



The Legon Sprint Series  
14th May 2017  
University of Ghana, Legon, Accra

**INDIVIDUAL**

Rank	First Name	Surname	Number	Gender	Time
1	Abdul-Rauf	Zakaria	13	Male	1:07:40
2	Samuel	Papai	4	Male	1:08:15
3	KERVENNAL	Pierre	2	Male	1:14:39
4	Mark Twum	Ofosu	6	Male	1:17:03
5	Seidu	Musah	8	Male	1:17:17
6	Tom	Phillips	10	Male	1:21:35
7	Ebenezer	Osabutey	30	Male	1:22:41
8	Frédéric	Van den Berghe	25	Male	1:23:48
9	Mathieu	Dalozé	24	Male	1:24:36
10	ziad	orfali	19	Male	1:26:45
11	Eric	Sattin	5	Male	1:27:24
12	GEORGE	FRIMPONG	1	Male	1:30:12
13	Rusquet	Damien	12	Male	1:31:01
14	Martin	Jecks	20	Male	1:34:22
15	IBRAHIM	ABU	9	Male	1:34:24
16	Kevin	Terry	26	Male	1:42:03
17	Milos	Siska	18	Male	1:44:30
18	Neil	abbott	27	Male	1:48:41
19	BRIAN	BROODRYK	22	Male	2:08:10
	- Roy	Zimmer	7	Male	DNS
	- Octavius	Vermooten	14	Male	DNS
	- Steven	Bland	15	Male	DNS
	- Andile	Hlela	17	Male	DNS
	- Carlton	Hushie	21	Male	DNS
1	Laila	Zangwio	3	Female	1:24:49
2	ANNE	BESANCON	16	Female	1:28:54
3	Tracy	Gerber	11	Female	1:46:37
4	Janice	Dolan	23	Female	2:08:13
5	JOLENE	BROODRYK	28	Female	2:09:20
	Falgon	Valerie	29	Female	DNS

**RELAY**

Rank	First Name	Surname	Team	Discipline	Time
1	Kow	Jackson	1	Swim	0:57:41
	Isaac	Sackey	1	Bike	
	Kassim	Mohammed	1	Run	
2	Agnes	Rusquet	4	Swim	1:08:43
	Bismark Kwasi	Havor	4	Bike	
	Ziem	Wellu	4	Run	
3	Kofi	Anku	3	Swim	1:23:52
	Emmanuel	Semevor	3	Bike	
	Ntiamoah	Danny	3	Run	
4	Nicholas	Abam	5	Swim	1:35:29
	Ahmed	Akabawy	5	Bike	
	Alexander Kofi Baai	Acheampong	5	Run	
5	Sara	Asafu-Adjaye	2	Swim	1:58:35
	Tanja (Kuki)	Asmah	2	Bike	
	Alice	Asafu-Adjaye	2	Run	
6	Nana	Asmah	6	Swim	2:23:32
	James	Addo	6	Bike	
	Eben	Ayivor	6	Run	