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10K RESULTS

- 1 Bortey, Enoch GHA (M) 00:37:54
- 2 Adefunmilayo Stephen NGA (M) 0:38:37
- 3 Nasir, Adam GHA (M) 0:41:46
- 4 Shaibu, Usman GHA (M) 0:42:28
- 5 Tamin, Abdul Rahman GHA (M) 0:43:33
- 6 Ilhif, Nazif GHA (M) 0:44:05
- 7 Boahen, Kweku GHA (M) 0:46:25
- 8 Moses, Anthony GHA (M) 0:47:24
- 9 Owusu, Emmanuel GHA (M) 0:47:35
- 10 Gendron, John USA (M) 0:48:10
- 11 Gast, Sebastian FRA (M) 0:48:26
- 12 Rayan, Mohammed Sani GHA (M) 0:48:48
- 13 Frimpong, Mark Twumasi GHA (M) 0:49:40
- 14 Addie, Akwaasi (15 Yrs) GHA (M) 0:51:08
- 15 Musah, Salim GHA (M) 0:51:12
- 16 Adjin, Alfred GHA (M) 0:51:49
- 17 Nii Adjiei, Solomon GHA (M) 0:52:56
- 18 Adams, Fadilatu (15 Yrs) GHA (F) 0:53:11
- 19 Preuss, Marianna DEU (F) 0:53:16
- 20 McKee, Kristin USA (F) 0:53:54
- 21 Okoye, Gabriel KEN (M) 0:54:44
- 22 Allen, Chantelle ZAF (F) 0:55:18
- 23 Obeng, John GHA (M) 0:55:38
- 24 Okemoto, Kenichi JPN (M) 0:55:41
- 25 Ankrab, Christian GHA (M) 0:56:54
- 26 Rosado, Carina USA (F) 0:56:58
- 27 Adomakoh, Kojo GHA (M) 0:57:00
- 28 Appiah-Nuamah, Nana Denkye GHA (F) 0:57:36
- 29 Addofofy, Anthony GHA (M) 0:57:39
- 30 Rees, Andrew GBR (M) 0:59:06

5K RESULTS

- 1 Gyamfi, Isaac GHA (M) 0:21:54
- 2 Adotey-Kofie, Samuel GHA (M) 0:22:24
- 3 Asante, Daniel GHA (M) 0:23:18
- 4 Iglesias, Jr. Reynaldo MEX (M) 0:25:08
- 5 Boatman, Sheila GHA (F) 0:25:23
- 6 Ofuo, Samuel GHA (M) 0:26:27
- 7 Tayag, Antonio PHL (M) 0:26:45
- 8 Dagadu, Raphael GHA (M) 0:28:05
- 9 Yeenu-Prah, Ebo GHA (M) 0:28:05
- 10 Basam M.S. (8yrs) GHA (M) 0:28:48
- 11 Agbay, Victoriano PHL (M) 0:29:09
- 12 Lege, Tyler USA (M) 0:29:56
- 13 Von Loeper, Talitha DEU (F) 0:30:13
- 14 Aguilar, Bayani PHL (M) 0:31:00
- 15 Marcella, Noel PHL (M) 0:31:54
- 16 Obeng, Moses UKR (M) 0:32:00
- 17 Milena W. (8yrs) DEU (F) 0:32:14
- 18 Wehnert, Bruno DEU (M) 0:32:14
- 19 Hagacer, Rolando GA PHL (M) 0:32:30
- 20 Destacamento, Abel PHL (M) 0:33:07
- 21 Paccard, Nicolas CHE (M) 0:33:20
- 22 Stephens, Kojo GHA (M) 0:33:56
- 23 Akorah, Bernard GHA (M) 0:33:57
- 24 Salamanes, Allan PHL (M) 0:34:02
- 25 Castillo, Danilo PHL (M) 0:34:20
- 26 Okai, Brian GHA (M) 0:34:53

