

Cape Coast Sports Stadium
6/23/2023

Results

Event 1 100m hurdles Women

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1		Wind: +0.2 M/S		
1	Adu, Stephanie	Ghana Armed Forces	16.505	10
2	Adjei, Agnes	St Louis Girls SHS	16.609	8
3	Adokpa, Mary	Ghana Armed Forces	18.484	6
4	Asechoma, Ethel	M/ S Track and Field	19.280	5

Event 2 110m hurdles Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1		Wind: +0.6 (Manual) M/S		
1	Afryjie, Theophilus	UEW	15.015	10
2	Otuo Acheampong, Michael	M/S Track and Feild	15.997	8
3	Owusu, Paul Debrah	M/S Track and field	18.082	6
4	Noye, Shadrack Nuertey	Efutu Senior High School	18.145	5
5	Nunoo, De Graft Patrick	Efutu Senior High School	18.309	4
6	Kwaku, Ebenezer Yanteba	University of Ghana, Legon	18.439	3

Event 3 100m Women

Prelims

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: +0.1 M/S	
1	Acheampong, Deborah	UPSA	11.764 q
2	Asibou, Sandra	Ghana Armed Forces	11.862 q
3	BOAKYE, MARY	Ghana Armed Forces	11.953 q
4	Quansah, Naseera Efua	Central Region	12.258 q
5	Agbokpah, Stella	University of Ghana, Legon	12.524 q
6	Yeboah Amanda, Christiana	St Louis Girls SHS	12.908 q

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: +0.3 M/S	
1	MENSAH, JANET	Speedsters	11.996 q
2	Koumedzina, Judith	Togo	12.317 q
3	Essah, Sandra	Efutu Senior High School	13.636
4	IBRAHIM, AISHA	New Generation Athletics Club	15.431

Event 3 100m Women

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1		Wind: +1.2 (Manual) M/S		
1	Asibou, Sandra	Ghana Armed Forces	11.832	10
2	MENSAH, JANET	Speedsters	11.846	8

3	Acheampong, Deborah	UPSA	12.006	6
4	Quansah, Naseera Efua	Central Region	12.159	5
5	Koumedzina, Judith	Togo	12.250	
6	Yeboah Amanda, Christiana	St Louis Girls SHS	12.742	3
7	Agbokpah, Stella	University of Ghana, Legon	DNS	
7	BOAKYE, MARY	Ghana Armed Forces	DQ	

Event 4 100m Men
Prelims

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: +1.5 M/S	
1	Kwofie, Joseph Andoh	Central Region	10.677 q
2	Bokpin, Mustapha Alufar	LCAC	10.698 q
3	BOATENG, ELVIN EBENEZER	TEAM WESTERN	11.438
4	ASAMUAH, EMMANUEL	Ghana Prisons Service	12.032

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: +0.3 M/S	
1	Arkoh-Bawuah, Augustine	Ghana Armed Forces	11.070 q
2	Fantevi, Francis Liberty	Central Region	11.288
3	Opoku, Stephen	Ghana Armed Forces	11.341
4	Awal, Ahmed	Accra Technical University	11.474
5	Nnuro, Kwaku Francis	UDS	11.788

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3		Wind: -0.1 M/S	
1	Choro, Gideon	LCAC	11.099 q
2	Denkyi, Michael	University of Ghana, Legon	11.214
3	Acquah-Hagan, Joshua Blessed	KNUST	11.330
4	Seidu, Dramani	Ghana Prisons Service	12.353

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 4		Wind: +0.0 M/S	
1	AYIMASU, EMMANUEL	Kumasi Technical University	11.095 q
2	Acheampong Overmass, Overmass	UEW	11.103 q
3	Abbiw, Michael	Fettehman	11.569
4	Amissah, John	Sekondi college	12.292

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 5		Wind: +0.3 M/S	

Event 4 100m Men

1	Aggerh, Barnabas Kobby	Speedsters	10.769 q
2	IDDRISU, MUSA	Ghana Armed Forces	11.121
3	Adi, Kwesi Eric	Accra Academy shs	11.488
4	HUSSEIN ADJEI, HAKEEM	Ghana National Fire Service	12.651

