

Cape Coast
5/20/2023

Results

Event 1 100m Women

Prelims

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: +0.5 (Manual) M/S			
1	Mary, Boakye	Ghana Armed Forces	11.869
2	Beatrice, Boakye	UDS	12.141
3	BARIKISU, ISSAHAKU	Ghana Armed Forces	12.489
4	Mary, Zong	AAMUSTED	13.603
5	Elizabeth, Amisah	TEAM WESTERN	13.716
6	Adjeley Konney, Natash Naa	University of Ghana, Legon	13.816

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
Wind: +1.0 (Manual) M/S			
1	Janet, Mensah	SAGNATION	11.837
2	Deborah, Acheampong	Upsa	11.845
3	Sandra, Asibou	Ghana Armed Forces	11.996
4	Naseera Efua, Quansah	Mfantseman Girls SHS/Central Re	12.052
5	Felicia, AWUDI	UDS	12.412
6	Benedicta, Kwartemaa	UCC	12.462
7	Sandra, Essal	Efutu senior high technical sch	14.037

Event 1 100m Women

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
Wind: +1.2 (Manual) M/S				
1	Janet, Mensah	SAGNATION	11.691	10
2	Mary, Boakye	Ghana Armed Forces	11.789	8
3	Deborah, Acheampong	Upsa	11.962	6
4	Sandra, Asibou	Ghana Armed Forces	11.978	5
5	Naseera Efua, Quansah	Mfantseman Girls SHS/Central Re	12.111	4
6	Beatrice, Boakye	UDS	12.235	3
7	Benedicta, Kwartemaa	UCC	12.263	2
8	Felicia, AWUDI	UDS	12.349	1

Event 2 100m Men

Prelims

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: -0.2 (Manual) M/S			
1	Sheriff, Abdul Razak	KNUST	11.247
2	Ahmed, Amal	Greater Accra	11.439
3	Ben, Carmiking	TEAM WESTERN	11.630
Heat 2			
Wind: -0.4 (Manual) M/S			
1	Joseph Andoh, Kwofie	Mfantsipim School	10.662 q
2	ABDUL MUMIN, ZAKARIA	UDS	11.043
3	Kelvin, Ntem	CCTU	11.238
4	Emmanuel, Tombil	Goloe Athletics	11.539
5	Nuhu, Rashid	St. Jerome SHS	11.618
6	AMOAH KOFI, DESMOND	Ghana Fire Service	12.060
7	Israel, Nyameba	KsTU	12.241

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3 Wind: -0.1 (Manual) M/S			
1	BARNABAS, AGGERH	UDS	10.766 q
2	Eku, Fletcher Gabriel	UDS	11.032
3	Caleb, Adjei-Peprah	Kumasi Armed Forces Senior High	11.393

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 4 Wind: +0.7 (Manual) M/S			
1	MARIKUZ, SHAIBU	Ghana Armed Forces	10.869 q
2	Francis Liberty, Fantevi	Mfansipim School	10.978
3	Michael, Denkyi	University of Ghana, Legon	11.081
4	Thomas, Eshun	TEAM WESTERN	11.722

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 5 Wind: +0.2 (Manual) M/S			
1	Akumenyi, Felix Akumenyi	Team Western	11.218
2	Francis, Akuta	Upper East Region	11.312
3	ADJEI HAKEEM, HUSSEIN	Ghana Fire Service	11.322
4	Richmond kofi, Koduah	University of Ghana, Legon	11.390
5	Otoo, Anderson	CCTU	12.102
6	Israel, Nyameba	KsTu	NT
7	Tengan, Roland Afena	Ghana Prisons Service	NT

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 6 Wind: +1.4 (Manual) M/S			
1	SARFO, ANSAH	UDS	10.722 q
2	Evans, Agyemang	KNUST	10.958 q
3	Awal Issahaku Gyesei, Mohammed	Gbewaa Athletic club	11.265
4	PHILIP, KYEMENU	TEAM WESTERN	11.448
5	Franklyn, Ofori Baah	KsTU	11.512
6	Elijah, Asalinjuik	School	12.064

