

**4TH AFN GOLDEN LEAGUE RESULTS, APER AKU STADIUM, MAKURDI**  
**21ST - 22ND MAY, 2010**

**DAY ONE RESULT: 21ST MAY, 2010**

**MORNING:**

**400m Men Hurdles Heat I**

Pos	Bib	Name	Club	D of Birth	Mark
1st	317	Okoro Chukwugoke	Police		53.05sec
2nd	36	Ivory Onakpo	Benue		53.09sec
3rd	12	Osita Okeagu	Anambra		54.08sec
4th	334	Tosin Ogedengbe	Police		55.01sec
5th	328	Omokpe Samuel	Police		55.05sec
6th	288	Romanus Mba	Police		55.06sec

**400m Men Hurdles Heat II**

Pos	Bib	Name	Club	D of Birth	Mark
1st	68	Samuel Okon	CDA		53.05sec
2nd	82	Maduadi Chibuke	Delta		54.03sec
3rd	13	Tim Nwachukwu	Anambra		54.05sec
4th	227	Thomas Bello D.	Plateau		55.00sec
5th	336	Vincent Odey	Police		55.04sec
6th	274	Akeem Oyewole	Police		56.07sec

**Javelin Women Final**

Pos	Bib	Name	Club	D of Birth	Mark
1st	58	Keke Immaculate	CDA		39.89m
2nd	238	Benedicta Hua	Police		38.13m
3rd	25	Monica Ameh	Benue		31.55m
4th	245	Evelyn Ugboma	Police		28.53m
5th	71	Funmi Agbelusi	Christable		20.78m

**Shot Put Men Final**

Pos	Bib	Name	Club	D of Birth	Mark
1st	292	Dennis Sunday	Police		14.83m
2nd	84	Austin Ifeanyi	Delta		14.79m
3rd	364	Tunde Adeyemi	Oyo		14.52m
4th	349	Sam Nnam	Prisons		13.76m
5th	55	Olatunji Olawale	BUKA Tiger		13.46m
6th	37	Pascal Austin	Benue		12.79m
7th	184	Lubem Vanvar	Niger		11.29m

#### Discus Women Final

Pos	Bib	Name	Club	D of Birth	Mark
1st	52	Udeh Oluchi M.	Buka Tigers		43.07m
2nd	93	Ighaguezejie Uwaye	Edo		42.86m
3rd	58	Keke Immaculate	CDA		42.70m
4th	92	Ikerebe Peace	Edo		33.02m
5th	22	Ene Adamuchu	Benue		30.69m
6th	73	Queen Obisesan	Christable		30.60m
7th	121	Quadri Rashidat	ICDA		24.42m

#### 100m Men Heat I

Pos	Bib	Name	Club	D of Birth	Mark
1st	289	Chijoke Okwonma	Police		10.75sec
2nd	207	Andrew Efiok	Osheku		10.83sec
3rd	21	Olugbemi Oluwayomi	Bayelsa		10.96sec
4th	1	Onugwu Daniel Chukwu	Abia		11.07sec
5th	336	Ogedengbe Johnson	Real Winners		11.48sec
6th	150	Jacob Akor P.	Kano		12.16sec
7th	101	Akinyemi Abimbola	Police		DNF

#### 100m Men Heat II

Wind:-0.0mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	305	Kasumu Ahmed	Police		10.71sec
2nd	78	Benedict Ajidua	Delta		10.74sec
3rd	177	Odeka Gerald	NSCDC		10.87sec
4th	318	Oladimeji Toyin	Police		10.92sec
5th	81	Imhoa Peramile N.	Delta		10.95sec
6th	2	Ejeh Benard	ABU		11.17sec
7th	265	Ajjah Innocent	Real Winners		11.26sec

#### 100m Men Heat III

Wind:-0.0mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	202	Oyebiyi Ayobami	Ondo		10.70sec
2nd	348	Onyeabo Nwogu	Prison		10.82sec
3rd	83	Nathaniel Oletu	Delta		10.84sec
4th	115	Sani Mohammed	GT		11.20sec
5th	320	Onche Morgan Maleg	Police		11.27sec
6th	3	Jackson Ademu	ABU Zaria		11.60sec

