

National Open Championship, Cape Coast Friday 9th Febru

Cape Coast Sports Stadium

2/09/2024

Results

Team Scores Men - 15 Events Scored

1. Ghana Armed Forces	149	2. UG Legon	52
3. SAGNATION	39	4. UEW	25
5. Better Future Athletics Club	23	6. KNUST	15
7. UDS	13	7. Western Region	13
9. AAMUSTED	11	9. Greater Accra	11
11. GHANA PRISONS SERVICE	10	12. UCC	9
13. Ghana National Fire Service	8	13. Cape Coast Optimistic Athleactics Cl	8
15. Efutu Senior High Technical	7	15. CCTU	7
17. GRA Customs Division	6	17. Sporty Athletics club	6
17. ESRU CHRETAHS	6	17. Teamdaakye/UEW	6
17. A&G track and field	6	17. Takoradi Technical University	6
17. Civilian	6	24. A graduate of Knust	5
24. T I Amass	5	26. Ghana Immigration	4
26. All Nations	4	26. Legon Creative athletics club	4
26. O. J. Athletics Club	4	30. Hunting for young talents athletics c	3
31. Accra Academy	2		

Team Scores Women - 11 Events Scored

1. T I Amass	262	2. Ghana Armed Forces	47
3. UEW	38	4. SAGNATION	36
5. UCC	31	6. Goloe-Go Athletics Club	21
7. All Nations	20	8. Ghana Immigration	18
9. Spice Athletics Club	12	10. Service Personnel	10
10. Gbewaa Athletics Club	10	12. GHANA PRISONS SERVICE	8
12. Ghana Immigration Service	8	12. Legon Creative athletics club	8
15. Efutu Senior High Technical	7	16. Cape Coast Optimistic Athleactics Cl	6
17. New Generation Athletics	5	17. UG Legon	5
19. Greater Accra	4	19. Arrows Athletics Club-ksi	4
21. High Morale Academy	2		

National Open Championship, Cape Coast Friday 9th Febri

Cape Coast Sports Stadium

2/09/2024

Results

Event 1 100m Women

Prelims

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: -0.4 (Manual) M/S			
1	Aisha, Ibrahim	New Generation Athletics	12.477 q
2	Oforiwaa, Keziah	T I Amass	13.318 q
3	Nortey, Cynthia	T I Amass	13.354 q
4	Durowaa Boateng, Elizabeth	SAGNATION	13.418 q
5	Anaglo, Mawusi Priscilla	UG Legon	13.490
6	Dufe, Believe Makafui	Efutu Senior High Technical	14.055

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
Wind: +0.4 (Manual) M/S			
1	Boakye, Mary	Ghana Armed Forces	11.721 q
2	Mensah, Janet	SAGNATION	11.728 q
3	Quansah, Naseera Efua	Cape Coast Optimistic Athleactics Club	11.924 q
4	Yeboah, Christiana	Goloe-Go Athletics Club	12.610 q
5	Asante, Margaret	T I Amass	13.618
6	Tetteh, Sandra	Efutu Senior High Technical	15.146
7	Mensah, Diana	Efutu Senior High Technical	15.470

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
--------------	-------------	--------------------	-------------

Heat 3			
<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

Heat 4			
--------	--	--	--

National Open Championship, Cape Coast Friday 9th Febri

Cape Coast Sports Stadium

2/09/2024

Results

Event 1 100m Women

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
Wind: -3.1 (Manual) M/S				
1	Mensah, Janet	SAGNATION	11.807	10
2	Boakye, Mary	Ghana Armed Forces	11.829	8
3	Quansah, Naseera Efua	Cape Coast Optimistic Athletics Club	12.129	6
4	Aisha, Ibrahim	New Generation Athletics	12.509	5
5	Yeboah, Christiana	Goloe-Go Athletics Club	12.529	4
6	Durowaa Boateng, Elizabeth	SAGNATION	13.453	3
7	Oforiwaa, Keziah	T I Amass	13.485	2
8	Nortey, Cynthia	T I Amass	13.517	1