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 7 Wind: +0.8 (Manual) M/S			
1	Nathaniel, Kyeremateng	University of Ghana, Legon	10.962 q
2	Iddrisu, Mohammed	Ghana Prisons Service	11.265
3	Alfred, Dante	TEAM WESTERN	11.272
4	KWAKU FRANCIS, NNUO	UDS	11.364
5	Prince, Anagonu	Ghana Police Service	11.701
6	Emmanuel, Asamoah	Ghana Prisons Service	11.770

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 8 Wind: +1.2 (Manual) M/S			
1	Gideon, Choro	LCAC	11.095
2	Ayimadu, Emmanuel	KsTU	11.214
3	Kingsley Oppong, Peprah	Ghana Police service	11.613
4	Amadu, Arthur	Ashanti	11.651
5	STEPHEN, OPOKU	Ghana Armed Forces	11.789
6	Abdulai, Mudasir	CCTU	11.886
7	Kojo Kelvin, OKPATTAL	Ghana Fire Service	12.283

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 9 Wind: +1.6 (Manual) M/S			
Event 2 100m Men			
1	Mustapha, Abokpin Alufar	LCAC	10.603 q
2	IDDRISU, MUSA	Ghana Armed Forces	10.872 q
3	Kingsley, Nyarko	Adisadel college	11.335
4	Kwadwo, Amponsah	Ghana Police service	11.396
5	DERRICK, SARKODIE	UDS	11.555
6	Ramzy, Annan	Assign North Senior High Technical	11.875

7	Venture Dapah, Dapah	School	12.078
8	Frank, Atuahene	KsTU	12.129



Event 2 100m Men

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
Wind: +1.1 (Manual) M/S				
1	Mustapha, Abokpin Alufar	LCAC	10.557	10
2	BARNABAS, AGGERH	UDS	10.612	8
3	SARFO, ANSAH	UDS	10.636	6
4	MARIKUZ, SHAIBU	Ghana Armed Forces	10.640	5
5	Joseph Andoh, Kwofie	Mfantsipim School	10.696	4
6	Evans, Agyemang	KNUST	10.834	3
7	Nathaniel, Kyeremateng	University of Ghana, Legon	10.906	2
---	IDDRISU, MUSA	Ghana Armed Forces	DQ	

Event 3 200m Women

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
Wind: +0.7 (Manual) M/S				
1	KATE, AGYEMANG	Ghana Armed Forces	24.369	10
2	Lovina, Ewusie	UCC	24.827	8
3	Stella, Agbokpah	University of Ghana, Legon	26.008	6
4	Stephanie, Adu	Ghana Armed Forces	26.128	5
5	HAWA, AMADU	Ghana Armed Forces	27.773	4
6	Sandra, Essal	Efutu senior high technical school	29.128	3
7	Hannah, Awotwer	Efutu senior high technical	29.765	2

Event 4 200m Men

Prelims

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: +0.8 (Manual) M/S			
1	Gadayi, Edwin Kwabla	Ghana Armed Forces	20.558
2	Frank, Mensah	GRA - Customs Division	21.843
3	Christian, Afful	Ghana Prisons Service	22.318
4	Nana-Akwesi Prince, Adjei	Adisadel college	23.133
5	Jon CHIDI Ibn, NWACHUKWU	Ghana Fire Service	24.902
6	Noye, Shadrack	Efutu Senior High Tech School	25.242
7	Baidoo, Jeremiah	Efutu Senior High Tech School	27.885

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
Wind: +0.9 (Manual) M/S			
1	MARIKUZ, SHAIBU	Ghana Armed Forces	21.632
2	Siba, Seidu	Appiah Athletics Club	23.917
3	Roland Alena, Tengan	Ghana Prisons Service	23.964
4	ABRAHAM, AVOUWADAN	Ghana Fire Service	24.455
5	Emmanuel, Aryee	Ghana Prisons Service	24.529
6	Mensah, Eric	Appiah Athletics Club	25.193