#### 100m Men Heat IV

Wind:-0.0mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	355	Iroanwusi Chungnem	Rivers		10.80sec
2nd	309	Martins Ogieriakhi	Police		11.03sec
3rd	213	Davor Pulajok	Plateau		11.41sec
4th	367	Samuel Gbenga	Real Winners		11.63sec
5th	5	Daniel Chuks	A. Class		11.65sec
6th	86	Yusuf Adegoke	Eagle Sight		11.82sec

#### 100m Men Heat V

Wind:-0.0mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	198	Uzodinma Aniagolu	Ondo		10.70sec
2nd	154	Unegbu Peter	Mega Rock		10.73sec
3rd	167	Udeagu Eberechukwu	Navy		10.84sec
4th	11	Chike Anene	Anambra		11.13sec
5th	370	Ojeh Chinemerem	Real Winners		11.28sec
6th	224	Oraha Stanley	Plateau		11.39sec

#### 100m Men Heat VI

Wind:-0.0mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	191	Benjamin Adukwu	Ondo		10.62sec
2nd	196	Kamilu Isijola	Ondo		10.95sec
3rd	30	Akpan Benard	Benue		11.08sec
4th	350	Ilesanmi Oladotun	Police		11.15sec
5th	352	Yakubu Umar	Prison		11.66sec
6th	343	Elemba Emmanuel	Prison		11.80sec

#### 100m Men Heat VII

Wind:-0.0mps

Pos	Bib	Name	Club	D of Birth	Mark
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1st	162	Aliyu Musa	Navy		11.16sec
2nd	152	Chinwe Zedekiah	Lone Star		11.26sec
3rd	368	Absahid Tahur	Real Winners		11.46sec
4th	208	Abah Michael Idoko			DNF

#### 400m Men Heat 1

Pos	Bib	Name	Club	Date of Birth	Mark
1st	49	Samuel Japhet	Bondar Post		48:56sec
2nd	197	Leye Ogunmakinju	Ondo		49:70sec
3rd	206	Anayo Oke Eze	Osheku		49:80sec
4th	80	Imeje Godwin	Delta		51:22sec
5th	334	David Danshime	Prisons		51:94sec
6th	338	Yusuf Mutair	Police		53:45sec
7th	290	Dauda Yusuf	Police		53:62sec

#### 400m Men Heat 2

Pos	Bib	Name	Club	Date of Birth	Mark
1st	108	Nwafor Onyeji	Enugu		48:45sec
2nd	85	Peter Njotech	Delta		48:97sec
3rd	302	Onanike Ikenna	Police		50:73sec
4th	48	Kennedy Mureakwe	B. Post		51:61sec
5th	293	Dele Abubakar	Police		52:00sec
6th	50	Shagari Hammid	Border P.		52:59sec

#### 400m Men Heat 3

Pos	Bib	Name	Club	Date of Birth	Mark
1st	176	Akwu Noah	NCDSC		47:07sec
2nd	75	Isah Salihu	Custom		48:01sec
3rd	114	Isa Umar	CIT		49:24sec
4th	41	Umunna Nwoye	Benue		51:65sec
5th	51	Timothy Ishakum	Border P.		52:63sec
6th	312	Isreal Ekanem	Police		53:26sec
7th	209	Abu Solomon	Plateau		53:91sec

#### 400m Men Heat 4

Pos	Bib	Name	Club	Date of Birth	Mark
1st	181	Onakoya T. Abiola	NCDSC		47:89sec

2nd	45	Friday Joel	B. Post		49:79sec
3rd	67	Otto Cyprian	CDA		49:91sec
4th	82	Maduadi Chibueke	Delta		50:08sec
5th	215	Eriba S. Eru	Plateau		50:27sec

#### 400m Men Heat 5

Pos	Bib	Name	Club	Date of Birth	Mark
1st	204	Tobi Ogunmola	Ondo		47:98sec
2nd	169	Sunday Francis	NCDSC		49:37sec
3rd	30	Akpan Abu	Benue		49:72sec
4th	217	Gonap Rotji Andrew	Plateau		51:39sec
5th	222	Jugo Ezra	Plateau		54:88sec

#### 400m Women Heat 1

Pos	Bib	Name	Club	Date of Birth	Mark
1st	98	Abogunloko Bukola	Ekiti		53:40sec
2nd	66	Adesanya Sekinat	NCDS		54:86sec
3rd	77	Kesiana Egone	Delta		55:75sec
4th	253	Ogunbase Funke	Police		56:21sec
5th	250	Inebinike Esther	Police		57:66sec
6th	372	Ogbonna Chidinma	Abia		57:94sec
7th	358	Balankun Yaletiswek	Taraba		63:41sec

