

# National Circuit Championship

CAPE COAST

6/11/2016

## Results

### Event 12 400m Hurdles

#### Final

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Bludu, Jacqueline	Ghana Police Service	1:02.11	20
2	Wiafe, Mavis	Ashanti Region	1:03.98	16
3	Bakika, Christiana	Ashanti Region	1:04.39	12
4	Marfo, Ruth	Volta Region	1:04.48	10
5	Dufie, Patricia	Ghana Police Service	1:10.12	8
6	Opoku, Charity	CEPS	1:16.70	6
---	Adu, Stephanie	Ashanti Region	DNF	

### Event 13 Triple Jump Women

#### Final

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	Acquah, Deborah	CEPS	13.00	NWI	20
2	Aba Amengu, Sam	Western Region	12.35	NWI	16
3	Tetteh, Faustina	Central Region	11.61	NWI	12
---	Opoku, Dorcas	Ashanti Region	NM	NWI	
---	Marfo, Ruth	Volta Region	NM	NWI	

### Event 10 5000m Women

#### Final

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Sakat, Larriba	Upper East Region	16:37.30	20
2	Azuure, Elizabeth	Greater Accra Region	16:53.67	16
3	Mumuni, Asibi	Upper East Region	17:46.04	12
4	Nyarba, Precious	Ashanti Region	18:14.32	10
5	Banyenel, Judith	Upper East Region	18:57.22	8
6	Pandam, Chimab	Upper East Region	19:08.98	6
7	Atine, Ayaba	Upper East Region	19:10.11	4
---	Balitul, Augustina	Ashanti Region	NT	

### Event 11 Javelin Women

#### Final

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Zutah, Mary	Ghana Police Service	48.82	20

# National Circuit Championship

CAPE COAST

6/11/2016

## Results

### Event 11 Javelin Women

2	Simpson, Margaret	Ashanti Region	47.22	16
3	Kyeremeh, Gifty	CEPS	41.18	12
4	Asher, Blasu	Eastern Region	28.15	10
---	Umaru, Ayishetu	Volta Region	NM	

### Event 17 400m Invitational

#### Final

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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#### Heat 1

1	Abrocquah, Agnes	Ghana Armed Forces	53.06
2	Obeng-Akrofi, Akua	Unattached	53.43
3	Iddrisu, Shawkia	Ghana Prisons Service	53.53
4	Ayiglo, Vida	Greater Accra Region	57.69
5	Salam, Amina	Greater Accra Region	59.71

### Event 19 200m Invitational

#### Final

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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#### Heat 1

Wind: NWI

1	Owusu Antwi, Martin	Ashanti Region	20.95
2	Opoku, Stephen	Ashanti Region	21.51
3	Tsitey, Bright	Greater Accra Region	21.53
4	Agbeko, Shepherd	Ghana Armed Forces	21.56
5	Kofitse, Godfred	Ashanti Region	21.77
6	Owusu-Mensah, Edward	Unattached	22.03
7	Donkor, Douglaus		22.06
8	Asante, Barnabas	CEPS	22.28

### Event 14 High Jump Women

#### Final

<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
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#### Flight 1

1	Yeboah, Regina	CEPS	1.80	20
2	Kwateng, Abigail	Volta Region	1.75	16
3	Simpson, Margaret	Ashanti Region	1.70	12
4	Moro, Hawa	Ashanti Region	1.60	9
4	Acquah, Deborah	CEPS	1.60	9
---	Honney, Hannah	Ghana Immigration Service	NH	

### Event 15 Discus Women

# National Circuit Championship

CAPE COAST

6/11/2016

## Results

### Event 15 Discus Women

#### Final

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Points</u>
Flight 1				
1	Zutah, Mary	Ghana Police Service	34.85	20
2	Umaru, Ayishetu	Volta Region	34.03	16
3	Kyeremeh, Gifty	Ashanti Region	29.21	12
4	Fiagbe, Joyce	Ghana Armed Forces	27.89	10
5	Asher, Blasu	Eastern Region	25.98	8
6	Adomako, Paulina	Ghana Prisons Service	23.26	6
---	Oduro, Comfort	Eastern Region	NM	

### Event 9 800m Women

#### Final

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Abu, Agnes	Unattached	2:04.84	
2	Akwawogba, Patience	Ashanti Region	2:13.60	20
3	Donkoh, Judith	Greater Accra Region	2:18.67	16
4	Kombat, Hawa	Upper East Region	2:20.26	12
5	Adumbila, Saraphina	Upper East Region	2:26.46	10
6	Amina, Salam	Greater Accra Region	2:28.49	8