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
Wind: +0.3 (Manual) M/S			
1	Ramzy, Annan	Assign North Senior High Technical	22.698
2	Gabriel, Foli	Kumasi high school	22.794
3	Azumah, Lare	Efutu Senior High Tech School	23.535
4	Awotw, Richard	Efutu Senior High Tech School	24.686
5	Seidu, Dramani	Ghana Prisons Service	24.720
6	Twumasi, Frederick	Effutu	27.652

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 4		Wind: +0.0 (Manual) M/S	
1	Wallace, Aflamah	UDS	21.312
2	Enoch, Fosuhene	KNUST	21.805
3	EMMANUEL, AYIMASU	KsTU	22.104
4	Kelvin, Ntem	CCTU	23.058
5	BANNERMAN, ASSAN	Ghana Fire Service	23.440
6	Abubakar, Ismaila	No Day Athletics Club	23.841
7	Eugene, Okran	Ghana Armed Forces	24.005



Event 4 200m Men

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
Wind: +0.8 (Manual) M/S				
1	Gadayi, Edwin Kwabla	Ghana Armed Forces	20.659	10
2	Wallace, Aflamah	UDS	21.177	8
3	Enoch, Fosuhene	KNUST	21.955	6
4	Frank, Mensah	GRA - Customs Division	22.095	5
5	EMMANUEL, AYIMASU	KsTU	22.316	4
6	Christian, Aful	Ghana Prisons Service	22.721	3
7	MARIKUZ, SHAIBU	Ghana Armed Forces	DNS	
7	Ramzy, Annan	Assign North Senior High Technical	DNS	

Event 5 400m Women

Prelims

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	RAFIATU, NUHU	Ghana Armed Forces	54.988 q
2	Grace, Aduntira	Gbewaa Athletic club	56.422 q
3	Pomaa Marian, Domfe	Greater Accra	57.537 q
4	JUSTINA, MIDJIRATO	UDS	1:01.320 q
5	EUNICA, SACKKEY	Ghana Armed Forces	1:07.054
Heat 2			
1	MARIAMA, FATAO	Ghana Armed Forces	57.748 q
2	SAKINA, ABDUL HAMID	UDS	1:02.740 q
3	MARY, SAM	TEAM WESTERN	1:03.233 q
4	AMINA, SALAM	Ghana Armed Forces	1:04.634 q
5	Abdulai, Suleman	Central Region	1:05.039

Event 5 400m Women

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	RAFIATU, NUHU	Ghana Armed Forces	53.982	10
2	Grace, Aduntira	Gbewaa Athletic club	55.360	8
3	Pomaa Marian, Domfe	Greater Accra	55.379	6
4	MARIAMA, FATAO	Ghana Armed Forces	57.417	5
5	JUSTINA, MIDJIRATO	UDS	59.232	4
6	MARY, SAM	TEAM WESTERN	1:02.679	3
7	SAKINA, ABDUL HAMID	UDS	1:04.030	2
8	AMINA, SALAM	Ghana Armed Forces	1:04.078	1

Event 6 400m Men

Prelims

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Israel Anane, Domeh	UEW	46.861 q
2	Nyame, Charles	UDS	47.432 q



3	Saeed, Osman Ahmed	Team Pablo	48.157 q
4	Neyi Akeseh, Arthur	UEW	49.042
5	Alhaji Swift, Abdul Rahman Issah	UDS	49.814
6	Traore, Daouda	Appiah Athletics Club	53.750
7	Gabriel, Asare	Adisadel college	54.996
8	Boakye, Frederick	Ghana police	55.265

Plac Name Affiliation Time

Heat 2

1	EMMANUEL, DUKPE	UDS	47.212 q
2	Daniel, Otibo	University of Ghana, Legon	47.276 q
3	Michael, Amakwantia	Ghana Prisons Service	50.123
4	Mordecai Owusu, Acheampong	Inspired by sports academy	51.702
5	ABU FIRDAWS, ALHASSAN	Ghana Armed Forces	52.813
6	Awotwer, Finn	Efutu Senior High Tech School	55.701
7	Frank, Sackey	Club	55.909