#### 400m Women Heat 2

Pos	Bib	Name	Club	Date of Birth	Mark
1st	188	Etim Margaret	Ondo		51:89sec
2nd	244	Ehigie Josephine	Police		53:30sec
3rd	76	Adegoke Charity	Delta		54:94sec
4th	246	Folajogun Akinduro	Police		56:96sec
5th	205	Egbeniyi Abike	Osheku		56:69sec
6th	72	Kemi Adekoye	Christable		60:20sec
7th	23	Blessing Akande	Benue		67:30sec

#### AFTERNOON:

#### 200m Women Heat I

Wind:+0.7mps

Pos	Bib	Name	Club	D of Birth	Mark
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1st	170	Osazuwa Agnes	NSCDC		23.96sec
2nd	98	Abogunloko Bukola	Ekiti		24.15sec
3rd	171	Ogundemi Shola			24.49sec
4th	297	Blessing Ibirah	Police		25.03sec
5th	359	Benjamin Ada	Taraba		27.95sec

#### 200m Women Heat II

Wind:-0.5mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	57	Gloria Bassey	CDA		24.10sec
2nd	99	Jethro Bunmi	Ekiti		24.27sec
3rd	229	Abibatu Yusuf	Police		24.79sec
4th	250	Imade Juliet	Police		25.67sec
5th	369	Justina Abdul	Real Winners		25.76sec

#### 200m Women Heat III

Wind:-0.1mps

Pos	Bib	Name	Club	D of Birth	Mark
1st	188	Etim Margaret	Ondo		23.85sec
2nd	248	Goodness Thomas	Police		24.64sec
3rd	76	Adegoke Charity	Delta		24.96sec
4th	87	Edith Ekechi	Edo		25.92sec
5th	117	Taiwo Gbadamosi	ICDO NGR		27.94sec
6th	23	Akande Blessing	Benue		29.18sec

#### 200m Men Heat I

Pos	Bib	Name	Club	Date of Birth	Mark
1st	176	Noah Akwu	NSCDC		20.96sec
2nd	78	Benedict Ajidua	Delta		21.75sec
3rd	114	Isah Umar	G.Tomorrow		22.55sec
4th	365	Innocent Attah	FCT		22.79sec
5th	33	Idris Ishaq	Benue		22.83sec
6th	1	Onugwu D. Chukwu	Abia		22.84sec
7th	184	Samuel David	Niger		23.60sec

#### 200m Men Heat II

Wind: +0.7mps

Pos	Bib	Name	Club	Date of Birth	Mark
1st	202	Oyebiyi Ayobami	Ondo		21.93sec
2nd	207	Andrew Efor	Osheku		22.10sec
3rd	81	Imhoopera MHE	Delta		22.15sec

4th	361	Peter Henworth	UNILAG		22.63sec
5th	115	Sanni Muhammed			22.65sec
6th	343	Elemba Emmanuel	Prisons		23.46sec
7th	224	Oraha Stanley	Plateau		23.57sec

#### 200m Men Heat III

Wind: +0.7mps

Pos	Bib	Name	Club	Date of Birth	Mark
1st	108	Nwafor Onyeli	Bayelsa		21.77sec
2nd	169	Sunday Francis	NSCDC		22.17sec
3rd	370	Ojeh Chinemerem	Real Winners		22.71sec
4th	368	Saad Tahir	Real Winners		23.19sec
5th	209	Abu Samson Matthew	Plateau		23.58sec
6th	314	Ojimiwe Endurance	Police		23.61sec

#### 200m Men Heat IV

Wind: +0.5mps

Pos	Bib	Name	Club	Date of Birth	Mark
1st	85	Peter Njotech	Delta		22.12sec
2nd	11	Chike Anene	Anambra		22.31sec
3rd	215	Eriba Sunday E.	Plateau		22.57sec
4th	177	Gerrald D. Odeka	NSCDC		22.77sec
5th	312	Israel Ekanem	Police		23.82sec
6th	350	Ubachi Udodinma	Prison		24.27sec
7th	324	Lai Marcus	Police		25.23sec

