

Baba Yara Sports Stadium Kumasi

4/7/2023

## Results

### Event 1 10,000m Men Race Walk

#### Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Segbe-Adzraku, David Y. S.	John -RAAF Walking	53:40.723	10
2	Segbe-Adzraku, John Senanu	John -RAAF Walking	55:56.823	8
3	Segbe-Adzraku, Moses	John -RAAF Walking	57:46.069	6

### Event 2 110m Hurdles Men

#### Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
Wind: -0.6 (Manual) M/S				
1	Annobil, Eric	Maxepeed	14.817	10
2	Essumang, Dominic	UEW	15.957	8
3	Akortey, Ebenezer	KNUST	17.070	6
4	Owusu, Clinton	Kumasi High School	18.582	5

### Event 3 100m Hurdles Women

#### Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
Wind: -1.5 (Manual) M/S				
1	Ewusi, Lovina	UCC	15.101	
2	Osei Konadu, Thelma	M/S Ashanti	18.895	
3	Adobea, Martha	St Louis SHS	20.610	

### Event 4 400m Men

#### Prelims

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Dupke, Emmanuel	North East	47.784
2	Nimo, Emmanuel	Ghana Prisons Service	48.286
3	Halic, Moammed	Ashanti	49.776
4	Boadi, Anthony	UG Legon	50.464
Heat 2			
1	Opare Owadieh, William	UG Legon	48.125
2	French, Raymond	Team Western	48.280
3	Amadu, Musah	Lord of Justice	48.811
4	Osman Ahmed, Saeed	Ashanti	49.209
5	Owusu, Prince	UEW	51.761

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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1	Yaw Mantey Otibo, Daniel	UG Legon	48.487
2	Anane Domeh, Israel	UEW	49.069
3	Manaf, Abdul	Lord of Justice	52.077
4	Boateng, Joseph	UENR	52.969
5	Danyagri, Paul	AAMUSTED	53.695
6	Alhassan, Abu Firdaws	Ghana Armed Forces	53.817

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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**Heat 4**

1	Diafo, Solomon	Ghana Armed Forces	48.272
2	Nyame, Charles	UDS	49.062
3	Asiedu Agyei, Caleb	AAMUSTED	50.565
4	Nkrumah Arthur, Emmanuel	UENR	51.368
5	Adongo, David	KsTU	52.325

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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**Heat 5**

1	Mammoudu, Baba S.	Ghana Armed Forces	48.351
2	Antiedu, Peter	UEW	50.670
3	Akolbila, Milo Zaza	UEW	51.601
4	Omi, Victor	Mount Marys College	52.818

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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**Heat 6**

1	Turkson, Emmanuel Godson	Central	50.012
2	Amankwatia, Michael	O. J Athletics Club	51.643
3	Sarpong, David Akwasi	St. Augustine College	55.623
4	Nkranya, Sampson Kofi	NPC - GH	56.565
5	Owusu, Atta	NPC - GH	1:00.487

**Event 4 400m Men**
**Final**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
<b>Heat 1</b>				
1	French, Raymond	Team Western	47.293	10
2	Diafo, Solomon	Ghana Armed Forces	47.925	8
3	Yaw Mantey Otibo, Daniel	UG Legon	48.073	6
4	Opape Owadiah, William	UG Legon	48.204	5
5	Nimo, Emmanuel	Ghana Prisons Service	48.324	4
6	Dukpe, Emmanuel	North East	48.685	3
7	Amadu, Musah	Lord of Justice	48.851	2

**Event 5 400m Women**
**Prelims**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
<b>Heat 1</b>			
1	Mawunta, Awanya Pearl	UCC	56.213
2	Boakye, Mary	Ghana Armed Forces	57.440
3	Hamidu, Asana	UEW	57.942
4	Abdulai, Sakina	Lord of Justice	1:00.160
5	Brenya, Mary	Ashanti	1:00.746
6	Halidu, Hamida	OSHTS	1:05.206