National Open Championship, Cape Coast Friday 9th Febru

Cape Coast Sports Stadium

2/09/2024

Results

Event 2 100m Men

Prelims

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: -3.3 (Manual) M/S			
1	Shaibu, Marizuk	Ghana Armed Forces	11.131 q
2	Abdul Razak, Sheriff	KNUST	11.277
3	Adumuah, Joseph	GRA Customs Division	11.397
4	Sarfo, Whyte	T I Amass	11.553
5	Malik Abdul, Mumuni	T I Amass	11.881
6	Narh, Evans	Greater Accra	NT

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
Wind: -2.4 (Manual) M/S			
1	Ansah, Sarfo	SAGNATION	10.608 q
2	Kwofie, Joseph Andoh	Cape Coast Optimistic Athletics Club	10.798 q
3	Acheampong, Overmass	UEW	11.142 q
4	DENKYI, MICHAEL	UG Legon	11.158
5	Haizel, Isaac	Efutu Senior High Technical	12.836
---	Salifu, Gafaru	UDS	NT

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
Wind: +0.0 (Manual) M/S			
1	Agyemang, Evans	KNUST	11.103 q
2	Ransford, Addison	All Nations	11.221
3	Fantevi, Francis Liberty	Cape Coast Optimistic Athletics Club	11.283
4	TENGAN, ROLAND ALENA	GHANA PRISONS SERVICE	11.337
5	Nuhu, Adams Ziad	Better Future Athletics Club	11.567
6	Adjoyie, Cephas	Efutu Senior High Technical	13.041
7	Dzinyakpor, Justice	Efutu Senior High Technical	13.735

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 4			
Wind: -1.3 (Manual) M/S			
1	Cudjoe, Michael	Ghana Armed Forces	10.859 q
2	IDDRISU, MOHAMMED	GHANA PRISONS SERVICE	11.269
3	Goefrey, Minta	T I Amass	11.786
4	Asamoah, Emmanuel	Ghana Prison Service	11.788
5	Odum, Kingsford	UG Legon	12.419
6	Kwofie, Vincent	Efutu Senior High Technical	12.505
7	SEIDU, DRAMANI	GHANA PRISONS SERVICE	NT

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 5			
Wind: +0.1 (Manual) M/S			
1	Arko, Bawuah	Ghana Armed Forces	10.889 q

National Open Championship, Cape Coast Friday 9th Febru

Cape Coast Sports Stadium

2/09/2024

Results

Event 2 100m Men

2	Sarfo, Isaac	Better Future Athletics Club	10.913q
3	Akortia, Eugene Elikem	Exuberant sporting club	11.314
4	Yussif, Adam	T I Amass	11.458
5	Mensah, Dennis	UEW	11.576
6	Mensah, Richard	Legon Creative athletics club	11.668
7	Tsina, Wisdom	UCC	12.042

Place Name Affiliation Time

Heat 6

Place Name Affiliation Time

Heat 7

Place Name Affiliation Time

Heat 8

Place Name Affiliation Time

Heat 9

Place Name Affiliation Time

Heat 10

Place Name Affiliation Time

Heat 11

Place Name Affiliation Time

Heat 12

Place Name Affiliation Time

Heat 13

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 2 100m Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
Wind: -3.1 (Manual) M/S				
1	Ansah, Sarfo	SAGNATION	10.592	10
2	Cudjoe, Michael	Ghana Armed Forces	10.769	8
3	Shaibu, Marizuk	Ghana Armed Forces	10.782	6
4	Kwofie, Joseph Andoh	Cape Coast Optimistic Athletics Club	10.809	5
5	Arko, Bawuah	Ghana Armed Forces	10.889	4
6	Sarfo, Isaac	Better Future Athletics Club	11.134	3
7	Acheampong, Overmass	UEW	11.453	2
---	Agyemang, Evans	KNUST	NT	

