

GHANA OLYMPIC NEWS

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SPORTING HEROES

GOC SHEDS LIGHT ON IKE QUARTEY SNR Ghana's 1st Olympic Medalist

By Sammy Heywood Okine

Ghana's first Olympic medalist, Clement Isaac 'Ike' Quartey Snr, has passed away at the age of 86.

As a pioneering figure in Ghanaian and African sports, the late Quartey, who died on November 2, 2024, in London, inspired generations of athletes. He will be remembered as a true trailblazer in Ghana's Olympic history.

In a tribute, former Ghana Olympic Committee (GOC) president Ben Nunoo Mensah, expressed sorrow at the loss of an outstanding sportsman who placed Ghana on the Olympic map and opened doors for African athletes worldwide.

"The entire Olympic Movement in Ghana is profoundly saddened by the loss of Clement Quartey, a man whose achievements paved the way for African athletes on the global stage. We extend our deepest condolences to his family, including his younger brother, former WBA welterweight champion Ike 'Bazooka' Quartey."

Clement Quartey, fondly known as Ike, holds a significant place in history as the first black African to win an Olympic medal, earning silver at the 1960 Olympics in Rome. His achievement, a momentous milestone in African sports,

came after a series of triumphant victories against opponents from Morocco, Iraq, South Korea, and Poland in the light-welterweight division. Although the Ghanaian legend lost to Czech boxer Bohumil Němeček in the gold-medal bout, his presence on the Olympic podium signified an unprecedented breakthrough for the African continent.

At the time, no black African had previously won an Olympic medal, a barrier Clement Quartey broke on September 1, 1960.

Just days later, Ethiopian runner Abebe Bikila followed in his footsteps by winning the men's marathon barefoot. This iconic era marked a defining moment, establishing Ghana and Africa on the global sports stage and motivating generations of African athletes. Clement Quartey's legacy continued beyond the Olympics. In 1962, he won a gold medal at the British Empire and Commonwealth Games in Perth, Australia, alongside fellow Ghanaian athletes Mike Ahey and Eddie Blay.

His achievements became emblematic of Ghana's early post-independence sporting successes and inspired future athletes to strive for excellence.

As Ghana's first Olympic medalist, Clement Quartey's legacy inspired many athletes, including his younger brother, Ike 'Bazooka' Quartey, who represented Ghana at the 1988 Seoul Olympics before going on to become a world champion in professional boxing.

The GOC honours Clement Quartey as an enduring symbol of resilience, a standard-bearer of Ghanaian and African



Clement Isaac "Ike" Quartey Snr

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KIRSTY COVENTRY

First Female IOC President

Zimbabwe's Kirsty Coventry has made history as the first woman and African to become the president of the International Olympic Committee (IOC).

Fittingly, this milestone was achieved in Costa Navarino, Greece, around 100km from the sacred site of Olympia, the birthplace of the Olympic Games, on March 20, 2025.

In what many thought was one of the most unpredictable elections in IOC history, the 41-year-old Coventry only needed one round of voting in less than 10 minutes to obtain the absolute majority of votes.

While she was largely perceived as one of the frontrunners during the six-month campaign, with many believing she had the backing of the outgoing President Thomas Bach, there was really no clear-cut favourite among the record field of seven (7) candidates prior to the election.

Out of a total of 97 possible votes, Coventry amassed 49. IOC vice-president Juan Antonio Samaranch settled for second place with 28 votes. World Athletics president Sebastian Coe was third with 8 votes, followed by UCI president David Lappartient and FIG president Morinari Watanabe with 4 votes apiece. IOC executive board member Prince Feisal Al Hussein and FIS president Johan Eliasch got 2 votes each.

A luxury resort overlooking the crystal clear waters of the Ionian Sea was the setting for this consequential gathering of the IOC's exclusive club.

It was a historic moment in the 130-year history of the IOC, which first co-opted women as members for the first time in 1981 at the Session in Baden-Baden, Germany. Then in 1997, Anita DeFrantz, a rowing bronze medalist in 1976, became the first female vice-president of the IOC, before running for the presidency in 2001.

"My very dear colleagues, this is an extraordinary moment," Coventry began her acceptance speech.

"As a nine-year-old girl, I never thought that I would be standing up here one day getting to give back to this incredible movement of ours. This is not just a huge honour but it is a reminder of my commitment to every single one of you that I will lead this organisation with so much pride with the values at the core and I will make all of you very, very proud and hopefully extremely confident in the decision that you've taken today. Thank you from the bottom of my heart and now we've got some work together.

"And I would like to really thank all the candidates. This race was an incredible race and it made us better, made us a stronger movement. I know from all of the conversations that I've had with every single one of you how much stronger our movement is going to be when we now come back together and deliver on some of those ideas that we all shared. Thank you very much for this moment and thank you very much for this honour."



Coventry, Africa's most-decorated Olympian with seven medals – including two golds – from five Olympic Games to her name, was first elected to the IOC as a member of the Athletes' Commission in 2013, then as an individual member in 2021. She stated in her manifesto that she wanted "to give back to the Movement that has given me so much and allowed me to be who I am today". And now she has the opportunity to do so.

She served on the IOC executive board and was leading the IOC commissions monitoring the progress of the Dakar 2026 Youth Olympics and 2032 Brisbane Olympics.

She has been Zimbabwe's minister of sport, arts and recreation since September 2018.

"My mission to drive empowerment, strengthen engagement, and ensure we remain relevant, as guided by the Ubuntu philosophy: 'I am because we are.' This principle highlights the combined strength of the Olympic community and our responsibility to uplift one another,"

Coventry wrote in her manifesto.

According to the Olympic Charter, the new president is elected on an initial eight-year term with the possibility of re-election to a second four-year term for a maximum of 12 years in total. To ensure a smooth transition, Coventry's term of office will start on 24 June 2025.

Source: AIPS



Anthony Joshua presenting a pair of gloves to President Mahama



ANTHONY JOSHUA IN GHANA

By Sammy Heywood Okine

Former World Heavyweight Boxing Champion, Anthony Joshua who was in Ghana at the invitation of Sharaf Mahama, CEO of Legacy Rise Sports Promotions, has expressed his appreciation for the warm reception he received. He described Ghana as a nice place and hopes to bring investors to the country.

According to the Nigerian-born British boxer, who came as a special guest to witness the 'Battle of the Beasts' boxing bonanza at the Bukom Boxing Arena on June 13, 2025, Accra is a beautiful city, and that his Nigerian people had hidden this fact from him.

He hailed the Accra Airport, the beautiful streets and other fantastic facilities like the Bukom Boxing Arena.

After watching the classic boxing showdown, he was invited by Mr. Ibrahim Mahama, uncle of Sharaf Mahama to have a feel of cruising on the Volta Lake.

He attended a church service with the First Family and met Ghana's President John Dramani Mahama at the Jubilee House alongside Professor Azumah Nelson, the boxing legend who held a world title for 10 years.

Joshua, who fancies riding, was gifted a Honda CRF450R motor bike by Ibrahim Mahama on the memorable visit.

At the meeting with President Mahama, the duo discussed development and exchange programmes for boxers and sports in general, that will be mutually beneficial to him and the nation.

Anthony Joshua poses with President Mahama and boxing legend Azumah Nelson



EDITORIAL

INTRODUCING THE GHANA OLYMPIC NEWS

This is the first edition of the Ghana Olympic News, a magazine that will serve as a mouthpiece of the Ghana Olympic Committee (GOC).

The idea to create a news magazine for the Ghana Olympic Committee (GOC) was mooted in March 2025, in the lead-up to the elective congress that brought the Akpokavie Administration to power. In the coming years therefore, this magazine will be used to project the vision of the GOC Board, currently being led by Richard

Kofi Akpokavie, a lawyer of many years' standing. The quarterly magazine will publish activities and programs of the GOC, and major articles and stories affecting sports federations affiliated to the GOC in every edition. It will as well contain advert slots for sponsors and partners of the GOC, and the various sports federations, in order to show GOC's appreciation of corporate entities that support our affiliate federations and sports in general. The Ghana Olympic News employs a blend of newspaper and magazine styles, giving prominence to beautiful pictures. It will feature articles on opinion, sports

medicine, anti-doping, manipulation of sports as well as stories from the Association of National Olympic Committees of Africa (ANOCA) and the International Olympic Committee (IOC).

As a quarterly magazine, it will have three (3) editions each year in June, October and February.

The Editorial Team wishes to express its appreciation to contributors of this first edition such as Professor Jonathan Quartey, Dennis Moore, and the entire GOC Board for their support.

Together, let's move Ghana sports forward!



The Chefs de Mission in a group photograph with ANOCA Executives

ANOCA MEETS OVER MAIDEN AFRICAN SCHOOL GAMES

May 19 and 20, 2025 will go down as a milestone in the history of African sport, as Algeria hosted the Chefs de Mission meeting in the run-up to the maiden African School Games billed for Algiers.

The meeting was a historic event that enshrines a shared vision of African youth trained, followed up and developed through sport from school onwards.

This high-level meeting was held under the aegis of the Association of National Olympic Committees of Africa (ANOCA), in strategic partnership with the International School Sport Federation (ISSF), the International Olympic Committee (IOC) and the Association of African Olympic Sports Confederations (CASOL).

In an atmosphere of constructive dialogue and shared enthusiasm, delegations representing 51 African NOCs met at the Golden Tulip Hotel in the Béni Hamdine neighbourhood, to fine-tune preparations for this unprecedented pan-African event. This is a defining moment that will help structure African school sport on a continental scale.

The maiden African School Games will be celebrated from 26 July to 5 August 2025 in the cities of Constantine, Sétif, Skikda and Annaba.

Over 3,000 young athletes aged between 14 and 17, representing every nook and cranny of the continent, will compete in 25 sports disciplines, ranging from traditional Olympic sports to emerging disciplines such as basketball 3x3, skateboarding, beach volleyball and taekwondo. These Games will be a showcase for future talents, an essential stage in the identification and training of Africa's next generation of sportsmen and women.

The high point of the seminar was the official announcement by the Algerian Minister for Youth and Sport, Mr Walid Sadi, that all participation fees for African athletes will be paid in full by Algeria.

This powerful gesture, unanimously welcomed by the 51 Chefs de Mission present, embodies continental solidarity and a strong commitment to inclusion.

It guarantees access for all young people, whatever their country's resources, to this great celebration of African school sport. This unprecedented measure demonstrates Africa's ability to promote a concrete model of cooperation, in which equity and young people are focal priorities. In addition, a joint air transport logistics system is being studied to facilitate the transport of all delegations to the Algerian capital and the host cities. This will provide strategic support to remove barriers to mobility and ensure the inclusive participation of all African States.

While opening the deliberations, ANOCA president Mustapha Berraf publicly expressed his gratitude to the Algerian government, saying: "I wish to most heartily thank the Algerian government, for its warm welcome, unfailing support and total commitment to these Games."

He also pointed out that this event was part of a strategic approach aimed at "building a sporting Africa right from school, from childhood and as from today," ahead of the other major upcoming sports events: the African Youth Games Angola 2025, the Youth Olympic Games Dakar 2026 and the Olympic Games Los Angeles 2028.

Much more than a simple sports event, the African School Games 2025 are part of a process aimed at sustainably reshaping African sport from the bottom up. This educational and sports project complements a series of major initiatives championed by ANOCA in coordination with the IOC, such as the African Youth Games Angola 2025, the Youth Olympic Games Dakar 2026, and the Olympic Games Los Angeles 2028.

The working sessions provided an opportunity to review all organisational aspects: accreditation protocols, accommodation and catering conditions, inter-site transport arrangements, security plan, anti-doping, media coverage, communication and medical protocols. Every aspect was handled with professionalism, with the aim of guaranteeing an exemplary

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AKPOKAVIE OUTLINES GOC VISION

By Ken Adade

Richard Kofi Akpokavie, president of the Ghana Olympic Committee (GOC) has outlined his vision for the GOC to members of the Olympic Movement.

He made his submission to members at a two-day retreat in Koforidua organised by the GOC to coincide with the first month of the newly-elected Executive Board.

His vision which was in five thematic areas had athletes and women empowerment taking center stage.

