

2025 Cape Coast Open Championship

Cape Coast Sports Stadium

5/04/2025

Results

Event 1 100m U20 Girls

Prelims

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: +0.7 M/S NE			
1	EKLOU, Akou	Togolese Athletics Federation	12.79q
2	Evelyn, Acheampong	Kumasi Girls SHS	13.42q
3	INNA, DARKWAH	Edinaman SHS	13.57q
4	MAAME AMA, APPIAH	Edinaman SHS	13.57q
5	Duada, Saffiatu	Efutu Senior Technical School	13.63
6	NUZRAT, ILLIASU	EYISAM ISLAMIC BASIC SCHOOL	13.67

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
Wind: -1.4 M/S SE			
1	Christiana Amanda, Yeboah	Ashanti Region	12.53q
2	Owusu, Lois Asantewaa	UG Legon	13.01q
3	Blessing, Opoku Agyemang	ESRU TRUCK CHEETAHS ATHLETIK	13.70
4	Patience, Cudjoe	Western	14.11
---	Janet, Pokuaa	NEW Generation Athletics Club	DNS
---	Emmanuelle, Akrashie	Student	DNS
---	Margaret, Attah	Student	DNS

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
Wind: -1.3 M/S SE			
1	Faustina Akomeah, BAAFI	Ashanti Region	12.42q
2	NABIOU-ANKOU, Pre	Togolese Athletics Federation	12.45q
3	Evelyn, Appetnor	Efutu Senior Technical School	14.30
4	WENDY, ESHUN	ABAKA METHODIST BASIC SCHOO	14.71
---	Samira, Obuobisah	Student	DNS

Top 0 places + 8 next fastest times advance to next round

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Results**Event 2 100m U20 Boys****Prelims**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: -3.0 M/S SE			
1	Ghartey, Pajet Baiden	Aggrey Memorial Zion SHS	11.47
2	Jeffery, Gyamfi	MaxSpeed Athletics Club	11.62
3	Edwin, Owusu	Team Western	11.67
4	Raynulf, Arthur	New Ebu athletic club	12.97
---	Ismail, Ibrahim	Adisec Senior high School	DNS
---	George, Mensah	School	DNS
---	Joseph, Cleleand	Student	DNS
---	David, Addo	Student	DNS
<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
Wind: -1.7 M/S SE			
1	Kofi, Akyeabo	Mfantsipim School	11.26 q
2	Edmond, Dwomow	Student	11.27 q
3	Beniako, Isaac	Ghana Police Service	11.27 q
4	Quansah, John	Efutu Senior Technical School	11.87
5	Awuah, Cory	Tachyon Athletik Ghana	12.16
6	EBENEZER, BROWN	ABAKA METHODIST BASIC SCHOO	12.23
---	Alexander, Frimpong	All Nations	DNS
---	TCHAYE, Emmanuel	Togolese Athletics Federation	DNS
<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
Wind: -1.3 M/S SE			
1	Fantevi, Francis Liberty	Tachyon Athletik Ghana	11.16 q
2	AMETODJI, Hilaire	Togolese Athletics Federation	11.37 q
3	IBRAHIM, ISMAILIA	Student	11.60
4	Francis, Cudjoe	Western	11.81
5	Gideon Osei, ASSIBEY	Individual/Ashanti	11.86
6	DJODJI, Ablam	Togolese Athletics Federation	12.97
---	Ernest, Acheampong	Ashanti Region	NT
<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 4			
Wind: -1.9 M/S SE			
1	Blessing, Kunadu jnr	Ashanti Region	11.21 q
2	Desmond, Kotoka	Student	11.24 q
3	Essandoh, Godfred	Tachyon Athletik Ghana	11.55
4	Matthew, Nti	Mfantsipim School	11.56
5	JOEL, AMFO	New Ebu athletic club	11.88
6	Gilbert, Anderson	St. Augustines College	12.04
7	Quarm, Anthony	Efutu Senior Technical School	12.31
<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 5			
Wind: -2.6 M/S SE			

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Event 2 100m U20 Boys

1	Abdulai, Alhassan	Efutu Senior Technical School	11.34 q
2	Eric Adjei, Danquah	Adisadel College	11.53
3	AMETEPE, Medard	Togolese Athletics Federation	11.56
4	HODO DABLA, Ezeziel Yaovi	Togolese Athletics Federation	11.67
5	Ramzy, Annan	Assin North SHTS	11.70
6	KONDOOU, Moustapha	Togolese Athletics Federation	12.26
---	Asante, Felix Krobea	Opoku Ware School	DNS

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Results

Event 3 200m U20 Girls

Prelims

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: +1.0 M/S NW	
1	NABIOU-ANKOU, Pre	Togolese Athletics Federation	25.50q
2	AGYEMANG, SARAH	NEW Generation Athletics Club	25.78q
3	Lordina, Boamah	Kumasi Girls SHS	26.71q
4	HILDA KAFUI, AGORTSIMEVI	Edinaman SHS	27.99
<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: +1.0 M/S NE	
1	Aisha, IBRAHIM	NEW Generation Athletics Club	24.89q
2	EKLOU, Akou	Togolese Athletics Federation	25.41q
3	Darkoah, Janet Kwarteng	STAR OF THE EAST ATHLETICS CLUB	25.92q
4	Bofa Lilian, Adu	UG Legon	26.44q
5	Sandra, Addai	Kumasi Girls SHS	27.63q

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Event 3 200m U20 Girls

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1		Wind: -0.4 M/S E		
1	Aisha, IBRAHIM	NEW Generation Athletics Club	22.8	10
2	Darkoah, Janet Kwarteng	STAR OF THE EAST ATHLETICS CLUB	23.0	8
3	EKLOU, Akou	Togolese Athletics Federation	23.3	6
4	AGYEMANG, SARAH	NEW Generation Athletics Club	23.4	5
5	NABIOU-ANKOU, Pre	Togolese Athletics Federation	23.9	4
6	Lordina, Boamah	Kumasi Girls SHS	24.5	3
7	Bofa Lilian, Adu	UG Legon	24.5	2
8	Sandra, Addai	Kumasi Girls SHS	25.8	1

