

# TheSeanCast Newsletter



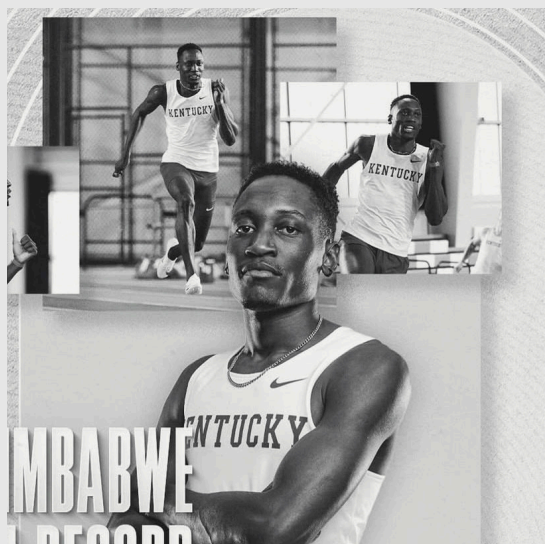
## Review of Indoor Season

Welcome to the first quarter of TheSeanCast newsletter! This season, African athletes have once again showcased their remarkable talent and unwavering dedication on the track.

From stunning individual victories to consistent high-level performances, they've left an indelible mark on the international stage. We'll delve into some of the standout moments and explore the broader impact of African athletes in this highly competitive sport. Join us as we celebrate their achievements and look ahead to the exciting outdoor season.

## Zimbabwe's Athletes Continue to Rise

Throughout the years, nations in Southern Africa, such as South Africa and Botswana, have achieved remarkable success in sprinting at both the Olympic Games and world championships. Recently, athletes from Zimbabwe have emerged, joining this elite group of Southern African sprinters. Leading this talented group are the outstanding Tapiwanashe Makarawu and Makanakaishe Charamba, who now jointly hold the Zimbabwe national record of 20.13 seconds in the indoor 200 meters, placing them seventh on the all-time list.



Following his participation in the 200m finals at the 2024 Paris Olympics, Cali kicked off his 2025 season by setting a personal record of 32.72 seconds in the 300 meters. He also recorded a personal best of 6.60 seconds in the 60 meters and made remarkable improvements in his 200m performances, clocking times of 20.48, 20.31, 20.20, and 20.13 seconds. He wrapped up his indoor season as the SEC championship runner-up and the NCAA DI national champion in the 200 meters. His 20.13 seconds tied the Zimbabwe national record with Charamba

Charamba had an outstanding indoor season, enhancing his previous accomplishments as one of Zimbabwe's national athletes by making it to the finals of the 200 meters at the 2024 Paris Olympics. He achieved remarkable times of 20.55, 20.16, 20.13, and 20.16 seconds, which not only set a national record but also earned him an SEC title and a runner-up position at the NCAA indoor track and field Championship. His sole defeat in the 200 meters this season occurred at the NCAA indoor Championship, highlighting his remarkable consistency.



## Zimbabwe's Athletes Continue to Rise

David Nyamufarira joined New Mexico Junior College, making waves in US college athletics. He shattered the Zimbabwe national record in the 60 meters with a time of 6.57 seconds, clinching the NJCAA indoor title and finishing as runner-up in the 200 meters. He also recorded a personal best of 20.91 seconds.

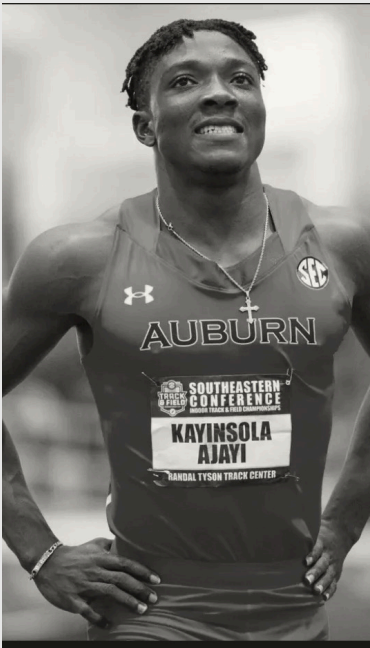


Denzel Simusialela made impressive strides this year, lowering his 60 meters time from 6.72 to 6.63 seconds and his 200 meters from 21.46 to 20.67 seconds. He ended the indoor season as NJCAA champion in the 200 meters.