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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**Heat 2**

1	Domfe, Marian Pomaa	Greater Accra	58.273
2	Appiah, Sandra	Lord of Justice	58.681
3	Carbo, Halena Klutesy	UENR	1:01.101
4	Assan, Bernice	St. Louis	1:02.247
5	Angela, Arhin	Ashanti	1:06.579

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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**Heat 3**

1	Nuhu, Rafiatu	Ghana Armed Forces	56.159
2	Aboagye, Portia	UENR	58.541
3	Gavey, Alifa	Lord of Justice	1:01.385
4	Agyei, Constance Kusi	Ashanti	1:02.218
5	Agudey, Deborah Doe Yoe	Mount Mary College	1:04.111

**Event 5 400m Women**
**Final**

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

1	Domfe, Marian Pomaa	Greater Accra	57.272	10
2	Aboagye, Portia	UENR	58.023	8
3	Appiah, Sandra	Lord of Justice	58.943	6
4	Boakye, Mary	Ghana Armed Forces	59.473	5
5	Abdulai, Sakina	Lord of Justice	1:00.124	4

**Event 6 High Jump Men**
**Final**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
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**Flight 1**

3	Adams, Alhassan	Ghana Armed Forces	2.05	6
1	Osei Poku, Gideon	Ashanti	1.95	6
1	Gyimah, Ebenezer	UCC	1.95	6
4	Anning, Francis	AMASS	1.95	
5	Boateng, Philip	Ashanti	1.90	
7	Azure, Gideon	Ashanti	1.85	6
7	Gyasi Duah, Prince	OWASS	1.85	6
7	Asare, Daniel H	UG Legon	1.85	2
10	Forson, Emmanuel	Ashanti	1.80	1
10	Donkor, Richard	OWASS	1.80	
10	Marfo, Kelvin	UG Legon	1.80	
13	Laar, Gabriel	UENR	1.65	

**Event 7 High Jump Women**
**Final**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
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**Flight 1**

1	Aggrey, Rebecca	GRA - Customs Division	1.70	10
2	Obenewaa, Esther	Central	1.55	8
3	Yakubu, Mariam	Ashanti	1.50	5
3	Owusu, Rosemond	Ashanti	1.50	5
3	Abu-Bonsua, Matilda	Ashanti	1.50	5

6 Iddris, Hajara Ashanti 1.45



### Event 8 10,000m Men

#### Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Alobig, Hamza	UCC	30:39.710	10
2	Oduro, Samuel	O J Athletics Club	30:48.000	8
3	Gmamoh, Anthony	UEW	31:46.392	6
4	Bachala, Abdul Rahaman	Naterigu SHS	32:26.421	5
5	Adjei, Emmanuel	Adansi Athletics	33:15.766	4
6	Moro, Zakari Arkolemise	KNUST	34:29.622	3

### Event 9 Shotput Women

#### Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Owusu, Faustina	UEW	11.17	10
2	Agbewodie, Rejoice	UG Legon	10.25	8
3	Serwaa, Ama	Ghana Prisons Service	9.50	6

### Event 10 Shotput Men

#### Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Alhassan, Ridwan	Ghana Prisons Service	14.37	10
2	McCarthy, Dominic	Ashanti	14.28	8
3	Rahman, Abdul	Ghana Armed Forces	12.96	6
4	Akulibilia, Thomas	UENR	12.60	5
5	Dzifa, Emmanuel	Ghana Police Service	11.87	4
6	Darko, Kingsley	Ashanti	11.81	3
7	Alhassan, Muaz	Unattached	11.12	2
8	Acheampong, Emmanuel	Ashanti	11.06	1