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Results**Event 4 200m U20 Boys****Prelims**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: +0.7 M/S NE			
1	Appian Alex, Boateng	Ashanti Region	21.74 q
2	MOHAMMED, SULEMANA	GBEWAA ATHLETICS CLUB	23.12 q
3	Ishaque, Alhassan	Efutu Senior Technical School	23.56
4	Adi, Kwesi Eric	Accra Academy	24.39
5	Isaac, Donko	Efutu Senior Technical School	24.45
6	EMMANUEL AUGUSTINE, AMPAH	UCC	27.29
---	Gideon, Oppong	Mpasatia Snr High Tech Sch	DNS

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
Wind: -1.5 M/S S			
1	Isaac, Beniako	Ghana Immigration Service	22.48 q
2	Nyandi Wisdom, Mensah	St. Augustines College	22.93 q
3	Hiazel, Isaac kemp	Efutu Senior Technical School	23.39 q
4	Samuel, Memaworsey	Efutu Senior Technical School	23.55
5	Kelvin Nartey, Ogum	St. Augustines College	23.90
6	Vicente, Kwofie	Efutu Senior Technical School	23.96
---	AMETEPE, Medard	Togolese Athletics Federation	DNS

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
Wind: +1.8 M/S NE			
1	AMETODJI, Hilaire	Togolese Athletics Federation	22.91 q
2	Philip, Ayeh	Efutu Senior Technical School	23.06 q
3	AMETEPE, Medard	Togolese Athletics Federation	23.31 q
4	ALFRED, DADZIE	ABAKA METHODIST BASIC SCHOO	26.95
---	Dennis Appiah, Minkah	Ghana Police Service	DNS
---	ERNEST, ODUOKU	New Ebu athletic club	DNS

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Results

Event 4 200m U20 Boys

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1		Wind: +1.1 M/S N		
1	Appian Alex, Boateng	Ashanti Region	21.0	10
2	Isaac, Beniako	Ghana Immigration Service	21.4	8
3	Nyandi Wisdom, Mensah	St. Augustines College	21.6	6
4	Philip, Ayeh	Efutu Senior Technical School	22.2	5
5	AMETODJI, Hilaire	Togolese Athletics Federation	22.3	4
6	MOHAMMED, SULEMANA	GBEWAA ATHLETICS CLUB	22.4	3
7	AMETEPE, Medard	Togolese Athletics Federation	22.5	2
8	Hiazel, Isaac kemp	Efutu Senior Technical School	22.5	1

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Results

Event 5 400m U20 Girls

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	PORTIA, NKRUMAH	Edinaman SHS	56.29	10
2	KOZI, Moufida	Togolese Athletics Federation	56.85	8
3	Manu, Esther	Ashanti Region	57.77	6
4	Ophelia, NKRUMAH	Wioso	1:02.22	5
5	Leticia, Ackon	Team Western	1:08.85	4
6	Celestina, Danquah	Gyaahadze M/A JHS	1:10.97	3
7	Christabel, Buabeng	Gyaahadze M/A JHS	1:11.89	2

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Results

Event 6 400m U20 Boys

Prelims

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Dapah, Venture	Adisadel College	50.03q
2	Adio Nsiah, Kelvin Nana	Aggrey Memorial Zion SHS	50.67
3	Philip, Kudiabor	Western	51.17
4	Kofi, Abraham	Efutu Senior Technical School	53.12
5	Azure, Solomon	Completed SHS	54.27
---	Bismark, Donkoh	New Ebu athletic club	DNS

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Tetty, Philip Odjer	STAR OF THE EAST ATHLETICS CLUB	47.40q
2	Godfred, Opoku	Ashanti Region	48.92q
3	Albert, Asmah	Team Western	49.11q
4	Richard, Oppong	Tachyon Athletik Ghana	50.19q
5	Nkrumah, collins	UEW	50.74
6	MAWULY, kadar Koami	Togolese Athletics Federation	51.78
7	Richard, Donkor	Western	1:06.39

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
1	Nkrumah, Jonathan Ofori	Tachyon Athletik Ghana	48.31q
2	Khalic Muhammed, Aminu	Ghana Police Service	49.31q
3	Ibrehim, Mbaw	Team Western	50.58q
4	Mensah Athanasius, Ewudzi	School	51.32
5	Abbiw, Michael	Fettehman SHS	52.29
6	Christian, Acquah	St. Augustines College	52.78
7	Wornyo, Francis	Greater Accra Region	54.32

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Results

Event 6 400m U20 Boys

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Tetty, Philip Odjer	STAR OF THE EAST ATHLETICS CLUB	46.86	10
2	Godfred, Opoku	Ashanti Region	47.47	8
3	Khalic Muhammed, Aminu	Ghana Police Service	47.57	6
4	Nkrumah, Jonathan Ofori	Tachyon Athletik Ghana	48.17	5
5	Albert, Asmah	Team Western	49.35	4
6	Dapah, Venture	Adisadel College	49.96	3
7	Richard, Oppong	Tachyon Athletik Ghana	50.14	2
8	Ibrehim, Mbaw	Team Western	53.16	1

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Results

Event 7 800m U20 Girls

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Haruna, Latifa	Ghana Immigration Service	2:15.84	10
2	RUBY EWUSI, ANNOBIL	Edinaman SHS	2:19.28	8
3	Mary, Coffie	NEW Generation Athletics Club	2:19.62	6
4	Reina, Tuolong	High Morale	2:20.29	5
5	KPATCHA, Yvette	Togolese Athletics Federation	2:20.90	4
6	Ewusi, Grace	Efutu Senior Technical School	2:20.97	3
7	Terkper, Mary	Efutu Senior Technical School	2:24.10	2
8	Affedu, Elizabeth	STAR OF THE EAST ATHLETICS CLUB	2:34.44	1
9	Margaret, Mensah	All Nations	2:36.03	