Other notable performances include Donald Chiyangwa setting a national record of 32.38 seconds in the 300 meters, Vimbayi Maisvorewa achieving 51.51 seconds in the women's 400 meters, and Takudzwa Pahuwa clocking 46.89 seconds in the 400 meters.

In the field events, Chengetayi Mapaya soared to a season-best of 16.83 meters in the triple jump, securing qualification for the World Indoor Championship in China, while Tafadzwa Chikomba jumped 8.06 meters in the long jump to claim the NJCAA indoor long jump title.

## Nigeria, a country filled with Incredible talents.



Nigeria is a country rich in talented athletes who consistently make their mark on the global stage. Each year, new talents emerge, showcasing the depth of Nigeria's athletic prowess. Notable performances were highlighted by Natherniel Ezekiel, Ajayi, and Isreal, who have set impressive records.

Ezekiel had an extraordinary indoor season, etching his name in the record books with a remarkable 400 meters run. He broke the African indoor 400-meter record, clocking in at 44.74 seconds, while claiming victory at the Big 12 indoor championship. He concluded the indoor season with a commendable runner-up finish at the NCAA indoor championship in the same event.

Ajayi is further establishing himself as a leading figure in Nigerian sprinting. Building on his previous year's success, Ajayi made headlines by equalling the Nigeria national record in the 60 meters with an impressive time of 6.48 seconds. He secured a second-place finish at this year's NCAA DI Championship.

Israel Okon has made a remarkable impact in his debut season on the college circuit. He shattered the African U20 60-meter record multiple times, initially breaking the record with 6.52 seconds and subsequently improving it to 6.51 seconds during the SEC Championship. He concluded the season with second and third place finishes at the SEC and NCAA indoor championships, respectively.

## Nigeria, a country filled with Incredible talents.



Temitope Adeshina demonstrated remarkable consistency in the women's high jump, clearing 1.90 meters several times throughout the indoor season. She concluded this season as both the Big 12 champion and NCAA champion in her event, achieving a season best of 1.94 meters.

Joy Udo enjoyed an extraordinary indoor season, shattering records in the NCAA DII. She initially set a new Division record in the 60 meters with a time of 7.13 seconds, only to surpass it with an impressive 7.11 seconds, ultimately securing the NCAA DII indoor championship.



The excitement doesn't end there! Nigerian athletes delivered an extraordinary display of talent. Tima Godbless sprinted through the 60 meters in an impressive 7.08 seconds, closely followed by Success Umukoro at 7.13 seconds. Ella Onojuvwevwo demonstrated remarkable strength with a 400-meter time of 51.06 seconds, paralleled by Edidiong Udo's astonishing 45.61 seconds.

In the long jump, Godfred achieved a remarkable leap of 7.93 meters, while Emmanuel Njoku and Joseph Oreva finished the indoors season with jumps of 7.72 and 7.71 meters, respectively. In the 60-meter sprints, Adekalu Fakorede recorded a stunning 6.56 seconds, with Joshua Celab close behind at 6.57 seconds and a time of 20.82 seconds in the 200 meters, while Alaba Akintola and Folawiyo Olaoye completed the remarkable performances with times of 6.60 seconds. Adaobi also recorded 7.99 seconds in the 60 meter hurdles.

After dedicating 13 years to the world of track and field, I have made the heartfelt decision to retire my jumping shoes. I managed to achieve many of my aspirations, though not all, and I take great pride in the journey I've undertaken and the invaluable lessons learned along the way.