### Event 11 100m Women

#### Prelims

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: -0.4 (Manual) M/S			
1	Acheampong, Deborah	UPSA	11.972
2	Kwartemaa, Benedicta	UCC	12.404
3	Barikisu, Issahaku	Ghana Armed Forces	12.495
4	Ashinyo, Cecilia	Ghana Armed Forces	12.676
5	Amanda, Christiana	St. Louis	12.690
6	Zong, Mary	AAMUSTED	13.626
Heat 2			
Wind: -1.1 (Manual) M/S			
1	Mensah, Janet	SPEEDSTAR	12.146
2	Quansah Naseera, Efua	CENTRAL	12.258
3	Ibrahim, Aisha	St. Louis	13.030

4	Afriyie, Doris	UCC	13.377
5	Okai, Agnes	ABETIFI PRESBY	13.542
<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3		Wind: -1.3 (Manual) M/S	
1	Boakye, Mary	Ghana Armed Forces	12.170
2	Kusime, Diamond	CENTRAL	12.723
3	Adu Achiaa, Stephanie	Ghana Armed Forces	13.525

**Event 11 100m Women**
**Final**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1		Wind: -0.3 (Manual) M/S		
1	Mensah, Janet	SPEEDSTAR	11.969	10
2	Acheampong, Deborah	UPSA	12.023	8
3	Quansah Nassera, Efua	CENTRAL	12.089	6
4	Kwarteng, Benedicta	UCC	12.326	5
5	Issahaku, Barikisu	Ghana Armed Forces	12.577	4
6	Amanda, Christiana	St. Louis	12.725	3
7	Boakye, Mary	Ghana Armed Forces	DNS	
7	Ashinyo, Cecilia	Ghana Armed Forces	DNS	

**Event 12 100m Men**
**Prelims**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: -0.1 (Manual) M/S	
1	Shaibu, Marizuk	Ghana Armed Forces	10.919
2	Odonkor, Solomon	UEW	11.219
3	Yeboah, Ronald Kumi	KNUST	11.317
4	Abdul-Rahman, Sumani	Achimota SHS	11.511
5	Mensah, Richard	LCAC	11.759
6	Ahiamoe, Koenya	BOASS	11.805
7	Nyame, Charles	UDS	12.407
<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: -0.2 (Manual) M/S	
1	Zakaria Abdul, Mumin	UDS	11.002
2	Baah, Eric	UCC	11.059
3	Thompson, Stephen	UCC	11.551
4	Asamoah, Emmanuel	Ghana Prisons Service	11.895
5	Adua, Kwame	BOASS	11.911
6	Tsigbey, Emmanuel Edem	KNUST	11.990
<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3		Wind: +0.4 (Manual) M/S	
1	Nyameye, Joshua	UCC	10.870
2	Kyeremateng, Nathaniel	UG Legon	10.950
3	Choro, Gideon	UG Legon	11.001
4	Boateng, Samuel	Mamtech	11.142
5	Afranie Kwarteng, Kelvin	KNUST	11.257
6	Amponsah, Bismark	Ghana Police Service	11.467
<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 4 Wind: -0.3 (Manual) M/S			
1	Fosuhene, Enoch	KNUST	10.922
2	Annobil, Eric	Maxspeed	11.416

**Event 12 100m Men**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 5 Wind: -0.1 (Manual) M/S			
1	Aggreh, Barnabas Kobby	UDS	10.787
2	Denkyi, Michael	UG Legon	11.231
3	Asamoah Osei, Lawrence	NSS Personnel	11.321
4	Iddrisu, Mohammed	Ghana Prisons Service	11.579
5	Duah, Emmanuel	Kora Athletics Club	11.731
6	Abito, Ransford	UCC	12.090
7	Nyameba, Isreal	KSTU	12.291

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 6 Wind: -1.2 (Manual) M/S			
1	Acheampong, Overmass	SORA	11.103
2	Amponsah, Dennis	Denyase	11.106
3	Ayimasu, Emmanuel	KSTU	11.167
4	Addo, Samuel	SDA College of Education	11.432
5	Mensah Digber, Patrick	Ghanata	11.652
6	Sarfo White, Kwabena	BOASS	11.836
7	Tsina, Wisdom	UCC	12.185
8	Abeka, Justice	Arrows	12.401

