

COMMONWEALTH WEIGHTLIFTING FEDERATION

Regional Area

AFRICA: 16 Countries -- plus 4 non others. **Total pop: 339million**

Cameroon



Pop:12 million

Federation Camerounaise d'Halterophilie

Address; P.P.15960

City Yaounde

President: S.M. Boukar Tikire

Gen.Secretary: S.M. Penekoul Yves Vincent

Phone: 237 9862011/ 9604339

Fax: 237 223 5040

Email: fedehac@yahoo.fr

YEAR OF Foundation 1958

Ghana



Pop:17 million

Weightlifting Association Ghana

Address; P.O.B.1272

City Accra - North

Chairman; Nii Lantey Vanderpuye

Sec. Secretary: Hussein Akueteh Addy

Phone; 233 244 615953 or 233 267 615953

Email: niivanpee@yahoo.com

Email: ghanaweightliftingasso2010@yahoo.com

YEAR OF Foundation 1997

Kenya



Pop:27million

KAWLA

President: Pius Ochieng

Gen. Secretary: John Ogolla

Address: P.O.Box 512- 00600

Nairobi

Phone: +254 0729 709 547

Email : ogollajohn@yahoo.com

Email; weightliftingkenya@yahoo.com

YEAR OF Foundation 1964

Lesotho



pop:2million

Lesotho Weightlifting Federation

President: Mrs Agnes Selepe

Gen. Secretary: Ms. Bothobile Shebe

Address: P.O.Box 138

Maseru 100

Phone: 266-2238047/ 22321290

Fax: 266-22310494

Email; selepe@lspp.gov.ls

Email : bothobile@yahoo.com

Mauritius



pop:1 million

Mauritius A.WeightLifter's Association

President: Fakun Nundkishor

Gen. Secretary: Poorun Bhollah

Address: Royal Road

Nouvelle France.

Republic of Mauritius

Phone: 230-7529208/ 6778108 Fax:6771146

Email: chisumfa@hotmail.com

poorun_bhollah@intnet.mu

YEAR OF Foundation 1955

Nigeria



pop:123 million

Nigeria Weightlifting Federation

President: Hon.Prince Chibudom Nwuche OFR

Gen. Secretary: Ike Anyaduba

Address:National Stadium Complex

Surulele POB 145

Lagos

Phone: 234-8033071386/ 234-8053041524

Email :

Email; nigweightliftingfed@yahoo.com

Year of Foundation 1975

Seychelles



pop:73000

Seychelles Weightlifting Association

President: Robert Rose

Gen. Secretary: Barbara Hoareau

Address: National Sports Council


Anse Etoile


Phone: 248-2515127 or 248-2741902


Email; Robert.Rose@diageo.com


hoareaubarbara@hotmail.com

YEAR OF Foundation 1974


Sierra Leone **pop:4.5 million**
Sierra Leone Weightlifting Association
President: Ibrahim Bangura
Gen. Secretary: Joseph Kapuwa
Address: National Weightlifting Gym Stadium
Freetown
Phone: 232- 76 663 882
Fax: 44-2084054626
Email; weightliftingsl2008@yahoo.com
presidentsierraleoneweighting@live.co.uk
YEAR OF Foundation..... Aff. 1988


South Africa **pop:41.5 million**
South African Weightlifting Federation
President: Kevin du Plooy
Gen. Secretary: Mrs Gardencia Du Plooy
Address: 51 Highbury Road,
Kuils River, Cape Town South Africa 7580
Phone: 27 21 903 8995
Cell: 27-829565177
Email; kdp@symphoyps.wcape.school.za
Email: gduplooy800@gmail.com
Email; kvnduplooy@gmail.com
YEAR OF Foundation 1946



Swaziland **pop:836000**
Weightlifting and Body Building Association of
Swaziland
President: Horst Saylor
Gen. Secretary: Paul Hoffman
Address: P.O.Box 1295
Mbabane
Phone: 268-4161164
Fax: 268-4161164
Email; HorstSaylor@yahoo.com
YEAR OF Foundation 1975