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Results

Event 8 800m U20 Boys

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Honu, Francis	Adisadel College	1:50.5	10
---	Nunu, Richford	STAR OF THE EAST ATHLETICS CLUB	NT	
---	Afful, Theophilus	Adisadel College	NT	
---	Sixtus, Koba	High Morale	NT	
---	Michael, Prah	Efutu Senior Technical School	NT	
---	Abakan, Dickson	Aggrey Memorial Zion SHS	NT	
---	Samuel Severe, Wagyiga	Ashanti Region	NT	
---	Godwin, Avoka Allabilla	Ashanti Region	NT	
---	Isaac, Bediako	Team Western	NT	
---	Francis, Fynn	Efutu Senior Technical School	DNS	
---	KATANGA, Michael	Togolese Athletics Federation	DNS	
---	PHILIPÀ, BOAKYE	Assin Manso SHS	DNS	
---	TOTOGOUM'BA, Alexandre	Togolese Athletics Federation	DNS	
---	Emmanuel, Arthur	Adisadel College	DNS	

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Results

Event 9 1500m U20 Girls

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Iddrisu, Alimatu	NEW Generation Athletics Club	4:40.2	10
2	Joesphine Kumi, Yeboah	Kumasi Girls SHS	4:48.5	8
3	Aboagye, Christiana	Tachyon Athletik Ghana	4:50.5	6
4	Aishatu, Salifu	T I Amas	4:56.4	5
5	Christabel Erica, Eshun	St. Andrews Senior High School	5:09.2	4
6	Jemilatu, Atilabila	Assin Manso SHS	5:25.3	3
7	Naaledon, Rita	Bono East	5:25.8	2
8	Erica Antwiwaa, Acquah	Nsaba Presbyterian JHS	5:28.3	1
9	Nsobila, Ayinpoka Patience	Bono East	5:42.1	
10	Magdalene, Essel	Gyaahadze M/A Primary School	5:42.3	
11	Ophelia, Mensah	Gyaahadze M/A Primary School	5:56.3	
12	Esther, Yakubu	Ashanti Region	6:21.3	
13	Mary, Arthur	New Ebu athletic club	6:45.5	
---	KPATCHA, Yvette	Togolese Athletics Federation	DNS	
---	Suleman, Salamatu	Chariot Athletic Club	DNS	
---	DJANGUENA, Eyaka	Togolese Athletics Federation	DNS	

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Results

Event 10 1500m U20 Boys

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Evans, Saabuno	Ashanti Region	3:52.1	10
2	Emmanuel, Kwarteng	New Generation Athletics Club	3:56.5	8
3	Bonney, Eric	Tachyon Athletik Ghana	3:56.9	6
4	TOTOGOUM'BA, Alexandre	Togolese Athletics Federation	3:57.3	5
5	Prosper, Koomson	Ashanti Region	4:05.2	4
6	SUMAILA, ZAKARIA JERRY	GBEWAA ATHLETICS CLUB	4:20.2	3
7	ABUBAKAR, SEIDU	Academy of Christ the king	4:21.7	2
8	Jonathan, Soworlo	Edinaman SHS	4:22.1	1
9	Jonathan, Addy	Team Western	4:26.4	
10	Festus, Ziem	High Morale	4:44.4	
11	Emmanuel, Oppong	Western	4:51.6	
12	Felix Essibuah, Adams	New Ebu athletic club	5:06.3	
---	Mensah, Isaac	UG Legon	DNS	
---	Enock, Gbor	Assin Manso SHS	DNS	

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Results

Event 11 5000m U20 Girls

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	DJANGUENA, Eyaka	Togolese Athletics Federation	18:53.4	10
2	IDDRISU, AWULATU	GBEWAA ATHLETICS CLUB	21:12.3	8

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Results

Event 12 5000m U20 Boys

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Sampson, Avitsi	St. Augustines College	15:50.6	10
2	Stephen, Normenyo	Adisadel College	15:52.6	8
3	Derrick, Botwe	Ashanti Region	16:42.8	6
4	Godway, Heday	Student	18:00.3	5
5	Turkson, Benjamin	Efutu Senior Technical School	18:37.4	4
---	Rashid, Baffoe	Western	DNF	
---	Lomo Micaiah John, Sewu	UG Legon	DNS	
---	Micaiah Lomo John, Sewu	UG Legon	DNS	
---	Joel, Domsile	All Nations	DNS	
---	Philip, Quaicoo	UG Legon	DNS	
---	EMMANUEL, AMPONSAH	Student	DNS	

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Results

Event 13 High Jump U20 Girls

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Mensah, Rhoda Adom	Efutu Senior Technical School	1.47	9
1	Evelyn Abaidoo, Coleman	Assin Manso SHS	1.47	9
---	Bart Georgina, Plange	All Nations	NH	

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Results

Event 14 High Jump U20 Boys

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Prince Yaw Gyasi, Adu	KNUST	1.96	10
2	Elijah Mawutor, Adusu	BFAC	1.93	8
3	Bismark Adu, Acheampong	BFAC	1.85	5.5
3	Prince Adu Kofi, Marfo	St. Augustines College	1.85	5.5
5	MAWULY, kadar Koami	Togolese Athletics Federation	1.75	4

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Results

Event 15 Long Jump U20 Girls

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	Amoh, Gloria	STAR OF THE EAST ATHLETICS CLUB	5.43	NWI	10
2	Ayensu, Helena	Tachyon Athletik Ghana	5.32	NWI	8
3	Addai, Sandra		5.10	NWI	6
4	Lamisi Gloria, Ayelinga	UEW	5.02	NWI	5
5	Acheampong, Evelyn		4.84	NWI	4