- 31 Yakubu, Abdul-Wahab GHA (M) 0:59:11
- 32 Gyapong, Mensah GHA (M) 0:59:12
- 33 Dordunoo, Emmanuel GHA (M) 1:09:11
- 34 Wachter, Dana USA (F) 0:59:59
- 35 Sarpong, Eric GHA (M) 1:00:41
- 36 Oyango, Victor KEN (M) 1:00:42
- 37 Sulemana, Rashid Abdul GHA (M) 1:00:50
- 38 Ebenezer, Harry GHA (M) 1:01:05
- 39 Aziba, Abdul-Aziz GHA (M) 1:01:06
- 40 Braimah, Musah GHA (M) 1:01:08
- 41 Owusu, Philip GHA (M) 1:01:37
- 42 Ligali, Fallal GHA (F) 1:01:47
- 43 Ankrab, Festus Twumasi GHA (M) 1:01:52
- 44 Adoboe, Benjamin GHA (M) 1:02:56
- 45 Biret, Mathieu FRA (M) 1:02:58
- 46 Flament, Thomas FRA (M) 1:02:58
- 47 Nnuro, William GHA (M) 1:03:05
- 48 Frimpong-Manso, Kwadwo GHA (M) 1:03:08
- 49 Addo, Dennis GHA (M) 1:03:42
- 50 Katernou, Paul GHA (M) 1:03:55
- 51 Aboagye, Sampson GHA (M) 1:04:04
- 52 Hermann, Elmar DEU (M) 1:04:05
- 53 Chatwin, Merlin CAN (M) 1:04:19
- 54 Witbooi, Lucia ZAF (F) 1:04:27
- 55 Baka, Raymond GHA (M) 1:05:17
- 56 O'Brien, Wanda CAN (F) 1:06:06
- 57 Pappert, Theresa DEU (F) 1:06:56
- 58 Stetzka, Bettina DEU (F) 1:06:58
- 59 Asomani, Norbert GHA (M) 1:07:12
- 60 Addison, Buabeng GHA (M) 1:07:16
- 61 Lighthart, Michael NLD (M) 1:07:30
- 62 Mathavan, Munienthiran IND (M) 1:08:09

- 63 Aduku, Eugene GHA (M) 1:08:11
- 64 Chandrasekaran, Bharathiraja IND (M) 1:08:46
- 65 Gomez, Julio ARG (M) 1:09:11
- 66 Olmstead, William USA (M) 1:09:29
- 67 Gomez, Liam ARG (M) 1:09:45
- 68 Pentz, Ariane DEU (F) 1:10:29
- 69 Adjey, Joseph GHA (M) 1:11:04
- 70 Hombach, Julia DEU (F) 1:11:42
- 71 Sharma, Alok IND (M) 1:11:47
- 72 Kalo, Joseph GHA (M) 1:12:27
- 73 Hadjah, Theophilus GHA (M) 1:12:29
- 74 Odonkor, Jonathan GHA (M) 1:12:35
- 75 Crites, Sarah USA (F) 1:12:53
- 76 Collas, Ariana USA (F) 1:13:21
- 77 Eduafu, David GHA (M) 1:13:50
- 78 Asare, Nana Kofi GHA (M) 1:14:04
- 79 Derby, Margaret USA (F) 1:14:28
- 80 Palamalai, Millicent GHA (M) 1:13:10
- 81 Boateng-Nii, Boakey GHA (M) 1:15:16
- 82 Shevin, Amber USA (F) 1:16:04
- 83 Ocansey, Naomi GBR (F) 1:18:23
- 84 Hermann, Elmar DEU (M) 1:18:36
- 85 Komabu, Victor GHA (M) 1:18:37
- 86 Tafour, Daniel GHA (M) 1:19:09
- 87 Dose, Foster GHA (M) 1:20:04
- 88 Nyaho, Felix GHA (M) 1:20:06
- 89 Brunckhorst, Catarina BRA (F) 1:20:12
- 90 Brunckhorst, Mathias BRA (M) 1:20:12
- 91 Sadamoto, Misayo JPN (F) 1:21:02
- 92 Sadamoto, Noriaki JPN (M) 1:21:02
- 93 Lartey, Emelia GHA (F) 1:22:06
- 94 Njoroge, Samuel KEN (M) 1:22:14

