

# COMMONWEALTH WEIGHTLIFTING FEDERATION

## Regional Area

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

**Cameroon**  **Pop:12 million**

Cameroon Weightlifting Federation

Address; P.P.15960

City Yaounde

**President:** S.M. Boukar Tikire

Email: [boukartikire@yahoo.fr](mailto:boukartikire@yahoo.fr)

Phone: +237 699862011 or +237 677677350

**Gen.Secretary:** Tsanga Desire Vincent

Email: [Tsangaadzigue@hotmail.com](mailto:Tsangaadzigue@hotmail.com)

Phone: +237 699207501

YEAR OF Foundation 1958

**Ghana**  **Pop:17 million**

Weightlifting Association Ghana

Address; P.O.B.1272

City Accra - North

**President;** Mr Jerry Ahmed Shaib

**Sec. Secretary:** Mr Ben Addy

Phone; 233 244 615953 or 233 267 615953

Email: [niivanpee@yahoo.com](mailto:niivanpee@yahoo.com)

Email: [ghanaweightingasso2017@yahoo.com](mailto:ghanaweightingasso2017@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](mailto:ogollajohn@yahoo.com)

Email; [weightliftingkenya@yahoo.com](mailto:weightliftingkenya@yahoo.com)

YEAR OF Foundation 1964

**Lesotho**  **pop:2million**

Lesotho Weightlifting Federation

**President:** Ms. Agnes Selepe

**Gen. Secretary:** Ms. Bothobile Shebe

Address: P.O.Box 138

Maseru 100

Phone: 266- 530 57448

Fax: 266-22310494

Email; [selepe@lspp.gov.ls](mailto:selepe@lspp.gov.ls)

Email : [bothobile@yahoo.com](mailto:bothobile@yahoo.com)

**Mauritius**  **pop:1 million**

Mauritius Weightlifting Federation

**President:** Yovin Gyadin

**Email:** [ygyadin@gmail.com](mailto:ygyadin@gmail.com)

**Email:** [mauritius.weightlifting@hotmail.com](mailto:mauritius.weightlifting@hotmail.com)

**Gen. Secretary:** Email: [0408sheilag@gmail.com](mailto:0408sheilag@gmail.com)

YEAR OF Foundation 1955

**Nigeria**  **pop:123 million**

Nigeria Weightlifting Federation

National Sports Commission National Stadium,  
Surulere POB 145 Lagos

**President:** Daniel Emeka Nwankwo

**Gen. Secretary:** Mariam Akande

**Telephone:** +234 1 8723912

**Telefax:** +234 1 5850530

**E-mail:** [nigweightliftingfed@yahoo.com](mailto:nigweightliftingfed@yahoo.com)

**Website:** [www.nigeriaweightingfederation.org](http://www.nigeriaweightingfederation.org)

**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; [hoareaubarbara@hotmail.com](mailto:hoareaubarbara@hotmail.com)

Email: [weightliftingseychelles@gmail.com](mailto:weightliftingseychelles@gmail.com)

YEAR OF Foundation 1974

**Sierra Leone**  **pop:4.5 million**

Sierra Leone Weightlifting Association

**President:**

**Gen. Secretary:** Joseph Kapuwa

Address: National Weightlifting Gym Stadium  
Freetown


Phone: 232- 76 663 882

Fax: 44-2084054626

Email; [weightliftingsl2008@yahoo.com](mailto:weightliftingsl2008@yahoo.com)

YEAR OF Foundation..... Aff. 1988

**South Africa**  **pop:41.5 million**  
South African Weightlifting Federation  
**President:** Caroline Wolf  
**Gen. Secretary:** Antoinette Kriel  
Phone: 27 11 452 6006  
Email; [GenSecretary@saweightlifting.co.za](mailto:GenSecretary@saweightlifting.co.za)  
YEAR OF Foundation 1946


Weightlifting and Body Building Association of  
**Eswatini** **pop:836000**  
Swaziland  
**President:** Horst Sayler  
**Gen. Secretary:** Paul Hoffman   
Address: P.O.Box 1295  
Mbabane  
Phone: 268-4161164  
Fax: 268-4161164  
Email; [HorstSayler@yahoo.com](mailto:HorstSayler@yahoo.com)  
YEAR OF Foundation 1975

**Tanzania**  **pop:29.5 million**  
**Name:** Weightlifting Federation  
**Address:** DaresSalaam  
c/o Ministry Youth and Sports P.O.B. 19754  
**President:** Edward Mwakasyuka  
**Gen. Secretary:** Mpoki Bukuku  
**Telephone:** +255 741477300 mobile  
**Telefax:** +255 51 112376  
**E-mail:** [t\\_twf@hotmail.com](mailto:t_twf@hotmail.com)  
YEAR OF Foundation 1976

**Uganda**  **pop:20 million**  
Uganda Weightlifting Federation  
**Address:** Kampala P.O. Box 2197  
**President:** Salim Musoke  
**Gen.Secretary:** KallungiNasif Abdallah Kivumbi  
**Telephone:** +256 7 02722585  
**Emailail:** [smssenkungu@yahoo.com](mailto:smssenkungu@yahoo.com) [kimlanny@yahoo.com](mailto:kimlanny@yahoo.com)  
**Twitter:** [@WeightliftingUG](https://twitter.com/WeightliftingUG)  
**Year of Foundation:** 1976  
**Year of Affiliation:** 1978

**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](mailto: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**

**Address:** Lilongwe

Private Bag 54

**President:** Dr Arox Kamng'ona

**Gen. Secretary:** Doreen Kumbatira

**Telephone:** +265 999551187 +265 999511607

**E-mail:** [awkamngona@medicol.mw](mailto:awkamngona@medicol.mw) [doreenkumbatira@gmail.com](mailto:doreenkumbatira@gmail.com)

**Year of Affiliation:** 2007

## Botswana



**Name:** Botswana Bodybuilding, Weightlifting and Fitness Association

**Address:** Gaborone

P.O. Box 202082

**President:** Joseph MATHAMBO

**Gen. Secretary:** Kealeboga Alex RANGKWE

**Telephone:** +267 71617111

**E-mail:** [alexrankgwe@yahoo.com](mailto:alexrankgwe@yahoo.com)

## Other Commonwealth Countries:

### 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

[abden@ganet.gm](mailto:abden@ganet.gm)

[gnosoc@ganet.gm](mailto:gnosoc@ganet.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](mailto: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

**Rwanda**



**Pop.12 million**

**Name:** Weightlifting Federation of Rwanda

**Address:** Kigali

Amahoro National Stadium

**President:** Gustave Barihe

**Gen. Secretary:** Just Bwanakweri

**Telephone:** + 250 788 44 2915

**E-mail:** [rwandaweightliftingfed@gmail.com](mailto:rwandaweightliftingfed@gmail.com)

**Year of Affiliation:** 2017