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Results

Event 16 Long Jump U20 Boys

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	Azumah, Philemon		7.01	NWI	10
2	Ansah, Joseph		6.50	NWI	8
3	Godfred, Bio		6.33	NWI	6
4	ANTHONY, CUDJOE	Edinaman SHS	6.26	NWI	5
5	Richmond, Amakye	Assin Manso SHS	5.72	NWI	4
6	Vincent, Coffie	Sporty Athletes Club	5.63	NWI	3
7	Kingsley, Yawson	Edinaman SHS	5.53	NWI	2

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Results

Event 17 Triple Jump U20 Girls

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	Benedicta, Baidoo	Efutu Senior Technical School	10.98	NWI	10
2	Lamisi Gloria, Ayelinga	UEW	10.84	NWI	8
3	Dapaah, Janet	NEW Generation Athletics Club	10.68	NWI	6
4	Amoh, Gloria	STAR OF THE EAST ATHLETICS CLUB	10.03	NWI	5
5	SANOUSI, Yemima	Togolese Athletics Federation	9.69	NWI	4
---	Georgina, Adu Boahen	All Nations	NM	NWI	

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Results

Event 18 Triple Jump U20 Boys

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	PHILEMON, AZUMAH	GHANA NATIONAL COLLEGE	15.07	NWI	10
2	HODO DABLA, Ezeciel Yaovi	Togolese Athletics Federation	13.80	NWI	8
3	Adjoyie, Cephas		13.77	NWI	6
4	Anthony, Adongo	UG Legon	13.68	NWI	5
5	SIEGFRRED SYLVESTER NANA A	GHANA NATIONAL COLLEGE	13.28	NWI	4
6	Jean, Good God	Edinaman SHS	12.44	NWI	3
7	TCHAYE, Emmanuel	Togolese Athletics Federation	11.92	NWI	2
8	DJODJI, Ablam	Togolese Athletics Federation	11.52	NWI	1
9	KONDOOU, Moustapha	Togolese Athletics Federation	11.08	NWI	

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Results

Event 19 Discus Throw U20 Girls

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Adati, Juliet	Unattached	28.88	
2	Sherifatu, Mohammed	Ashanti Region	28.10	10
3	Masoperh, Eugenia	Unattached	27.57	
4	Abakah, Kefurah A.	Unattached	26.09	

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Event 20 Discus Throw U20 boys

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Wongere, Augustine	Unattached	37.78	
2	Sule, Michael	Unattached	36.36	
3	Botchwey, Isaac	Fettehman SHS	33.93	10
4	Joshua, Akolibila	Ashanti Region	33.65	8
5	Marthias, Dadzie	Adisadel college	NM	
5	Owusu, Angel	Efutu Senior Technical School	NM	
5	Ebenezar, Gyan		NM	
5	Kyeremateng Nana Yaw, Frimpong	Adisadel college	NM	
5	Razak, Ibrahim	Ghana Secondary School koforidua	NM	

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Results

Event 21 Javelin Throw U20 Girls

Final

Place Name

Affiliation

Time

Flight 1

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Results

Event 22 Javelin Throw U20 Boys

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Acheampong, Ernest		53.55	10
2	Yeboah, Yaw		50.87	8
3	Alimisiwen, Daniel	Ashanti Region	50.03	6
4	Asante, Evans	Fettehman SHS	47.05	5
5	Quayson, Samuel		46.79	4
6	Rockson, Sarsah Ernest		44.70	3
7	Baidoo, Prosper		42.63	2
8	Britwum Dei, Prince	Efutu Senior Technical School	39.32	1

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Results

Event 23 Shot put U20 Girls

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Adati, Juliet	Efutu Senior Technical School	9.72	10
2	Juliana, Ntowaa	Ashanti Region	7.87	8
3	CECILIA ASAMOAH, YANKAH	Edinaman SHS	7.82	6

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Results

Event 24 Shot put U20 Boys

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Alimisiwen, Daniel	Ashanti Region	16.25	10
2	AKAKPO, Aristide	Togolese Athletics Federation	15.12	8
3	Gideon Akanzeriba, Akanlig-Pare	St. Augustines College	13.19	6
4	Abakah Turkson, Joseph	Adisadel College	12.70	5
5	Owusu, Angel	Efutu Senior Technical School	10.95	4

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Results

Event 25 100m Women Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1		Wind: NWI		
1	Quansah, Naseera Efua	Tachyon Athletik Ghana	11.63	10
2	Boakye, Mary	Ghana Armed Forces	11.66	8
3	Kusime, Diamond	Ghana Immigration Service	11.99	6
4	Anaglo, Priscilla Mawusi	UG Legon	12.12	5
5	Agbo, Jennifer Oppong	Ghana Immigration Service	12.23	4
6	Rebeca, Agyei	UEW	12.45	3
7	Doris, Afriyie	Ashanti Region	12.89	2

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Results**Event 26 100m Men Seniors****Prelims**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: +1.8 M/S NE			
1	Nkrumah, Harrison	UEW	10.57
2	Baah, Eric	Sporty Athletes Club	10.69
3	BLEDJE, Kodjo Clément	University of Lome, Togo	10.91
4	Amponsah, Dennis Yaw	Unattached	11.35
5	ANNAN, ODUM KINGSFORD	UG Legon	11.57
6	Anagonu, Prince	Ghana Police Service	11.77
---	Ekua, Gabriel Fletcher	Sagnation	DNS
---	Dennis, Amponsah	UEW	DNS

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
Wind: -2.6 M/S SE			
1	Kwofie, Joseph Andoh	Tachyon Athletik Ghana	10.52
2	Edwin Kwabla, Gadayi	Ghana Police Service	10.55
3	Sarfo, Ansah	Ghana Police Service	10.62
4	Michael, Cudjoe	Ghana Armed Forces	10.78
5	Joshua, Boateng	SAGNATION	11.12
6	Godfred, Asante	UCC	11.94