#### Triple Jump Men Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	125	Busayo Shodipo	ICDO NGR		15.74m
2nd	308	Lebi Psalm	Police		14.64m
3rd	354	Fibresima Dikibo	Rivers		14.57m
4th	122	Abayomi Ashipo	ICDO NGR		14.23m
5th	53	Deji Adedire	Ogun		13.80m
6th	99	Wasiu Mustapha	Edo		13.62m
7th	54	Ajijola Samuel	Buka Tiger		

#### Hammer Men Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	194	Ibrahim Baba	Ondo		55.12m
2nd	163	Dauda Omizi	Navy		52.23m
3rd	79	Felix Opuana	Delta		48.58m

### 800m Women Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	187	David Abioye	IND		2:10.81sec
2nd	242	Ihekandu Philomina	Police		2:10.83sec
3rd	342	Ifeme Rita	Prison		2:17.47sec
4th	15	Kike Tobi	Bauchi		<b>Disqualified</b>
5th	7	Sarah Ogunmola	Alpha		2:27.43sec
6th	223	Okoye Nkiruka	Plateau		2:33.49sec

### 5,000m Men Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	42	Yenyi Stephen	Benue		15:33:6sec
2nd	228	Yakubu Gyang	Plateau		15:33:87sec
3rd	333	Simon Raymond	Kaduna		15:33:97sec
4th	212	Bulus Ezekeil	Plateau		16:37:34sec
5th	168	Usman Suleiman	Navy		17:41:56sec
6th	330	Seri Oladipupo	Police		
7th	40	Solomon Mtonga	Benue		<b>DNF</b>

### 100m Hurdles Women Final Wind: -1.0mps

Pos	Bib	Name	Club	Date of Birth	Mark
1st	231	Abimbola Lawal	Police		14.19sec
2nd	356	Grace Ayemoba	Police		14.25sec
3rd	25	Monica Ameh	Benue		15.11sec
4th	70	Dayo Oshinbajo	Christable		15.72sec

### 1,500m Men Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	212	Ezekiel Bitrus	Plateau		4:20.52sec
2nd	32	Godwin Apuu	Benue		4:21.76sec
3rd	110	Umukoro Sunday	Delta		4:25.35sec
4th	320	Seriki Oladipupo	Police		4:37.45sec
5th	350	Sed Landgan	Prison		4:38.29sec
6th	218	Danjuma Gram	Plateau		4:53.06sec



### 1,500m Women Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	43	Shimenenge Agber	Benue		4:32.97sec
2nd	226	Ruth Sanni	Plateau		4:34.23sec
3rd	242	Philomina Ihekandu	KDO NGR		4:53.63sec
4th	113	Pereira Oluwabukola	GT		4:54.77sec
5th	118	Victoria Musa	NSCDC		5:08.16sec
6th	342	Rita Ifeme	Prisons		5:14.08sec
7th	112	Monsurat Suleiman	GT		5:14.67sec
8th	374	Ikechi Felix	Bauchi		5:16.73sec
9th	187	David Abiye	Ondo		5:25.45sec

### 800m Men Heat 1

Pos	Bib	Name	Club	Date of Birth	Mark
1st	161	Agu Justine	Navy		1:58:28sec
2nd	10	Goke Ogunseye	alpha		1:59:29sec
3rd	80	Imeje Godwin	Delta		2:00:34sec
4th	17	Felix Musa	Bauchi		<b>Disqualified</b>
5th	291	Danladi Nicodemus	Police		2:05:86sec
6th	363	Hassan Benjamin	Navy		2:06:33sec
7th	349	Gabriel John	Prison		2:06:62sec

### 800m Men Heat 2

Pos	Bib	Name	Club	Date of Birth	Mark
1st	301	Ishaku Mohammed	Police		1:55:86sec
2nd	107	Igiliegbbe Chibuzor	Enugu		1:58:50sec
3rd	46	Ibrahim Ahmed	Border P.		1:59:66sec
4th	151	Shenen Yunusa	Kano		2:01:51sec
5th	39	Simon Kuku	Benue		2:02:85sec
6th	220	Hussan Nengneh	Plateau		2:03:37sec

### DAY TWO RESULT: 22ND MAY, 2010

#### MORNING:

### Discus Men Final

Pos	Bib	Name	Club	D of Birth	Mark
1st	348	Kenechukwu Ezeofor	Prison		50.82m
2nd	55	Olatunji Olawale	Buka Tiger		45.88m