- 95 Burmester, Jeanette DEU (F) 1:24:16
- 96 Yoo, Jinwook KOR (M) 1:24:29
- 97 Aggrey, Emmanuel GHA (M) 1:25:29
- 98 Asamoah, Eliekem GHA (M) 1:25:47
- 99 Zah, Edem GHA (M) 1:25:55
- 100 Inoue, Tomoko JPN (F) 1:25:55
- 101 Anash, Maxwell GHA (M) 1:25:56
- 102 Osafo-Adjei, Emmanuella GHA (F) 1:26:06
- 103 Akrofi, Eric GHA (M) 1:26:11
- 104 Anash, Isaac GHA (M) 1:29:30
- 105 Nuworo, Augustine GHA (M) 1:29:55
- 106 Aye-Owusu, Gideon GHA (M) 1:30:11
- 107 Acheampong, Akwasi GHA (M) 1:30:20
- 108 Kallander, Amol IND (M) 1:30:42
- 109 Nuwati, Brooke GHA (F) 1:30:54
- 110 Ito, Aya JPN (F) 1:31:05
- 111 Anane, Eugene GHA (M) 1:31:53
- 112 Emisshai, Millicent GHA (M) 1:33:10
- 113 Senya, Edward GHA (M) 1:34:46
- 114 Aniagyei, Enoch GHA (M) 1:35:04
- 115 Osekere, Rhonda GHA (F) 1:35:12
- 116 Suberu, Rayan GHA (M) 1:35:17
- 117 Geoghegan, Kelly USA (F) 1:35:54
- 118 Wicklund, Kelly USA (M) 1:37:41
- 119 Ansari, Ameyya GHA (M) 1:38:16
- 120 Adu-Mensah, Philip GHA (M) 1:40:00
- 121 Masope-Crabbe, Marilyn GHA (F) 1:40:09
- 122 Nartey, Eugene GHA (M) 1:40:16
- 123 Botwe, Dorcas GHA (F) 1:40:16
- 124 Otoo, George GHA (M) 1:41:48
- 125 Serwah, Afia GHA (F) 1:42:29
- 126 Dsane-Laryer, Barbara GHA (F) 1:42:43

- 127 Bosomtwe, Eric GHA (M) 1:43:03
- 128 Bulley, Kokui GHA (F) 1:43:53
- 129 Boateng, Edward GHA (M) 1:44:54
- 130 Mearthy, Davida GHA (F) 1:44:55
- 131 Uehara, Misako JPN (F) 1:45:42
- 132 Chacko, Roni IND (M) 1:45:51
- 133 Hogba, Kekeli GHA (F) 1:46:14
- 134 Dokplri, Akorfa GHA (F) 1:46:14
- 135 Anthonio, Emeffa GHA (F) 1:50:35
- 136 Hasford, Pearl GHA (F) 1:50:35
- 137 Ankrab, Alma GHA (F) 1:52:30
- 138 Ayesu, Maame GHA (F) 1:52:34
- 139 Abortor, Daisy GHA (F) 1:52:35
- 140 Orleans-Mensah, Gloria GHA (F) 1:52:59
- 141 Ayim, Abena GHA (F) 1:54:35
- 142 Opoiku-Ankomah, Irene GHA (F) 1:54:36
- 143 Aziz, Nadeem IND (M) 1:47:18
- 144 Addo, Solomon Kof GHA (M) 2:00:27
- 145 Baddo, Shevon GHA (F) 2:00:27
- 146 Nair, Dinanath IND (M) 2:00:44
- 147 Bedwei, Ayesha GHA (F) 2:04:53
- 148 Abakab, Dorothy CMR (F) 2:04:53
- 149 Setorwofa, Nicholas GHA (M) 2:05:49
- 150 Nutor, Klemam GHA (M) 2:28:13
- 151 Banihi, Ameyya GHA (M) 2:28:16
- 152 Nutor, Sefakor GHA (F) 2:28:26
- 153 Bator, Ghanu GHA (M) 2:28:43
- 154 Kwame, Evelyn GHA (F) 2:32:59
- 155 Abbey, Victor GHA (M) 2:33:26

CC4CR FINISHERS

(Corporate Challenge 4 Charity Relay)

PwC Ghana Team:
 George Coleman
 Thomas Kyei-Boateng
 Selorm Ohene
 Veronica Magenbe