His vision for the GOC was to put athletes at the center of whatever the GOC does by supporting their training programmes with grants and scholarships to prepare them for competitions as well as foster an engaging yet high-performance athletes-centered environment and support the Athletes Commission to be fully operational and involved in the decision-making process at the GOC.

Another vision of the GOC president is to build capacity of stakeholders and enhance the role of women which he explained that the GOC will build capacity of administrators, coaches, media, technical and medical officials and support athletes to transition into retirement while enhancing the role of women at all levels from administrators to coaches and technical officials. He assured the members that he would adopt an inclusive and transparent leadership style backed with passion and integrity by working with all federations and leaders to build a team that will work in unity.

He said he would emphasise the importance of communication to build trust and transparency by acknowledging the role and importance of all stakeholders.

Mr Akpokavie further mentioned that as president of the GOC, he would build a strong and collaborative partnership with the Ministry of Sports and Recreation and the National Sports Authority.

National Sports Authority.

He added that he would also collaborate with the Ghana Education Service to teach students the importance of the Olympic and Commonwealth values and ideals.

He would also build strong relationships with the World Anti-Doping Agency (WADA) and other anti-doping agencies to promote clean sport through education and testing, he said.

His last vision which is the main challenge in Ghana sports was funding. He said he would partner with the Ministry of Sports and Recreation to actualize the establishment of the Sports Fund and apply for any eligible funding from the Olympic Solidarity and the Commonwealth Sport.

He added that he would seek to build long-term partnerships with corporate bodies and institutions locally and internationally to source funding to support federations and athletes.



Mr. Richard Akpokavie, GOC President

ANOCA SCHOOL GAMES

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competition in compliance with international Olympic standards.

Through this initiative, ANOCA aims to create a culture of pan-African school sport, mobilise the Ministries of Education and Sport, and promote social inclusion through sport.

The aim is also to nurture a pool of athletes capable of flying Africa's colours high in international competitions.

Placed under the most distinguished patronage of the President of the People's Democratic Republic of Algeria, His Excellency Abdelmadjid Tebboune, this event enjoys strong political support. The total mobilisation of Algerian institutions illustrates the strategic importance attached to African youth as a vehicle for development and cohesion.

This project is also a model of cooperation between continental and international sports organisations, demonstrating Africa's ability to initiate, manage and succeed with large-scale projects that match its ambitions.

The maiden African School Games will mark a milestone in the history of African sport. They reflect the collective commitment of an entire continent to its young people. They will undoubtedly be a springboard towards a stronger, more aware and more united generation.

ANOCA president Moustapha Berraf stressed, "Today, we bear a historic responsibility: that of laying the foundations for a new tradition within the African Sports Movement. A continental event dedicated to excellence in education and sport. It is a platform for exchange, good example, peace and fraternity for the young people of the continent ... Together, let us make these maiden African School Games a benchmark, a model, a powerful symbol of what Africa can undertake and achieve when it is united."

School sport thus becomes a tool for emancipation, integration and pan-African unity to serve a common future based on excellence and respect.

Source: africaolympic.com

SAMINU SMASHES NATIONAL 100m RECORD

...With 9.86 Seconds



Ghana sensation Abdul-Rasheed Saminu set a new 100m national record with a stunning 9.86 seconds at the 2025 NCAA East Preliminaries on May 31, 2025.

The time beat Benjamin Azamati's previous national record of 9.90 seconds.

This great feat made Saminu the fastest man in the world, until about a week later when Trayvon Bromell of the United States delivered a 9.84 seconds performance in the Rome leg of the Diamond League Circuit.

Saminu clocked the time while representing the University of South Florida (USF), showing the kind of talent Ghana has to offer.

It was a big moment for Ghana's athletic scene and sets Saminu up as a name to watch for the next Olympics.

Ghana's Rising Star

Saminu's journey to this pinnacle has been marked by consistent excellence. Earlier in the season, he clocked a wind-assisted 9.87 seconds at the Pepsi Florida Relays, signaling his potential to dominate the sprinting scene.

Saminu has not only honed his athletic prowess, but also achieved academic success, recently earning a Bachelor of Science in Communication.

From Nanumba To National Stage

Originating from Nanumba in the Northern Region of Ghana, Saminu's athletic journey had humble beginnings. His transition to the U.S. collegiate system - first at Florida Memorial University and then at University of South Florida (USF) - provided him with the platform to refine his skills and compete at the highest levels.

At USF, Saminu has been instrumental in setting multiple program records and has become a key figure in the track and field success of the university.

Focus on Global Competition

With the World Championships in Tokyo on the horizon, Saminu's recent performance positions him as a formidable contender on the international stage.

His blend of speed, discipline, and determination marks him as a rising star in global athletics.

Abdul-Rasheed Saminu hopes to compete for Ghana in the 100m, 200m and 4x100m at the World Athletics Championships.

Saminu's recent feat ties him as the 4th fastest African sprinter in history, behind Ferdinand Omanyala (9.77), Akani Simbine (9.82) and (Olusoji Fasuba) (9.85). After Saminu in 5th place is Frank Fredericks (9.86), followed by Divine Oduduru (9.86), Benjamin Richardson (9.86) and Letsile Tebogo (9.86) in that order.



THOMAS PARTEY

Football JOURNEY



Ghana's midfield general, Thomas Partey currently plays for Arsenal FC in England, but his football journey did not begin there.

The lanky enforcer started off in Ghana playing for a juvenile team called Odumase Youth in the U-10 category before moving to a Colts club in Ashaiman called Revolutions. While playing for the Colts club in Ashaiman in 2010, Tema Youth SC, a Ghanaian Division Two side at the time, spotted the midfielder and roped him in together with one other player for an amount of GHC2,000.

Partey was part of the Tema Youth team that went 17 matches unbeaten in the 2011/12 Division One Middle League Zone Three and went ahead to play the play-offs to qualify for the Ghanaian top flight after beating D' International 4-1 at Essi-pong Stadium, Sekondi, with Coach Tony Loko being the mastermind.

The team that set the unbeaten record for Tema Youth included Thomas Partey, Francis Narh, Moses Odjer, Derick Mensah, Charles Akonfo and Jeremy Arkoful. According to the bankroller of Tema Youth SC, Winfred Osei Kwaku Palmer, Partey's squad happened to be his best Tema Youth team ever. Nine of his players by then were playing for the national teams, the like of Francis Narh and Moses Odjer.

When Tema Youth FC qualified to play in the Ghana premier league, Thomas Partey was given a four-year contract, for which he only played one season and left. Tema Youth FC finished 11th with 35 points on the league table in 2011/2012 GPL.

Checks from the Ghana Football Association showed no traces of official registration of Odumase FC.

Information submitted to the transfer market were distorted to conceal the good works of those who developed the player but "Odumase" is rather a town where Partey's father comes from. Indeed Partey's father used to organize children to play football and at the age of 9, Partey was training with his father's team. While playing for that team, his father gave him the nickname "Senegal", because he reminded him of a friend with the same name.

To set the records straight, Partey played for Revolution Football Club, a Colts football team based in Ashaiman, but not Odumase FC. Odumase FC never existed in the records of the Ghana FA.

SPAIN, ENGLAND EXPLOITS

After his splendid performance at Tema Youth SC, an agent quickly took him to Spain where he was given a trial with Atletico Madrid Youth academy. The Rojiblanco coaching staff did not hesitate to sign him. In four months, he then made the leap from their U-18s to the U-19s and a season later he was already in the Colchoneros' second team.

Partey was loaned out to RCD Mallorca and Almeria before Diego Simone gave him a first team chance. He made his topflight debut for the Colchoneros in the latter part of November 2015, coming off the bench against Espanyol.

He earned his debut call to represent his country (Black Stars) after playing for RCD Mallorca has trained with Ghana's U-20 team; but he did not make the squad for 2013 U-20 World Cup in Turkey.

His records with Ghana's national team is impeccable. He has bagged an impressive 10 goals in 28 games.

The 27-year-old completed his £45 million move from Atlético Madrid to Arsenal, becoming the most expensive Ghanaian in the league's history, topping the prices fetched by Michael Essien when he joined in 2005 with a fee of £38 million and André Ayew, when he joined West Ham with a fee of £24.10 m.

Partey made 188 appearances for the English topflight team in all competitions, scoring 16 goals, creating 12 assists and picking up just one red card despite the role he plays in midfield.

RELAY TEAM QUALIFIES FOR WORLD CHAMPIONSHIPS



Ghana's relay team

By Sammy Heywood Okine

Ghana's 4x100m relay team (men) has secured a spot at the 2025 World Athletics Championships in Tokyo, Japan. The team, comprising Joseph Paul Amoah, Sean Safo-Antwi, Fuseini Ibrahim, Barnabas Aggerh, and Mustapha Alufu Bokpin, finished second in Round 2 qualifiers at the World Athletics Relays in Guangzhou, China, with a time of 38.32 seconds.

France topped the heat with a time of 38.31 seconds. Although Ghana initially missed automatic qualification in their first heat, finishing third with a time of 38.49 seconds, they made the most of their second chance.

This qualification marks the second consecutive time Ghana has qualified for the World Championships, showcasing the country's improved standing in athletics. The Ghana Olympic Committee (GOC) has congratulated the team on their achievement, praising their effort, discipline and determination.

The 2025 World Athletics Championships will take place in Tokyo, Japan, from September 13 to 21.

Ghana's men's relay team will be looking to build on their momentum and make a strong impression on the global stage.



MEET GHANA'S FIRST FEMALE WORLD BOXING CHAMPION



By Richard Achore

When Abigail Kwartekaa Quartey decided as a teenager to become a professional boxer – an unusual choice for a young woman in a working-class neighborhood of Ghana's capital of Accra – her family begged her to stop training.

Boxing is the pride of Jamestown, which is based around the fishing industry and also known for being home to many boxing stars. But like most sports in Ghana, boxing has often been seen as for men only, and women are discouraged from taking part.

But Quartey persisted. And last year, at age 27, she became Ghana's first female world boxing champion and the first woman to travel the world as a member of the West African nation's national team.

"My aunts and siblings didn't like it when I started boxing. They would come here to beg my coach not to let me become a boxer," she said at the Jamestown neighborhood's Black Panthers Gym where Quartey has been training since her teenage years.

Ghana's first-ever female world boxing champion, Abigail Kwartekaa Quartey, poses for a photo after a morning training session on the beach in the Jamestown district of Accra, Jan 22, 2025.

But when last November Quartey defeated British boxer Sangeeta Birdi in Jamestown's main boxing area, winning the WIBF World Super Bantamweight title, crowds of friends and supporters from the neighborhood celebrated wildly, seemingly forgetting about the prejudice against female boxers.

The Ghanaian media pronounced her win "historical," but Quartey is quick to point out that she is by no means the first female boxer in Ghana.

"There were women in boxing before I ventured into boxing," she said, "But they weren't allowed to travel outside the country," she added.

Quartey's long road to this spectacular victory highlights the many challenges that female athletes in African countries face in their careers.

Quartey grew up in Jamestown and, as a teenager, sold rice with her aunt to help the family make ends meet. The only people who supported her boxing dream were her brother, a fellow boxer, and her coach.

In 2017, she stopped boxing and started selling lottery tickets to earn money. It took a lot of convincing from her coach to get her back into the ring in 2021.

She could not afford a manager, and feared she would not make it without one. In Ghana, she said, "female boxers do not receive much support and it is difficult to keep training."

'Big Deal' For Everyone

Sarah Lotus Asare, a boxing coach and the project lead for the Girls Box Tournament, said Quartey's world title meant a lot for all boxers in Ghana.

"Even for the male boxers, when they fight with non-Africans, it's very difficult for them to win, because they have a lot more facilities and equipment than we do," she said.

Quartey's title is "a big deal for her, the gym, the community, Ghana, Africa and the world at large," said her coach, Ebenezer "Coach Killer" Adjei, as he watched her train during an afternoon session at the Black Panthers Gym.

Inspiring Others

But for Quartey, what counts the most is the impact on young women from her neighborhood. She wants more women to become professional athletes.

"I am a world title holder and that confirms that what a man can do, a woman can also do," she said.

Training next to her was 18-year-old Perpetual Okaijah, who said her family had also tried to dissuade her from going to the gym, arguing that it was for men only. But she has kept on coming anyway.

"I look up to Abigail because she's a very tough girl," she said. "She inspires me, shows me the right thing."