3rd	95	Godwin Imoisi	Edo		45.84m
4th	203	Toba Babalola	Ondo		45.59m
5th	106	Ifebueme Chiedozie	Enugu		45.22m
6th	292	Dannis Sunday	Police		44.81m

#### 20Km Walk Race Women Final

Pos	Bib	Name	Club	D of Birth	Mark
1st	259	Queen Henshaw	Police		2:04:31.65sec
2nd	119	Joy Davis	KDO NGR		2:06:40.24sec
3rd	88	Florence Idahosa	Edo		2:14:04.00sec
4th	92	Peace Ikerebe	Edo		DNF

#### 20Km Walk Race Men Final

Pos	Bib	Name	Club	D of Birth	Mark
1st	268	Adeyemi Kazeem	Police		1:45:19.84sec
2nd	9	Dele Elegbede	Alpha		1:52:03.55sec
3rd	281	Alade Felix	Police		1:53:48.65sec
4th	44	Umoru Yusuf	Bintas		2:00:56.04sec

#### Shot Put Women Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	56	Nkechi Chime	CDA		13:64m
2nd	90	Ibekwe Mirian	Edo		13:40m
3rd	104	Stella Okpokwu	Enugu		12:40m
4th	91	Patience Okoro	Edo		12:13m
5th	58	Keke Immakulate	CDA		11:72m
6th	52	Oluchi Udeh	Buka Tiger		10:96m
7th	93	Uwaye Ibhaguedeje	Edo		10:39m
8th	261	Uju Anoliefo	Police		10:06m

#### Hammer Women Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	73	Queen Obisesan	Christable		50.35m
2nd	121	Quadri Rashidat	ICDO NGR		49.07m
3rd	71	Funmi Agbelusi	Christable		28.91m
4th	58	Keke Immaculate	CDA		27.13m
5th	59	Nkechi Chime	CDA		26.91m

### Pole Vault Men Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	31	Eze Francis	Benue		3.40m
2nd	35	Ochapa Sunday	Benue		3.20m
3rd	320	Oniche M. Malik	Police		3.20m
4th	377	Paul Azubuike	Benue		3.10m
5th	330	Seriki Oladipupo	Police		2.15m

### 800m Men Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	301	Ishaku Mohammed	Police		1:52.95sec
2nd	161	Agu Justine	Navy		1:53.09sec
3rd	107	Igiliegbbe Chibuzor	Enugu		1:54.61sec
4th	46	Ibrahim Ahmed	B. Post		1:54.79sec
5th	10	Goke Ogunseye	Alpha		1:57.95sec
6th	80	Imeje Godwin	Delta		1:58.27sec
7th	151	Shenen Yunusa	Kanu		2:00.32sec
8th	39	Simon Kuku	Benue		2:01.87sec

### Long Jump Men Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	318	Oladimeji Toyin	Police		7.37m -0.0mps
2nd	109	Shola Anota	Esteem		7.35m +0.3mps
3rd	131	Charles Himah	NSCDC		7.05m +0.0mps
4th	308	Lebi Psalm	Police		6.86m -0.0mps
5th	36	Ivory Onakpoboro	Benue		6.75m +0.0mps
6th	321	Osaze Julius	Benue		6.74m
7th	59	Walter Olawale	CDA		6.34m +0.6mps
8th	54	Ajjjola M. Samuel	Buka Tiger		6.19m -0.2mps

### High Jump Women Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	89	Hope Aruya	NSCDC		1.70m
2nd	91	Patience Okoro	Edo		1.65m
3rd	25	Monica Ameh	Benue		1.55m
4th	356	Grace Ayemoba	Sloektan		1.55m

### 4x100m Men Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	Ondo	Ondo	Ondo		40:85.03sec

2nd	176	NSCDC	NSCDC		41:24.06sec
3rd	78	Delta	Delta		41:75.04sec
4th	305	Police	Police		41:79.05sec
5th	127	Navy	Navy		42:63.02sec
6th	215	Plateau	Plateau		42:73.07sec
7th	224	FCT	FCT		42:74.08sec
8th	370	Real Winner	Real Winner		44:43.01sec

#### 4x100m Women Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	170	Police	Police		45.76sec
2nd	297	NSCDC	NSCDC		46.39sec
3rd	372	Delta	Delta		47.58sec
4th	77	Abia	Abia		47.98sec

#### 4x400m Women Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	244	Police	Police		3:40.34sec
2nd	98	ICDO	ICDO		3:43.99sec
3rd	77	Delta	Delta		3:44.50sec
4th	72	Christable	Christable		3:56.71sec