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
Wind: -1.9 M/S SE			
1	SALIFU, GAFARU	GBEWAA ATHLETICS CLUB	11.14
2	Sowah, Theleo	Greater Accra Region	11.37
3	Ntem, Kelvin	Tachyon Athletik Ghana	11.39
4	Doku, Gideon Nartey	UG Legon	11.46
5	Amponsah, Kwadwo	Ghana Police Service	11.59
6	Emmanuel, Kwafo	Koforidua Technical University	12.35
---	Michael, Baafi	Kumasi Technical University	DNS
---	Quarm, Anthony	Efutu Senior Technical School	DNS

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 4			
Wind: -1.5 M/S SE			
1	Sarfo, Isaac	Tachyon Athletik Ghana	10.89
2	Amponsah, Dennis	Unattached	10.92
3	Nyansah, Isaac	Cape Coast Technical University	11.01
4	ABDUL MUMIN, ZAKARIA	GBEWAA ATHLETICS CLUB	11.04
5	Issah, Sumaila	UG Legon	11.32
6	JAMES KWAME, ASANTE	Koforidua Technical University	11.83
---	Afram Gyawu, Michael	Kumasi Technical University	DNS

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 5			
Wind: -1.2 M/S SE			
1	Sheriff, Abdul Razak	KNUST	10.55

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Results

Event 26 100m Men Seniors

2	Ransford Kofi, Addison	Ghana Police Service	10.66
3	Hamza, Abubakar	Ghana Immigration Service	10.72
4	Sumaila, Ayuba	Ghana Armed Forces	10.99
5	Isaac, Maskah	Amankwah Athletics club	11.19
6	Rufus, A-eitika	Ashanti Region	11.25
7	Tino, Aziabor	GRA - Customs	11.63
---	AWAL ISSAHAKU GYSI, MOHAMM	GBEWAA ATHLETICS CLUB	DNS

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Results

Event 26 100m Men Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1		Wind: NWI		
---	Hamza, Abubakar	Ghana Immigration Service	NT	
---	Baah, Eric	Sporty Athletes Club	NT	
---	Nkrumah, Harrison	UEW	NT	
---	Sheriff, Abdul Razak	KNUST	NT	
---	Kwofie, Joseph Andoh	Tachyon Athletik Ghana	NT	
---	Ransford Kofi, Addison	Ghana Police Service	NT	
---	Sarfo, Ansah	Ghana Police Service	DNS	
---	Edwin Kwabla, Gadayi	Ghana Police Service	DNS	

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Results

Event 27 200m Women Seniors

Prelims

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: NWI			
1	Janet, Mensah	Ghana Police Service	24.94 q
2	Zainab, Awuni	Ghana Police Service	24.98 q
3	Kate, Agyemang	Ghana Armed Forces	25.19 q
4	Opape, Rose Boakyewaa	UG Legon	25.28 q
5	Eunice Naadu, Nartey	Tertiary	27.78

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
Wind: NWI			
1	Agbokpah, Stella	UG Legon	24.31 q
2	Essah, Sandra	Cape Coast Technical University	24.48 q
3	Owusua, Gloria	LCAC	25.88 q
4	Eunica, Sackey	Ghana Armed Forces	26.34 q
5	Hamdia Adabooro, Yahaya	Ghana Armed Forces	26.50
6	Hannah, Zuliata	Ghana Armed Forces	29.02

Top 0 places + 8 next fastest times advance to next round

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Results

Event 27 200m Women Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1		Wind: -0.2 M/S SE		
1	Janet, Mensah	Ghana Police Service	23.8	10
2	Zainab, Awuni	Ghana Police Service	23.9	8
3	Agbokpah, Stella	UG Legon	23.9	6
4	Essah, Sandra	Cape Coast Technical University	24.5	5
5	Owusua, Gloria	LCAC	25.3	4
6	Opore, Rose Boakyewaa	UG Legon	25.4	3
7	Eunica, Sackey	Ghana Armed Forces	26.1	2
---	Kate, Agyemang	Ghana Armed Forces	DNS	

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Results**Event 28 200m Men Seniors****Prelims**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: +1.9 M/S N			
1	Addison, Ransford	UG Legon	21.8q
2	FRIMPONG, MARK	Ejisuman	22.4
3	Boadi, Anthony	UG Legon	22.7
4	APPIAH, COLLINS	Sporty Athletes Club	23.5
5	Nimo, Kelvin	UG Legon	23.8
6	Sackey, Frank Albert	UEW	24.4
---	Mark, Frimpong	Ejisuman	DNS

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
Wind: -0.4 M/S SE			
1	Frank, Mensah	Ghana Armed Forces	21.6q
2	Amankwah, Elijah	UG Legon	21.8q
3	AKOTO, Kevin	FORMATEC	22.2q
4	Mensah, Justin	UG Legon	22.9
5	Andrew, Opoku	UEW	23.2
6	Eduboah, Aristaner Collins	GRA - Customs	23.3
7	Kelvin, Osei	Koforidua Technical University	25.6

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
Wind: +1.0 M/S N			
1	Shaibu, Marizuk	Ghana Armed Forces	21.4q
2	Adam, Yusif	Ghana Police Service	22.1q
3	Dickson Darko, Okyere	KNUST	22.3*
4	Dennis, Mensah	UEW	23.5
5	Ebenezer Yanteba, Kumah	Bono East	24.2
---	AYIMASU, EMMANUEL	GOLOE ATHLETICS CLUB	DNS
---	Philip, Ayeh	Efutu Senior Technical School	DNS

* = Tied for last advancement position. The LynxPad operator must break this tie.

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 4			
Wind: -0.7 M/S SE			
1	Richmond, Oppong	UEW	22.3*
2	Richard, Dickson_Tetteh	Sporty Athletes Club	22.4
3	Eugene, Fianu	UEW	22.5
4	PRINCE, ARMAH	Edinaman SHS	23.0
5	Clifford, Hector	Ghana National Fire Service	24.8
6	Frederick, Boakye	Ghana Police Service	24.9
---	Richard, TETTEH-Dickson	Sporty Athletes Club	DNS

* = Tied for last advancement position. The LynxPad operator must break this tie.

