</b>	<b>53.00</b>	<b>2007</b>	<b>159</b>	<b>234.307</b>

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( Sinclair ) Women Team Points

Rank	Country	Name Of Athletes Women						Total Points
		Name 1	Points	Name 2	Points	Name 3	Points	
1	EGY	Mariam Khaled Ibrahim	248.082	Nedal Mohamed Ali	226.351	SAMIR EISAYED Sara	300.103	774.536
2	TUN	Eya Aouadi	260.164	Tasnim Benwada	234.307	Jawaaher Gesmi	258.437	752.908
3	MAR	Ech-Chaibia Ech-Chachouiy	243.135	Aya Amerane	227.541	Maha FajrEslam	229.851	700.528
4	GRE	CHATZIATHANASIOU Christina	200.038	Maria XENOKOSTA	236.761	Tselika Zoi - Maria	192.136	628.936
5	ALG			Dris Inas	214.192	Bouabdellah Douaa Nawal	219.496	433.688

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**( Sinclair ) Mixed Points For Participating Countries**

<b>RANK</b>	<b>NATION</b>	<b>WOMEN POINTS</b>	<b>MEN POINTS</b>	<b>MIXED POINTS</b>
<b>1</b>	<b>TUN</b>	<b>752.908</b>	<b>1216.636</b>	<b>1969.544</b>
<b>2</b>	<b>MAR</b>	<b>700.528</b>	<b>1140.045</b>	<b>1840.573</b>
<b>3</b>	<b>EGY</b>	<b>774.536</b>	<b>764.940</b>	<b>1539.475</b>
<b>4</b>	<b>GRE</b>	<b>628.936</b>	<b>639.661</b>	<b>1268.596</b>
<b>5</b>	<b>ALG</b>	<b>433.688</b>	<b>817.823</b>	<b>1251.511</b>
<b>6</b>	<b>LBA</b>		<b>1097.939</b>	<b>1097.939</b>