Abigail Kwartekaa Quartey
WIBF World Super Bantamweight Champion



GOLF ASSOCIATION TRAINS JOURNALISTS ON GOLF REPORTING, LAWS

By Richard Achore

The Ghana Golf Association (GGA) organized a comprehensive seminar a few weeks ago, aimed at equipping journalists with the knowledge and skills necessary to effectively report on golf and its intricacies.

The seminar, held at the Bok Nam Kim Golf Club in Accra, brought together sports journalists and enthusiasts, providing a platform for them to deepen their understanding of golf's basic laws and nuances.



President of GAA, Leonard Kwaku Okyere

President of GAA, Leonard Kwaku Okyere explained to the media present that “Golf is a game of integrity. It reveals a player’s true character, including weaknesses, integrity, and temperament.”

Maurice Quansah, Editor of Graphic Sports, shared his expertise, urging journalists to delve deeper into golf storytelling. “We have our own ‘Tiger Woods’ in Ghana. Profile and feature our talented golfers; share their inspiring stories with the public.”

Solomon Allotey, Honorary Secretary and Tournament Director, highlighted golf’s evolution, saying, “Golf isn’t just played on the course; you can now play in your bedroom with simulators.” He announced upcoming tournaments as follows:

1. Asantehene Open Golf Championship (Kumasi)
2. Ghana Open Golf Championship (Kumasi)
3. Accra Golf Championship
4. Tafo Golf Open Championship (Tafo)



Solomon Allotey, Honorary Secretary and Tournament Director

“Golf is a rapidly growing sport in Ghana, and we recognize the critical role media plays in its development,” said the president.

“This seminar demonstrates our commitment to empowering journalists to tell compelling golf stories, promoting the sport’s growth and popularity.”

Participants expressed gratitude for the opportunity. “This seminar has been incredibly informative,” said one journalist. “I’m now confident in my ability to accurately report on golf tournaments and events.”

Before the workshop, the media was taken through the Golf court by the GAA executives and Golf coaches to have a feel of the sports.

The Ghana Golf Association (GAA) plans to organize regular training sessions and workshops focusing on specific aspects of golf reporting. By investing in journalists’ education, the GGA aims to establish Ghana as a hub for excellent golf reporting, fostering a stronger connection between the sport and its audience.

The Ghana Golf Association is the governing body for golf in Ghana, dedicated to promoting the sport’s development, growth, and excellence.



FORMER CHIEF JUSTICE GETS FIFA JOB

Former Chief Justice of Ghana, Kwasi Anin-Yeboah, has been appointed Deputy Chairperson of the FIFA Adjudicatory Chamber for a four-year term.

The appointment was officially announced during the 75th FIFA Congress held in Asuncion, Paraguay.

In his role, Justice Anin-Yeboah will play a pivotal part in upholding ethical standards within global football.

The Adjudicatory Chamber is a key component of FIFA's Ethics Committee, responsible for reviewing cases brought forward by the Investigatory Chamber, determining whether proceedings should continue or be closed, and imposing sanctions in accordance with FIFA's codes and statutes.

Justice Anin-Yeboah brings a wealth of legal and administrative experience to the position.

He served as the 14th Chief Justice of the Republic of Ghana, and his distinguished judicial career is complemented by extensive involvement in football governance, both locally and internationally.

He previously held positions within the Ghana Football Association and has served on FIFA's judicial bodies, earning respect for his integrity and commitment to justice.

With his proven track record in both legal and sporting institutions, Justice Anin-Yeboah is well positioned to strengthen the work of the Adjudicatory Chamber and support FIFA's mission to safeguard the integrity of the game.

The FIFA Adjudicatory Chamber consists of the following members:

Maraa Claudia Rojas - Colombia - Chairperson

Fiti Sunia - American Samoa - Deputy Chairperson

Anin Yeboah - Ghana - Deputy Chairperson

Pamela Camus - Chile - Member

Michael Goodwin - Papua New Guinea - Member

Guillermo B. Iroy Jr. - Philippines - Member

Ayotunde Phillips - Nigeria - Member

Ian Godfrey Wilkinson - Jamaica - Member

Duygu Yaayar â - Turkey - Member



Kwasi Anin-Yeboah, former Chief Justice of Ghana



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Badminton Doubles End In Excitement

The 2025 National Badminton Doubles Tournament came to a thrilling close on Saturday June 7, 2025 at the Borteyman Sports Complex, with Adu Mintah Obapomba and Ama Koramah Adu Moslena emerging as champions in the mixed doubles category. Organized by the Ghana Badminton Federation, the tournament provided a competitive platform for the nation's top players while offering them a chance to improve their national rankings. The one-day event featured three doubles categories: mixed doubles, men's doubles, and women's doubles.

Mixed Doubles:

Adu Mintah Obapomba and Ama Koramah Adu Moslena delivered a dominant performance in the finals, defeating Amofa Andy and Charity Naah to claim gold. Leslie Nii Adote Addo and Nantuo Prospera secured bronze, while Quarcoo Daniel and Feng Jiaqi finished fourth.

Women's Doubles:

Quarcoo Racheal and Hilda Hectornia Napour Yengnone triumphed over Ama Koramah Adu Moslena and Nantuo Prospera to take first place. Stephanie Bequine and Eduam Jennifer earned bronze, with Rosemond Amasah and Margaret Sarpei placing fourth.

Men's Doubles:

Tetteh Ruben and Francis Shang emerged victorious after a hard-fought final against Abdul-Samad Ahmad and Korampong Ebenezer. Amofa Andy and Adu Mintah Obapomba claimed bronze, while Aaron Tamakloe and Ruddock Quarcoo finished fourth.

Team Ghana Selected for Grand Slam Events

Following the tournament, the Ghana Badminton Federation announced the national contingent for upcoming international competitions, including key qualifiers and championships, namely:



1. Africa AirBadminton Championships (July 3–6) – A crucial World Cup qualifier where Ghana will compete for a spot in the global tournament.
 2. Junior Mixed Team Championships (August 1–3) – A team-based event showcasing Ghana's rising young talents.
 3. Junior Individual Championships (August 4–6) – An opportunity for junior players to shine in singles and doubles categories.
 4. Junior AirBadminton Championships (August 6–7) – A fast-paced format testing agility and precision.
 5. JE Wilson Ghana International Series (August 11–17) – A prestigious tournament attracting top regional and international players for the Olympic qualifying event.
- The selected athletes will undergo intensive training as they prepare to represent Ghana on the continental and global stage. The federation expressed confidence in the team's ability to deliver strong performances and elevate Ghana's standing in international badminton. With the National Doubles Tournament setting the tone for an action-packed season, badminton fans can look forward to more thrilling matches as Ghana's finest compete for glory in the coming months.

Source: ghanabadminton.org



Olam

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Time with DENNIS KWEKU MOORE



Greetings sporting Fraternity,

I present to you my take on this column on all sporting disciplines in Ghana, their progress, challenges and solutions. I will seek to touch on how we can together achieve our objectives with our various Federations. Sit down, relax and enjoy!

Sports is a reflection of an inner joy of self exposure to what one loves. It births the recreational talent one possesses, be it football, volleyball, tennis, swimming or cycling.

The more we talk about the Least Financed Sports the better it would be for a country like Ghana. This is because a lot attention has already been given to the opium of the masses- Football- and this has impacted negatively on the emergence of the other Least Financed Sports.

Quite amazingly these Least Financed Sports have been incredibly helpful in the acquisition of medals for the country on the international scene.

Well, I believe this column will, from hence, give me the singular honour to throw more speed and light on what we can do further, as a sporting nation to uplift the image and class of the Least Financed Sports in Ghana.

The Ghana Olympic Committee's optics of ushering in this magazine is of immense applause as it will even showcase more activities from the camps of all the disciplines under its tutelage.

My corner in this magazine will primarily seek to talk more about all the problems, challenges and solutions to the already existing bottlenecks these disciplines are going through. Perhaps, just perhaps, it may catch the attention of the powers that be to come to their aid.

I am going to be candid and straight-forward as we go along. And so any Federation that aligns with my vision can join me on this noble mission.

I must however commend this initiative of this new administration and emphasize that it is worth it, as this will bring every issue of any Least Financed Sports to light.

As we prepare for the upcoming Commonwealth Games and the Olympics, it behooves this magazine to throw more light on preparations on the part of all qualified Federations.

I have not ruled out the involvement of the Sports Ministry, the National Sports Authority in this exercise. These bodies are crucial to the success of the GOC in accomplishing these tasks.

I have read a few articles on how this new administration is moving barriers and this is good. For instance the visitation to the Amasaman Sports Complex, the meeting of all Federations to deliberate the way forward etcetera.

Should this continue, we are all set to enjoy the full craft of Sports under this administration.

Stay focused and always make a time with me on this page as I bring you the latest in the world of sports.

Dennis Kweku Moore

Least Financed Sports advocate/ Journalist

GHANAIAN OFFICIATES AT WORLD MMA EVENT



By Sammy Heywood Okine

Ghana's Derrick Macaire is establishing himself as one of the best referees in combat sports worldwide.

After going through a series of training programmes in Ghana and Africa, he has hit the world stage and now officiates at big events, including the world MMA international event in Indonesia.

The best referee in combat sports in Ghana, Macaire says he wants to be among the best in the world.

He told Ghana Olympic News in an exclusive chat that he is not making a name for only himself but for Ghana and Africa.

The referee, who officiates in boxing, kickboxing, Muay Thai and Mixed Martial Arts (MMA) among others, said the experience he has gained would be taught across Africa.

"I really find pleasure in what I do and I am happy that it is taking me to places. I take inspiration from my late grandfather, Colonel Sharp, who was a doyen in Ghana Combat Sports," he said.

Derrick Macaire is a teacher, a farmer and a lover of sports.



Derrick Macaire

GHANAIAN KICKBOXER DESTINED FOR GLOBAL FAME



Selom Darko wearing his belt

By Ken Adade

Selom Darko is a talented kickboxer who rose to prominence at the African Open Martial Art and Combat Sports Tournament, which took place at the Korean Sports Complex in Tema, Ghana. He stole the show with his outstanding performance at the kickboxing championship. The prodigy won the African Open Kickboxing Competition, earning an invitation to compete in the WKU World Championship in Canada.

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**NEW LOOK
SAME GREAT
TASTE**



RAFATU INUSAH

Rising Female Sports Administrator

By Ken Adade

Even though Rafatu Inusah is the youngest female president of the Ghana Rugby Football Union (GRFU), she comes with vast experience, having been an athlete, coach and administrator.

She is also a member of the Women's Advisory Committee of Rugby Africa. Rafatu was elected unopposed at the last GRFU congress and will lead the union for a four-year term, focusing on growing the sport, particularly women's rugby.

She aims to revitalize Ghana Rugby, enhance its presence on the continental stage, and strengthen grassroots participation.

With her experience and passion for rugby, Rafatu, a board member of the Ghana Olympic Committee (GOC), is poised to make a significant impact on the sport.

As a board member of the Ghana Olympic Committee (GOC), Rafatu will play a crucial role in shaping the future of sports in Ghana. Some of her key responsibilities include contributing to determining the future direction of sports in Ghana and guiding the country's athletic endeavors.

In the area of sports development, she will leverage her expertise and passion to drive sports development initiatives, promoting Ghana's athletic interests on the global stage.

As a seasoned sports leader, she will provide leadership and guidance to help advance Ghana's sports agenda.

She will represent Ghanaian sports interests, working to enhance the country's reputation and performance in international competitions. As president of the Ghana Rugby Football Union and secretary-general of the Ghana Triathlon Federation, Rafatu brings valuable skills and knowledge to the GOC board.

Her election demonstrates her commitment to contributing to Ghana's sports development and her willingness to take on leadership roles.



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CHAMPION TASTE!



GOC BOARD SEEKS CHIEF IMAM BLESSINGS

By Ken Adade

The newly elected Board of the Ghana Olympic Committee (GOC), led by President Richard Akpokavie, paid a courtesy call on the National Chief Imam, Sheikh Dr. Osmanu Nuhu Sharubutu, at his residence in Fadama on May 2, 2025.

The purpose of the visit was to introduce the new GOC leadership and seek the Chief Imam's blessings for the next four years as they work towards transforming Ghana sports.

