

Grand Prix
Cape Coast Stadium
7/8/2016

Results

Event 10 5000m Women

Final

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Sakat, Larriba	Upper East	17:10.98
2	Banyenel, Judith	Upper East	17:50.65
3	Mumuni, Asibi	Upper East	18:14.89
4	Nyarba, Precious	Ashanti Region	19:50.99

Event 9 Javelin Men

Final

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
Flight 1			
1	Ampomah, John	Ghana	83.09
2	Numo, Benjamin	Ghana Armed Forces	65.74
3	Gyefa, Emmanuel	Ghana Police Service	58.22
4	Yegbe, Roland	Eastern Region	57.94
5	Narfew, Mohammed	Ashanti Region	57.51

Event 8 10000m Men

Final

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Yakubu, Malik	Ashanti Region	32:06.71
2	Yandal, Joseph	Eastern Region	33:02.89
3	Alale, Eliasu	Upper East	34:14.79
---	Awasiame, Prosper	Eastern Region	DNF

Event 13 4x100m Men

Final

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: NWI	
1	Ghana	Ghana A	39.68
2	Cote d' Ivoire - Cote d' Ivoire	Cote d' Ivoire	40.15
3	Ashanti Region - Team Ashanti	Ashanti Region	41.47
4	Greater Accra - Accra	Greater Accra	41.82
5	Togo - Togo	Togo	49.78

Event 12 4x100m Women

Final

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Event 12 4x100m Women

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		
Wind: NWI		
1 Ghana A - Ghana A	Ghana A	42.67
2 Cote d' Ivoire - Cote d' Ivoire	Cote d' Ivoire	43.28
3 Ashanti Region - Team Ashanti	Ashanti Region	45.69
4 Burkina Faso - Burkina Faso	Burkina Faso	46.73
5 Togo - Togo	Togo	48.86
--- Ghana B	Ghana B	NT
--- Togo - Togo	Togo	NT

Event 11 400m Women

Final

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		
1 Iddrisu, Shawkia	Ghana Prisons Service	52.8
2 Anokye, Josephine	Ghana Armed Forces	55.3
3 Ayiglo, Vida	Ashanti Region	56.6
4 Amadu, Hawa	Greater Accra	58.9
5 Salam, Amina	Greater Accra	1:00.2

Event 7 800m Men

Final

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		
1 Laari, Sampson	Unattached	1:47.30
2 Yaro, Samuel	Ghana Immigration Service	1:49.54
3 Derzu, Ralio	Upper East	1:52.36
4 Goku, Prosper	Greater Accra	1:54.09
5 Wilkinson, Benjamin	Greater Accra	2:01.70
--- Yakanu, Evans	Ghana Immigration Service	NT
--- Zalanta, Yelewana	Ashanti Region	NT

Event 3 200m Men

Final

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		
Wind: +0.3		
1 Dasor, Emmanuel	Unattached	20.49
2 Owusu Antwi, Martin	Ashanti Region	20.73
3 Tsitey, Bright	Greater Accra	21.15

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Event 3 200m Men

4	Kofitse, Godfred	Ashanti Region	21.16
5	Nalyali, Christopher	Cote d' Ivoire	21.18
6	Paul, Joseph	Ashanti Region	21.27
7	Opoku, Stephen	Ashanti Region	21.68
8	Ba, Diarassou	Cote d' Ivoire	21.83

Event 2 Discus Women

Final

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
Flight 1			
1	Agawu, Julia	Unattached	47.10
2	Kyeremaa, Gifty	Ashanti Region	30.69
3	Fiagbe, Joyce	Ghana Armed Forces	26.28
4	Adomako, Paulina	Ashanti Region	23.80

Event 1 Long Jump Men

Final

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
Flight 1				
1	Ackah, Peter	UCC	7.12	NWI
2	Ackon, Emmanuel	Ghana Prisons Service	6.64	NWI
3	Hammond, Jeff	Ashanti Region	6.61	NWI

Event 6 800m Women

Final

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Abu, Agnes	Unattached	2:05.71
2	Akwangba, Patience	Upper East	2:13.21
3	Kombat, Hawa	Upper East	2:14.31
4	Adumbila, Saraphina	Upper East	2:16.78
---	Donkor, Judith	Unattached	NT

Event 5 100m Women

Final

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: +0.2			
1	Tou lou, Marie	Cote d' Ivoire	11.22
2	Acheampong, Gemma	Unattached	11.43
3	Gyaman, Beatrice	Ghana Fire Service	11.55

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Event 5 100m Women

4	William-Mensah, Persis	Unattached	11.67
5	Gyimah, Dorcas	Ghana Immigration Service	11.81
6	Obeng Akrofi, Akua	Unattached	11.82
7	Nanzie Gouenon, Adeline	Cote d' Ivoire	11.87
8	Trifeine, Adjoa	Cote d' Ivoire	12.26

Event 4 200m Women

Final

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

Wind: +0.9

1	Amponsah, Janet	Unattached	22.99
2	Parfaite Gaha, Mireille	Cote d' Ivoire	23.60
3	Abroquah, Agnes	Ghana Armed Forces	24.11
4	Agyemang, Kate	Ashanti Region	24.48
5	Bright, Safia	Ghana Prisons Service	24.65
6	Halutie, Hor	Ashanti Region	24.68
7	Mensah, Janet	Ashanti Region	26.14