Plac Name Affiliation Time

Heat 3

1	RAYMOND, FRENCH	TEAM WESTERN	46.757 q
2	SOLOMON, DIAFO	Ghana Armed Forces	47.791 q
3	Musah, Amadu	Lord of Justice Athletics club	48.907
4	Emmanuel kwaku, Agyemang	UCC	49.430
5	ANNAN, FRANCIS	Takoradi technical University	54.757
6	Gilbert, Atandoh	Mankessim Senior High Technical School	57.733
7	Twumasi, Frederick	Efutu senior high Tech school	59.730
8	Emmanuel, Nimo	Ghana Prisons Service	DNF

Plac Name Affiliation Time

Heat 4

1	FRANK, ADDO	UDS	48.168 q
2	Owadih, William	University of Ghana, Legon	48.507
3	David, Sarpong	St Augustine college	51.044
4	Yente, Frank	Armed Forces SHS	51.543
5	Anthony, Boadi	University of Ghana, Legon	51.847
6	Bawumia Fahad, Haruna	KNUST	55.174
7	Elijah Teye, Ackam	University of Ghana, Legon	55.422

Event 6 400m Men

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	RAYMOND, FRENCH	TEAM WESTERN	45.940	10
2	Israel Anane, Domeh	UEW	46.155	8
3	SOLOMON, DIAFO	Ghana Armed Forces	46.753	6
4	EMMANUEL, DUKPE	UDS	47.066	5
5	Saeed, Osman Ahmed	Team Pablo	47.545	4
6	Nyame, Charles	UDS	47.613	3
---	Daniel, Otibo	University of Ghana, Legon	DNF	
---	FRANK, ADDO	UDS	DNS	

Event 7 800m Women

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Abigail, Abugire	New Generation Athletics Club	2:06.720	10
2	Abusuare Alhare	UDS	2:11.190	8
3	Kombetto, Grace	UCC	2:11.295	6

4	MERCY, ANGAAMCHAAB	Ghana Armed Forces	2:17.267	5
5	Saraphina, Adombila	Ghana Armed Forces	2:17.830	4
6	HILDAMARY, BAYOR	Ashanti	2:18.258	3
7	Latina, Haruna	High morale	2:23.065	2
8	Chima, Pandam	High morale	2:26.350	1
9	Charity, Mensah	Ghana Police Service	2:37.270	
10	Duaah, Sarah	Edinaman SHS	2:39.320	



Event 8 800m men

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Daniel Gawuga, Abotsi	UCC	1:54.193	10
2	Sadiq, Aloo	Tema	1:54.497	8
3	Offeh Ishmael, Acheampong	University of Ghana, Legon	1:54.617	5
4	Albert, Coffie	Ghana Armed Forces	2:00.449	
5	Mensah, Isaac	Ghana Prison Service	2:00.897	
6	Tawiah, Nelson	No Day Athletics Club	2:01.480	
7	Solomon, Akudugu	KNUST	2:02.109	
8	Bright Atta, Gyamfi	Ghana Police Service	2:04.621	
9	Abdul Razak, Mohammed	Ghana Prisons Service	2:05.061	

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 2				
1	Morris Toffic, Bazaa kurug	Inspired by sports academy	1:54.547	6
2	Germain K., Dzorgbesi	Ghana Prisons Service	1:54.747	4
3	Amenya Hammond, Gideon	UEW	1:55.817	3
4	Ansah, Owusu	Ghana Armed Forces	1:55.838	2
5	Emmanuel Jerry Frimpong, Duodu	KNUST	1:56.862	1
6	Forever, Gagodo	Ghana Armed Forces	1:59.897	
7	Samuel Akue, Okai	Ghana Prisons Service	2:00.287	
8	Congrats S., Abdullah	Ghana Prisons Service	2:02.573	
9	Kudjo, Addae	Ghana Police Service	2:08.041	