President Akpokavie expressed his team's commitment to developing sports in Ghana saying "We are here today to formally introduce ourselves to the Chief Imam and seek his prayers for our tenure.

"We believe that with his blessings, we will be able to achieve our goals and take Ghanaian sports to the next level."

The National Chief Imam, Sheikh Dr. Osmanu Nuhu Sharubutu, blessed the GOC team, saying, "May Allah bless this endeavor and assignment. May your mandate be successful, and may you go through it with ease."

The GOC delegation, which paid the courtesy visit, included Richard Akpokavie Esq (President), Mawuko Afadzinu (1st Vice President), Kassim Mohammed Muniru (General Secretary), Evans Yeboah (Treasurer), and Nathaniel Johnson Esq (Board Member).

Others are George Tettey (Board Member), Kamal Sulley (Board Member), George Owusu Ansah (Nana Adu Mankata II) (Board Member), George Lamptey (Board Member), Shaban Mohammed (Operations, GOC), Charles Osei Asibey (President of Ghana Armwrestling Federation) and Christiana Ashley, (Vice President of the Ghana Chess Association).

The visit marked a significant step in the GOC's efforts to engage with key stakeholders and seek support for the development of sports in Ghana.

With the Chief Imam's blessings, the GOC is poised to take Ghanaian sports to new heights.



Some members of the GOC Board in a picture with the National Chief Imam, Sheikh Dr. Osmanu Nuhu Sharubutu

SESI: TALENTED CYCLING GEM RACING TOWARDS GLOBAL FAME



By Ken Adade

Emmanuel Sesi is a dynamic young cyclist from Ghana, whose rapid rise in the sport has made him one of the most exciting talents in West African cycling.

Born in June 2004, Sesi discovered his passion for cycling as a teenager, riding with friends on the streets of Hohoe in the Volta Region before pursuing the sport competitively.

Despite limited access to professional equipment and resources, his discipline and raw talent quickly drew the attention of the Ghana Cycling Federation.

In recent years, Sesi has emerged as a top contender in both national and international competitions.

He represented Ghana in the 34th Tour du Faso in Burkina Faso, one of West Africa's premier cycling events, and has consistently performed at the highest level in local races.

He won gold in the Under-23 category at the 2024 National Road Championships, silver in the Elite 100 km race, and claimed first place in the Obour Cycling Challenge. His second-place finish in the men's division at the 3FM Tour du Ghana further cemented his reputation as a cyclist to watch.

In 2025, Emmanuel was selected for a prestigious UCI scholarship program, spending a month at the UCI World Cycling Centre in South Africa. There, he received elite-level coaching, nutrition support, and performance analysis - an experience that has elevated his capabilities and broadened his international exposure.

Sesi is known not just for his athleticism but also for his humility, leadership, and commitment to inspiring other young Ghanaians to take up cycling. As he continues to develop his career with an eye on the global stage, Emmanuel Sesi stands as a symbol of what dedication and talent can achieve—even with humble beginnings.

His journey is a testament to his passion, perseverance, and dedication to cycling. Despite facing challenges, he continues to push boundaries and achieve success in the sport.

BIBIANI GOLD STARS WIN GPL TITLE

By Ken Adade

Western Region-based Bibiani Gold Stars emerged champions of the 2024-25 Ghana Premier League (GPL) after defeating Accra Lions 4-0 at the DUNS Park at Bibiani.

Gold Stars' triumph crowns a remarkable three-year period of dominance by clubs from the Western Region, as it becomes the third team from the area to win the GPL title in the past three seasons.

The Miners now follow in the footsteps of FC Samartex, champions of the 2023/24 season, and Medeama SC, who lifted the trophy in 2022/23.

Goals from Abdul Farouk Amoafu, Samuel Atta Kumi and Kelvin Oppong were enough for Gold Stars to secure all three points for their first league title.

Gold Stars finished top of the league with 63 points, three

points ahead of Nations FC, who shockingly lost at home to Heart of Lions.

Their victory not only etched their name into the history books but also earned them a ticket to represent Ghana on the continental stage for the first time.

Scores from last round of GPL matches:

Gold Stars 4-0 Accra Lions

Hearts of Oak 1-0 FC Samartex

Bechem United 1-0 Young Apostles FC

Dreams FC 4-1 Legon Cities

Nations FC 0-2 Heart of Lions

Vision FC 3-1 Asante Kotoko

Aduana FC 3-1 Holy Stars

Medeama 1-2 Berekum Chelsea

ACCRA TITANS WIN CRICKET FIESTA

Accra Titans have clinched their first-ever modified cricket title after defeating DPS Plastic Tamil Pasanga.

The tightly-contested final of the inaugural Rotary Club of Accra Premier Hard Tennis Ball Cricket Tournament took place at the Achimota Cricket Oval A on June 1, 2025.

Backed by co-title sponsors Lenovo and with support from the Ghana Cricket Association, the 12-team one-day tournament was split into four groups of three, with the top two teams from each group progressing to the knockout stages.

KNOCKOUT ROUNDS:

DPS Plastic Tamil Pasanga began the knockout phase with a commanding 53-run victory over Panjab Warriors, posting 79/3 and restricting their opponents to just 27/7.

Defenders XI booked their semifinal spot by chasing down Devnik United's 38/7 in just 3.2 overs, ending 41/3 to win by 7 wickets.

Accra Titans dispatched Salt n' Pepper by 20 runs after scoring 60/6 and bowling out their opponents for 40/7.

Royal Stars Tema dominated Gujarat Tridents, chasing down 50/4 with ease in 3.4 overs, finishing 51/1 for a 7-wicket win.

The high-paced tournament was also to raise funds for child education, beach clean-ups, and other Rotary Club-led social projects.

SEMI-FINAL DRAMA:

DPS again proved dominant, defending 59/4 and restricting Defenders XI to 44/8 to book a final spot.

Accra Titans faced Royal Stars Tema in a thriller. Titans struggled with 36/7 in the first innings, but bounced back with an incredible bowling display.

Wickets from Kapil, Kaka, and Logan held the Royals to 24/9, handing Titans a 12-run win.

THE GRAND FINALE:

In the finals, the Titans' bowling attack was clinical, with Logan, Sanjay, Kapil Jangir, Kapil Butola, and Vishal Barot all contributing to restrict DPS to 46/5, while dismissing top batters like Raman Madhu, Sam Michael Merbin, Arumugam Venkatesh, and Dilip Fab.

Titans chased the target with flair, sacrificing Bholu Patel in a selfless play, but still reaching 50/1 in just 3.3 overs to seal a 9-wicket triumph.

"We've built this team over time and pushed for this glory," said winning captain Dinesh Butola, while DPS skipper Sam Michael Merbin graciously admitted, "Our early wickets cost us, but Titans played a great game."

With the Indian community in Ghana continuing to organize more 5-over formats, it is clear the cricket fever is catching up.



SAHNOON ELECTED ONTO AFRICA CYCLING BOARD

President of the Ghana Cycling Federation (GCF), Mohamed B. Sahnoon has been elected as a member of the Management Committee of the Confederation of Africa Cycling (CAC).

The election took place during the CAC Congress held in Cairo, Egypt, on February 16, 2025.

President Sahnoon, the immediate-past Secretary-General of the Ghana Olympic Committee (GOC), has been instrumental in promoting and developing cycling in Ghana and across the African continent.

His election to the CAC Board is a testament of his unwavering dedication and significant contributions to the sport of cycling.

A press release signed by the Secretary-General of GCF, Shabban Mohammed, copied to GNA said "the federation extends its heartfelt congratulations to Mr Sahnoon on this remarkable achievement. We are confident that his leadership will bring about positive advancements in African cycling."

CAC is a continental confederation tasked with the promotion and development of cycling in Africa.

Source: Ghanaiantimes.com.gh



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GOC 2025 National Federations Retreat in pictures





5. Building strategic partnerships



GOC 2025 National Federations Retreat in pictures



GOC 2025 National Federations Retreat in pictures



GOC 2025 National Federations Retreat in pictures



BUKOM HOSTS 'BATTLE OF THE BEASTS'

By Sammy Heywood Okine

It was a spectacular event on Friday June 13, 2025 when the Bukom Boxing Arena in Accra hosted the much-touted boxing bonanza christened, 'Battle of the Beasts', with British Heavyweight boxer Anthony Joshua as a special guest.

The buildup to the event was classic, despite a few lapses in time management. However, the weigh-in and main show were sellouts as fans from various parts of the world trooped to the Arena.

According to observers, Ahmir Khan and Legacy Rise Promotions must be commended for giving Ghanaian boxing fans another great experience with three title belts at stake.

American-Nigerian boxer Andrew Tabiti had an easy payday, putting local boy Jacob Dickson on the canvas in all the rounds before the latter gave up in the fourth round to miss the new WBC Africa Cruiserweight title belt.

The title belt is a new one instituted by the famous world body for Africa and the WBC vice president, who is also the African Boxing Union (ABU) president, Houcine Houchi, was at the Arena to personally present the belt.

Earlier on the night, he presented a special belt from the World Boxing Council to Prof. Barima Zoom Zoom Azumah Nelson for his exploits in world boxing, having held a world title for 10 years.

Andrew Tabiti was very happy to make history with the new WBC Africa Cruiserweight championship title after dominating Jacob Dickson who was awarded a medal for his efforts.

In the fight of the night, Theophilus Lopez Allotey of Wisdom Boxing Gym, a former member of the Black Bombers, led by Coach Dr. Ofori Asare, put up an amazing performance to become the new WBO Africa Bantamweight Champion. He defeated Daniel Gorsh

from the Bronx Gym in a one-sided simple but artistic display.

It was total war between Allotey and Gorsh when the fight got underway, but the younger and taller boxer prevailed. The judges scored the bout 117-111, 118-110 and 118-110 all in favour of the man who represented Ghana at the 2023 African Games and qualifiers for Paris 2024 Olympic Games.

His fans were as happy, watching a fantastic and deserving victory and they left the Arena singing and chanting conquest songs.

In the battle of the tall beasts, Ahmed Abdula from the Fit Square Gym dropped Haruna Mohammed in round 3, pounding him through 10 rounds to a unanimous decision win to also become the new Ghana national Cruiserweight Champion.

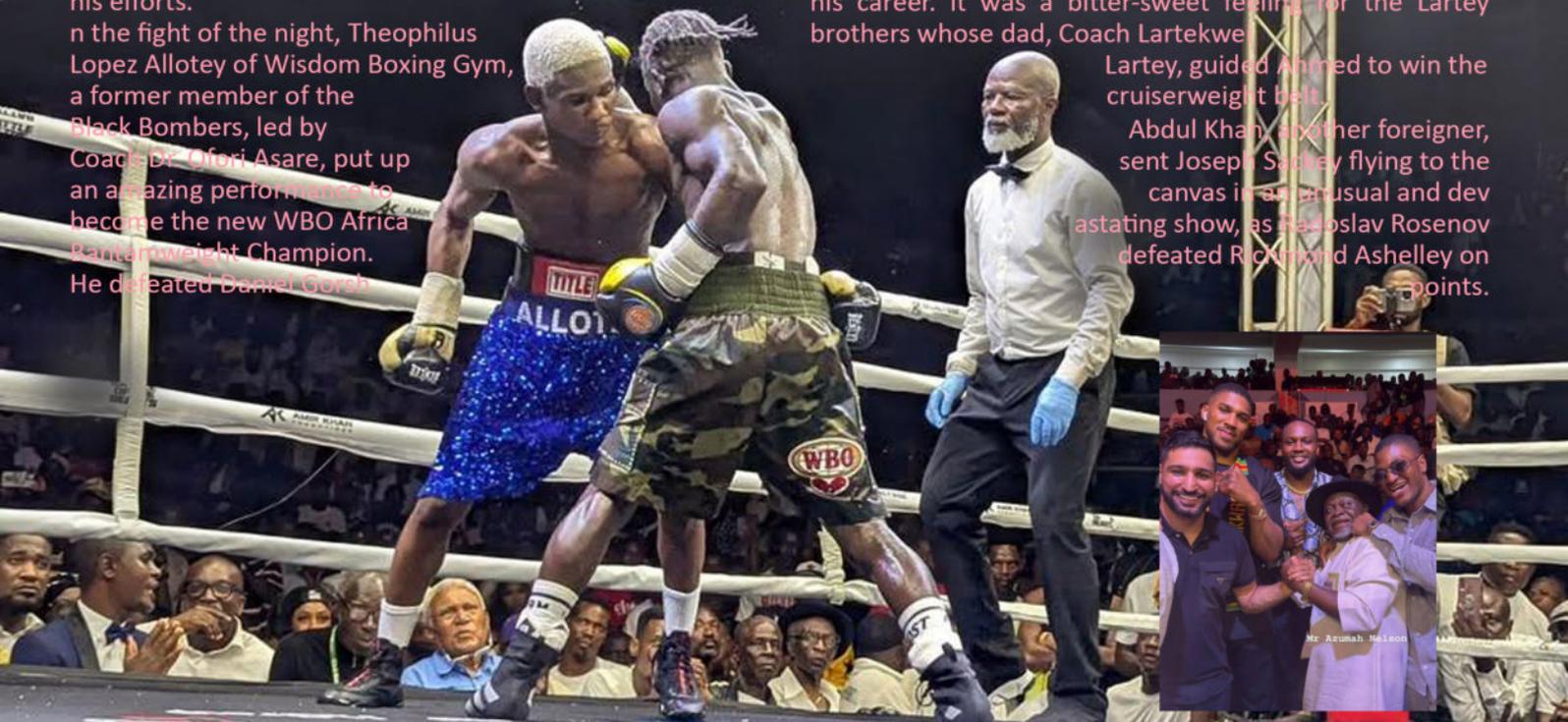
Abu Kamoko aka 'Ambitious Tilapia', who is managed by Legacy Rise, put up his best performance as a pro to out-point Stephen Ackon by a wide unanimous points decision, 60-54, 60-54, 60-54, to claim a 4th straight win in his career.