#### 4x400m Men Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	181	NSCDC	NSCDC		3:10.63sec
2nd	11	Anambra	Anambra		3:12.30sec
3rd	317	Police	Police		3:17.86sec
4th	169	ICDO NGR	ICDO NGR		3:20.44sec
5th	213	Plateau	Plateau		3:22.00sec
6th	48	Border Post	Border Post		3:22.76sec

#### 110m Men Hurdles Classic Event final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	68	Samuel Okon	CDA		14:11sec
2nd	309	Martins Ogieriakhi	Police		14:46sec
3rd	334	Tosin Ogedegbe	Police		14:47sec
4th	152	Chime Zedekiah	Lone Star		14:87sec
5th	361	Peter Henworih	Imo-Lag		15:66sec
6th	38	Simon Ayuba	Benue		15:72sec
7th	328	Omope Samuel	Police		16:24sec
8th	210	Akpah Emmanuel	Plateau		16:37sec

#### 400m Hurdles Women finals

Pos	Bib	Name	Club	Date of Birth	Mark
1st	251	Joy Sunday	Police		59:59sec
2nd	246	Folajogun Akinduro	Police		59:88sec
3rd	231	Abimbola Lawal	Police		60:37sec
4th	87	Ekechi Edit	Edo		61:89sec
5th	72	Kemi Adekoya	Christable		64:32sec

#### 400m Hurdles Men finals

Pos	Bib	Name	Club	Date of Birth	Mark
1st	68	Samuel Okon	CDA		52:50sec
2nd	334	Tosin Ogedengbe	Police		52:86sec
3rd	36	Onakpoberuo Ivory	Benue		53:27sec
4th	82	Maduadi Chibuke	Delta		53:80sec
5th	317	Okoro Chukwugozie	Police		54:12sec
6th	13	Tim Nwachukwu	Anambra		54:61sec
7th	12	Osita Okeagu	Anambra		54:69sec
8th	227	Thomas Bello D.	Plateau		54:77sec

#### 100m Men Semi Finals 1

Pos	Bib	Name	Club	Date of Birth	Mark
1st	289	Chijoke Okwonma	Police		10:76sec
2nd	202	Oyebiyi Ayobami	Ondo		10:77sec
3rd	198	Uzodinma Aniagolu	Ondo		10:78sec
4th	78	Benedict Ajidua	Delta		10:82sec
5th	81	Mrtins Ogieriakhi	Police		10:85sec
6th	196	Kamilu Isijola	Ondo		10:87sec
7th	83	Nathaniel Oletu	Delta		10:91sec
8th	162	Aliyu Musa	Navy		11:25sec

#### 100m Men Semi Finals 2

Pos	Bib	Name	Club	Date of Birth	Mark
1st	191	Benjamin Adukwu	Ondo		10:51sec
2nd	305	Kasumu Ahmed	Police		10:76sec
3rd	154	Unegbu Peter	Meg Rock		10:84sec
4th	167	Udeagu Eberechukwu	Navy		10:85sec
5th	355	Iroanwusi Chimenem	Rivers		10:86sec
6th	207	Andrew Hior	Osheku		10:88sec
7th	248	Onyeabor Nwogu	Prisons		10:91sec
8th	152	Zedekiah Chime	Lone Star		11:24sec

Wind - 0.3mps

### 100m Men Finals

Pos	Bib	Name	Club	Date of Birth	Mark
1st	191	Benjamin Adukwu	Ondo		10:49sec
2nd	198	Uzodinma Aniagolu	Ondo		10:61sec
3rd	154	Unegbu Peter	Mega Rock		10:69sec
4th	202	Oyebiyi Ayobami	Ondo		10:71sec
5th	78	Benedict Ajidua	Delta		10:73sec
6th	289	Chijoke Okwonwa	Police		10:80sec
7th	305	Kasumu Ahmed	Police		10:83sec
8th	167	Udeagu Eberechukwu	Navy		10:87sec

### 400m Women finals

Pos	Bib	Name	Club	Date of Birth	Mark
1st	185	Etim Margaret	Ondo		51:24sec
2nd	244	Ehigie Josephine	Police		51:80sec
3rd	98	Abogunloko Bukola	Ekiti		53:03sec
4th	66	Adesanya Sekinat	NCDS		53:62sec
5th	76	Adegoke Charity	Delta		54:14sec
6th	246	Folajogun Akinduro	Police		54:83sec
7th	77	Kesiana Egone	Delta		56:00sec
8th	253	Ogunbase Funke	Police		56:38sec