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 3 200m Women

Prelims

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: -3.2 (Manual) M/S			
1	Agbokpah, Stella	UG Legon	25.445
2	Agyei, Rachael	UCC	26.013
3	Adu, Stephanie	Ghana Armed Forces	26.221
4	Bentum, Barbara	UCC	26.821
5	Awuni, Zainab	SAGNATION	26.853
6	Afriyie, Doris	UCC	27.161
7	Sackey, Eunica	Ghana Armed Forces	27.333
8	Yartey, OWUSUA Gloria	UG Legon	29.101

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			

National Open Championship, Cape Coast Friday 9th Febru

Cape Coast Sports Stadium

2/09/2024

Results

Event 4 200m Men

Prelims

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: -2.2 (Manual) M/S			
1	Kwaku Yantebah, Ebenezer	UG Legon	24.352
2	Momoh, Nathan John	GRA Customs Division	24.446
3	Samuel, Mamawuse	BB Running Team	25.162
4	Owusu Nortey, Alfred	GRA Customs Division	25.238
5	Ocran, Prince Kwesi	Efutu Senior High Technical	25.598
6	Acheampong, Mordecai Owusu	UG Legon	NT
7	Fynn, Emmanuel	Adisadel College	NT

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
Wind: -3.0 (Manual) M/S			
1	Gadayi, Kwabla Edwin	SAGNATION	21.256
2	Otibo, Daniel	A&G track and field	22.160
3	Abu, Kwasi	A graduate of Knust	22.604
4	Boateng, Samuel	Sporty Athletics club	23.176
5	Manu, Wisdom	T I Amass	23.724
6	Ntim, Oscar senior	Hunting for young talents athletics clu	23.852
7	Ayimasu, Emmanuel	Goloe-Go Athletics Club	NT

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
Wind: -1.8 (Manual) M/S			
1	Musa, Iddrisu	Ghana Armed Forces	21.405
2	Nkrumah, Harrison	UEW	22.304
3	Arkoh-Bawuah, Augustine	Ghana Armed Forces	23.000
4	Adi, Kwesi Eric	Accra Academy	24.483
5	Annan, Ramzy	Asin North Senior High Technical Sch	25.270
6	Quarm, Anthony	Efutu Senior High Technical	25.490
---	Annan, Ramzy	Asin North Senior High Technical Sch	NT

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 4			
Wind: -0.7 (Manual) M/S			
1	Ntem, Kelvin	CCTU	22.352
2	Beniako, Isaac	Hunting for young talents athletics clu	22.432
3	Abdulai, Mudasir	Cape Coast Optimistic Athleactics Club	23.032
4	Atenee, Stephen	Better Future Athletics Club	23.348
5	Ayimasu, Emmanuel	Goloe-Go Athletics Club	NT
5	Quarm, Anthony	Efutu Senior High Technical	NT

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 5			

National Open Championship, Cape Coast Friday 9th Febr
Cape Coast Sports Stadium
2/09/2024

Results

Event 4 200m Men

Place Name

Affiliation

Time

Heat 6

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 4 200m Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
Wind: -2.8 (Manual) M/S				
1	Gadayi, Kwabla Edwin	SAGNATION	21.100	10
2	Musa, Iddrisu	Ghana Armed Forces	21.324	8
3	Otibo, Daniel	A&G track and field	21.728	6
4	Abu, Kwasi	A graduate of Knust	22.264	5
5	Nkrumah, Harrison	UEW	22.378	4
6	Beniako, Isaac	Hunting for young talents athletics clu	22.588	3
7	Ntem, Kelvin	CCTU	23.024	2
---	Arkoh-Bawuah, Augustine	Ghana Armed Forces	NT	

National Open Championship, Cape Coast Friday 9th Febri

Cape Coast Sports Stadium

2/09/2024

Results

Event 5 400m Women

Prelims

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Aduntira, Grace	Gbewaa Athletics Club	54.424 q
2	Annan, Bridget	SAGNATION	57.440 q
3	Domfe, Marian Pomaa	Greater Accra	57.664 q
4	Appiah, Sandra	Ghana Immigration	58.364 q
5	Salam, Amina	Ghana Armed Forces	1:01.782