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 7 Wind: -0.6 (Manual) M/S			
1	Nkrumah, Harrison	UEW	10.818
2	Sowah, Nii Adjei	DOXA University	11.260
3	Mbilla, Moses Junior	Ashanti	11.461
4	Asare, Aboagye A.	UENR	11.576
5	Ntim, Oscar	Tachyon AC	11.760
6	Tombil, Emmanuel	Goloe Athletics	11.808
7	Yahaya, Shafik	O. J Athletics	11.963

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 8 Wind: +0.0 (Manual) M/S			
1	Mensah, Frank	GRA - Customs Division	10.939
2	Arkoh-Bawuah, Augustine	GAF	11.112
3	Addo, Philip	Adansi Club Athletics	11.930
4	Adjei Danquah, Eric	St Andrews JHS	11.988

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 9 Wind: -2.2 (Manual) M/S			
1	Bokpin, Mustaphar A	LCAC	10.707
2	Aflamah, Wallace	UDS	10.751
3	Samed, Abdul Munsin A.	Western North	11.431
4	Osei, Michael	Adansi Athletics	11.467
5	Ahmed, Awal	Greater Accra	11.517
6	Noye, Shadrack	Sporty Spice Club	11.881
7	Agaanda, Patrick	AMMUSTED	12.487

Heat 10 Wind: -0.6 (Manual) M/S			
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5	Tetteh, David	KNUST	2:01.074
6	Abdullah Suleman, Congrat	Ghana Prisons Service	2:01.983

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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**Heat 2**

1	Salam, Adama	OWASS	1:52.476
2	Barnes, Abatha	Ghana Armed Forces	1:57.009
3	Guibril, Haruna	UCC	1:57.274
4	Owusu, Ansah	Ghana Armed Forces	1:58.382
5	Gagodo, Forever	Ghana Armed Forces	1:58.553

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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**Heat 3**

1	Bazaa, Morris	Inspired by Sport Academy	1:56.399
2	Dzorgbesi, Germain Kofi	UEW	1:57.063
3	Abdul Rasheed, Awini Seidu	High Moral	1:58.849
4	Amankwatin, Michael	Ghana Prisons Service	1:59.550

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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**Heat 4**

1	Para Athlete	NPC-GH	2:08.775
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**Event 14 800m Men**
**Final**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
<b>Heat 1</b>				
1	Bazaa, Morris	Inspired by Sport Academy	1:55.352	10
2	Offeh Acheampong, Ishmeal	UG Legon	1:56.198	8
3	Sadiq, Aloo	UG Legon	1:56.331	6
4	Barnes, Abiatha	Ghana Armed Forces	1:57.138	5
5	Abass, Mohammed Ali	Lord of Justice	1:57.979	4
6	Abotsi, Gawuga Daniel	UCC	1:58.157	3
7	Gyibril, Haruna	UCC	2:03.283	2

**Event 15 Long Jump Women**
**Final**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
<b>Flight 1</b>					
1	Opoku, Dorcas	Ghana Armed Forces	6.05	1.2	10
2	Osei, Theresa	UEW	5.45	1.1	8
3	Azangbeo, Vanessa	UG Legon	4.75	1.2	6

**Event 16 Long Jump Men**
**Final**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
<b>Flight 1</b>					
1	Appiah, George	KNUST	7.19	1.2	10
2	Wordui, Maxwell P.	UG Legon	7.11	0.8	8
3	Larweh, Emmanuel	UCC	7.08	0.2	5.5
3	Otchere Yeboah, Mensah	Ghana Armed Forces	7.08	0.2	5.5
5	Asare D., Hoinsode	UG Legon	6.90	0.8	4
6	Doku, Jonas	Legon Creative Athletics Club	6.64	1.5	3
7	Azuri, Gideon	O. J Athletics	6.47	1.5	2