Event 9 1500m Women

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	N-vanee, Anchike	UEW	4:35.590	10
2	Sakat Juliana, Lariba	Ghana Armed Forces	4:37.246	8
3	ROSEMARY, ARTHUR	Ghana Armed Forces	4:41.955	6
4	Ramata, Abdulai	High morale	5:02.566	5
5	Believe, Mensah	TEAM WESTERN	5:08.017	4
6	Christiana, Amoako	Upper East Region	5:09.798	3
7	WINIFRED, ADOKOH	Ghana Fire Service	5:16.516	2
8	Mariama, Aidoo	UCC	5:29.825	1

Event 10 1500m Men

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Mohammed, Aziz	University of Ghana, Legon	3:53.506	10
2	Isaac, Mensah	Grace Mile Athletics Club	4:04.999	8
3	Isaac, Aboagye	Ghana Armed Forces	4:11.259	6
4	Daniel Oduro, Aboagye	University of Ghana, Legon	4:13.750	5
5	LOUIS, AKANPIRIGE	Ghana Armed Forces	4:19.943	4

6	Tanko, Komey	TEAM WESTERN	4:20.517	3
7	Adegbe, Michael	Ghana Police	4:38.810	2
8	JOSHUA, TAGOE	Ghana Fire Service	4:45.409	1
9	Leonard, Segbefia	Ghana Prisons Service	4:47.691	
10	Solomon, Ackon	Bompeh SHS	4:51.343	
11	ALEXANDER, DARKO	Ghana Fire Service	4:53.149	
12	Boateng, Adam	KSTU	5:08.131	
13	Daniel, Attakora	KsTU	5:09.094	



3
2
1

Event 11 5000m Women

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Koomson, Sarah	UDS	17:57.531	10
2	Addo, Naomi	University of Ghana, Legon	18:09.501	8
3	Asakiyaaba, Joana	High Morale	18:46.742	6
4	Ankuma, Eva	Edinaman SHS	20:05.955	5

Event 12 5000m Men

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	TININYA, KOMBAT	UDS	15:01.517	10
2	Evans, Tetteh	Grace Mile Athletics Club	15:03.613	8
3	Mohammed, Soko	Central Region	15:10.864	6
4	Jonas, Ayamga	Ghana Armed Forces	15:18.832	5
5	Saleem, Issah	University of Ghana, Legon	15:35.417	4
6	Peter, Dzitse	TEAM WESTERN	16:27.834	3
7	Awim Abita, Philip	Ghana police	16:48.886	2
8	Obeng, Francis	No Day Athletics Club	18:27.534	1
9	Benjamin, Nsarkoh	KsTU	20:05.979	

Event 14 10000m Men

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Ishmael, Arthur	GAF	30:29.461	10
2	Tetteh, Emmanuel	Ashanti	30:58.628	8
3	John, Boateng	Ghana Armed Forces	34:24.780	6
4	Akakiya, Atampure	Ghana Prisons Service	34:57.685	5
5	Stephen, Amankrah	Ghana Prisons Service	36:21.626	

Event 16 110m Hurdles Men

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
Wind: +1.1(Manual) M/S				
1	Banarbas, Dompey	Ghana Armed Forces	14.759	10
2	Theophilus, Afriyie	UEW	14.988	8
3	Elisha, Akornor	Mfantsipim School	17.285	6
4	Samuel, Kesse	Adisadel college	17.676	5
5	Paul Debrah, Owusu	Kumasi High School	18.175	4

Event 18 400m Hurdles Men

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				

1	Baba, Mammoudus Seidu	Ghana Armed Forces	51.609	10
2	Osborn, Turkson	Ashanti	53.347	8
3	SOLOMON, KISSWARD	Ghana Armed Forces	53.502	6
4	William Jojo, Dadson	University of Ghana, Legon	57.102	3
5	Prince Akwasi, Adjei	Appiah Athletics Club	1:01.969	
<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>



