



The Athletics Federation of Nigeria  
Over Distance 16th February 2016  
Port Harcourt.

**Results**

8.00am		3,000m Women			
Pos	Bib	Name	Club	D of Birth	Performance
1	613	Nwokeji Chinazom	Abia	04/04/1997	10:52.90sec
2	609	Akaha Iwanger	Benue	14/06/1992	11:56.90sec

8.15am 3,000m Men

Pos	Bib	Name	Club	D of Birth	Performance
1	610	Sadjo Ismael	Cross River		8:18.34sec
2	612	Tyoapine Akuhwa	Benue	12/03/1997	9:08.71sec
3	632	Dooyene Kiisr	Rivers	20/12/1994	9:23.66sec
4	611	Nomyange Kwaghsaanga	Benue	23/12/1994	9:52.08sec
5	633	Frank Poromue	Rivers	12/12/1999	10:26.94sec
6	631	Ojimadu Somtoo	ASFAN	17/07/1997	10:27.07secs

8.30am 1,200m Women

Pos	Bib	Name	Club	D of Birth	Performance
1	614	Agber Shimenenge	NSCDC	22/12/1993	3:35.90secs
2	631	Comfort Anietie Jame	Akwa Ibom	08/09/1998	3:37.70sec
3	615	Awuhe Dooshima	Benue	14/04/1993	4:07.17secs

8.30am 1,200m Men

Pos	Bib	Name	Club	D of Birth	Performance
1	633	Hamajam Soudi	Cross River	22/02/1994	2:59.53secs
2	632	Anayo Eze	Lagos	14/07/1992	3:15.38secs
3	610	Ijiir Terver	Benue	11/09/1997	3:16.86secs
4	613	Udoinyang Nathan	Rivers	12/12/1997	3:34.09sec
5	609	Edet Stephen	ASFAN	23/12/1997	3:39.29secs

10:00am 500m Women

Heat 1

Pos	Bib	Name	Club	D of Birth	Performance
1	610	Etim Margaret	NSCDC	28/11/1992	1:12.63secs
2	614	Blessing Adiakerenwa	Delta	07/03/1997	1:14.58sec
3	615	Ihekandu Philomena	NSCDC	05/03/1990	1:16.54secs
4	611	Muoghalu Ifunanya	ASFAN	02/01/1999	1:17.28sec
5	635	Ofuma Eze-Echesi	Anambra	09/09/1992	1:19.33sec
6	634	Ugodu Chika	CDA	25/11/1996	1:21.68sec



The Athletics Federation of Nigeria  
Over Distance 16th February 2016  
Port Harcourt.

**Results**

10:00am 500m Women Heat 2

Pos	Bib	Name	Club	D of Birth	Performance
1	632	Ehige Josephine	Police	01/12/1985	1:11.17sec
2	633	Ossai Rita Vivian	Defenders	12/10/1995	1:11.41sec
3	609	Adeloye Oluwatosin	ICDO	02/07/1996	1:12.40sec
4	631	Idamadudu Praise Ogheneffe	Delta	18/12/1998	1:13.54sec
5	612	Kemi Frances	NSCDC	07/03/1993	1:14.07sec
6	613	Nwaogu Ann	NSCDC	01/10/1995	1:20.79sec

10:15am 500m Men Heat 1

Pos	Bib	Name	Club	D of Birth	Performance
1	661	Ugochukwu Ottah	Delta	15/08/1994	1:04.73sec
2	636	Akwu Noah	NSCDC	23/09/1990	1:05.08sec
3	663	Ogbukwo Shedrack	ASFAN	07/04/199	1:05.98sec
4	664	Charles Ebelebe	Customs	20/01/1995	1:06.34sec
5	637	Luck Iyoha	Prisons	07/06/1987	1:08.39sec
6	667	Dieseruvwe Ufoma	Delta	10/10/1998	1:11.71sec
7	662	Ogu Iruoghene	Delta	26/06/1999	1:14.92sec
8	665	Michael Diette Spiff	Uniport	04/04/1986	1:17.41sec