8	Ensobila, Isaac	UENR	6.40	1.2
9	Akortey, Ebenezer	KNUST	6.33	0.8
10	Adumah, Joshua	GRA - Customs Division	6.32	0.5
11	Sekyi Boadi, Prince	UEW	6.24	-0.1
12	Agyemang, Andy K.	UEW	6.15	-0.1
13	Djugha, Honore K.	UCC	6.14	0.4
14	Ahmed, Awal	Greater Accra	6.08	0.5
15	Boateng, Philip	Ashanti	6.00	0.2
16	Hassan, Shiabu	UENR	5.80	0.1
17	Adongo, Anthony	Ashanti	5.77	0.5
18	Najis, Mohammed E.	Kumasi High School	5.72	0.2



### Event 17 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	Sam, Aba	Ghana Armed Forces	11.43	0.1	10
2	Osei, Theresa	UEW	11.36	-0.4	8
3	Owusu, Rosemond	UEW	10.74	-0.1	5.5
3	Adjei, Agnes	St Louis SHS	10.74	0.8	5.5
5	Azangbeo, Vanessa	UG Legon	10.34	1.0	4
6	Kpormegbe, Linda	St Louis SHS	9.72	1.4	3
7	Halidu, Hamidah	OSTECH	9.42	1.2	2

### Event 18 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	Nti, Ransford	UEW	15.03	1.2	10
2	Oyewale-J, Oyeyoni	UG Legon	14.42	-0.2	8
3	Sekyi Boadi, Prince	UEW	14.29	0.8	6
4	Larweh, Emmanuel	UCC	13.83	1.0	5
5	Agyemang, Andy K.	UEW	13.50	-0.3	4
6	Yeboah, Solomon	ESTS	13.34	1.5	3
7	Adongo, Anthony	Ashanti	12.59	1.2	2
8	Najis, Mohammed E.	Kumasi High School	12.41	-0.1	1
9	Appiah, Dennis M.	Ashanti	11.84	0.4	

### Event 19 5000m Women

#### Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Ayaaba, Joyce	St Louis	17:40.034	10
2	Addo, Noami	UG Legon	17:56.406	8
3	Aidoo, Mariama	UCC	18:34.626	6
4	Nartey, Vivian	Team Western	18:49.508	5
5	Sangkpi, Mavis	High Morale	18:54.581	4
6	Soapa, Selina	UENR	19:12.857	3

**Event 20 5000m Men****Final**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Arthur, Ishmael	Ghana Armed Forces	15:06.518	10
2	Obeng Amankwah, Collins	Arrows Athletics	15:41.653	8
3	Adam, Fuseini	AAMUSTED	15:46.845	6
4	Tampuli, Bernard	AAMUSTED	15:51.163	5
5	Gyamfi, Joseph	AAMUSTED	16:02.468	4
6	Asaana Ndebugri, Felix	High Morale	16:17.307	3
7	Aselise, Abel	UNER	16:29.826	2
8	Atampire, Akakiya	Ghana Armed Forces	16:37.458	1
9	Ayamga, Jonas	Ghana Armed Forces	17:03.480	
10	Amankrah, Stephen	Ghana Armed Forces	17:15.704	
11	Awine, Philip Mbile	Arrows	17:32.370	

**Event 21 Javeline Throw Women****Final**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Agbewodie, Rejoice	UG Legon	42.56	10
2	Shirazu, Fataya	Ghana Armed Forces	37.55	8