The Accra International Marathon (AIM) supports the life-saving mission of The Longevity Project and is an annual production of FIT4Life. Keeping you fit 4 life, 4 work, 4 fun!
 www.aimghana.com
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Heartfelt thanks to these sponsors and all supporters for contributing to the success of the 9th Annual Accra International Marathon—AIM



The 9th Annual Accra International Marathon (AIM) successfully passed into history on the last Sunday in September with about 42 nations represented on AIM day. Of the nearly 500 registrations, about 40% were Ghanaians; the top 8 foreign countries were, in descending order: USA (44); Germany (26); Japan (18); India (17); France & Nigeria (13 each); Philippines (12) and UK (10).

were joined by AIM newcomers Bouygues Construction, Godrej, and Red Sea Housing. A festive and fun atmosphere prevailed on the course and especially at the finish line, where MC Kafui Dey, assisted by Reggie Spice, made sure that participants and spectators alike were entertained and appreciated.

valuable meaning to this motto, and, with the help of several participants, organizers raised and donated over GHS35,000 (about \$10,000) to charities in Guinea, Liberia and Sierra Leone, the 3 worst affected Ebola countries in our sub-region, as well as to Ghana's own Planetarium Science Centre.

Special thanks to media sponsors, Starr FM of the EIB Network and eTV of Global Media Alliance, as well as to: our volunteer medical team, massage therapists of GAMMT and Rima Theratouch, the Ghana Police Service, the Ghana Cycling Association, the Ashesi Civic Engagement Club, and the numerous other public-spirited individuals whose support contributes immensely to our fitness and to the success of the AIM.

We applaud the growing numbers of AIMers—runners, joggers, and walkers whose commitment to their personal fitness helps to improve national productivity. In support of our valued active lifestyle seekers, the 10th Annual AIM will be held on 30 October 2016. Mark your calendars now and prepare to join in the fitness fun lifestyle.

Veteran corporate participants, Accu-Computers, Barry Callebaut, Mitsui-Osk Lines (MOL), PwC, Metropolitan Insurance, and Labadi Beach Hotel,

The enduring theme of this popular leisure, sporting event is *AIMing to Keep Africa Alive!* Raising funds to support selected Charity Partners gives

9TH ANNUAL ACCRA INTERNATIONAL MARATHON (AIM) RACE RESULTS

Congratulations to the following AIMers who successfully finished the race out of over 400 participants!

FULL MARATHON

- 1 Izuchi, Motoki (M) JPN 3:42:24
- 2 Weigand, Cyrus (M) USA 3:44:37
- 3 Larnicol, Guillaume (M) FRA 3:53:38
- 4 Opoiku, Kwame (M) GHA 3:58:51
- 5 John Lulu, Sackey (M) GHA 4:09:26
- 6 Sato, Masanao (M) JPN 4:15:26
- 7 Besançon, Anne (F) FRA 4:17:56
- 8 Broecker, Katja (F) USA 4:24:19
- 9 Bannikova, Anastasia (F) USA 4:35:17
- 10 Bart, Jeff (M) USA 4:37:17
- 11 Tulenko, Samantha (F) USA 4:38:18
- 12 Toyoshima, Keigo (M) JPN 4:40:28
- 13 Malysz, Zbigniew (M) POL 4:42:21
- 14 Kawano, Mayumi (F) JPN 4:44:28
- 15 Gast, Rebecca (F) USA 4:48:49
- 16 Yamazaki, Masanori (M) JPN 4:57:00
- 17 Kato, Yoko (M) JPN 5:01:56
- 18 Sunshine, Joshua (M) USA 5:09:27
- 19 Hetrick, Angela (F) USA 5:17:56
- 20 Ogunlana, Oluayinka (M) NGA 5:18:19
- 21 Hayano, Kazuhiro (M) JPN 5:20:32
- 22 Trakhimets, Olesya (F) USA 5:37:10
- 23 Sekine, Takashi (M) JPN 5:37:25
- 24 Holden, Christopher (M) GBR 5:50:55
- 25 Hamenu, Charles (M) GHA
- 26 Stappers, Marcel (M) NED 6:02:07
- 27 Cockbaine, Francisco (M) CHL 6:02:34