### 400m Men finals A

Pos	Bib	Name	Club	Date of Birth	Mark
1st	176	Akwu Noah	NCDSC		46:43sec
2nd	181	Onakoya T. Abiola	NCDSC		47:15sec
3rd	75	Isah Salihu	Custom		47:23sec
4th	204	Tobi Ogunmola	Ondo		47:27sec
5th	85	Peter Njotech	Delta		47:67sec
6th	108	Nwafor Onyeji	Enugu		47:73sec
7th	49	Samuel Iaphet	Border P.		48:38sec
8th	114	Isa Umar	GT		49:18sec

### 400m Men finals B

Pos	Bib	Name	Club	Date of Birth	Mark
1st	169	Sunday Francis	NCDSC		48:66sec
2nd	45	Friday Joel	B. Post		49:04sec
3rd	206	Anayo Oke Eze	Osheku		49:09sec
4th	67	Otto Cyprian	CDA		49:19sec
5th	30	Akpan Abu	Benue		49:35sec
6th	197	Leye Ogunmakinju	Ondo		49:65sec
7th	215	Eriba S. Eru	Plateau		50:55sec
8th	82	Maduadi Chubueke	Delta		50:71sec

wind +0.4mps

### 100m Women finals

Pos	Bib	Name	Club	Date of Birth	Mark
1st	170	Agnes Osazuwa	NCDSC		11:50sec
2nd	171	Ogundemi Shola	Christable		11:57sec
3rd	341	Chinazom Amadi	Prison		11:90sec
4th	57	Gloria Bassey	CDA		11:92sec
5th	248	Goodness Thomas	Police		11:96sec
6th	229	Abibatu Yusuf	Police		12:09sec
7th	99	Jethro Bunmi	Ekiti		12:15sec
8th	356	Grace Ayemoba	Sloektan		12:19sec

wind -0.0mps

### 200m Women finals

Pos	Bib	Name	Club	Date of Birth	Mark
1st	188	Etim Margaret	Ondo		23:49sec
2nd	170	Osazuwa Agnes	NSCDC		23:59sec
3rd	171	Ogundemi Shola	CDA		23:99sec
4th	98	Abogunloko Bukola	Ekiti		24:21sec
5th	99	Jethro Bunmi	Ekiti		24:29sec
6th	248	Goodness Thomas	Police		24:30sec
7th	57	Gloria Bassey	CDA		24:31sec
8th	229	Abibatu Yusuf	Police		24:90sec

### 500m Women final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	226	Ruth Awute Sanni	Plateau		18:01:29sec
2nd	185	Agidi Omoyemi	Ondo		18:04:89sec
3rd	14	Janet Dung	Bauchi		18:36:85sec
4th	24	Iorember Mbawuhen	Benue		19:18:53sec
5th	26	Sange Mamnyer	Benue		19:35:66sec
6th	28	Zakor Mumuni	Benue		19:49:87sec
7th	112	Monsurat Suleiman	GT		20:15:91sec

### Javelin Men's Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	240	Firday Osayande	Police		67:24mts
2nd	348	Kenechukwu Ezeoffor	Prison		66:18mts
3rd	96	Kingsley Igbinosun	NCSDC		60:60mts
4th	34	Osaze Julius	Benue		57:98mts
5th	18	Friday Nwaji	Bayelsa		55:54mts
6th	324	Lai Marcus	Police		37:04mts

### Long Jump Women Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	342	Chinasa Amadi	Prison		6.03 +0.0
2nd	116	Blessing Ibrahim	ICDO		5.93 -0.0
3rd	234	Adequnmi Ademungan	Police		5.86 -0.0
4th	371	Ajuadu Nnenna	Abia		5.64-0.0
5th	356	Grace Ayemoba	Sloektan		5.21-0.0

### 10,000 Men Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	214	Emmanuel Gyanygwon	Plateau		32:23:61sec
2nd	306	Kefas Williams	Police		32:23:72sec
3rd	158	Pam Elia	Nasarawa		33:54:58sec
4th	159	Philibus Sharubutu	Nasarawa		34:03:06sec
5th	32	Apuu Godwin	Benue		38:44:29sec
6th	16	Bulus John	Bauchi		DNF
7th	168	Usman Suleiman	Navy		DNF
8th	42	Stephen Yenyi	Benue		DNF
9th	333	Raymond Simon	Kaduna		DNF