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 5			
Wind: +1.0 M/S NE			

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Results

Event 28 200m Men Seniors

1	OPARE, WILLIAM OWADIEH	UG Legon	21.45 q
2	Timothy Sober, Aboagye	Sporty Athletes Club	22.50
3	Nathan john, Momoh	GRA - Customs	22.80
4	STEPHEN, NYAWUDZI	Ghana Armed Forces	23.01
5	JOSEPH ARTHUR, SAM	Edinaman SHS	23.45
---	Abdul Mumin, Mamudu	Kumasi Technical University	DNS
---	Yusif, Adam	Ghana Police Service	DNS

Top 0 places + 8 next fastest times advance to next round

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Results

Event 29 400m Women Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Florence, Agyeman	KNUST	53.34	10
2	Nasong, Naayirima	Team Western	56.19	8
3	Portia, Donkor	Ashanti Region	58.56	6
4	Decker, Priscilla	Ghana Immigration Service	59.22	5
5	Mary, Abakah	Ghana Armed Forces	1:00.42	4

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Results**Event 30 400m Men Seniors****Prelims**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Asante, Bismarck	UG Legon	47.76 q
2	ALHASSAN, MAHAMI	GBEWAA ATHLETICS CLUB	49.89
3	Michael, Amankwatia	UENR	50.11
4	Billa, Samuel	Unattached	50.66
5	Adu, Stephen	Sporty Athletes Club	51.65
6	Donkor Moses, Ndonyun	GRA - Customs	52.91
7	Ezekiel, Anane	Koforidua Technical University	54.96
---	Amoak, Ernest	Ghana Armed Forces	DQ

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Owusu, Prince	UEW	48.36
2	Felix, Tamakloe	Ghana Armed Forces	50.14
3	Yeboah, Richard Kwaku	Ghana Immigration Service	50.46
4	Samed, Hassan	Ashanti Region	53.13
---	ABDUL JELIL, FUSHEINI	GBEWAA ATHLETICS CLUB	DNS
---	Sadat, Raheem	Edinaman SHS	DNS
---	Richard Dickson, Tetteh	Amankwah Athletics club	DNS

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
1	Solomon, Diafo	Ghana Armed Forces	46.15 q
2	Acheampong, Mordecai Owusu	UG Legon	47.43 q
3	Suaburu, Wahab Abdul	Ghana Immigration Service	48.13 q
4	Zidane, Iddrisu	Tachyon Athletik Ghana	48.34 q
5	Ata Isaac, Baafi	Ashanti Region	49.50
6	Asiedu, Caleb Agyei	Ghana Immigration Service	49.97
---	Paul, Forkuo	AAMUSTED	DNS

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 4			
1	Iddrisu, Musah	Ghana Armed Forces	47.72 q
2	Agyemang, Emmanuel Kweku	Tachyon Athletik Ghana	48.04 q
3	Boateng, Stephen Kwadwo	UEW	48.62
4	NABINE, Tabiou	University of Lome, Togo	49.24
5	Richard, Amponsah-Dadzie	Sporty Athletes Club	53.48
---	Gabriel Kwaku, Foli	Personal	DNS
---	Laryea, Konney	Ghana Police Service	DNS

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 5			
1	Michael, OTUO ACHEAMPONG	UG Legon	48.17 q

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Results

Event 30 400m Men Seniors

2	Andrews, Cudjoe	Team Western	49.28
3	Kyei Baba, Baffour	GRA - Customs	50.91
4	Bezalel Blessing, Anokye	UEW	52.14
5	Charles Osafo Amakye, Ampomah	Koforidua Technical University	56.56
---	Charles, Nyame	UDS	DNS
---	Bawumia Fahad, Haruna	SAGNATION	DNS

Top 0 places + 8 next fastest times advance to next round

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Results

Event 30 400m Men Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Solomon, Diafo	Ghana Armed Forces	45.80	10
2	Acheampong, Mordecai Owusu	UG Legon	46.98	8
3	Michael, OTUO ACHEAMPONG	UG Legon	47.45	6
4	Asante, Bismarck	UG Legon	47.84	5
5	Suaburu, Wahab Abdul	Ghana Immigration Service	47.90	4
---	Agyemang, Emmanuel Kweku	Tachyon Athletik Ghana	DNS	
---	Iddrisu, Musah	Ghana Armed Forces	DNS	
---	Zidane, Iddrisu	Tachyon Athletik Ghana	DNS	

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Results

Event 31 800m Women Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Saraphina, Adombila	Ghana Armed Forces	2:15.40	10
2	Rabiatu, Braimah	NEW Generation Athletics Club	2:16.21	8
3	Chima Diayam, Pandam	Upper East Region (NSA)	2:19.58	6
4	Sarah, Duah	Exuberant Athletics Club	2:20.91	5
5	Abigail, Azumah	Wioso	2:21.76	4
6	Jimmy, Freda	Ghana Police Service	2:36.64	3
---	Ewusi, Grace	Efutu Senior Technical School	DNS	

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Results

Event 32 800m Men Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Aloo, Sadiq	Exuberant Athletics Club	1:51.82	10
---	Adegbe, Michael	Ghana Police Service	NT	
---	Kombat, Tininya	UDS	NT	
---	Peter, Sackitey	Ashanti Region	NT	
---	John, Hoenu	Edinaman SHS	NT	
---	Akwasi, Boateng	Exuberant Athletics club	NT	
---	Christopher, Dery	Effiduase	NT	
---	Ackam, Elijah Teye	UG Legon	NT	
---	Tiboriwu, Paul	Ghana Police Service	NT	
---	Yunusah, Zakaria	Adisadel college	NT	
---	Dodoo, Emmanuel	Ghana Police Service	NT	
---	Albert, Coffie	Ghana Armed Forces	NT	
---	Gyibril, Haruna	Ghana Police Service	NT	
---	Awudu, Alhassan		NT	
---	Samuel, Okai	Goloe athletics club	NT	
---	Morris Tofic, Bazaar	Ghana Police Service	NT	