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 6		Wind: +1.0 M/S	
1	Ansah, Sarfo	Ghana Prisons Service	10.717 q
2	MOHAMMED, IDDIRISU	Ghana Prisons Service	11.156
3	Koduah, Richmond kofi	University of Ghana, Legon	11.346
4	ALENA TENGAN, ROLAND	Ghana Prisons Service	11.386
5	Oppong, Bright	University of Ghana, Legon	11.502
6	Mensah, Eric	UEW	12.172

Event 4 100m Men**GHANA ATHLETICS**Points**Final**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1		Wind: +1.4 (Manual) M/S		
1	Ansah, Sarfo	Ghana Prisons Service	10.407	10
2	Aggerh, Barnabas Kobby	Speedsters	10.523	8
3	Bokpin, Mustapha Alufar	LCAC	10.564	6
4	Kwofie, Joseph Andoh	Central Region	10.625	5
5	Arkoh-Bawuah, Augustine	Ghana Armed Forces	10.893	4
6	Acheampong Overmass, Overmass	UEW	11.137	3
7	AYIMASU, EMMANUEL	Kumasi Technical University	DNS	
7	Choro, Gideon	LCAC	DQ	

Event 5 200m Women**Prelims**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: -0.3 (Manual) M/S	
1	Ewusie, Lovina	UCC	25.085 q
2	Bariskisu, Issahaku	Ghana Armed Forces	26.280 q
3	Sackey, Eunica	Ghana Armed Forces	27.246 q
4	Eshun, Cecilia	St Lawrence B Catholic JHS	28.124 q

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: -0.4 (Manual) M/S	
1	Agyemang, Kate	Ghana Armed Forces	24.889 q
2	Afrifa, Anita	All Nations Athletics Academy	25.432 q
3	Agbokpah, Stella	University of Ghana, Legon	25.819 q
4	Amoah, Rose	M/ S Track and Field	28.278 q

Event 5 200m Women**Final**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1		Wind: +0.8 (Manual) M/S		
1	Agyemang, Kate	Ghana Armed Forces	24.721	10
2	Ewusie, Lovina	UCC	24.842	8
3	Afrifa, Anita	All Nations Athletics Academy	25.080	6
4	Agbokpah, Stella	University of Ghana, Legon	25.922	5
5	Bariskisu, Issahaku	Ghana Armed Forces	26.106	4
6	Sackey, Eunica	Ghana Armed Forces	27.282	3
7	Amoah, Rose	M/ S Track and Field	28.247	2
8	Eshun, Cecilia	St Lawrence B Catholic JHS	29.078	1

Event 6 200m Men**Prelims**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: +0.0 (Manual) M/S	
1	Aflamah, Wallace	UDS	21.716
2	Mensah, Frank	GRA - Custom Division	22.042
3	AYIMASU, EMMANUEL	Kumasi Technical University	22.434
4	Adjei, Prince Nana Akwasi	Appiah's Athletics Club	23.318

5	EMMANUEL, ARYEE	Ghana Prisons Service	23.450
6	Arhin, Samuel	Efutu Senior High School	26.833
<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

Heat 3	Wind: +0.2 (Manual) M/S		
1	Gadayi, Edwin	Ghana Armed Forces	21.495
2	Marizuk, Shaibu	Ghana Armed Forces	21.853
3	NWACHUKWU, JON CHIDI	Ghana National Fire Service	24.751
4	Mensah, Eric	UEW	24.880
5	Anon, Kweku Paul	Efutu Senior High School	26.681
<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

Heat 4	Wind: +0.3 (Manual) M/S		
1	Sodzinshie, Anthony	UCC	24.224
2	Agbavitor, Prosper	Asamankese SHS	25.048
3	Fosuhene, Enoch	KNUST	25.056
<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

Event 6 200m Men
Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1	Wind: +0.7 (Manual) M/S			
1	Gadayi, Edwin	Ghana Armed Forces	21.058	10
2	Aflamah, Wallace	UDS	21.516	8
3	Marizuk, Shaibu	Ghana Armed Forces	21.536	6
4	Mensah, Frank	GRA - Custom Division	22.090	5
5	AYIMASU, EMMANUEL	Kumasi Technical University	22.123	4
6	EMMANUEL, ARYEE	Ghana Prisons Service	23.366	3
7	Adjei, Prince Nana Akwasi	Appiah's Athletics Club	DNS	
7	Sodzinshie, Anthony	UCC	DNS	