**Event 22 Javeline Throw Men****Final**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Mohammed, Nafew	KTI	60.19	10
2	Bonney, Sampson	UEW	60.06	8
3	Numo, Benjamin Tetteh	Ghana Armed Forces	59.24	6
4	Asare Teye, Gabriel	Ghana Armed Forces	57.12	5
5	Dzifa, Emmanuel	Ghana Police Service	55.66	4
6	Akulibilia, Thomas	UENR	53.05	3
7	Acheampong, Emmanuel	Ashanti	48.14	2
8	Akpanya, Richard	SAG	48.06	1

**Event 23 Discus Throw Women****Final**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Owusu, Faustina	UEW	42.86	10
2	Agbewodie, Rejoice	UG Legon	39.28	8
3	Musah, Mariama	Ghana Armed Forces	33.65	6
4	Owusu, Amoah G.	O. J Athletics	30.63	5
5	Awudu, Madina A	KNUST	29.00	4
6	Aisha, Salifu	AMASS	26.82	3

**Event 24 Discus Throw Men****Final**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Tay, Robertson	Ghana Armed Forces	49.34	10
2	Bugase, Rexford	Ghana Armed Forces	45.30	7
2	McCarthy, Dominic	Ashanti	45.30	7
4	Alhassan, Ridwan	Ghana Prisons Service	40.85	5



### Event 26 1500m Men

#### Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Mohammed, Aziz	UG Legon	4:04.271	10
2	Mensah, Isaac	Central	4:10.797	8
3	Yamputi, Malan	Ghana Police Service	4:13.063	6
4	Abanga, Insuah	UG Legon	4:16.377	5
5	Abdul-B, Awini Saidu		4:22.633	4
6	Aboagye, Isaac	Ghana Armed Forces	4:23.907	3
7	Sulemana Abdulai, Congrate	Ghana Prisons Service	4:23.971	2
8	Bachala, Abdul Rahaman	Naterigu SHS	4:29.168	1
9	Akpangirige, Louis	Ghana Armed Forces	4:29.872	

### Event 28 400m Hurdles Men

#### Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Dompey, Barnabas	Ghana Armed Forces	56.300	3
2	Suleman, Alhassan	Ashanti	59.079	
3	Owusu, Clinton	Kumasi High School	1:00.220	
Heat 2				
1	Kissward, Solomon	Ghana Armed Forces	53.908	8
2	Turkson, Osborn	Ashanti	53.916	6
3	Boakye, Patrick	Ghana Armed Forces	56.131	5
4	Antiedu, Peter	UEW	56.146	4
Heat 3				
1	Mammoudu, Baba S	Ghana Armed Forces	53.158	10
2	Afriyie, Theophilus	UEW	57.351	2
3	Lamptey, Isaac Nii		57.543	1

### Event 29 200m Women

#### Final

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
Wind: -0.3 (Manual) M/S				
1	Agyemang, Kate	Ghana Armed Forces	24.537	10
2	Ewusi, Lovina	UCC	24.930	8
3	Klutsey Carbo, Helena	UENR	26.086	6
4	Agbokah, Stella	UG Legon	26.338	5
5	Ibrahim, Aisha	St louis	26.550	4