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Fatao, Mariam	Ghana Armed Forces	57.069 q
2	Branya, Mary	T I Amass	58.193 q
3	Pandam, Chima	High Morale Academy	1:00.895 q
4	Agyei Kusi, Constance	Goloe-Go Athletics Club	1:01.011 q
5	Sam, Mary	Western Region	1:08.065
6	Danjuma, Zenab	T I Amass	NT
6	Nyarko, Esther	St Louis SHS	NT
6	Namungu, Esther	St Louis SHS	NT

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 5 400m Women

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Aduntira, Grace	Gbewaa Athletics Club	54.623	10
2	Annan, Bridget	SAGNATION	55.653	8
3	Appiah, Sandra	Ghana Immigration	57.000	6
4	Branya, Mary	T I Amass	57.288	5
5	Domfe, Marian Pomaa	Greater Accra	1:00.412	4
6	Agyei Kusi, Constance	Goloe-Go Athletics Club	1:01.164	3
7	Pandam, Chima	High Morale Academy	1:03.154	2
---	Fatao, Mariam	Ghana Armed Forces	NT	

National Open Championship, Cape Coast Friday 9th Febru

Cape Coast Sports Stadium

2/09/2024

Results

Event 6 400m Men

Prelims

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
--------------	-------------	--------------------	-------------

Heat 1

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
--------------	-------------	--------------------	-------------

Heat 2

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
--------------	-------------	--------------------	-------------

Heat 3

1	Turkson, Emmanuel Godson	UEW	49.104q
2	Okran, Eugene	Ghana Armed Forces	50.008
3	Fred, Twumasi	Efutu Senior High Technical	53.255
4	Kofi, Abraham	Efutu Senior High Technical	55.614
5	Baidoo, Jeremiah	Efutu Senior High Technical	58.716
6	Awere, Gideon Nana	Efutu Senior High Technical	1:00.230
7	Otibo, Daniel	A&G track and field	NT
---	Fynn, Francis	Efutu Senior High Technical	NT

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
--------------	-------------	--------------------	-------------

Heat 4

1	Anane Domeh, Israel	Ghana Immigration	48.265q
2	Opare, William Owadieh	UG Legon	48.813q
3	Forkuoh, Paul	Ghana Immigration	49.497q
4	AMANKWATIA, MICHAEL	GHANA PRISONS SERVICE	49.593
5	Yawson, Daniel	Grace Mile Athletics Club	52.309
6	Ndonyun, Moses Donkor	GRA Customs Division	55.524
7	Nyame, Michael	Efutu Senior High Technical	57.275
8	Mohammed, Aminu	UDS	NT

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
--------------	-------------	--------------------	-------------

Heat 5

1	Diafo, Solomon	Ghana Armed Forces	46.441q
2	Addo, Frank	UDS	46.953q
3	Emmanuel, Dukpe	UDS	48.235q
4	Nimo, Emmanuel	GHANA PRISONS SERVICE	49.706
5	Sulemana, Seidu	GHANA PRISONS SERVICE	50.279
6	Yeboah, Richard	Ghana Immigration Service	51.075
7	Abdul Rahman, Issah	Greater Accra	52.161
8	Bashiru, Ibrahim	Ghana Immigration	52.461

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
--------------	-------------	--------------------	-------------

Heat 6

1	Moro Bayee, Ibrahim	SAGNATION	48.075q
---	---------------------	-----------	---------

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 6 400m Men

2	Dau, Afredi Amos	UG Legon	50.640
3	Dapah, Venture	Adisadel College	52.288
4	Dramani, Samed	SAGNATION	52.432
5	Arthur, Ernest	Swedru School Of Business	53.465
6	Sasah, Kelvin	Efutu Senior High Technical	56.436
7	Marfo, Aboagye Joseph	Efutu Senior High Technical	59.784
8	Asare, Francis	Efutu Senior High Technical	1:03.062