Tanzania **pop:29.5 million**
Tanzania Weightlifting Federation
President: Edward Mwakasyuka
Gen. Secretary: Mpoki Bukuku
Address: c/o Ministry Youth & Sports
P.O.Box 19754
Dar es Salaam
Phone: mobile 255-741477300
Fax: 255 51 112376
Email; t_twf@hotmail.com
YEAR OF Foundation
YEAR OF Foundation 1976


Uganda **pop:20 million**
Uganda Weightlifting Federation
President: Salim S.Musoke
Gen. Secretary:
Address: Plot 13, Nile Avenue,
Suite 246 Kampala Serena Conference Centre
P.O.Box 2610
Kampala, UGANDA
Phone: 256- 772 711460 256 312 260293
Fax: 256-414/342010
Email; nocug@spacenet.co.ug
elite@spacenet.co.ug
YEAR OF Foundation 1976


Zambia **pop:9 million**
Zambia Amateur Weightlifting Association
President: Stanley Simukoko
Gen. Secretary:
Address: P.O.Box 8037
Parklands, Kitwe
Phone: 260-2-227438/ 228213
MOBILE: 260 096 6948401
Email;
YEAR OF Foundation 1970


Zanzibar **pop:9million**
Zanzibar Weightlifting & Bodybuilding
Association
President: Said Simai Mzee
Gen. Secretary: Jamal Nassor Adi
Address: P.O.Box 1203
Phone: 255-24-2232067
Fax: 255-24-2239752
Email; zaweba@hotmail.com
YEAR OF Foundation 1964


Zimbabwe **pop:11 million**
Zimbabwe Weightlifting Association
President: George Nyawo
Gen. Secretary: Bobby Chivaviro
Address: P.O.Box St. 463
Southerton, Harare
Phone: 263-4-570150
Fax: 263-4-481611/ 481616
Email;
YEAR OF Foundation 1980

Malawi



Weightlifting Association of Malawi **pop; 11 million**

President : Mr Richard Kuwali
Secretary: Harlod Mwayang'ana

Private bag 54

Lilongwe

Malawi

Tel: + (265) 999511607

Fax: + (265) 1672 012

Email: rkuwali@gmail.com

Other Commonwealth Countries:

Botswana



Botswana National Olympic committee

pop:1.4 million

President: Negroes M. Kgosietsile

Secretary: Moses Moruisi

Private Bag 00180

Gaborone- Botswana

Phone; 267 3918 944 Fax: 267 3918 907

bnoc@info.bw

Gambia



The Gambia National Olympic Committee

pop; 956000

President : Alhaji A B Dandeh-Nije

Secretary: General Abdoulie M Touray

Independence Stadium

Box 605

Banjul

The Gambia

Tel: + (220) 4494 091

Tel: + (220) 4496 385

Tel: + (220) 4392 720 (President)

Fax: + (220) 4497 344

Fax: + (220) 4496 270

Fax: + (220) 4395 142 (President)

abden@qanet.gm

gnosc@qanet.gm

Namibia



Namibia National Olympic Committee

pop: 1.6 million

Present: Mrs Agnes Tjongarero

Secretary: Mr Eliphaz Shipanga

Kessler Flats No.5

cnr Dr W Kulz and Teinert Streets

Windhoek

Namibia

Post:

PO Box 21162

Windhoek

Namibia

Tel: + (264) 61 229 285

Fax: + (264) 61 237 872

nnoc@mweb.com.na

Mozambique



National Olympic Committee of Mozambique

pop: 16 million

President: M. Marcelino Macome

Secretary: General M. Penalva Cezar

Rue Mateus Sansoa Muthemba 397

Caixa Postal

1404 Maputo

Mozambique

Tel: + (258) 21 491 430

Fax: + (258) 21 490 530

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