In other under cards, Army Officer Jerry Lartey was the only Ghanaian fighter to win against a foreign opponent, outclassing Anas Hafiane of Morocco 60-53 on all three score cards of a lightweight 6-rounder.

Defreitas Shiloh handed 2018 Commonwealth Games bronze medalist Jessie Lartey the first loss in his career. It was a bitter-sweet feeling for the Lartey brothers whose dad, Coach Lartekwe

Lartey, guided Ahmed to win the cruiserweight belt.

Abdul Khan, another foreigner, sent Joseph Sackey flying to the canvas in an unusual and devastating show, as Fedoslav Rosenov defeated Richmond Ashelley on points.



London-based O'Hara Davis, whose dad is Ghanaian, also won by a unanimous decision, 78-73, 79-72.

The special guest on the night, former British heavyweight champion, Anthony Joshua, had some kind and uplifting words for this epic gathering of warriors and fans.

He congratulated the boxers and fans who made the night a memorable occasion.

Musician of the Year, King Promise and his colourful angelic dancers, as well as Kojo Black, thrilled the large crowd with some of their popular songs.



YOUNG ATHLETES SHINE AT T1 RUGBY EVENT

By Richard Achore

Over 100 young athletes, predominantly girls, electrified the field at the recent Kanda Cluster of Schools T1 Rugby Event.

The event featured six teams, comprising three boys' and three girls' teams, showcasing the growing popularity of rugby among young people in Ghana.

T1 Rugby, a non-contact form of rugby, allows players of all ages and abilities to participate, promoting inclusivity and teamwork.

The highlight of the event was an inspiring display by Ghana's National Rugby Teams, both men and women, which undoubtedly motivated the young athletes to strive for excellence. The Ghana Rugby Football Union's generous donation of essential products, including sanitary pads, Kivo

gari, and wet wipes, was a thoughtful gesture that supported the health and dignity of the participants.

This initiative demonstrates the union's commitment to promoting sports development while addressing critical social issues affecting young athletes, particularly girls.

The success of the event can be attributed to the collaborative efforts of various stakeholders who worked tirelessly to make it a reality.

The T1 Rugby event serves as a beacon of hope for the growth of rugby in Ghana, particularly among young people. As the sport continues to gain popularity, it is essential for stakeholders to build on this momentum and create more opportunities for young athletes to develop their skills.

GHANA TO HOST AFRICAN JUNIOR WEIGHTLIFTING

The Ghana Weightlifting Federation has earned the rights to host its first-ever continental championship since its formation in 1997.

The juniors will be in Ghana in August for the African Youth Junior Weightlifting Championships after the West African country won the right to host the event.

The 2025 African Youth and Junior Weightlifting Championships will be held on 15th -22nd August 2025 in Accra.

Ghana put in the bid to host the youth championship and after an Executive Board meeting of the Weightlifting Federation of Africa and subsequent approval from the WFA Congress on November 11, 2024, Ghana was announced as hosts for the event.

The country has enjoyed massive equipment support from the WFA after hosting the 13th African Games which placed Ghana in a better position to now host continental championships.

Meanwhile, the International Weightlifting Federation (IWF), at its Ordinary Congress held in Manama, Bahrain, approved new eight body-weight categories for men and women junior and senior age groups as follows:

Men Junior and Senior age groups: 60 kg, 65 kg, 71 kg, 79 kg, 88 kg, 98 kg, 110 kg and +110 kg.

Women Junior and Senior age groups: 48 kg, 53 kg, 58 kg, 63 kg, 69 kg, 77 kg, 86 kg and +86 kg.

These new body-weight categories will be implemented from June 2025.



Hon. Jerry Ahmed Shaibu
President of Ghana Weightlifting

BEACH VOLLEYBALL TEAM WRAPS UP PREPARATIONS

...Ahead of Africa Championship



The Ghana men's and women's beach volleyball teams held an intensive training session at Laboma Beach on Tuesday June 17, 2025 as they concluded their final preparations for the Africa Beach Volleyball Championship qualifiers in Morocco.

The tournament, scheduled from June 22 to 30, 2025, also serves as a qualifier for the World Championship to be held in Australia this August.

President of the Ghana Volleyball Federation, George Tetteh, hailed the team's preparations as the best he has seen in years and expressed full confidence in their ability to qualify.

"So far, this is the best I've seen in many years," he said.

"Most of our players are now competing internationally. Just last week, some of them topped a major tournament in Rwanda. I have no doubt they can secure qualification in Morocco and go on to Australia."

Tetteh added that the goal is to finish first and he believes the current squad has what it takes to achieve that.

Chairman of the Beach Commission, Bawa Fousseini, also acknowledged the support of the Ministry of Youth and Sports, which he says is vital to the team's campaign.

"We met with the Minister, and they assured us of their full support," he said. "We're also engaging with corporate bodies, and qualifying in Morocco will help strengthen our case for sponsorship."



EMPOWER ATHLETES TO ENHANCE RECOVERY WITH PHYSIOTHERAPY



Prof. Jonathan Quartey
(Sports Physiotherapist)

In the world of competitive sports, athletes constantly push their bodies to the limit and strive for peak performance. However, their intense training regimens and competition exposes them to the risk of injuries that can sideline even the most talented competitors. Sports physiotherapy plays a pivotal role in injury prevention, optimization of recovery, enhancement of athletic performance and not limited to just treating injuries when they occur. As Ghana continues to make strides in international sports, from the Olympics to the Commonwealth Games, the importance of sports physiotherapy cannot be overstated.

Sports physiotherapy is a specialized branch of physiotherapy that focuses on prevention, assessment, and treatment of sports-related injuries meant to improve the overall athletic function. Sports physiotherapists work closely with athletes, coaches, and sports scientists to develop personalized rehabilitation and performance enhancement programmes. The key functions of a sports physiotherapist are injury prevention, acute injury management, rehabilitation and recovery and performance enhancement.

Athletes, depending on the sport, frequently encounter injuries such as ankle sprains (due to sudden twists), hamstring strains (from sprinting), anterior cruciate ligament tears (common in pivoting movements), shin splints (over use in runners), plantar fasciitis (heel pain in sprinters) and stress fractures (from repetitive impact). Other injuries are shoulder dislocations, concussions and neck strains, lower back pain and rotator cuff injuries.

A well-structured sports physiotherapy programme can reduce these injuries by 30-50%, according to global sports medicine research. Modern sports physiotherapy integrates evidence-based practices such as biomechanical analysis, recovery modalities, strength and conditioning integration, psychological support and technology to maximize recovery.

For Ghana to compete globally, adequate investments in sports medicine including sports physiotherapy is very crucial. The steps to be taken to fulfill this include the establishment of sports physiotherapy clinics at major training centers, train more sports medicine specialists including sports physiotherapists through partnerships with universities and integrate physiotherapists in all national sporting teams for the benefit of the athletes especially for continuous monitoring.

Sports physiotherapy is about empowering athletes to perform at their best while minimizing risks as well as to treat injuries when they occur. As Ghana's sports industry grows, prioritizing sports rehabilitation and injury prevention will be the game-changer in producing world-class, resilient athletes. The Ghana Olympic Committee, along with sports federations under it, must champion sports physiotherapy to ensure Ghana's athletes remain competitive on the global stage. Recovery is just as important as

PROUD *SPONSORS* OF THE OLYMPIC DAY



GOC HOLDS MAIDEN RETREAT

...To Strategize For Future

By Ken Adade

The Ghana Olympic Committee (GOC) has held a two-day retreat for presidents and senior executive board members of the various national federations affiliated to the GOC at the Eastern Premier Hotel, Koforidua.

The retreat was aimed at strategizing for the future of Ghana Sports through the Olympic Committee while creating an avenue for socialising among the newly-elected GOC Board and the national sports federations.

Areas that were discussed included sports branding, sports financing and sponsorship, as well as alternative dispute resolution (ADR) as a means of adjudication for sports-related matters.

The retreat was officially opened by Hon. Kofi Iddie Adams, Minister for Sports and Recreation, who commended the GOC for coming up with an idea to brainstorm on the development and growth of Ghana Sports.

He said the vision was enough and that it was time for federations to come up with something new to promote and develop sports.

“Our sports will see growth from gatherings like this, but this must not be one of the talk shops and must certainly go beyond visions,” he noted.

He urged the leaders to have a frank and meaningful discussion that will project Ghana sports to its past glory.

Richard Kofi Akpokavie, president of the GOC, thanked the federation heads for responding to their call and urged them to come up with practical recommendations and solutions to project Ghana sports.

He noted that athletes should be allowed to play key roles in the development and governance of sports because they are the reasons the federations exist and “we are gathered here because of them.”

He added that building capacity of athletes, coaches and administrators was essential and federations should collaborate with the Ghana Education Service (GES) and National Sports Authority (NSA) for quality athletes to be selected to take part in international competitions.

He advocated for clean sports, warned on manipulation of competitions and discussed funding of sports.

Prof. Akwasi Sarfo Kantaka led the discussions on sports branding while Ms. Sussie Pupulampu handled financing and sponsorship of sports, with Naa Amorkor Amarteifio leading on ADR.

Mr. Chris Essilfie, lead facilitator and member of the Olympians Association, encouraged participants to be open to new ideas in sports governance and administration and urged to them to contact the various presenters for further information and guidance whenever they needed it.

Secretary General of GOC, Mohammed Muniru Kassim Mohammed, closing the two-day retreat, said more of such interactions would take place to engage the sports leaders.



KADEN MAKES HISTORY IN FENCING

Kaden's most notable achievement came in 2022 when he won individual gold in the under 15 category at the African Championships. At just 16 years old, Kaden Woname has emerged as a trailblazing figure in Ghanaian fencing.

This young athlete has been making waves in the sport since he started fencing at the age of 11.

Kaden's remarkable journey is marked by numerous achievements, despite facing significant challenges, including limited funding support.

Early Success and International Recognition

Kaden's fencing career took off when he won silver at his first tournament, the UK Regionals in the men's under 12 category. This early success was followed by his call-up to the national team at the age of 12. He made his international debut at the 2022 African Cadet and Junior Zonal Championships, representing Ghana in the cadet under 17 and under 15 categories. Kaden won silver in the under 15 men's category, showcasing his potential from a young age.

Breaking Barriers and Setting Records

In 2022, Kaden represented Ghana alongside his sister at the Commonwealth Fencing Championships in London, becoming the sole male representative for Ghana. The siblings' achievement was recognized by their school, featuring in a newspaper article that highlighted their international representation.

Championships, becoming the first Ghanaian fencer to achieve this feat. The team also won silver in the under 17 and under 20 categories.