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 6 400m Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Diafo, Solomon	Ghana Armed Forces	46.486	10
2	Addo, Frank	UDS	47.187	8
3	Moro Bayee, Ibrahim	SAGNATION	47.656	6
4	Emmanuel, Dukpe	UDS	47.906	5
5	Opere, William Owadieh	UG Legon	48.280	4
6	Anane Domeh, Israel	Ghana Immigration	48.392	3
7	Turkson, Emmanuel Godson	UEW	49.728	2
8	Forkuoh, Paul	Ghana Immigration	51.855	1

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 7 800m Women

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Abusuare, Ahare	SAGNATION	2:14.614	10
2	Sulemana, Amdalatu	UEW	2:19.627	8
3	Brimah, Rabiatu	Ghana Immigration	2:24.227	6
4	Donkor, Portia	SAGNATION	2:35.525	5
---	Adombila, Saraphina	Ghanan Armed Forces	NT	
---	Sarkodie, Hagar	Arrows Athletics Club-ksi	NT	
---	OSUMANU, ZAINA	UDS	NT	
---	Annan, Bridget	SAGNATION	NT	

National Open Championship, Cape Coast Friday 9th Febri

Cape Coast Sports Stadium

2/09/2024

Results

Event 8 800m Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Adama, Salam	KNUST	1:52.659	10
2	Aloo, Sadiq	UG Legon	1:53.239	8
3	Gyibril, Haruna	UCC	1:54.188	6
4	Cofie, Albert	Ghana Armed Forces	1:54.892	5
5	Bazaa Kurug, Morris Toffic	All Nations	1:56.101	4
6	Boateng, Akwasi	UG Legon	2:01.149	3
7	Emmanuel, Akugre	Accra Academy	2:03.000	2
8	Blessed, Amoah	T I Amass	2:04.582	1
9	Adoma, Emmanuel	All Nations	2:04.778	
10	Mensah Amoah, Maxwell		2:20.797	
---	Osei Adomako, Victor	Ghana Armed Forces	NT	
---	Mohammed, Musah Zanjina	UDS	NT	
---	Awudu, Alhassan	Lord of Justice Athletics Club	NT	
---	Mohammed, Aboasu	KNUST	NT	
---	Ablorde, Gabriel	Greater Accra	NT	
---	Mensah, Isaac	ESRU CHRETAHS	NT	
---	Ofori, Moses	ESRU CHEETAHS	NT	

National Open Championship, Cape Coast Friday 9th Febru

Cape Coast Sports Stadium

2/09/2024

Results

Event 9 1,500m Women

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Sakat, Lariaba Juliana	Ghana Armed Forces	4:32.847	10
2	Addo, Naomi	Legon Creative athletics club	4:40.118	8
3	Ayaba, Joyce	Ghana Immigration	4:44.178	6
4	Mariama, Aidoo	UCC	4:49.899	5
5	Kotambe, Amanda	Arrows Athletics Club-ksi	5:00.982	4
6	Azuure, Elizabeth	Ghana Armed Forces	5:08.609	3
---	Boadi, Ellen	New Generation Athletics	NT	
---	Yussif, Samiratu	St Louis SHS	NT	
---	Tekper, Mary	Efutu Senior High Technical	NT	
---	Helina, Abedu	Efutu Senior High Technical	NT	
---	Ewusi, Grace	Efutu Senior High Technical	NT	
---	Tetteh, Josephine	St Louis SHS	NT	
---	BABULWERI, FELICIA	UDS	NT	
---	Yakubu, Esther	Arrows Athletics Club-ksi	NT	