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Results

Event 33 1500m Women Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Mariama, Aidoo	Team Western	4:25.8	10
2	Elizabeth, Agyei	UG Legon	4:48.7	8
3	Ramata, Abdullai	High Morale	5:21.6	6
---	Christiana Asibi, Mumuni	Ghana Police Service	DNS	

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Results

Event 34 1500m Men Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Gawuga Daniel, Abotsi	Ghana Armed Forces	3:48.4	10
2	Ebenezer, Martey	Ashanti Region	3:51.1	8
3	Mensah, Isaac	UG Legon	3:57.8	6
4	Daniel, Frimpong	Ghana Armed Forces	4:00.7	5
5	AJIUBEK CHARLES, ASINLACHIM	UEW	4:06.7	4
6	Richmond, Chawertey	Amankwah Athletics club1	4:38.8	3
---	Isaac, Aboagye	Ghana Police Service	DNS	
---	Dzorgbesi, Germain Kofi	UEW	DNS	

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Results

Event 35 5000m Women Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	JOYCE, AYAABA	NEW Generation Athletics Club	18:06.7	10
2	Portia, Anaba	Ashanti Region	18:09.2	8
3	Hannah, Adompaka	Ashanti Region	18:30.6	6
4	Rosina, Titi	Ghana Armed Forces	19:47.4	5
5	Eva, Ankomah	UCC	20:07.5	4
---	Hannah, Banganwor	High Morale	DNS	

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Results

Event 36 5000m Men Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Brian, Kimutai	T I Amas	14:08.9	10
2	Atia, Koogo Atia	UEW	14:13.0	8
3	Ishmeal, Arthur	Ghana Armed Forces	14:34.2	6
4	Basit, Afful	Ghana Armed Forces	14:52.1	5
5	James, Korah	UEW	15:05.3	4
6	Appoe, Jonathan Ashitey	Ghana Armed Forces	15:48.9	3
7	Mohammed, Soko	Tachyon Athletik Ghana	15:53.5	2
8	Peter, Dzitse	Team Western	16:27.9	1
9	Charles, Baidoo	Tertiary	16:48.8	
10	Richard, Sam	Ghana Police Service	17:00.4	
---	JOSEPH, AKPI	GRA - Customs	DNF	
---	Ndebugri Felix, Asaana	Upper East Region (NSA)	DNS	
---	Bismark, Nkuah	Mpasatia Snr High Tech Sch	DNS	
---	Baidoo, Charles	Unattached	DNS	

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Results

Event 37 High Jump Women Seniors

Round 1

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Obenewaa, Esther	Tachyon Athletik Ghana	1.65	10
2	DOREEN, GAGBA	Ghana Armed Forces	1.60	8
---	REBECCA, AGGREY	Ghana Armed Forces	NH	

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Results

Event 38 High Jump Men Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Ebenezer, Gyimah	Tachyon Athletik Ghana	2.10	9
1	Kennedy, Ocansey	Ghana Armed Forces	2.10	9
3	KELVIN, ADU	Ghana Armed Forces	2.05	6
4	ADAMS, ALHASSAN	Ghana Armed Forces	2.00	4
4	Boateng, Philip	Ashanti Region	2.00	4
4	Francis, Annin	Ghana Police Service	2.00	4
7	Bismark, Prah	UEW	1.95	2
8	Tsatsu, Bright	Ghana Armed Forces	1.85	1
---	Emmanuel, Andam	Koforidua Technical University	NH	

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Results

Event 39 Long Jump Women Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	Peace, Arkoh	Tachyon Athletik Ghana	5.19	NWI	10
2	Abigail, Aboagye	UCC	5.12	NWI	8
3	Vanessa Talata, Azangbeo	UG Legon	4.95	NWI	6

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Results

Event 40 Long Jump Men Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	Yeboah Mensah, Otchere	Ghana Armed Forces	7.22	NWI	10
2	Baidoo, Benjamin	Tachyon Athletik Ghana	7.20	NWI	8
3	EMMANUEL, LARWEH	Ghana Armed Forces	7.00	NWI	6
4	Philip, Boateng	UG Legon	6.84	NWI	5
5	Joseph Nortey, Adumuah	GRA - Customs	6.82	NWI	4
6	George, Appiah	Ghana Police Service	6.80	NWI	3
7	Samuel, Joseph	GRA - Customs	6.73	NWI	2
8	Emmanuel, Ghampson	UEW	6.09	NWI	1
9	Emmanuel, Maccauley	UCC	5.40	NWI	

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Results

Event 41 Triple Jump Women Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	Agnes, Adjei	Ghana Police Service	11.60	NWI	10
2	Sarah, Baidoo	UCC	10.00	NWI	8

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Results

Event 42 Triple Jump Men Seniors

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	14.90	NWI	10
2	Okai, Emmanuel	Ghana Armed Forces	14.35	NWI	8
3	Emmanuel, Ghampson	UEW	14.20	NWI	6
4	Emmanuel, Desu	Unattached	14.10	NWI	

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Results

Event 43 Discus Throw Women Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	BELINDA, OWUSU	UCC	39.64	10
2	Kwopiu, Diana	Ghana Immigration Service	31.00	8
3	Musah, Mariama	Ghana Armed Forces	29.23	6
4	Asiedua, Yasmin	Unattached	29.14	
5	KETURAH AKESI, ABAKAH	Edinaman SHS	26.95	5
6	Sarah, Gaglo	Koforidua Technical	18.83	4

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Results

Event 44 Discus Throw Men Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	McCarthy, Dominic	Ashanti Region	53.01	10
2	Dramani, Baatah	Ghana Armed Forces	40.14	8
3	Sampson, Gyesu	Cape Coast Technical University	34.76	6
4	Boateng, Prince A	Unattached	32.97	
5	Lawrence Atta, Nkyekyer	Cape Coast Technical University	NM	
5	Yakubu, Alhassan		NM	
5	Ntsiakoh, Enoch	University of Cape Coast	NM	