Event 7 400m Women
Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Nuhu, Rafiatu	Ghana Armed Forces	55.098	10
2	Fatao, Mariama	Ghana Armed Forces	55.799	8
3	Aduntira, Grace	Ghana Armed Forces	56.227	6
4	Pomaa Domfe, Marian	Greater Accra Region	57.239	5
5	Sam, Mary	Western Region	1:02.098	4
6	Abdulai, Sherifatu	Ghana Prisons Service	1:02.987	3
7	Salam, Amina	Ghana Armed Forces	1:03.644	2
8	Tuolong, Reina	High moral	1:06.138	1

Event 8 400m Men
Prelims

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Diafo, Solomon	Ghana Armed Forces	46.707 q
2	Emmanuel, Nimo	Ghana Prisons Service	48.071 q
3	DUKPE, EMMANUEL	UDS	48.164 q
4	KHALIC Aminu, MOHAMMED .M	SAGNATION	49.587 q
5	Saeed, Osman Ahmed	Ghana Prisons Service	49.607 *



5	Amankwatia, Michael	Ghana Prisons Service	49.607 *
7	Fosu, Wisdom	University of Ghana, Legon	52.151
8	Kwaku, Ebenezer Yanteba	University of Ghana, Legon	53.306

* = 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 2			
1	Asante, Bismark	Grace Mile Athletics Club	49.401 q
2	SULEMANA, SEIDU	Ghana Prisons Service	50.254
3	Love-Mensah, Samuel	Goloe Athletics Club	51.046
4	Yawson, Daniel	Students	54.166
5	Sarpong, David	St .Augustines	55.692
6	Ackam, Elijah Teye	University of Ghana, Legon	56.552

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
1	FRENCH, RAYMOND	TEAM WESTERN	46.477 q
2	Tabiou, Nabine	Togo	49.593 q
3	DAU, AMOS AFREDI	University of Ghana, Legon	49.965
4	Arthur, Neeyi Akesseh	UEW	50.499
5	Boadi, Anthony	University of Ghana, Legon	50.904
6	Okran, Eugene	Ghana Armed Forces	52.259
7	Abu, Firdaws	Ghana Armed Forces	53.987

Event 8 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	46.435	10
2	Emmanuel, Nimo	Ghana Prisons Service	47.729	8
3	DUKPE, EMMANUEL	UDS	47.744	6
4	Tabiou, Nabine	Togo	48.554	5
5	Saeed, Osman Ahmed	Ghana Prisons Service	48.570	4
6	KHALIC Aminu, MOHAMMED .M	SAGNATION	49.568	3
7	Asante, Bismark	Grace Mile Athletics Club	49.693	2
---	FRENCH, RAYMOND	TEAM WESTERN	DNS	

Event 9 800m Women

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Anagaamichaab, Mercy	Ghana Armed Forces	2:15.414	10
2	Nouwodjro, Eya Elizabeth	Togo	2:26.956	8
3	Fosuah, Vivian	Ghana Armed Forces	2:31.032	6
4	Samgna, Conilia	High moral	2:40.426	5

Event 10 800m Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	DZORGBESI, KOFI GERMAIN	Ghana Prisons Service	1:54.981	10
2	Coffie, Albert	Ghana Armed Forces	1:55.229	8

3	Acheampong, Ishmael Offeh	University of Ghana, Legon	1:55.867	6
4	Ansah, Owusu	Ghana Armed Forces	1:58.188	5
5	Aloo, Sadiq	University of Ghana, Legon	1:58.528	
6	Gagodo, Forever	Ghana Armed Forces	1:59.857	3
7	Mohammed, Abdul Razak	Ghana Prisons Service	2:00.049	2
8	Boateng, Akwasi	University of Ghana, Legon	2:01.773	1
9	Samuel, Abuetteh okai	Ghana Prisons Service	2:02.083	
10	Oppong, Frank	Exuberant sporting club	2:09.128	
11	Kwartey, Philip	Efutu senior high school	2:17.991	