National Open Championship, Cape Coast Friday 9th Febri

Cape Coast Sports Stadium

2/09/2024

Results

Event 10 1,500m Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Nakousi, David	UG Legon	3:52.377	10
2	FUSEINI, ADAM	AAMUSTED	3:59.515	8
3	Damal, Matthew	Better Future Athletics Club	4:00.091	6
4	Isaac, Mensah	UG Legon	4:01.271	5
5	Aboagye, Daniel Oduro	Legon Creative athletics club	4:03.941	4
6	TAMPULI, BERNARD	AAMUSTED	4:06.106	3
7	Soko, Mohammed	Cape Coast Optimistic Athleactics Club	4:06.190	2
8	Martin, Ayambila	UCC	4:12.992	1
9	Akanpirige, Louis	Ghana Armed Forces	4:13.466	
10	Sottie, Francis	UCC	4:17.384	
11	Otorbor, Daniel	Ghana Armed Forces	4:23.716	
12	Bondzie, Stephen	UEW	4:30.252	
13	Sam, Richard	Exuberant sporting	4:30.590	
14	Normenyo, Stephen	Adisadel College	4:35.895	
15	Emmanuel, Arthur	Adisadel College	4:47.340	
16	Arthur, Patrick	Efutu Senior High Technical	NT	
16	Akolbilla, Vitus	NSA UPPER EAST	NT	
16	ATAMPURE, AKAKIA	GHANA PRISONS SERVICE	NT	
16	Ayamga, Jonas	Ghana Armed Forces	NT	
16	Akpi, Joseph	Working	NT	
---	Soko, Mohammed	Cape Coast Optimistic Athleactics Club	NT	
---	Martin, Ayambila	UCC	NT	
---	Isaac, Mensah	UG Legon	NT	
---	FUSEINI, ADAM	AAMUSTED	NT	
---	Sam, Richard	Exuberant sporting	NT	
---	Emmanuel, Arthur	Adisadel College	NT	
---	Nakousi, David	UG Legon	NT	
---	Normenyo, Stephen	Adisadel College	NT	
---	TAMPULI, BERNARD	AAMUSTED	NT	
---	Akanpirige, Louis	Ghana Armed Forces	NT	
---	Ayamga, Jonas	Ghana Armed Forces	NT	
---	Sottie, Francis	UCC	NT	
---	Aboagye, Daniel Oduro	Legon Creative athletics club	NT	
---	Bondzie, Stephen	UEW	NT	
---	Damal, Matthew	Better Future Athletics Club	NT	

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 10 1,500m Men

--- Otorbor, Daniel

Ghana Armed Forces

NT

National Open Championship, Cape Coast Friday 9th Febri

Cape Coast Sports Stadium

2/09/2024

Results

Event 12 5,000m Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Arthur, Ishmael	Ghana Armed Forces	14:41.605	10
2	Seidu, Salifu	Ghana Armed Forces	15:04.681	8
3	Kopkoech, Robert	Sporty Athletics club	15:17.853	6
4	Korah, James	Teamdaakye/UEW	16:17.889	5
5	Saleem, Issah	UG Legon	16:27.406	4
6	Quaicoe, Prince	Western Region	16:30.726	3
7	Baidoo, Charles	UCC	16:37.513	2
8	Eduful, Ebenezer	Teamdaakye/UEW	16:44.038	1
9	Atampire, Akakia	GHANA PRISONS SERVICE	17:13.970	
10	Zikpi, Ebenezer	Teamdaakye/UEW	18:38.967	
---	Justice, Hassan	Teamdaakye/UEW	NT	
---	Zikpi, Ebenezer	Teamdaakye/UEW	NT	
---	Eduful, Ebenezer	Teamdaakye/UEW	NT	
---	Kopkoech, Robert	Sporty Athletics club	NT	
---	Baidoo, Charles	UCC	NT	
---	Arthur, Ishmael	Ghana Armed Forces	NT	
---	Seidu, Salifu	Ghana Armed Forces	NT	
---	Korah, James	Teamdaakye/UEW	NT	

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 13 400m Hurdles Women

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Hamidu, Asana	UEW	1:01.556	10
2	Yussif, Samira	Goloe-Go Athletics Club	1:08.022	8
3	Asechoma, Ethel	Goloe-Go Athletics Club	1:11.245	6

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
--------------	-------------	--------------------	-------------