10:15am 500m Men Heat 2

Pos	Bib	Name	Club	D of Birth	Performance
1	672	Nsikak Francies Okon	Akwa Ibom	16/05/2001	1:06.58sec
2	668	Evuarherhe Oke	Delta	13/06/1998	1:07.00sec
2	669	Edohore Anthony	Delta	18/05/1998	1:07.70sec
3	638	Anosike Promise	Abia	06/06/1993	1:08.61sec
4	670	Edekpe Edewor	Delta	17/04/1998	1:10.94sec
5	671	Christain Martins	EagleSight	01/01/1998	1:11.61sec
7	639	David Peter Onyeihu	Abia	27/12/1996	1:15.37sec
	643	Utip Wisdom Benjamin	NSCDC	25/01/1992	DNS

10:15am 500m Men Heat 4

Pos	Bib	Name	Club	D of Birth	Performance
1	645	Henry Okorie	Customs	04/11/1987	1:02.06sec
1	641	Adeyemi Sikiru	Kwara	02/07/1998	1:03.01sec
3	642	Bamidele Emmanuel	Ogun	10/06/1998	1:04.81sec
4	673	Simeon Friday Idofia	Akwa Ibom	04/04/2000	1:07.30sec
5	706	Chidume Ikechukwu	Anambra	07/07/1998	1:09.10sec
6	675	John Ukot Daniel	Akwa Ibom	08/08/1999	1:11.84sec
7	708	Appolos Singer	Rivers	14/12/1999	1:12.30sec
8	640	Martins Chiemere	Abia	31/10/1997	



The Athletics Federation of Nigeria  
Over Distance 16th February 2016  
Port Harcourt.

**Results**



10:15am 500m Men

Heat 4

Pos	Bib	Name	Club	D of Birth	Performance
1	644	Afam Ogbuagu	ASFAN	01/11/1998	1:09.38sec
2	674	Jonny Moses	Akwa Ibom	26/12/1989	1:11.10sec
3	709	Onahbede Uchenna	NSCDC	30/11/1990	1:11.50sec

10:30am 300m Women

Heat 1

Pos	Bib	Name	Club	D of Birth	Performance
1	712	Igbinosun Isoken W.	NSCDC	23/07/1993	37.97
2	854	Omovoh Knowledge	NSCDC	01/10/2000	38.97
3	718	Mercy Ntiobong	Cross Rivers	04/10/1997	39.46
4	711	Odigbo Rita	ASFAN	11/04/1999	41.50
5	853	Blessing Ovwighoadjebre	Delta	14-Apr-99	42.38
6	716	Abibetu Yusuf	Police	12/10/1992	43.21
7	710	Omaka Josephine Ada	ICDO	29/11/1993	43.47
	717	Alphonsus Aniekeme	Akwa Ibom	25/12/1999	DNF

10:30am 300m Women

Heat 2

Pos	Bib	Name	Club	D of Birth	Performance
1	713	Uko Alphonsus Peace	NSCDC	26/12/1995	40,07
2	715	Ezealah Nkem	Esteem	25-Nov-94	40,79
3	714	Nwichi Ngozi Blessing	Abia	22/05/1997	41,86
4	855	Oyibo Oghentega	HIT	19/01/1998	42,33
5	857	Damatie Ruth	Delta	05/06/1997	42,97
6	856	Nkiruka Onuejizu	Defenders	14/01/1993	44,38
7	858	Iheanyichi Confidence	Abia	14/09/1999	45,62

10:50am 300m Men

Heat 1

Pos	Bib	Name	Club	D of Birth	Performance
1	929	Isah Salihu	Customs	22/02/1991	33.32
2	861	Olisakwe Chukwudi	Anambra	05/04/1998	33.88
3	859	Imhoaperamhe Nicholas	NSCDC	13/04/1992	34.41
4	918	Akinniyi Nicholas	NSCDC	18/01/1985	34.69
5	917	Micheal Isaac	Kwara	06/04/1999	35.29
6	860	Oguma Eseroghene	Esteem	14-Jun-98	35.56
7	930	Okpara Ndubuisi	ICDO	20/04/1990	37.31
8	862	Omotayo G Ayokole	Delta	10/05/1998	38.86



The Athletics Federation of Nigeria  
Over Distance 16th February 2016  
Port Harcourt.