Continued Success and Future Goals

Kaden has continued to excel in fencing, competing in prestigious tournaments such as the Boston U20 Sabre World Cup in January 2024. In September 2024, he won bronze in the RAF Senior Open in the UK, further solidifying his position as a rising star in the sport.

With guidance from Ghana Fencing president, Mohammed Mahadi, Kaden is poised to achieve even greater success. His goal is to qualify for the Junior Olympics in 2026.

Overcoming Challenges and Inspiring Others

Despite facing challenges, including limited funding support, Kaden's dedication and passion for fencing have enabled him to achieve remarkable success. His story serves as an inspiration to young athletes in Ghana and beyond, demonstrating the importance of perseverance and hard work in pursuing one's dreams.

As Kaden continues to make history for Ghana, his achievements are a testament to his talent, determination, and the support of his mentors and family. With his sights set on the Junior Olympics, Kaden Woname is sure to continue making waves in the world of fencing.

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BARCA SIGN GHANA BEACH SOCCER STAR ALEXANDER ADJEI

Spanish side Barcelona Beach Soccer Club have completed the signing of Ghanaian star Alexander Adjei from Sea Sharks Beach Soccer Club.

The move sees Adjei become the first Ghanaian beach soccer player to secure a move abroad to continue his professional career in the sport.

Adjei is regarded as one of Africa's best as far as beach soccer is concerned, having finished as top scorer at the Africa Cup of Nations (AFCON) on two occasions.

The Sea Sharks' captain scored 17 goals at the Seychelles 2015 tournament and another 11 in Egypt at the 2024 edition, where Ghana narrowly missed out on World Cup qualification.

Known for his strength, blistering pace, and ruthless finishing in front of goal, he has been a key figure in both the domestic league and the national team, Black Sharks.

The Brazilian coach of Barcelona Beach Soccer club, Leo Braga, confirmed that Adjei will be part of his squad for the upcoming Spanish Beach Soccer season. "This is a very exciting moment for the club and also for Alex because we have been monitoring his development for some time, and we believe he can improve our team."

The signing is expected to bring a new dimension to Barcelona's attack and draw more international attention to the growth of beach soccer in Africa.

Speaking after the announcement, Adjei said, "It's a dream come true. I've worked hard for this moment, and I'm proud to be carrying the flag of Ghana into the international arena."

Source: Ghana Beach Soccer



GHANAIAN ATHLETES SHINE IN USA

Ghanaian athlete Isaac Botsio crowned his efforts in sprint with a stellar performance at the 2025 NCAA Division II Outdoor Track & Field Championships, clocking an impressive time of 9.94 seconds in the 100m race to finish first at the Pueblo ThunderBowl in Pueblo, Colorado.

Botsio's achievements headline a successful outing for the Buffaloes, who also saw strong performances from fellow Ghanaians Aziz Mohammed, who placed sixth in the 1,500m (3:50.93), and William Amponsah, who claimed his second national title of the weekend by winning the 5,000m in 14:26.23.

With two national titles to his name from the championships, Botsio concludes his junior year as one of the stand-out athletes in Division II sprinting.

The West Texas A&M junior's time is the second-fastest in the school's history and marks a significant milestone in his collegiate career.

His victory in the 100m was one of two national titles he claimed on the day.

Botsio also played a key role in West Texas A&M's 4x100m relay team, anchoring the squad to victory alongside teammates Jace Lynch, Jerry Jakpa, and James Dadzie.

The quartet posted a winning time of 39.43 seconds, securing another national championship for the Buffaloes.

The wins contributed to a strong overall showing by West Texas A&M, who finished as runners-up in the team standings for the fifth consecutive season.

Meanwhile Benjamin Azamati has secured qualification for the 2025 World Athletics Championships in Tokyo with a season-best time of 9.98 seconds at the McNabb Sprint Series.

This performance ties him for 17th on the official men's 100m qualification list for the global event and marks his fourth career sub-10s run under legal wind conditions.

The 26-year-old reached the semi-finals at the Paris 2024 Olympics and recently opted out of Ghana's 4x100m relay team for the Guangzhou World Relays to focus on qualifying for the individual 100m event, a goal he has now achieved.

Ghana has recorded nine wind-legal sub-10s 100m performances in history, with Azamati accounting for four, Leo Myles-Mills and Aziz Zakari each contributing two, and Joseph Paul Amoah with one.

Abdul-Rasheed Saminu who was named Male Athlete of the Year at the 2025 Stampede of Champions has also ran 9.86 seconds, which stood as the world's fastest time for about a week, until Trayvon Bromell of the United States delivered a 9.84 seconds performance in the Rome leg of the Diamond League Circuit.

Joseph Taylor, a 1st-year student (freshman) at Duke University, has also smashed the 29-year-old men's 400m national record with a blistering 44.98 seconds at the 2025 ACC Outdoor Championships.

The previous record of 45.13 seconds was set by Ibrahim Hassan in 1996.

...Azamati Qualifies For 2025 World Athletics Championships In Tokyo



FOCUS ON WORLD TITLE DREAM

...Boxing Promoter Advises Takyi

By Sammy Heywood Okine

CEO of Cabic Boxing Promotions & Management, Ivan Bruce Cudjoe has advised Tokyo 2020 Bronze Medalist, Samuel Takyi to remain focused and train hard to realise his dream of becoming a world champion.

He said the Olympian has the right to reject local fights and concentrate on fighting bigger opponents on the international scene.

According to the ace promoter, who also owns Travel Matters and Idrowhyt Events Center, he is aware that the Tokyo 2020 Olympic bronze medalist has plans to become a world champion, disclosing that Takyi has as his record seven (7) professional fights with seven (7) wins, while Joseph Commey, his challenger on the local scene, who represented Ghana and won silver medal at the 2022 Commonwealth Games, has only two professional bouts, and won both.

He stressed that Takyi has fought more and is therefore more experienced than Commey.

Mr. Cudjoe, who is considering running for the Ghana Boxing Authority (GBA) presidential position, said there is the need to revamp Ghana boxing, with good boxers taking up worthy opponents and aspiring to become continental and world champions.

He noted that there must be some discipline in Ghana boxing and promoters have a big role to play in giving boxers good opponents and fights.

Meanwhile, Samuel Takyi aka 'Ring Warrior' has stressed that he want to challenge bigger opponents in USA and elsewhere, and not pugilists below his level.

"I want to fight the likes of Keyshawn Davis, because that is my focus and I am looking beyond Ghana and Africa," he stated.

Keyshawn Davis has held the WBO lightweight title since 14 February 2025. As an amateur, he won silver medals at the 2019 Pan American Games, 2019 World Championships, and 2020 Summer Olympics.



Ivan Bruce Cudjoe



Samuel Takyi

GFA BOSS GETS CAF APPOINTMENT

By Sammy Heywood Okine

President of the Ghana Football Association (GFA), Kurt Okraku has been appointed 2nd vice president of the Confederation of African Football (CAF).

His appointment was announced by CAF president, Dr Patrice Motsepe, during a press conference at the Movepick Ambassador Hotel in Accra.

Mr Okraku, who was elected onto the CAF Executive Committee unopposed in March, climbs the ladder of leadership within the continent's football governing body.

He was nominated by President Motsepe and his nomination was approved by the CAF Executive Committee.

He joins Faouzi Lekjaa, who will serve as the 1st vice president, replacing Senegal FA president Augustine Senghor, while Kurt Okraku takes over from Ahmed Yahya.

Gabon's Pierre-Alain Mounguengui, appointed 3rd vice president, represents Central Africa, highlighting the need to integrate this underdeveloped region into the continental football mainstream. His diplomatic approach and grassroots focus strengthen CAF's unity efforts.

DR Congo's Bestine Kazadi Ditabala, the 4th vice president, makes history as a pioneering female leader. A lawyer and football administrator, her appointment reflects CAF's commitment to gender equality and inclusivity.

Mozambique's Feizal Sidat, named 5th vice-president, brings decades of experience from his time as president of the Mozambican Football Federation. His expertise ensures strong representation for Southern Africa.

These five leaders showcase the diversity and potential of African football, with their collective experience and passion offering hope for a more unified CAF under Patrice Motsepe's leadership.



U-15 GIRLS WIN 2025 AFRICAN SOCCER CHAMPIONSHIP

Ghana's U-15 girls football team, the Black Damsels, etched their names into the history books on Saturday April 26, after claiming the 2025 African Schools Football Championship title with a 2-0 victory over Uganda at the University of Ghana Stadium.

Belinda Kpentey and Daniella Abass were the heroes of the day, each scoring to cap off a stellar tournament run for the young Ghanaians.

The Black Damsels, who entered the final brimming with confidence after an unbeaten group stage performance, were awarded a \$300,000 cash prize, while the runners-up, Uganda, will receive \$200,000. Third-place finishers in both the boys' and girls' categories will each take home \$150,000.

Ghana's U-15 boys team also ended their campaign on a high, securing a 2-1 comeback victory over Uganda in the third-place playoff.

Coached by Kwaku Danso, the boys showed great resilience, overcoming a halftime deficit to clinch the bronze medal at the same venue.



GHANA'S BASEBALL TEAM RISES TO CONTINENTAL DOMINANCE

Baseball5, the fast-paced gender-inclusive version of baseball, was introduced to the world in 2018 with the promise of accessibility and global reach.

With minimal equipment required and a flexible co-ed format, the sport has spread quickly across continents and Ghana has not only embraced it but is now leading the African charge.

Enter the Golden Palms, Ghana's Youth Baseball5 team, whose meteoric rise has become a source of national pride and inspiration.

In 2023, Ghana hosted the inaugural African Youth Baseball5 Championship in the historic city of Cape Coast. With seven other countries vying for the title, the Golden Palms dominated the competition and clinched the gold medal on home soil.

That same year, the team went on to represent both Ghana and the African continent at the first-ever Baseball5 Youth World Cup in Turkey. Placing 7th globally, the Golden Palms catapulted Ghana to an astonishing 11th in the world rankings, the highest among all African nations. Several team members received special recognition for their individual performances, solidifying Ghana's reputation as a Baseball5 powerhouse in the making.

In August 2024, the Golden Palms secured their spot at the continental level once again, finishing second behind Tunisia at the West African Qualifiers in Lagos.

This momentum was carried into the 2nd African Continental Championship in Cape Town, where the team breezed through the competition with unmatched skill and confidence like a hot knife through frozen butter, as some would say.

Now all eyes are set on the 2025 World Cup in Mexico, and the Golden Palms are deep in training. Their journey has been shaped by sheer resilience, discipline, and an unrelenting leadership committed to ensuring Ghana's presence on the global stage.

This success story would not have been possible without the enduring leadership of Baseball president Ernest Danso, his team and the support of sponsors such as B Foster Bakery, Efidan Farms, En.Ar Limited, and Jodi Construction, whose investments continue to fuel the team's dreams. So, what's next for the Golden Palms? If history is any indicator, they're going for gold.



Ernest Danso, president of Ghana Baseball



Sponsor of GHANA BASEBALL

MINISTER LAUNCHES MILLENNIUM MARATHON



Kofi Adams, Minister for Sports and Recreation

By Sammy Heywood Okine

The Minister of Sports and Recreation, Hon. Kofi Adams has observed that sports can make a major impact on the economy of Ghana.

Speaking at the launch of the 2025 edition of the KGL Millennium Marathon on the theme, 'Beyond The Finish Line,' at the media center of the Accra Sports Stadium, he said sports can as well generate a healthy mind and body.

He commended the organisers, participants, sponsors and media, promising to take part in the event on September 6, 2025.

He recalled how President John Dramani Mahama launched the first edition together with Ethiopian marathon legend Haile Gebrselassie in 2015 and it has kept going on with many athletes and social runners getting the interest to participate.

Director General of the National Sports Authority (NSA) Yaw Ampofo Ankrach said with the Millennium Marathon every participant is a winner and was glad and honoured that the NSA is part of the 10th edition.

Mrs. Catherine Morton, Co-Founder and Race Director, hinted that many things will change for the 10th edition, such as the rebranding with new colours, logo, prizes and social impact tapping into the communities.

She announced that the race is recognized and certified by World Athletics, and will not be only a sporting event but will boost tourism and business.