### Event 3 1500m Men

#### Final

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Goku, Prosper	CEPS	3:44.92	20
2	Nantiere, Matthew	Ghana Fire Service	3:49.91	16
3	Osei, Frederick	Ashanti Region	3:56.83	12
4	Frempong, Kwabena	Greater Accra Region	3:59.30	10
5	Derzu, Ralio	Upper East Region	4:03.59	8
6	Segbefia, Leonard	Ghana Prisons Service	4:06.16	6
---	Atta Gyamfi, Bright	Ghana Police Service	NT	
---	Munkaila, Osman	Greater Accra Region	NT	

### Event 2 400m Men

#### Final

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

# National Circuit Championship

CAPE COAST

6/11/2016

## Results

### Event 2 400m Men

1	O'brien, John	Greater Accra Region	47.23	20
2	Yaro, Samuel	Ghana Immigration Service	47.45	16
3	Agyemang, Duncan	Ashanti Region	47.79	12
4	Segbefia, William	Greater Accra Region	48.13	10
5	Acheampong, Kwadwo	Ghana Police Service	48.28	8
6	Owusu, Godwin	Ashanti Region	48.76	6
7	Manyor, Paul	Western Region	49.06	4
---	Prince Frimpong, Charles	Ashanti Region	DNF	

### Event 1 100m Men

#### Final

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1		Wind: NWI		
1	Owusu Antwi, Martin	Ashanti Region	10.48	20
2	Aryee, Desmond	University of Ghana	10.57	16
3	Yeboah, Emmanuel	Ashanti Region	10.60	12
4	Opoku Agyemang, Shadrack	Ashanti Region	10.70	10
5	Asante, Barnabas	CEPS	10.79	8
6	Kofitse, Godfred	Ashanti Region	10.80	6
7	Alena, Roland	Ghana Prisons Service	10.93	4
---	Appiah-Kubi, Emmanuel	Ghana Immigration Service	DNF	

### Event 4 Long Jump Men

#### Final

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	<u>Points</u>
Flight 1					
1	Nkansah, Isaac	Ghana Police Service	7.71	NWI	20
2	Ackah, Peter	Ashanti Region	7.36	NWI	16
3	Aggrey, Emmanuel	Central Region	7.24	NWI	12
4	Torsu, Gabriel	Volta Region	7.04	NWI	10
5	Okai, Emmanuel	Western Region	7.00	NWI	8
6	Addo, Samuel	Greater Accra Region	6.86	NWI	6
7	Seaneke, Abraham	Greater Accra Region	6.80	NWI	4
8	Hammond, Jeff	Ashanti Region	6.70	NWI	2

### Event 8 200m Women

#### Final

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1		Wind: NWI		

# National Circuit Championship

CAPE COAST

6/11/2016

## Results

### Event 8 200m Women

1	Anokye, Josephine	Ghana Armed Forces	24.17	20
2	Agyemang, Kate	Ashanti Region	24.20	16
3	Gyimah, Dorcas	Ghana Immigration Service	24.31	12
4	Abrocquah, Agnes	Ghana Armed Forces	24.36	10
5	Halutie, Hor	Ashanti Region	24.97	8
6	Abruyah, Happy	Greater Accra Region	25.83	6

### Event 6 10000m Men

**Final**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Adukpo, Godwin	CEPS	29:07.39	20
2	Awasiame, Prosper	Eastern Region	29:08.11	16
3	Yakubu, Malik	Ashanti Region	29:08.46	12
4	Yandal, Joseph	Ghana Police Service	29:09.62	10
5	Djangba, Richard	Eastern Region	29:32.70	8
6	Alale, Eliasu	Upper East Region	33:52.47	6
7	Yussif, Malik	Northern Region	37:25.48	4

### Event 5 110m Hurdles

**Final**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1		Wind: NW1		
1	Ennin, Frank	Western Region	14.95	20
2	Obeng, Prince	Ashanti Region	15.15	16
3	Armah, Julien	University of Ghana	15.65	12
4	Dwumfuor, Robert	Volta Region	15.87	10
5	Annobil, Eric	Ashanti Region	15.92	8
6	Moro, Ibrahim	Ghana Prisons Service	15.95	6
7	Boakye, Patrick	Ashanti Region	16.31	4

### Event 16 4x100m

**Prelims**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Ghana	Ghana	43.68q
2	Jumpers Anonymous	Jumpers Anonymous	45.45q
3	Togo - TOGO	Togo	46.92q
4	Burkina Faso - BURKINA FASO	Burkina Faso	49.19q

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