### High Jump Men Finals

Pos	Bib	Name	Club	Date of Birth	Mark
1st	122	Abayomi Ashipa	ICDO		2:10m
2nd	59	Emodhola Olawa	CDALFA		2:00m
3rd	375	Obiora Arinze	DELTA		2:00m
4th	308	Lebi PSSA	POLICE		1:45m

## **1ST THREE:**

### **DAY ONE:**

#### **Javelin Women Final**

<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>D of Birth</b>	<b>Mark</b>
1st	58	Keke Immaculate	CDA		39.89m
2nd	238	Benedicta Hua	Police		38.13m
3rd	25	Monica Ameh	Benue		31.55m

#### **Shot Put Men Final**

<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>D of Birth</b>	<b>Mark</b>
1st	292	Dennis Sunday	Police		14.83m
2nd	84	Austin Ifeanyi	Delta		14.79m
3rd	364	Tunde Adeyemi	Oyo		14.52m

#### **Discus Women Final**

<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>D of Birth</b>	<b>Mark</b>
1st	52	Udeh Oluchi M.	Buka Tigers		43.07m
2nd	93	Ighaguezejie Uwaye	Edo		42.86m
3rd	58	Keke Immaculate	CDA		42.70m

#### **Triple Jump Men Final**

<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>Date of Birth</b>	<b>Mark</b>
1st	125	Busayo Shodipo	ICDO NGR		15.74m
2nd	308	Lebi Psalm	Police		14.64m
3rd	354	Fibresima Dikibo	Rivers		14.57m

#### **800m Women Final**

<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>Date of Birth</b>	<b>Mark</b>
1st	187	David Abioye	IND		2:10.81sec
2nd	242	Ihekandu Philomina	Police		2:10.83sec
3rd	342	Ifeme Rita	Prison		2:17.47sec

### 5,000m Men Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	42	Yenyi Stephen	Benue		15:33:6sec
2nd	228	Yakubu Gyang	Plateau		15:33:87sec
3rd	333	Simon Raymond	Kaduna		15:33:97sec

### 1,500m Men Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	212	Ezekiel Bitrus	Plateau		4:20.52sec
2nd	32	Godwin Apuu	Benue		4:21.76sec
3rd	110	Umukoro Sunday	Delta		4:25.35sec

### 1,500m Women Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	43	Shimenenge Agber	Benue		4:32.97sec
2nd	226	Ruth Sanni	Plateau		4:34.23sec
3rd	242	Philomina Ihekandu	KDO NGR		4:53.63sec

**DAY TWO RESULT: 22ND MAY, 2010**

### Discus Men Final

Pos	Bib	Name	Club	D of Birth	Mark
1st	348	Kenechukwu Ezeofor	Prison		50.82m
2nd	55	Olatunji Olawale	Buka Tiger		45.88m
3rd	95	Godwin Imoisi	Edo		45.84m

### 20Km Walk Race Women Final

Pos	Bib	Name	Club	D of Birth	Mark
1st	259	Queen Henshaw	Police		2:04:31.65sec
2nd	119	Joy Davis	KDO NGR		2:06:40.24sec
3rd	88	Florence Idahosa	Edo		2:14:04.00sec

### 20Km Walk Race Men Final

Pos	Bib	Name	Club	D of Birth	Mark
1st	268	Adeyemi Kazeem	Police		1:45:19.84sec
2nd	9	Dele Elegbede	Alpha		1:52:03.55sec
3rd	281	Alade Felix	Police		1:53:48.65sec

### Shot Put Women Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	56	Nkechi Chime	CDA		13:64m
2nd	90	Ibekwe Mirian	Edo		13:40m
3rd	104	Stella Okpokwu	Enugu		12:40m

### Hammer Women Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	73	Queen Obisesan	Christable		50.35m
2nd	121	Quadri Rashidat	ICDO NGR		49.07m
3rd	71	Funmi Agbelusi	Christable		28.91m

### Pole Vault Men Final

Pos	Bib	Name	Club	Date of Birth	Mark
1st	31	Eze Francis	Benue		3.40m

2nd	35	Ochapa Sunday	Benue		3.20m
3rd	320	Oniche M. Malik	Police		3.20m