She said both male and female winners will take home GHC75,000 each, GHC50, 000 for second and GHC30,000



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AKPOKAVIE RALLIES SUPPORT FOR METEORS

...To Qualify For 2028 Olympics

By Sammy Heywood Okine

President of the Ghana Olympic Committee (GOC) Richard Akpokavie has called for support for the national U-23 team, the Black Meteors, to qualify for the next Olympic Games in the USA.

In a chat with the media, he explained that one of his foremost aspirations is to ensure that Ghana is represented in football at the LA 2028 Games.

Akpokavie was a colts player as a teenager and played hockey when he entered Achimota School.

He is a keen football fan and supports one of the biggest clubs in the country.

Ghana, who won a bronze medal at the 1992 Olympic Games in Barcelona, has not participated in football at the Olympics since 2004.

The Black Meteors reached the Quarter Finals at Atlanta 1996 Olympics.

TIT BITS

SKATE CHIEF GETS APPOINTMENT

President of the Skate Federation of Ghana, Kportufe Johnson Gameli has been appointed as the Director of Communications for World Skate, Africa.

With the appointment, he becomes an automatic member of the Executive Committee of World Skate, Africa.

"President Johnson K. G. Kportufe, your leadership and dedication to Ghana Skate have earned you this prestigious recognition. We are very proud to have you represent us on the continental and global stage!

"There are more achievements and milestones to come as Ghana Skate is rooting for you and we look for more wins together," said the Skate Federation of Ghana, in a statement.

XXIII COMMONWEALTH GAMES 2026 UPDATE

Given the urgency and lack of time to organise the event, this will be the first time since the 1994 Commonwealth Games that the program will have only 10 sports, namely:

1. Artistic gymnastics
2. Athletics
3. 3x3 basketball
4. Bowls
5. Boxing
6. Judo
7. Netball
8. Swimming
9. Track cycling
10. Weightlifting

Host: Glasgow, Scotland

Nations: 74 Commonwealth Games Associations

Athletes: 3, 000

Events: 10 sports

Opening: 23 July 2026

Closing: 2 August 2026

Main venue: Scotstoun Stadium

Optional sports dropped from the previous Games include: rugby sevens, field hockey, badminton, triathlon, Twenty20 cricket, squash, diving, table tennis, beach volleyball and rhythmic gymnastics. Some events in athletics and cycling were also dropped. Indoor bowls will be held instead of lawn bowls.

HIGHLIGHTS OF GOC STRATEGIC RETREAT

Held on 24th May 2025, Koforidua ER

The Pledge: To uphold the provisions of the Olympic Charter and Commonwealth Games Federation Constitution. Under this pledge the new GOC will over the next four years focus on the following:

1. Putting athletes at the center of all activities;
2. Building the capacity of stakeholders and enhancing the role of women;
3. Inclusive and transparent leadership with passion and integrity;
4. Funding for sports; and
5. Building strategic partners with IOC and WADA.

AKPOKAVIE ELECTED PRESIDENT OF GOC

By Ken Adade

Richard Kofi Akpokavie and Mr Mohammed Muniru Kassim were elected President and Secretary General of the Ghana Olympic Committee respectively for the next Olympiad.

The elected congress, held on Saturday, April 26, 2025 at the Accra International Conference Center, was described by delegates as one of the smoothest and peaceful elections held.

In the presidential race, Akpokavie secured a commanding 44 votes, defeating his contender, Michael Aggrey former President of the Ghana Golf Association, who garnered 19 votes.

This victory marks a significant turnaround for Akpokavie, who previously lost the presidential bid in 2021 by a narrow margin of seven votes to the then-incumbent, Ben Nunoo Mensah.

In the Secretary-General position, the incumbent Mohammed Sahnoon, lost narrowly to a new face, Mohammed Muniru Kassim. Kassim polled 33 votes to lead the race against Sahnoon's 30 votes.

In his acceptance speech, Mr Akpokavie thanked the delegates for the opportunity to lead and highlighted the need for members to conform to the Olympic values of Excellence, Respect, and Friendship, which are the foundation of the Olympic Movement.

He also stressed the importance of resolving disputes through alternate dispute resolution mechanisms, rather than traditional court systems while pledging to prioritize athlete welfare, women empowerment, and safeguarding and protection of women.

Below are the full results and elected members of the GOC Board;

President

Richard Kofi Akpokavie Esq. (Hockey) – 44 votes

Michael Odum Aggrey (Golf) – 19 votes

1st Vice President

Mawuko Afadzina (Table Tennis) – Unopposed

2nd Vice President

Frederick Lartey Otu (Taekwondo) – Unopposed

3rd Vice President

Ernest Danso (Baseball/Softball) – 43 votes

Mohammed Mahadi (Fencing) – 19 votes

Secretary General

Mohammed Muniru Kassim (Swimming) – 33 votes

Mohammed Sahnoon (Cycling) – 30 votes

Assistant Secretary General

Bawah Fuseini (Athletics) – Unopposed

Treasurer

Evans Yeboah (Badminton) – 33 votes

Isaac Aboagye-Duah (Tennis) – 30 votes

Assistant Treasurer

Edward Patrick Nii Lante Bannerman (Handball) – 44 votes

Bernard Quartey (Boxing Federation) – 10 votes

Aurora Commodore-Toppar (Basketball) – 9 votes

Five (5) Olympic Sports:

George Lamptey (Boxing Federation) – 34 votes

Delphina Quaye (Swimming) – 53 votes

Richmond Rexford Quarcoo (Squash) – 46 votes

George Tettey (Volleyball) – 44 votes

Kamal Sulley (Rowing & Canoeing) – 50 votes

Prosper Harrison Addo Esq (Football) – 28

Albert Kyei Frimpong (Baseball/Softball) – 14

Dr. Benjamin K.D. Asante (Hockey) – 32

Prosper Harrison Addo Esq (Football) – 28

Albert Kyei Frimpong (Baseball/Softball) – 14

Dr. Benjamin K.D. Asante (Hockey) – 32

One Non-Olympic Sports

George Owusu Ansah (Nana Adu Mankata II) (Sports For All) – 34 votes

Abdul Hayye Yartey (Bodybuilding & Fitness) – 28 votes

One Affiliated

Samuel Tetteh Ayer (SESSA) – Unopposed

Three (3) Other Members:

Nathaniel Johnson (Karate-do) – 38 votes

Edwin Amankwah (Armrestling) – 38 votes

Rafatu Inusah (Triathlon) – 39 votes

Emmanuel Djani Nikoi (Netball) – 18

Emmanuel Owusu-Ansah Asare (Cricket) – 17

Michael Ntow Ayeh (GES) – 25

Leonard K. Okyere (Golf) – 5





Gabriel Atseku (r) poses with a colleague official at the event

ATSEKU, GHANA'S 1ST WORLD-CLASS BADMINTON TECHNICAL OFFICIAL

The Ghana Badminton Association has hailed the outstanding achievement of Gabriel Atseku, an accredited African umpire, at the recently concluded Badminton International Challenge held in Saint-Denis, Réunion, France from May 11-16, 2025.

Atseku's participation in this prestigious tournament marks a significant milestone for Ghanaian badminton officiating, showcasing the nation's growing influence in the global badminton community. His professionalism, precision, and adherence to international standards as a technical official has earned him commendations from players, coaches, and fellow officials alike.

His certification paves the way for future Ghanaian officials and reinforces Africa's growing influence in badminton technical governance. Atseku's success is a testament to years of hard work, positioning him among the sports' elite technical officials worldwide.

A Testament to Excellence

As one of Africa's certified umpires, Atseku's role at the tournament underscores the Badminton Confederation of Africa (BCA) and Badminton

World Federation (BWF)'s recognition of Ghana's commitment to developing world-class officials. His performance not only elevates Ghana's reputation but also inspires upcoming umpires across the continent.

Evans Yeboah, president of Ghana Badminton, said Gabriel's achievement is a proud moment for Ghana. "His dedication reflects the high standards we strive for in our technical officiating programs since we began in a national talent hunt in 2018.

"We are confident his success will pave the way for more Ghanaian officials on the international stage, which we just graduated 113 technical officials offering a milestone for side career for many people, whilst growing the pathway pool for world class made officials like Gabriel Atseku."

On his part, Mr. Atseku noted, "Representing Ghana at this level was an incredible honor. I am grateful for the support from the Ghana Badminton Association and the BCA. This experience has motivated me to continue upholding the integrity of the sport."



Olam

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GHANA'S STRONGEST FEMALE WEIGHTLIFTER POISED FOR MORE GLORY



Winnifred Ntumi

Winnifred Ntumi is a talented Ghanaian weightlifter born on September 28, 2002, in Accra, Ghana. She competes in the women's 45kg and 49kg categories, representing Ghana at various international competitions.

Career Highlights:

Ntumi won one gold and two silver medals at the 2023 African Games in Accra, Ghana, in the women's 49kg category. In the African Weightlifting Championships, she claimed bronze medals in 2019 and 2023 in the women's 49 kg category.

She also secured a bronze medal in 2021 in the women's 49kg category at the Commonwealth Games.

At the 2019 African Games, she won three (3) bronze medals in the women's 45 kg events, becoming the first Ghanaian to win a medal at the continental weightlifting competition.

She was adjudged 2024 Weightlifter of the Year at the 49th Sports Writers Association of Ghana (SWAG) Awards.

Ntumi has had impressive performances in various international competitions. She won three (3) bronze medals at the 2019 African Games and secured gold and silver medals at the 2023 African Games. These achievements showcase her talent and hard work in weightlifting.

In 2019, Ntumi became the first Ghanaian to win a medal at the African Seniors Weightlifting Championship. This achievement marked a significant milestone in her career and brought attention to her talent.

Ntumi's outstanding performance at the 2023 African Weightlifting Championships in Tunis earned her a qualification spot for the Paris 2024 Olympics. This achievement highlights her dedication and perseverance in pursuing her dreams.

Inspiring Young Athletes

As a successful weightlifter, Ntumi serves as a role model for young athletes in Ghana and beyond. Her achievements show that with hard work and dedication, young athletes can achieve success and make a name for themselves in their chosen sports.

Ntumi's achievements contribute to Ghana's sporting pride and inspire national pride. Her success in international competitions brings recognition to Ghana's sports industry and motivates others to strive for excellence.

Overall, Winnifred Ntumi's achievements and impact demonstrate her commitment to her sport and her country. She inspires young athletes and brings pride to Ghana through her hard work and dedication.



Charles Quartey

OUR BOXERS ARE WORLD CHAMPIONS

By Sammy Heywood Okine

President of the United Coaches Association of Ghana, Charles Quartey, has called on government to invest in young boxers selected to represent the country, as they have the potential to become world champions.

In an exclusive interview with Ghana Olympic News, he said there are over 60 talented boxers in the national camp who have the potential to become world champions, but they lack support, exposure and experience.

The coach who led the Black Rockets, the national youth boxing team, to the IBA Youth World International competition in Montenegro, Serbia, said the event was a great experience, but officiating affected countries like Ghana; the reason no Ghanaian boxer reached the medal zone to earn cash reward.

He called for consistent training of Ghanaian international technical and ring officials like referees and judges.

The coach, who is an expert in handling youth boxers, said he was satisfied with the number of star-rated coaches in Ghana, but advised trainers not to mix amateurs with professionals.

He also urged the sports authorities to initiate early preparations and camping in the lead-up to international tournaments.

Charles Quartey expressed concern over the high cost of hiring the Bukom Boxing Arena for boxing events.

“Let me appeal to boxing fans to behave at the Arena, because their behavior of throwing things into the ring also sends people away,” he stressed.

He appealed to government to build a national boxing training center and better remuneration for boxing coaches.

GHANA JUDO GOES TO THE POLLS ON JUNE 28

The Ghana Judo Association will hold its Elective Congress on June 28, 2025.

Notice of the congress, to be held at the Press Center of the Accra Sports Stadium, was served on all registered clubs and members of the Ghana Judo Association in a letter dated April 14, 2025.

Member clubs are to nominate two registered members to represent them at congress and submit delegates' names to the secretariat.

Kwasi Adu- Apau, secretary of the association, hoped for a successful congress.

Kenneth Arthur, the incumbent president assured all of a peaceful, free, fair and transparent elections.



GHANA ARMED FORCES DOMINATE SESSA GAMES

The Ghana Athletics Open Championships for Security Services took place at the University of Ghana Stadium in November 2024.