Event 11 1500m Women

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	ARTHUR, ROSEMARY	Ghana Armed Forces	4:28.172	10
2	Segbobr, Belinda	High moral	4:36.604	8
3	Lariba, Sakat	Ghana Armed Forces	4:38.800	6
4	Anchike, N-vanee	UEW	4:46.354	5
5	Adokoh, Wimifred	GHANA NATIONAL FIRE SERVIC	5:29.966	4
6	Dong, Edith	High moral	5:53.682	3
7	Arthur, Victoria	Efutu Senior High School	5:56.025	2
8	Nernye, Sandra	High moral	5:59.663	1
9	Tandoh, Cecilia	Efutu Senior High School	6:21.062	

Event 12 1500 Men

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Aziz, Mohammed	LCAC	3:49.927	10
2	Mensah, Isaac	Grace Mile Athletics Club	4:06.937	8
3	Baidoo, Evans	Western Region	4:10.984	6
4	Aboagye, Daniel Oduro	University of Ghana, Legon	4:13.222	5
5	Otorbor, Daniel	Ghana Armed Forces	4:19.123	4
6	Boison, Baafi Emmanuel	Efutu Senior High School	4:19.610	
7	Otorbor, Daniel	Ghana Armed Forces	4:23.647	2
8	Assifuah, Alfred	Efutu Senior High School	4:23.950	1
9	Abdulai Sulemana, Congrats	Ghana Prisons Service	4:39.693	

Event 13 5000m Women

Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Addo, Naomi	University of Ghana, Legon	17:35.727	10
2	Abobila, Alimisi Gloria	All Nations Athletics Academy	20:23.016	8
3	Nyini, Alberta	All Nations Athletics Academy	20:33.056	6
4	Akortia, Madeline	Grace Mile Athletics Club	21:30.305	5
---	Nyini, Alberta	All Nations Athletics Academy	NT	
---	Abobila, Alimisi Gloria	All Nations Athletics Academy	NT	
---	Addo, Naomi	University of Ghana, Legon	NT	

**Event 14 5000m Men****Final**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Afful, Basit	Students	14:56.634	10
2	Ayamga, Jonas	Ghana Armed Forces	15:44.050	8
3	Sottie, Francis Tetteh	UCC	15:54.568	6
4	Soko, Mohammed	Central Region	15:59.263	5
5	Kuufaar, Prosper	High moral	16:16.379	4
6	Korah, James	Team Daakye	16:52.718	3
7	EDUFUL, EBENEZER	Team Daakye	16:53.328	2
8	Issah, Saleem	Student	17:04.970	1
9	HAVI, DERRICK	Ghana National Fire Service	18:20.636	

Event 15 400m Hurdles Women**Final**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Adjei, Agnes	St Louis Girls SHS	1:05.188	10
2	Owusu Konadu, Thelma	M/ S Track and Field	1:07.756	8
3	Adokpa, Mary	Ghana Armed Forces	1:08.340	6
4	Adu, Stephanie	Ghana Armed Forces	1:10.582	5

Event 16 400m Hurdles Men**Final**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Essumang, Dominic	M/S track and Field	55.887	4
2	Boakye, Patrick	Ghana Armed Forces	57.997	2
3	Atitiba, Joshua	Ghana Armed Forces	1:01.802	1
4	Sam, Oscar Jerry	Schooling	1:14.326	
Heat 2				
1	Mammoudu, Baba	Ghana Armed Forces	51.989	10
2	Banarbas, Domphey	Ghana Armed Forces	53.653	8
3	Kissward, Solomon	Ghana Armed Forces	54.136	6
4	Turkson, Osborn	M/S Track and field	54.240	5
5	Turkson, Emmanuel Godson	Central Region	56.394	3

Event 18 10,000m Men**Final**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Arthur, Ishmeal	Ghana Armed Forces	29:34.809	10
2	Obeng, Stephen	Ghana Prisons Service	32:39.718	8
3	Yin, Anthony	Ghana Armed Forces	32:42.907	6