6	Gavey, Alifa	Lord of Justice	27.294
7	Zong, Mary	AAMUSTED	28.757
8	Abdulai, Sakina	Lord of Justice	30.573



## Event 30 200m Men

### Prelims

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1 Wind: -0.3 (Manual) M/S			
1	Nyamakye, Joshua	UCC	22.204
2	Odonkor, Solomon	UEW	22.398
3	Sowah, Nii Adjei	Doxa University	23.612
4	Sennie, Joseph	Prestea SHT	23.936
5	Abito, Ransford	UCC	24.291
6	Tawiah Essoun, Emmanuel	UEW	24.620
7	Abeka, Justice	Arrows	25.235
<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2 Wind: +1.1 (Manual) M/S			
1	Ayimasu, Emmanuel	KsTU	22.294
2	Oppong, Richmond	UEW	22.409
3	Kumi Yeboah, Ronald	KNUST	23.040
4	Addo, Samuel	SDA College	23.128
5	Tsina, Wisdom	UCC	25.077
<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3 Wind: -0.1 (Manual) M/S			
1	Fosuhene, Enoch	KNUST	21.896
2	Denkyi, Michael	UG Legon	22.676
3	Duah, Emmanuel	Kora Athletics Club	23.463
4	Addo, Philip	UEW	23.794
<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 4 Wind: -0.1 (Manual) M/S			
1	Aflamah, Wallace	UDS	21.380
2	Opare Owadieh, William	UG Legon	21.981
3	Adua, Kwame	BOASS	24.838
<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 5 Wind: -0.1 (Manual) M/S			
1	Kyeremanteng, Nathaniel	UG Legon	22.520
2	Nyaaba, Bismark	BOASS	22.832
3	Arthur, Emmanuel N.	UENR	23.531
4	Seidu, Dramani	Ghana Prisons Service	25.270
<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 6 Wind: -0.3 (Manual) M/S			
1	Oduro Mensah, Emmanuel	UENR	21.759
2	Boadi, Anthony	UG Legon	22.729
3	Koduah, Richmond	UG Legon	22.983
4	Boateng, Samuel	MamTech	23.047
5	Afful, Christian	Ghana Prisons Service	23.147
6	Aryee, Emmanuel	Ghana Prisons Service	23.514
7	Sarfo, Kwabena Whyte	BOASS	23.980
8	Ahiamoe, Koanya	BOASS	25.460

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 7 Wind: -0.3 (Manual) M/S			
1	Anane Domeh, Israel	UEW	21.944
2	Abdul, Mumin Zakaria	UDS	22.241
3	Abu, Osbourne	KNUST	22.345
4	Opoku, Stephen	Ghana Armed Forces	22.727
5	Abdul Rahman, Comani	Achimota	23.251
6	Mensah, Richard	LCAC	24.411
7	Sarpong, David Akwesi	St Augustine College	24.471
8	Asare, Aboagye A.	UENR	25.695

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 8 Wind: +1.0 (Manual) M/S			
1	Gadayi, Edwin	Ghana Armed Forces	20.936
2	Sarkodie, Derrick	UDS	22.006
3	Nkrumah, Harrison	UEW	22.508
4	Amponsah, Dennis	UEW	22.590
5	Boateng, Elvin	Team Western	22.716
6	Boateng, Stephen K.	Lord of Justice	23.440
7	Bilal, Salifu	UCC	24.077
8	Mensah, Eric	UEW	24.713

**Event 30 200m Men**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 9 Wind: -0.2 (Manual) M/S			
1	French, Raymond	Team Western	21.295
2	Aggreh, Barnasbas Kobby	UDS	21.818
3	Musah, Amadu	Lord of Justice	22.286
4	Abdul Razak, Sheriff	KNUST	22.483
5	Akolbila, Milo Zaza	UEW	23.379
6	Amoah, Emmanuel		23.809

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 10 Wind: +1.2 (Manual) M/S			
1	Boadu, Kofi	Ghana Deaf Association	24.745
2	Sam, Emmanuel	Ghana Deaf Association	24.988
3	Bashiru, Abubakari	Ghana Deaf Association	25.721
4	Nkanya, Sampson K.	NPC-GH	25.820
5	Dzamefe, Vincent	Ghana Deaf Association	25.916
6	Owusu, Atta	NPC-GH	25.996

**Event 30 200m Men**
**Final**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1 Wind: +1.4 (Manual) M/S				
1	Gadayi, Edwin	Ghana Armed Forces	20.682	10
2	French, Raymond	Team Western	21.462	8
3	Aflamah, Wallace	UDS	21.493	6
4	Fosuhene, Enoch	KNUST	21.846	5
5	Anane Domeh, Israel	UEW	21.954	4
6	Aggreh, Barnasbas Kobby	UDS	22.010	3