**Results**

10:50am 300m Men

Heat 2

Pos	Bib	Name	Club	D of Birth	Performance
1	923	Oduduru Divine	Delta	10/12/1996	32.72
2	864	Odele Tega Peter	Uniben	06/12/1995	33.63
3	863	Erayokan Orukpe	Customs	20/12/1993	34.18
4	999	Igabe ThankGod	Delta	11/11/1998	34.98
5	919	UfombaChimere Elvis	Abia	24/04/1990	35.62
6	865	Ekevwo Raymond	COPEM	23/03/1999	36.01
7	707	Baradora Friday	Uniport	19/12/1994	36.28
8	866	Josiah A. Orabare	Rivers	09/09/1999	36.98

10:50am 300m Men

Heat 3

Pos	Bib	Name	Club	D of Birth	Performance
1	668	Joof Aliu	Gambia	28/01/1997	33,44
2	855	Oshasha Simon	HIT	29/08/1995	33,68
3	720	Egwero Ogho-Oghene	NSCDC	26/11/1988	33,69
4	712	Ojeikere Precious Omon	Uniben	27/12/1999	34,71
5	717	Osador Samuel	HIT	27/11/1994	34,98
6	642	Ogbonna Prosper	Lonestar	07/11/1998	35,08
7	854	Dianabasi Hanson	Akwa Ibom	17/10/1998	35,56
8	631	Oluwayemi Blessing	Uniport	13/02/1997	36,33

10:50am 300m Men

Heat 4

Pos	Bib	Name	Club	D of Birth	Performance
1	920	Kenechukwu Ilokagbuna	ASFAN	08/07/1997	34,64
2	714	Hassan Faye	Gambia	28/11/1996	34,98
3	719	Onyeakwu Chukwuma	NSCDC	10/03/1991	35,30
4	921	Thompson Saturday	Delta	01/04/1999	35,69
5	667	Godwin Ewomazino	ICDO	11/11/1992	35,72
6	922	Ashien Godwin Alex	CDA	20/07/1998	35,88
7	670	Etine Clinton	Delta	24/06/1999	36,13
8	641	Anyadiegbu Kenechukwu	Anambra	27/10/1999	36,15



The Athletics Federation of Nigeria  
Over Distance 16th February 2016  
Port Harcourt.

**Results**

10:50am 300m Men Heat 6

Lane	Bib	Name	Club	D of Birth	Performance
1	926	Olupeka Victor	CDA	10/08/1996	33,78
2	924	Chukwudike Harry	NSCDC	09/01/1994	35,94
3	927	Sule David	Esteem	19-Jul-84	36,53
4	928	Anunobi Ugochukwu	Abia	16/06/1995	36,86
5	925	Onwah Fidelis	Delta	27/04/1994	37,44
6	640	Martin Juddy	Abia	31/10/1995	41.10

10:50am 300m Men Heat 8

Lane	Bib	Name	Club	D of Birth	Performance
1	853	Evuarherhe Oke	Delta	13/06/1998	35,63
2	639	Davis Peter Onyeihu	Abia		39,44
3	611	Egbochinam Chubike	Anambra		34.91
4	711	Amano Ovie	Delta	10/03/1993	36.26
5	612	Mafuru Christopher	Delta	24/12/1998	36.76
6	662	Ogu Irughene	Delta	26/06/1999	37.28
7	710	Osadume Peter			38.12
8	634	Polomue Frank	Rivers		39.46

11:10am 150m Women Jumpers and short hurdlers only!!

Pos	Bib	Name	Club	D of Birth	Performance
1	636	Brume Ese	Delta	17/01/1996	18,06
2	609	Okolosi Oghenekome	HIT	02/08/1998	19,05
3	615	Okorhi .E. Mary	COPEM	23/03/1998	19,44
4	856	Nwichi Ngozi Blessing	Abia	22/05/1997	19,56
5	858	Iheanyichi Confidence	Abia	14/09/1999	20,65

11: 20am 150m Men Jumpers and short hurdlers only!!