Event 21 High Jump Women
GHANA ATHLETICS
Points
Final

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Obenewaa, Esther	Central Region	1.65	10
2	Gagba, Doreen	Ghana Armed Forces	1.60	7
2	Aggrey, Rebecca	GRA - Custom Division	1.60	7

Event 22 High Jump Men**Final**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Gyimah, Ebenezer	UCC	1.95	8
1	Adams, Alhassan	Ghana Armed Forces	1.95	8
1	PRAH, BISMARCK	NYAKROM SENIOR HIGH TECHN	1.95	8
4	Tsatsu, Bright	Ghana Armed Forces	1.85	4.5
4	Marfo, Kelvin	University of Ghana, Legon	1.85	4.5
6	Owusu, Obeng Ezra	M/S track and Field	1.80	3

Event 23 Javeline Throw Women**Final**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Agbewodie, Rejoice	University of Ghana, Legon	40.39	10
2	COMFORT, OTUBIA	PRISONS	37.33	8
3	Shirazu, Fataya	Ghana Armed Forces	33.36	6

Event 24 Javeline Throw men**Final**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	NUMO, BENJAMIN TETTEH	Ghana Armed Forces	60.30	10
2	Asare, Teye Gabriel	Ghana Armed Forces	56.96	8
3	Bonney, Sampson Clifford	UEW	54.71	6
4	Amankwa, David	Ghana Armed Forces	47.93	5
5	Fianu, David	Ghana Armed Forces	45.60	4
6	Abotri, Courage	EDINAMAN ATHLETICS CLUB	43.90	3
7	Bekor, Maxwell	CCTU	43.80	2

Event 25 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	Kusime, Diamond	Central Region	5.85	NWI	10
2	Dorcas, Opoku	Ghana Armed Forces	5.40	NWI	8
3	Sakyi, Scholastica Sedem	University of Ghana, Legon	4.48	NWI	6
4	Azangbeo, Vanessa Talata	University of Ghana, Legon	4.38	NWI	5
5	Awotwe, Hannah	Efutu Senior High School	3.64	NWI	4

Event 26 Long Jump Men**GHANA ATHLETICS**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Final					
Flight 1					
1	Wordui, Maxwell Peterson	University of Ghana, Legon	7.37	NWI	10
2	Konu, Bernard	Togo	7.20	NWI	8
3	Mensah, Otchere Y	Ghana Armed Froces	7.04	NWI	6
4	AMONOO, DANIEL	University of Ghana, Legon	6.56	NWI	5
5	Larweh, Emmanuel	UCC	6.50	NWI	4
6	Adumuah, Joseph	GRA - Custom Division	6.43	NWI	3
7	AMOAKO, DESMOND KOFI	Ghana National Fire Service	6.16	NWI	2
8	Tsibu, Jacob	CCTU	5.95	NWI	1

Event 29 Triple Jump Women**Final**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	SAM, ABA AMENGU	Ghana Armed Forces	11.66	10
2	Sakyi, Scholastica Sedem	University of Ghana, Legon	9.93	8
3	Azangbeo, Vanessa Talata	University of Ghana, Legon	9.58	6

Event 30 Triple Jump Men**Final**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Attipoe, Precious	Ghana Armed Forces	14.16	10
2	Mensah, Otchere Y	Ghana Armed Froces	13.80	8
3	Emmanuel, Desu	Unattached	13.63	
4	Darkwa, Samuel	University of Ghana, Legon	13.24	6

Event 31 10Km Walking Race Men**Final**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Arthur, Seth	Western Region	45:33.62	10
2	Dadzie, John Domici	GHANA NATIONAL FIRE SERVIC	46:53.31	8
3	Rambo, Ekow	Central Region	48:23.07	6
4	Anku, Edem	Ghana police service	48:34.98	5

Event 32 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	Kusime, Diamond	Central Region	5.85	NWI	10
2	Dorcas, Opoku	Ghana Armed Forces	5.40	NWI	8
3	Adjei, Agnes	St Louis Girls SHS	5.20	NWI	6
4	Kpormegbe, Linda	St Louis Girls SHS	5.12	NWI	5
5	Sakyi, Scholastica Sedem	University of Ghana, Legon	4.48	NWI	4
6	Azangbeo, Vanessa Talata	University of Ghana, Legon	4.38	NWI	3



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