

## U20 Region II Ghana

S/N	EVENTS	NAMES	DoB	PERFORMANCE
<b>Men</b>				
1	100m	Akintola Alaba		10.51s
2	100m	Omubo Gashon		10.47s
3	400m 200m	Ifeanyi Ojeli		20.90w
4	400m 200m	Shedrack Akpeki	25/4/2000	47.42s pb
5	800m	Hamid Sambo	21/11/200	1:55.15s
	1500m	Hamid Sambo	21/11/200	4:00.23s
6	110mh	Muhammed Yussuf		14.44s
7	400mh	Olowookere David		52.87s
8	Long Jump	Arinze Benjamin		7.57m
9	High Jump	Cyprian Oyedele		2.05m
10	Triple Jump	INEH Meyiwa	17/3/2001	15.74m 0.0
	Long Jump	INEH Meyiwa		
<b>4x100m</b>				
	1	Akintola Alaba		
	2	Omubo Gashon		
	3	Ifeanyi Ojeli		
	4	Shedrack Akpeki		
	5	Arinze Benjamin		
	6	Muhammed Yussuf		
<b>4x400m</b>				
	1	Ifeanyi Ojeli		
	2	Shedrack Akpeki		
	3	Hamid Sambo		
	4	Olowookere David		
	5	Muhammed Yussuf		
	6	Akintola Alaba		
<b>Women</b>				
1	100m 200m	Joy Udo-Gabriel		11.61s
2	100m 200m	Rosemary Chukwuma		11.67s
3	4x100m	Blessing Ogundiran		11.75s
4	400m	Abasiamo Akpan		54.98s
5	400m	Joy Abu		55.09s
6	800m	Yinka Bamtefa		
	1500m	Yinka Bamtefa	08/04/2003	4:53.64

7	100mh	Adubi Victoria		14.55s
	400mh	Abasiamo Akpan		59.89s
	400mh	Joy Abu		58.97s
8	Long Jump	George Victory		6.12m
9	High Jump	Esther Isa		1.80m
	Triple Jump	George Victory		12.60m
10	Discus	Princess Kara		44.38m
11	Shot	Kemele Hannah		14.98m
	Javelin	Kemele Hannah		
	Javelin	Princess Kara		
		<b>4x100m</b>		
	1	Joy Udo-Gabriel		
	2	Rosemary Chukwuma		
	3	Blessing Ogundiran		
	4	Adubi Victoria		
	5	Joy Abu		
	6	George Victory		
		<b>4x400m</b>		
	1	Abasiamo Akpan		
	2	Joy Abu		
	3	Yinka Bamtefa		
	4	Rosemary Chukwuma		
	5	Blessing Ogundiran		
	6	Adubi Victoria		

#### Coaches & Officials

1	Ayodele Odelusi	Male Coach
2	Racheal Oguntona	Female Coach
3	Isaac Chinedu	Masseur
4	Monica Otumola	Secretary