Security services such as the Ghana Armed Forces, Ghana Immigration Service, Ghana Prison Service, GRA – Customs Division, and the Ghana National Fire Service participated in the two-day event.

The men competed in 15 events, while the women took part in 12 events.

The Ghana Armed Forces dominated the competition, scoring 327 points in the men's events, while the women scored 198 points.

They were followed by the Ghana Immigration Service, who polled 76 points, 19 points more than the Prison Service. GRA – Customs Division and the Ghana National Fire Service scored 32 and 24 points, respectively.

In the women's events, the Armed Forces amassed 198 points, with the Immigration Service 63 points behind. They had 26 points more than the Ghana Prison Service, while the Ghana National Fire Service had 31 points, three points more than the GRA – Customs Division.

Shaibu Marizuk, Iddrisu Musah, and Arko Bawuah, all from the Ghana Armed Forces, dominated the men's 100m final, crossing the finish line in 10.79s, 10.80s, and 10.89s to clinch the top three places.

In the 200m final, Shaibu Marizuk finished first, while Iddrisu Musah and Arko Bawuah were beaten by William Opare and Kofi Osei, who claimed second and third places, respectively.

In the women's events, Mary Boakye, who represented Ghana at the African Games 2023 and the African Athletics Seniors Championships in Douala, led the Ghana Armed

Forces to first-place finishes in the 100m and 200m finals, while Lariba Sakat, also from the Armed Forces, dominated the long-distance events.

Mary Boakye won the women's 200m final in 24.78s, ahead of Kate Agyemang and Eunice Sackey, who crossed the line in 25.40s and 26.22s, respectively.

Mariama Fatawu won the women's 400m final with a time of 56.46s, while Solomon Diafo (46.84s) claimed victory in the men's 400m final.

Reina Tuolong (Ghana National Fire Service) and Saraphina Adomibila (Ghana Armed Forces) finished first and second in the women's 800m final, crossing the finish line in 2:18 and 2:19, respectively.

Sadiq Aloo (Ghana Prison Service) and Damal Matthew (Ghana Immigration Service) secured the top two places in the men's 800m final with times of 1:52 and 1:55, respectively.

Dr. Austin Luguterah, Director of Sports at the University of Ghana, commended Ghana Athletics for organizing a successful event and congratulated all athletes for their professionalism and sportsmanship.



Some members of the male squad of the Ghana Armed Forces Team
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GHANA PARTICIPATES IN WORLD ESPORTS

By Sammy Heywood Okine

Representatives of 98 countries including Ghana met in Dubai, the United Arab Emirates (UAE), from May 28 to 30, 2025 to strategise for the upcoming Games of the Future (GOTF).

The "Games of the Future 2025" is an international multi-sport event that blends physical and digital gaming, called phygital sports. It will be held in Dubai, United Arab Emirates, in November 2025.

This event features competitions in phygital football, phygital basketball, phygital shooting, and phygital dancing. This year's event is expected to generate excitement, particularly with the upcoming reveal of the host city for GOTF 2027.

Igor Boumekpo, President of Ghana Esports Federation (GESF), said his association will engage in both Sports and Esports.

Mr. Boumekpo, who was in Dubai with a representative from the Ministry of Sports and Recreation for the World Phygital Summit 2025, noted that Ghana and other countries will this year take part in the Game of the Future in Dubai.

Ghana will participate in two disciplines, Phygital Football and Phygital Basketball.

"So this summit is to clear all issues and prepare towards the upcoming event, that's why 98 countries are in Dubai," he said.

Ghana Esports Federation (GESF) is a member of World Phygital Community (WPC), and Phygital International is the entity organizing the Games of the Future.

"We will engage with the digital version on PlayStation 5 and subsequently continue on a physical pitch. The winner will advance to the next stage, analogous to the progression in football," he stressed, calling on the youth to embrace and participate in Esports.

BREAKING FEDERATION EMPOWERS TAMALE GIRLS

By Sammy Heywood Okine

The Breaking Federation of Ghana has endorsed the Break Dance Girls Empowerment Project by Africa Breaking Academy (ABA) in Tamale, Northern Ghana.

As part of preparations towards the rollout of the Break It Girls Empowerment Project in Tamale, the Africa Breaking Academy team together with Nana Tufuor Okai, president of Ghana Breaking Federation, embarked on a strategic courtesy tour to key stakeholder institutions in the Tamale metropolis.

Highlights of the visit included engagements with the Chief of Tamale at the Dakpema Palace, the Northern Regional Director of the Ghana Education Service - Tamale, the Northern Regional Girl-Child Education Officer, the Metro and District Directors of the National Youth Authority, Heads of Basic and Secondary Schools, Cultural Officers and other community leaders.

The stakeholders expressed strong support for the project and emphasized the need for security and safety as well as inclusive spaces for girls in the north.

Other discussions focused on breaking gender norms and encouraging girls to take up leadership roles in schools and communities.

The Dakpema Chief endorsed the initiative, highlighting its potential to build confidence and aspirations in young girls as well as their physical and mental wellbeing.

"This project is about empowering today's girls to become tomorrow's leaders. We thank all stakeholders for their warm reception and belief in the mission which was supported by KGL Foundation, our major partner and sponsor," said Nana Tufuor Okai.

He explained that frantic efforts are being made by his outfit to join the Ghana Olympic Committee (GOC) after meeting requirements of the National Sports Authority (NSA).

AMASAMAN OLYMPAFRICA SITE WILL BE DEVELOPED FOR USE – GOC PRESIDENT

By Sammy Heywood Okine

President of the Ghana Olympic Committee (GOC), Richard Akpokavie, has assured stakeholders that the OlympAfrica community sports development project at Amasaman will receive immediate attention.

He said the move is to ensure the facility's completion for effective use by the community and the youth.

The GOC president made this statement during a working visit to the OlympAfrica site alongside members of the GOC Executive Board. The purpose of the visit was to assess the current state of the facility and engage in discussions on strategies for its development.

During the tour, the GOC Board witnessed first-hand the potential of the OlympAfrica project to promote sports development in Ghana.

President Akpokavie, who expressed concern about the neglect of the site and the slow pace of development since its acquisition in 2010, reaffirmed the GOC's commitment to the project.

He was clear that the GOC alone could not complete the project and stressed the importance of collaborating with stakeholders to enhance youth training and sports development in local communities.

He further emphasised that the OlympAfrica project has the potential to become a hub for identifying and nurturing young sporting talents in Ghana.

The GOC Board, expressing urgency and determination, resolved to take significant steps towards the quality development of the site to realise the full potential of the project.

The GOC pledged its commitment to the project's success through expedited action, which is expected to positively impact sports development in Ghana, particularly in the Amasaman locality.

Beyond community development, the GOC aims to use the facility to provide opportunities for young athletes to develop their skills and compete at the highest levels. The site is also intended to serve as a suitable environment for national teams to camp in preparation for continental or global events.

"The OlympAfrica project will play a crucial role in shaping the future of sports in Ghana, and the GOC is dedicated to its successful completion through strategic and aggressive engagement with corporate institutions," Mr Richard Akpokavie emphasised.

Source: ghanaolympic.com



ANITA SHATTERS NATIONAL INDOOR 200M RECORD

Ghana's Anita Afrifa blazed to a new indoor 200m national record, clocking a scorching 23.26 seconds at the 2025 Steve Miller Invitational in Kansas, USA.

She erases the previous record of 23.34 seconds, set by Flings Owusu-Agyapong on February 12, 2016.

Anita is a student-athlete at Colby Community College under the guidance of Head Coach Clinton Fletcher.

SWAG Sport Personality of the Year 2024, Rose Yeboah also improved her indoor high jump national record by 1cm with an impressive 1.92m clearance.

GOC CELEBRATES OLYMPIC DAY

The Ghana Olympic Committee (GOC) will commemorate this year's Olympic Day on Saturday, 21st June, in collaboration with various sports federations and the Ghana Education Service. The event will feature a series of activities aimed at promoting Olympic values and encouraging participation in sports.

The celebration will include sports competitions, fitness sessions, and educational programmes designed to engage people of all ages and backgrounds. These activities aim not only to promote physical activity but also to highlight the relevance of Olympic values in everyday life.

Over 1,000 students from approximately 20 schools are expected to converge at the Accra Sports Stadium for a fun-filled day of sporting and educational activities. In addition to promoting Olympic ideals, students and attendees will have the opportunity to witness demonstrations from 21 sporting disciplines, offering a unique chance to explore different sports and uncover potential talent.

Selected schools will also participate in a quiz competition designed to test their knowledge of the Olympic Movement, its history, and its values. The competition seeks to educate and engage young people in the spirit of Olympism.

GOC President Mr Richard Akpokavie stated, "Olympic Day falls on June 23, but Ghana will celebrate on June 21. The GOC aims to inspire Ghanaians to embrace the Olympic values of excellence, friendship, and respect, while promoting a healthy and active lifestyle through sports."

"After a long break, arrangements for this year's event promise an exciting and engaging experience for all participants," added Mr Fedrick Lartey-Otoo, chairman of the planning committee.

Olympic Day is a global celebration that marks the founding of the International Olympic Committee (IOC) and promotes the core values of excellence, friendship, and respect that define the Olympic Movement.

Source: www.ghanaolympic.com

GOC HOLD THANKSGIVING SERVICE

By Ken Adade

The Ghana Olympic Committee (GOC) leadership, led by President Richard Akpokavie Esq, attended a Thanksgiving Service at Our Lady of Mercy Catholic Church in Tema Community 1.

The occasion provided an opportunity for the executives to thank God for a successful election and seek God's blessings and good fortune for their next four years in office.

Reverend Father David Arko Amissah, Parish Priest of Our Lady of Mercy Catholic Church, congratulated the GOC executives and offered words of wisdom.

"I want to congratulate you in a very special way," he said. "You have been given the opportunity to oversee the Ghana Olympic Committee. It comes with many challenges, and many people are looking up to you. You must be ready and willing to stand up for what is right, so that generations will count on you and you will become a shining example for others to follow."

The Priest emphasized the importance of teamwork, stating, "May God bless you so that you can work as a team. When everyone has passion and individual interests, it can be difficult to hold the center. But once you work together as a team and do not undermine each other, you will be assured of success."

"We pray that God will grant you divine wisdom and divine grace, so that together, you will work as a team for the good of this country and for the name you bear.

"Families will count on you, and the church will be looking up to you, Mr. Akpokavie, because we know you will make us proud."

The delegation that attended the church service included Richard Akpokavie Esq (President), Mawuko Afadzina (1st Vice President), Ernest Danso (3rd Vice President), Mohammed Muniru Kassim (Secretary General) and Bawah Fuseini (Assistant Secretary General).

The rest are Evans Yeboah (Treasurer), Nii Lante Bannerman (Assistant Treasurer), George Lamptey (Board Member), and Kamal Sulley (Board Member).

They were supported by Christopher Essilfie from the Olympians Association, Philipinna Frimpong from Ghana Armwrestling, and Shaaban Mohammed, Head of Operations at the GOC.





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Ghana Olympic News: an initiative of the Ghana Olympic Committee

GHANA PARA ATHLETICS ASSOCIATION LAUNCHES NATIONWIDE TALENT HUNT



The Ghana Para Athletics Association, in partnership with the National Paralympic Committee (NPC-Ghana), has announced a nationwide talent identification program aimed at discovering and nurturing the next generation of para-athletes.

The initiative will focus on various track and field disciplines, including shot put, discus, javelin, high jump, long jump, and wheelchair racing.

It is also open to individuals with visual impairments, hand amputations, cerebral palsy, and other eligible conditions who show potential and passion for para-sports.

The program has been divided into two zones. Zone 1 will begin with a launch in Kumasi, Ashanti Region, on 12th July 2025. This will be followed by Cape Coast in the Central Region on 26th July, and Takoradi in the Western Region on 2nd August.

Zone 2 kicks off in Koforidua, Eastern Region, on 16th August, before moving to Ho in the Volta Region on 30th August. The final stop will be Accra, Greater Accra Region, on 13th September 2025.

This nationwide effort represents a significant step in Ghana's para-sports development, offering opportunities to identify raw talent and provide support to athletes on their journey to international competition.

Source: myjoyonline.com

Samson Deen - president of Ghana Paralympic Committee