- 28 Mignano, Paul USA (M) 1:28:49
- 29 Doku, Kwame GHA (M) 1:32:30
- 30 Tetteh, Stephen GHA (M) 1:32:31
- 31 Blankson, Nana Kwesi GHA (M) 1:33:48
- 32 Jorion, Philippe FRA (M) 1:38:03
- 33 Correa Koufen, Damian DEU (M) 1:43:02
- 34 Jonqueres, Benoit FRA (M) 1:43:28
- 35 Hudson, Dominic GBR (M) 1:45:30
- 36 Jorion, Jimmy FRA (M) 1:46:47
- 37 Bertrand, Curt USA (M) 1:46:50
- 38 Forshyeth, Michael USA (M) 1:49:00
- 39 Aysheeth, Richard GBR (M) 1:57:58
- 40 Foyth, Charles (M) GHA
- 41 Stappers, Marcel (M) NED 6:02:07
- 42 Cockbaine, Francisco (M) CHL 6:02:34
- 43 Nelson, Jeremy GBR (M) 2:02:17
- 44 Eik, Lars NOR (M) 2:03:34
- 45 Jansens, Rensburg, S. ZAF (M) 2:06:02
- 46 Boye, Eric Bortey GHA (M) 2:07:41
- 47 Schwarz, Sebastian DEU (M) 2:08:50
- 48 Zeiters, David USA (M) 2:09:24
- 49 Mayer, Benedict GBR (M) 2:10:02
- 50 Gupta, Sharad IND (M) 2:10:45
- 51 Mignano, Paul USA (M) 2:13:55
- 52 Eyenike, Roseline NGA (F) 2:14:12
- 53 Spadafora, Taylor USA (F) 2:14:58
- 54 Malcherek-Schwiderowski, M. DEU (M) 2:16:37
- 55 Rodrigo, Coomereine LKA (F) 2:17:00
- 56 Enttoh, David GHA (M) 2:17:46
- 57 Gros, Clemens DEU (M) 2:18:13
- 58 Toda, Mai JPN (F) 2:18:30
- 59 Alakwe, Fausta NGA (M) 2:19:42
- 60 Jorion, Jimmy FRA (M) 2:22:45
- 61 Emory, Robyn USA (F) 2:25:26
- 62 Botha, Jurie ZAF (M) 2:26:51
- 63 Razvan-Andrei, P. NGA (M) 2:27:00
- 64 Jha, Radhe Shyam IND (M) 2:27:33
- 65 Nkrumah, Enoch GHA (M) 2:27:37
- 66 Molsae, Melissa USA (F) 2:32:32

- 67 Madsen, Christian DEU (M) 2:32:55
- 68 Roth, David FRA (M) 2:33:14
- 69 Daddon, Kwesi GHA (M) 2:34:07
- 70 Yao, Yao CHN (M) 2:34:48
- 71 Stirling, Don USA (M) 2:35:54
- 72 Sasaki, Yui JPN (F) 2:35:55
- 73 Terasawa, Sayuri JPN (F) 2:38:45
- 74 Okai, Benjamin GHA (M) 2:39:11
- 75 Uwumarogie, Philip NGA (M) 2:39:11
- 76 Gotzian, Peter DEU (M) 2:39:12
- 77 Hoppe, Markus DEU (M) 2:39:25
- 78 Tillman, Miriam NZL (F) 2:41:00
- 79 Iyer, Ganesh IND (M) 2:41:01
- 80 Bulley, Oko GHA (M) 2:43:19
- 81 Gupta, Munish IND (M) 2:43:58
- 82 Fleischer, Christian K. GHA (M) 2:48:08
- 83 Obaro, Chioma NGA (F) 2:48:38
- 84 Bacquie, Antoine FRA (M) 2:53:53
- 85 Mensah, Richard GHA (M) 2:54:43
- 86 Wicklund, Richard USA (M) 2:56:03
- 87 Asafu-Adjaye, Alice GHA (F) 3:14:50
- 88 Opoiku, Kyeretwie GHA (M) 3:14:51
- 89 Hughes, Sophia GHA (F) 3:24:49



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