Heat 2

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 14 400m Hurdles Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Dompey, Barnabas	Ghana Armed Forces	51.006	10
2	Antiedu, Peter	UEW	51.675	8
3	Kissward, Solomon	Ghana Armed Forces	54.615	3
4	Salifu, Bilal	Cape Coast Optimistic Athletics Club	55.728	1
5	Ofori, Moses	ESRU CHEETAHS	57.646	
6	Mammoudu, Seidu Baba	Ghana Armed Forces	NT	

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 2				
1	Turkson, Osborn	ESRU CHRETAHS	52.409	6
2	Atitba, Joshua	Ghana Armed Forces	53.765	5
3	Wahab, Abdul Suaburu	Better Future Athletics Club	53.931	4
4	Arthur, Neeyi Akesseh	UEW	55.577	2
5	Agyei Asiedu, Caleb	Hunting for young talents athletics clu	57.146	
6	Albert, Gyabaah	T I Amass	59.683	

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 15 Discus Throw Women

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Owusu, Faustina	Service Personnel	38.60	10
2	Abass, Amina	GHANA PRISONS SERVICE	35.53	8
3	Owusu, Belinda	UCC	34.18	6
4	Nyarme, Mary	T I Amass	17.37	5
---	Adati, Juliet	Efutu Senior High Technical	NM	

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 16 Discus Throw Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Tay, Robertson Dziejzorm	Ghana Armed Forces	51.75	10
2	Bugase, Rexford	Ghana Armed Forces	50.96	8
3	McCarthy, Dominic	Civilian	43.65	6
4	Essoun, Peter	Efutu Senior High Technical	25.26	5
---	Owusu, Angel	Efutu Senior High Technical	NM	

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 17 High Jump Women

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Obenwaa, Esther	UEW	1.67	10
2	Brown, Mary	Spice Athletics Club	1.59	7
2	Owusu, Rosemond	UEW	1.59	7
4	Abubakar, Raama	T I Amass	1.50	5
---	Adongo, Selina	UDS	NH	
---	Gyamfi, Abigail	UCC	NH	
---	Boahen, Christabel	Lord of Justice Athletics Club	NH	
---	Alidu Iddrisu, Hajara	St Louis SHS	NH	

National Open Championship, Cape Coast Friday 9th Febri

Cape Coast Sports Stadium

2/09/2024

Results

Event 19 Javelin Women

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Shirazu, Fataya	Ghana Armed Forces	38.28	10
2	Abubakar, Raama	T I Amass	37.65	8
3	Nyarme, Mary	T I Amass	32.68	6
4	Dawuda, Hamadiya	T I Amass	29.42	5
5	Abigail, Gyamfi	UCC	27.10	4
6	Hadi, Martha Hajja	Spice Athletics Club	22.67	3
---	Abass, Amina	GHANA PRISONS SERVICE	NM	

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 21 Long Jump Women

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	Adjei, Agnes	All Nations	5.46	NWI	10
2	Kussime, Diamond	Ghana Immigration Service	5.10	NWI	8
3	Adom, Faustina Abena		4.95	NWI	6
4	Bilidi, Gifty	T I Amass	4.58	NWI	5
5	Sarah, Nkansah	T I Amass	4.54	NWI	4
6	Owusu, Rosemond	UEW	4.34	NWI	3
---	Sam, Aba Amengu	Ghana Armed Forces	NM	NWI	

National Open Championship, Cape Coast Friday 9th Febri

Cape Coast Sports Stadium

2/09/2024

Results

Event 22 Long Jump Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	Otchere, Yeboah Mensah	Ghana Armed Forces	7.10	NWI	10
2	Wordui, Maxwell Peterson	UG Legon	6.90	NWI	8
3	Adumuah, Joseph	GRA Customs Division	6.69	NWI	6
4	Appiah, George	KNUST	6.67	NWI	5
5	Okyere, Daniel	O. J. Athletics Club	6.55	NWI	4
6	Tsatsu, Bright	Ghana Armed Forces	6.29	NWI	3
7	Tsibu, Jacob	CCTU	5.99	NWI	2
8	Abu Alhassan, FIRDAWS	Ghana Armed Forces	5.97	NWI	1
9	Ansah, Joseph	Efutu Senior High Technical	5.51	NWI	
10	Abdallah, Rashid	Efutu Senior High Technical	5.27	NWI	
11	Fuseini, Abubakar	Efutu Senior High Technical	4.64	NWI	
---	Gyabaah, Albert	T I Amass	NM	NWI	
<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		