Heat 2

1	Emmanuel Godson, Turkson	Mfantsipim School/Central Region	55.014	5
2	PATRICK, BOAKYE	Ghana Armed Forces	55.339	4
3	Isaac Nii, Lamptey	Ghana Police Service	57.786	2
4	Boabeng, Ebenezer	Adisadel college	1:00.344	1
5	Kwaku Yanteba kumah, Ebenezer	University of Ghana, Legon	1:01.060	

Event 19 High Jump Women

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Amoanimaa Yeboah, Rose	UCC	1.90	10
	1.50 1.55 1.60	1.65 1.70 1.75 1.80	1.90 1.92	
	O - O	O O XO XO	X O XXX	
2	Doreen, Gagba	Ghana Armed Forces	1.70	8
	1.50 1.55 1.60	1.65 1.70 1.75		
	XO O O	XXO XO XXX		
3	Rebecca, Aggrey	GRA - Customs Division	1.65	6
	1.50 1.55 1.60	1.65 1.70		
	O O O	XO XXX		
4	Esther, Obenewaa	Mfantseman Girls SHS	1.60	4.5
	1.50 1.55 1.60	1.65		
	O O O	XXX		
4	Rosemond, Owusu	Ashanti	1.60	4.5
	1.50 1.55 1.60	1.65		
	O XXO O	XXX		
6	Scholastica, Sakyi	University of Ghana, Legon	1.50	3
	1.50 1.55			
	XO XXX			

Event 20 High Jump Men

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Bismark, Prah	Nyakrom Senior High Technical School	2.00	9
	1.75 1.80 1.85	1.90 1.95	2.00 2.05	
	O O O	O O	O XXX	
1	Ebenezer, Gyimah	UCC	2.00	9
	1.75 1.80 1.85	1.90 1.95	2.00	
	O - XO	XO O	O XXX	
3	Kelvin, Marfo	University of Ghana, Legon	1.95	5.5
	1.75 1.80 1.85	1.90 1.95	2.00	
	O O XO	O O	XXX	
3	BRIGHT, TSATSU	Ghana Armed Forces	1.95	5.5
	1.75 1.80 1.85	1.90 1.95	2.00	
	- - O	XO O	XXX	
5	Daniel Hoinsode, Asare	University of Ghana, Legon	1.90	4
	1.75 1.80 1.85	1.90 1.95		
	O O O	XO XXX		
6	Boateng, Philip	Ashanti	1.85	3
	1.75 1.80 1.85	1.90		
	O O O	XXX		
7	Emmanuel, Wilson Forson	KsTU	1.75	2

Event 21 Long Jump Women**Final**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	Dorcas, Opoku 6.07	Ghana Armed Forces	6.07	0.8	10
2	AWAM SAKINA, UMAR 5.52	UDS	5.52	1.2	8
3	Diamond, Kusime 5.27	Mfantseman Girls SHS	5.27	-0.4	6
4	Rosemond, Owusu 4.73	Ashanti	4.73	0.1	5
5	Vanessa Talata, Azangbeo 4.60	University of Ghana, Legon	4.60	0.4	4

Event 22 Long Jump Men**Final**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	Maxwell Peterson, Wordui 7.32	University of Ghana, Legon	7.32	1.2	10
2	Mensah, Otcherey 7.25	Ghana Armed Forces	7.25	-0.1	8
3	Isaac, Nkansah 6.96	Ghana Police Service	6.96	0.3	6
4	GEORGE, APPIAH 6.88	KNUST	6.88	0.5	5
5	ABDUL BASIT, SEIDU 6.80	UDS	6.80	0.1	4
6	Nana Nkrumah, Baidoo 6.76	UCC	6.76	1.4	3
7	Joseph, Adumuah 6.66	GRA - Customs Division	6.66	-0.2	2
8	Daniel Hoinsode, Asare 6.57	University of Ghana, Legon	6.57	-0.4	1
9	Gideon, Azure 6.47	KsTU	6.47	1.3	
10	Andy Kwabena, Agyemang 6.28	Ashanti	6.28	1.2	
11	AMOAH KOFI, DESMOND 6.04	Ghana Fire Service	6.04	-0.1	
12	Boateng, Philip 5.85	Ashanti	5.85	1.8	
13	Michael, Mensah 5.75	Mfantsipim School	5.75	1.5	
14	Baidoo, Felix 5.67	Ashanti	5.67	-0.3	
15	Mensah, Clement 5.47	Ashanti	5.47	0.5	
16	Richard, Brown 4.93	Ghana Fire Service	4.93	0.1	