Pos	Bib	Name	Club	D of Birth	Performance
1	712	Ojeikere Precious Omon	Uniben	27/12/1999	16,05
2	717	Osadolor Samuel	HIT	27/11/1994	16,35
3	610	Etok Francis	Akwa Ibom	01/10/2000	17,07
4	665	Michael Diette Spiff	Uniport	04/04/1986	17,57
5	675	John Ukot Daniel	Akwa Ibom	08/08/1999	17,79
6	631	Oluwayemi Blessing	Uniport	13/02/1997	16.66
7	614	Arinze Obiora	CDA	15/12/1985	19.37
	643	Utup Wisdom Benjamin	NSCDC	25/01/1992	DNF



The Athletics Federation of Nigeria  
Over Distance 16th February 2016  
Port Harcourt.

**Results**

11:10am 100m Women Jumpers, short hurdlers Throwers

Pos	Bib	Name	Club	D of Birth	Performance
1	612	Kemi Frances	NSCDC	07/03/1993	12.14
2	871	Nwanga Kelechi	ICDO	24/12/1997	12.94
3	856	Nwinchy Ngozi Blessing	Abia	22/05/1997	13.14
4	609	Zever Priscilla	Benue	12/05/1993	14.11
5	822	Chidima O	Abia	16/12/1993	14.56

12:10pm 100m Men Jumpers, short hurdlers Throwers

Pos	Bib	Name	Club	D of Birth	Performance
1	717	Osadolor Samuel	HIT	27/11/1994	11,08
2	631	Oluwayemi Blessing	Uniport	13/02/1997	11,44
3	665	Michael Diette Spiff	Uniport	04/04/1986	11,65
4	878	Ndifere Edet	Akwa Ibom	12/03/1998	11,96
5	698	Wisdom Jaja	Rivers	27/4/1997	11.99
6	879	Amalajage Mathew	Rivers	20/06/1998	12.90

11:40am 4x300m Women

Pos	Bib	Name	Club	D of Birth	Performance
1		NSCDC	NSCDC		2:36.99
2		ASFAN	ASFAN		2:43.70
3		Delta	Delta		2:44.81

11:50am 4x300m Men

Pos	Bib	Name	Club	D of Birth	Performance
1		Customs	Customs		2:14.78
2		NSCDC	NSCDC		2:18.01
3		National Camp Jr.	Nat Camp		2:23.35
4		Abia	Abia		2:29.62
5		Success	Success		2:37.89

10:50am 150m Women

Pos	Bib	Name	Club	D of Birth	Performance
1	718	Mercy Ntiobong	Cross Rivers	04/10/1997	18.18
2	854	Omovoh Knowledge	NSCDC	01/10/2000	18.19
3	713	Uko Alphonsus Peace	NSCDC	26/12/1995	18.34
4	715	Ezealah Nkem	Esteem	25-Nov-94	18.68
5	855	Oyibo Oghentega	HIT	19/01/1998	19.40
6	711	Odigbo Rita	ASFAN	11/04/1999	19.51
7	865	Nwichi Ngozi Blessing	Abia	22/05/1997	20.05



The Athletics Federation of Nigeria  
Over Distance 16th February 2016  
Port Harcourt.

**Results**

12:20pm 150m Men

Top 8 performances in the 300m

<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>D of Birth</b>	<b>Performance</b>
1	923	Oduduru Divine	Delta	10/12/1996	15.25
2	720	Egwero Ogho-Oghene	NSCDC	26/11/1988	15.72
3	864	Odele Tega Peter	Uniben	06/12/1995	15.80
4	926	Olupeka Victor	CDA	10/08/1996	15.96
5	929	Isah Salihu	Customs	22/02/1991	16.22
6	855	Oshasha Simon	HIT	29/08/1995	16.28
7	668	Joof Aliu	Gambia	28/01/1997	16.50