Flight 2

National Open Championship, Cape Coast Friday 9th Febru

Cape Coast Sports Stadium

2/09/2024

Results

Event 23 Shotput Women

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Abigail, Gyamfi	UCC	10.19	10
2	Musa, Mariama Dawuda	Ghana Armed Forces	9.59	8
3	Owusu, Belinda	UCC	8.10	6
4	Armah Dorcas, Mawuse	UG Legon	7.99	5
5	Kwawukumey, Celestine	Efutu Senior High Technical	7.62	4
6	Adati, Juliet	Efutu Senior High Technical	7.10	3
7	Aweh, Florence	Spice Athletics Club	6.48	2
---	Haruna, Fati	Ghana Armed Forces	NM	

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 24 Shotput Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Ridwan, Alhassan	GHANA PRISONS SERVICE	14.10	10
---	Kingsley Darko Anning, King	UDS	NM	
---	Abdullah, Rashid	Efutu Senior High Technical	NM	
---	Owusu, Angel	Efutu Senior High Technical	NM	

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 25 Triple Jump Women

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	Adjei, Agnes	All Nations	12.01	NWI	10
2	Sam, Aba Amengu	Ghana Armed Forces	11.64	NWI	8
---	Bilidi, Gifty	T I Amass	NM	NWI	
---	Sarah, Nkansah	T I Amass	NM	NWI	

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 26 Triple Jump Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	Oyewale-Johnson, Oyeyoni	UG Legon	14.61	NWI	10
2	Attipoe, Precious	Ghana Armed Forces	14.56	NWI	8
3	Okai, Emmanuel	Ghana Armed Forces	14.12	NWI	6
---	Gyabaah, Albert	T I Amass	NM	NWI	
---	Sam, Oscar Jerry	Efutu Senior High Technical	NM	NWI	

National Open Championship, Cape Coast Friday 9th Febri

Cape Coast Sports Stadium

2/09/2024

Results

Event 28 20km Walk Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Seth, Arthur	Western Region	1:28:01.625	10
2	John Domici, Dadzie	Ghana National Fire Service	1:28:24.168	8
3	David Yao Selasi, Segbe-Adzraku	Greater Accra	1:30:54.871	6
4	John Senanu, Segbe-Adzraku	Greater Accra	1:37:21.177	5
---	Edem, Anku	Ghana Police Service	NT	
---	David Yao Selasi, Segbe-Adzraku	Greater Accra	NT	
---	John Dominic, Dadzie	Ghana National Fire Service	NT	

National Open Championship, Cape Coast Friday 9th Febru

Cape Coast Sports Stadium

2/09/2024

Results

Event 180 High Jump Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Gyimah, Ebenezer	Better Future Athletics Club	2.05	10
2	Ocansey, Kennedy	Ghana Armed Forces	1.95	7
2	Prah, Bismark	UEW	1.95	7
4	ANNIN, FRANCIS	SAGNATION	1.90	5
---	Oppong, Victor	T I Amass	NH	

National Open Championship, Cape Coast Friday 9th Febr

Cape Coast Sports Stadium

2/09/2024

Results

Event 190 Javelin Throw Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Teye, Gabriel Asare	Ghana Armed Forces	60.03	10
2	Gyefa, Emmanuel	SAGNATION	56.94	8
3	Addy, Gideon	Takoradi Technical University	55.52	6
4	Fianu, David	Ghana Armed Forces	53.04	5
5	Amankwah, Daniel	Ghana Armed Forces	48.45	4
6	Bekoe, Maxwell	CCTU	46.71	3
7	Sam, Prince	Efutu Senior High Technical	27.59	2