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Results

Event 45 Javelin Women Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Zuly, OFORI	Ghana Armed Forces	41.16	10
2	Fatayia, Shirazu	Ghana Armed Forces	40.15	8
3	Nyieku, Stephanie		27.70	6
4	Mavis, Wiafe	Ghana Armed Forces	27.36	5
5	Samira, Ndeogo	Efutu Senior Technical School	25.77	4

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Results

Event 46 Javelin Men Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Gabriel, Teye	Ghana Armed Forces	60.65	10
2	Emmanuel, Gyefa	Ghana Police Service	55.71	8
3	Bonney, Sampson	UEW	54.93	6
4	David, FIANU	Ghana Armed Forces	54.25	5
5	Yakubu, Alhassan		47.82	4
6	COURAGE, ABORTRI	UCC	44.21	3
7	Abotre, Michael	Sporty Athletes Club	43.89	2
8	seidu, Hakeem	Kumasi Technical University	43.82	1
9	David Korku, Zabu	Koforidua Technical University	NM	
9	Paddy, Paddy	Koforidua Technical University	NM	

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Results

Event 47 Shot Put Women Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Rosemond, Abali	Ghana Armed Forces	9.96	10
2	Asiedua, Yasmin	Unattached	8.81	
3	Buabeng, Loretta Adjei	Ghana Police Service	8.01	8

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Results

Event 48 Shot Put Men Seniors

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Prince, Davies	Ghana Armed Forces	13.17	10
2	Emmanuel, Gyefa	Ghana Police Service	12.52	8
3	Dramani, Baatah	Ghana Armed Forces	11.69	6
4	Gyesu, Sampson	Cape Coast Technical University	11.60	5
5	Samuel Amo, Acheampong	Ashanti Region	11.19	4
6	Tsibuah, Emmanuel	Sporty Athletes Club	10.88	3
7	Daniel, Annankana	Ghana Armed Forces	10.73	2
8	ENOS, OPPONG	Cape Coast Technical University	9.68	1
9	Akuamoah, Prince	Tachyon Athletik Ghana	9.37	
10	Kwasi, Owusu	Ghana Police Service	8.45	

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Results

Event 51 100m Hurdles Girls

Round 1

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
Wind: -0.2 M/S E				
1	Abedu, Helina	Efutu Senior Technical School	17.07	10
2	Ethel, Asechoma	Ashanti Region	18.18	8
3	Believe Makafui, Dufe	Efutu Senior Technical School	18.45	6
---	Sarah, Nkansah	T. I. Ahmadiyha SHS	DNS	

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Results

Event 52 110m Hurdles Boys

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
Wind: -0.4 M/S SE				
1	Dennis, Appiah Minkah	ESRU TRACK CHEETAHS ATHLETIC	14.30	10
2	Brigth, Brown	Ashanti Region	14.87	8
3	Samuel, Aidoo	Ashanti Region	15.27	6
4	Adjoyie, Cephas kwame	Efutu Senior Technical School	15.64	5
5	DOUGBA, Michael	Togolese Athletics Federation	16.73	4
---	Wattara, Yahaya	Adisadel College	FS	
---	Amakye Richmond, Asiedu	Assin Manso SHS	DNS	
---	Aidoo, Samuel	Opoku Ware School	DNS	

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Results

Event 53 100m Hurdles Women Senior

Final

Place Name

Affiliation

Time

Heat 1

2025 Cape Coast Open Championship

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Results

Event 54 110m Hurdles Men Senior

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
Wind: +1.2 M/S NE				
1	Eric, Annobil	Ghana Police Service	14.89	10
2	ANTIEDU, PETER	UEW	15.45	8
3	Gyasi, Samuel	Tachyon Athletik Ghana	15.89	6

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Results

Event 55 400m Hurdles Girls

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Chrispher, Obeng	UG Legon	1:03.51	10
2	OTSIWAH, FLIRINCE	NEW Generation Athletics Club	1:06.50	8
3	Abedu, Helina	Efutu Senior Technical School	1:06.89	6
4	KASSIMOU, Adidjatou	Togolese Athletics Federation	1:08.13	5
5	Beatrice, Agyekum	Kumasi Girls SHS	1:13.95	4
6	Boateng, Cecilia	Efutu Senior Technical School	1:17.66	3

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Results

Event 56 400m Hurdles Boys

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Richmond, Opoku	Ashanti Region	53.99	10
2	Bossman, Kusi Appiah	Ashanti Region	54.04	8
3	Essuman, Theophilus	Efutu Senior Technical School	57.44	6
4	Akornor, Elisha	GRA - Customs	57.70	5
5	Abubaka, Fuseini	Efutu Senior Technical School	59.10	4
6	Maxwell mensah, Yamoah	Adisadel college	59.38	3

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Results

Event 57 400m Hurdles Women Senior

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Agnes, Adjei	Ghana Police Service	1:00.63	10
2	Osei, Konadu Thelma	UG Legon	1:07.34	8
---	Bushiratu, Abdul-Rahman	UEW	DNS	

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Results

Event 58 400m Hurdles Men Senior

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Seidu Baba, Mammoudu	Ghana Armed Forces	50.45	10
2	Turkson, Osborn	Ghana Police Service	50.81	8
3	ANTIEDU, PETER	UEW	51.72	6
4	Solomon, Kissward	Ghana Armed Forces	53.81	4
5	Salifu, Bilal	Tachyon Athletik Ghana	55.94	2
---	Mensah, Eric	UEW	DNS	

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 2				
1	Turkson, Emmanuel	UG Legon	53.51	5
2	Joshua, Atitiba	Ghana Armed Forces	55.50	3
3	NOCHOLAS, NUWATSE	Edinaman SHS	59.24	1
4	MENSAH, ERIC	UEW	1:08.60	