

Ghana Athletics Association

rlg Ghana Grand Prix

6th August 2011

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Men**100m**

Position	Name	Performance	Wind	Affiliation
1	Terrel Wilks	10.28s	-0.3	USA
2	Oshane Bailey	10.32s	-0.3	Jamaica
3	Egwero Ogho-Oghene	10.42s	-0.3	Nigeria
4	Emmanuel Appiah Kubi	10.48s	-0.3	Ghana
5	Fredrick Agbadje	10.62s	-0.3	Nigeria
6	Ashaad Agyapong	10.66s	-0.3	Ghana
7	Shepherd Agbeko	10.87s	-0.3	Ghana

200m

Position	Name	Performance	Wind	Affiliation
1	Oshane Bailey	20.87s	+0.1	Jamaica
2	Terrel Wilks	20.89s	+0.1	USA
3	Shepherd Agbeko	20.92s	+0.1	Ghana
4	Ashhad Agyapong	20.94s	+0.1	Ghana
5	Fredrick Agbadje	21.03s	+0.1	Nigeria
6	Tim Abeyie	21.10s	+0.1	Ghana
7	Malik Ibrahim	21.52s	+0.1	Ghana

400m

Position	Name	Performance	Affiliation
1	Shadrack Adu- Gyamfi	47.47s	Ghana
2	Nicholas Fordjour	47.66s	Ghana
3	Emmanuel Nimo	47.89s	Ghana
4	George Effah	48.19s	Ghana
5	Daniel Gyasi	48.29s	Ghana
6	Ben Agyei-Boakye	49.14s	Ghana
7	Collins Mensah	50.36s	Ghana
8	Christian Awal	50.67s	USA

3000m

Position	Name	Performance	Affiliation
1	Willy Rotich	8:01.67	Kenya
2	Ben Siwa	8:02.82	Uganda
3	Kasim Mohammed	8:38.51	Ghana
4	Godwin Adukpo	8:49.25	Ghana
5	Stephen Nartey	8:50.71	Ghana
6	Williams Akoka	9:07.46	Ghana
7	David Ziga	9:22.82	Ghana

Long Jump

Position	Name	Performance	Wind	Affiliation
1	Luva Manyonga	8.08m	+0.7	South Africa
2	Ignisious Gaisah	8.03m	+1.2	Ghana
3	JaRod Tobler	8.01m	+1.1	USA
4	Stanley Gbagbeke	7.89m	+0.1	Nigeria
5	Robert Martey	7.88m	+0.8	Ghana
6	Joseph Forson	7.42m	+1.0	Ghana
7	Martin Etsey	7.28m	+0.5	Ghana
8	Nii Aryee	7.21m	+1.0	Ghana

Shot Put

Position	Name	Performance	Affiliation
1	Ross Jordaan	18.40m	South Africa
2	Ezeofor Kenechukwu	15.94m	Nigeria
3	Kwabena Keene	15.72m	Ghana
4	Gerald Codjoe	14.95m	Ghana
5	Alhassan Ridwan	14.09m	Ghana

4X100m Relay

Position	Name	Performance	Affiliation
1	Emmanuel Appiah Kubi Ashhad Agyapong Tim Abeyie Aziz Zakari	38.93s	GHANA
2	Oshane Bailey (Jamaica) Stanley Gbagbeke (Nigeria) Allah Laryea Akrong (Ghana) Terrel Wilks (USA)	39.66s	INTERNATIONAL SELECT
3	Ganaba Idrissa Bologo Innocent Zongo Lassane Kobeane Gerard	40.56s	BURKINA FASO
4	Shadrack Adu-Gyamfi Malik Ibrahim Franck Goloe Eric Goloe	40.73s	GHANA (ASHANTI)
5	Victor Togoh Shepherd Agbeko Emmanuel Taylor Ibrahim Sulemana	41.11s	GHANA (Armed Forces)
6	Ogho-Oghene Egwere Fred Agbaji Benjamin Adukwu Chinedu Oriana	DNF	NIGERIA

Women

100m

Position	Name	Performance	Wind	Affiliation
1	Tianna Madison	11.74s	-0.9	USA
2	Beatrice Gyaman	11.95s	-0.9	Ghana
3	Flings Owusu Agyapong	12.07s	-0.9	Ghana
4	Vida Anim	12.10s	-0.9	Ghana
5	Doreen Agyei	12.55s	-0.9	Ghana
6	Adja Arette Ndiaye	12.80s	-0.9	Senegal

200m

Position	Name	Performance	Wind	Affiliation
1	Dorcas Gyimah	24.83s	+0.1	Ghana
2	Doreen Agyei	24.99s	+0.1	Ghana
3	Safia Bright	25.19s	+0.1	Ghana
4	Diana Tetteh	25.68s	+0.1	Ghana
5	Abigail Oppong	25.70s	+0.1	Ghana
6	Rebecca Amponsah	25.93s	+0.1	Ghana
7	Adelaide Nkrumah	25.96s	+0.1	Ghana
8	Benedicta Leuri	26.02s	+0.1	Ghana

1500m

Position	Name	Performance	Affiliation
1	Rita Luonab	4:43.26	Ghana
2	Naomi Serwaa	4:48.35	Ghana
3	Lydia Attaa Afia	5:03.38	Ghana
4	Helena Senya	5:15.16	Ghana

100m Hurdles

Position	Name	Performance	Wind	Affiliation
1	Nichole Denby	13.17s	0.0	USA
2	Jessica Ohanaja	13.53s	0.0	Nigeria
3	Rosina Amenebede	13.59s	0.0	Ghana
4	Margaret Simpson	13.81s	0.0	Ghana
5	Adja Arette Ndiaye	13.91s	0.0	Senegal
6	Beatrice Kambole	14.20s	0.0	Burkina Faso
7	Linda Simon	14.47s	0.0	France

Long Jump

Position	Name	Performance	Wind	Affiliation
1	Comfort Onyali	6.29m	+1.2	Nigeria
2	Yetsa Tuakli-Wosornu	6.29m	+0.6	Ghana
3	Janice Josephs	6.26m	+0.2	South Africa
4	Margaret Simpson	6.09m	+0.8	Ghana
5	Sarah Nambawa	5.94m	+0.1	Uganda
6	Elizabeth Dadzie	5.89m	+0.5	Ghana
7	Georgina Sowah	5.78m	+0.9	Ghana

Triple Jump

Position	Name	Performance	Wind	Affiliation
1	Sarah Nambawa	13.68m	0.0	Uganda
2	Iworima Otonye	13.37m	+0.9	Nigeria
3	Mathilde Boateng	12.98m	+1.3	France
4	Linda Simon	12.65m	+0.3	France
5	Elizabeth Dadzie	11.82m	+1.5	Ghana

4X100m Relay

Position	Name	Performance	Affiliation
1	Rosina Amenebede Flings Owusu Agyapong Beatrice Gyaman Vida Anim	44.37s	Ghana
2	Sanou Worokia Koala Marthe Coulibaly Djeneba Kamboule Beatrice	46.97s	Burkina Faso
3	Safia Bright Doreen Adjei Abigail Opong Eunice Boamah	47.97s	Ghana (Ashanti)
4	Jessica Ohanaja (Nigeria) Comfort Onyali (Nigeria) Nichole Denby (USA) Sarah Nambawa (Uganda)	DNF	International Select

The Timing Service was provided by
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