I would like to take a moment to express my gratitude to all the coaches and everyone who has stood by me, cheered me on, and supported me through both the highs and the lows.

I want to say thank you to Ghana Athletics, University of Ghana, West Texas A and M University and BizzSports for the role they've played in my career.

My passion for sports remains strong, and I am committed to giving back to the athletic community in every way possible, including through TheSeanCast channel on Instagram, Facebook and YouTube.

Thank you for your unwavering support, and I hope you'll continue to back the channel as we promote athletes just as you have supported me throughout the years.

Sincerely,  
Abraham Seaneke.

## Ghanaian athletic prowess displayed.



Ghanaian athletes demonstrated their prowess on the global stage, affirming their status as a formidable presence. The resurgence of Ghana's sprinting began in 2019, led by Joseph Amoah and Benjamin Azamati. In recent years, a wave of new talent has emerged, enriching Ghana's capabilities in the sports. This indoor season highlighted the talents of Ibrahim Fuseini, Barnabas Aggreh, Abdul Rasheed, Rose Yeboah, and Anita Afrifa.

Ibrahim Fuseini's indoor season was remarkable, showcasing his consistency and strength in both the 60 and 200 meters. His exceptional 60-meter performance of 6.51 seconds ties him for the second-fastest time in Ghana's history, improving from his previous best of 6.69 seconds set last year, and he also clocked 20.72 seconds in the 200 meters.

Barnabas commenced his indoor season with a personal best and a world-leading time of 6.52 seconds. This impressive time surpassed his previous best of 6.64 seconds. Subsequently, he achieved a time of 6.53 seconds to claim the NAIA 60-meter championship, concluding his indoor season on a high note.

Rasheed picked up right where he left off last year, demonstrating significant improvement in both the 60 and 200 meters. He achieved personal bests of 6.53 seconds and 20.72 seconds in the respective distances.

## Ghanaian athletic prowess displayed.



Rose Yeboah seamlessly picked up from her impressive performance last year. The 2x African champion and Ghana national record holder shattered her previous indoor high jump record, clearing a remarkable 1.92 meters. Throughout the indoor season, she demonstrated remarkable consistency by soaring 1.85 meters or higher.

Anita Afrifa had an extraordinary indoor season, establishing a new national record in the 200 meters with an impressive time of 23.28 seconds. She also achieved a personal best of 7.30 seconds in the 60 meters.

Additionally, Alex Amankwah also set a new national record in the 800 meters, highlighting his remarkable strength in the event.



Other impressive performances by Ghanaian athletes during the indoor season include Benjamin Azamati with a time of 6.61 seconds in the 60 meters, Benjamin Boakyee at 46.53 seconds in the 400 meters, and Enoch Fosuhene who clocked 20.83 seconds in the 200 meters and 6.66 seconds in the 60 meters.

Additionally, Solomon Donkor recorded 20.82 seconds in the 200 meters, Evonne Britton at 8.05 seconds in the 60 meter hurdles, while Solomon Hammond and Sean Safo Antwi both achieved 6.65 seconds in the 60 meters.

## Outstanding Performances from Other African Individuals

Additional impressive performances from African athletes worthy of recognition include: Marione Fourie from South Africa with 7.91 seconds in the 60m, Destiny Smith Barnett from Liberia clocking 7.14 seconds in the 60m, and Gambia's Maimuna Jallow achieving 7.19 and 22.86 seconds in the 60 and 200m respectively.

Furthermore, Dario Matau from South Africa clocked a time of 20.60 seconds in the 200m, while Liberia's John Sherman and Jabez Reeves recorded times of 20.82 and 20.97 seconds, respectively. In the 60m, Senegal's Mamadou Falls established a national record of 6.54 seconds, whereas South Africa's Akani Simbini, John Adesola, and Neo Mosibi posted times of 6.57, 6.58, and 6.60 seconds respectively during this indoor season.



*South Africa's Dario Matau*



*Gambia's Maimuna Jallow*

### Reminder:

Second Quarter Newsletter will be coming in June.

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