Event 23 Triple Jump Women**Final**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	ABA AMENGU, SAM Copyright (c) 2002-2021 Lynx System Developers, Inc.	Ghana Armed Forces	11.90	1.1	10

11.90
2 Dorcas, Opoku
11.64

Ghana Armed Forces

11.64



8

Event 24 Triple Jump Men

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	PRECIOUS, ATTIPOE 14.62	Ghana Armed Forces	14.62	0.2	10
2	Mensah, Otcherey 14.30	Ghana Armed Forces	14.30	0.4	8
3	Oyeyoni, Oyewale-johnson 14.24	University of Ghana, Legon	14.24	0.9	6
4	EMMANUEL, DESU 14.20	Ghana Armed Forces	14.20	-0.1	5
5	Andy Kwabena, Agyemang 13.09	Ashanti	13.09	0.5	4

Event 27 Javelin Throw Women

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Rejoice, Agbewodie 47.02	University of Ghana, Legon	47.02	10
2	Mary, Zutah 41.82	Ghana Police Service	41.82	8
3	Otubea, Comfort 37.20	Ghana Prison Service	37.20	6
4	Shirazu, Fataya 33.95	GAF	33.95	5

Event 28 Javelin Throw Men


Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Emmanuel, Gyefa 59.16	Ghana Police Service	59.16	10
2	GABRIEL ASARE, TEYE 58.36	Ghana Armed Forces	58.36	8
3	Fianu, David 53.03	GAF	53.03	6
4	Hakeem, Seidu 50.22	KsTu	50.22	5
5	Daniel, Amankwa 49.59	Ghana Armed Forces	49.59	4
6	Abotre, Michael 45.06	Adisadel college	45.06	3
7	Nathan, Addison 38.75	University of Ghana, Legon	38.75	2

Event 29 Shotput Women

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Antoineth, Agbley 11.87	Ghana Police Service	11.87	10

	11.87				
2	FAUSTINA, OWUSU	UEW	11.46		8
	11.46				
3	Ama Serwaa, Amoako	Ghana Prisons Service	9.40		6
	9.40				
4	Yakubu, Ashetu	Edinaman SHS	8.30		5
	8.30				
5	Ishmael, Ridwana	Effutu	8.11		4
	8.11				

Event 30 Shotput Men

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Rahman, ABDUL	Ghana Armed Forces	13.03	10
	13.03			
2	Emmanuel, Gyefa	Ghana Police Service	12.30	8
	12.30			
3	Benard, Oboubi	Mfantsipim School	10.87	6
	10.87			
4	Emmanuel, Tsibuah	sporty spice	10.62	5
	10.62			
5	Daniel, Annankana	Ghana Police Service	9.93	4
	9.93			
6	Katu, Vincent	Effutu	9.10	2.5
	9.10			
6	Aganda, Joseph		9.10	2.5
	9.10			
8	Kwasi, Owusu	Ghana Police Service	7.72	1
	7.72			

Event 31 2000M RACE WALK

Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Arthur, Seth	Western Regiojn	14:24.752	10
2	Dadzie, John Domici	Ghana Fire Service	15:15.884	8
3	Atsu-Fiadzomor, Julius	Volta Rregion	15:35.105	6
4	Anku, Edem	Ghana police	16:25.228	5