

TheSeanCast Newsletter



African Athletics Quarterly Newsletter - Quarter 2, 2025

The second quarter of 2025 has been nothing short of spectacular for African athletics, with athletes consistently delivering world-class performances, shattering personal bests, and setting new historical records across prestigious Diamond League meets, competitive national events, and collegiate championships.

From blazing sprints to impressive jumps and dominant middle-distance runs, African athletes have truly dominated the global stage.

Top Performers: A Cascade of Excellence (April - July 2025)

The past few months have seen African athletes leave an incredible marks across various disciplines:

Abdul-Rasheed Saminu (Ghana): Saminu has had a monumental quarter, etching his name in NCAA history. He clocked a stunning wind-legal 9.86s (0.6m/s) in the men's 100m at the NCAA Track and Field East Regionals, breaking the Ghanaian national record (previously 9.90s by Benjamin Azamati from 2022) and becoming the second-fastest wind-legal time in NCAA history.



He was ranked 4th on the African all-time 100m list. He also ran an impressive 19.95s (2.4m/s) in the 200m shortly after his 100m record. In July, Saminu further lowered his national record to an astounding 9.84s at the Atlanta Last Chance Qualifier (1.5m/s tailwind), solidifying his status as the **3rd fastest African of all time in the 100m**, trailing only Ferdinand Omanyala (9.77s) and Akani Simbine (9.82s).

Kanyinsola Ajayi (Nigeria): Ajayi had an extraordinary run at the NCAA Outdoor Championships, clocking a personal best and Auburn school record of 9.92s in the 100m semifinals, qualifying with the fastest time for the final. He continued his winning streak in June-July at the Meeting de Sotteville in France, equaling his personal best of **9.92s** (+1.7m/s), and then claimed another victory in 10.09s (-0.3m/s) at the Guldensporen Meeting in Belgium.



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Makanakaishe Charamba (Zimbabwe): Charamba showcased remarkable consistency in the 200m. He previously broke the Zimbabwean national record at the SEC Championships by running a wind-legal 19.92s (0.5m/s) in the heats. He secured second place at the NCAA Outdoor Championships with a time of 19.92s, marking his fifth consecutive sub-20 second performance. He also set a new meeting record at the Meeting de Sotteville, winning the 200m in 20.08s, and secured 3rd place at the Monaco Diamond League in 19.99s against a world-class field.



Letsile Tebogo (Botswana): Tebogo continues to carve his legend in the 200m, powering to a **new world-leading time of 19.76s** to claim a dominant victory in a stacked field at the prestigious Prefontaine Classic. He also impressed in the Monaco 200m, finishing a strong 2nd in 19.97s.

Gift Leotlela (South Africa): Showcased his talent at the Montgeron Meeting in France, clinching the men's 100m with a season's best and meeting record of 9.98s. He also secured 3rd at the Racer Grand Prix in Kingston, Jamaica with a time of 10.04s.

Akani Simbine (South Africa): Maintained his impressive streak, winning the 100m at the Atlanta City Games in 9.86s, remaining undefeated this season until the London Diamond League where he finished 5th. He helped Team South Africa earn their first gold in the 4x100m relay at the World Relay Championships in China.

Top Performers: A Cascade of Excellence (April - July 2025)



Marie Josée Ta Lou-Smith (Côte d'Ivoire): The seasoned Ivorian sprinter secured a strong 3rd place at the Prefontaine Classic with a new season-best time of 10.90s despite battling a stiff – 1.5m/s headwind. She also ran a season-best of 11.00s to take third place at the Stockholm Diamond League.

Tima Godbless (Nigeria): Godbless, representing both Nigeria and Louisiana State University, delivered a breathtaking performance at the NCAA East Regionals, clocking a remarkable 10.91s in the 100-meter dash. She also finished third in the NCAA Outdoor Championship final with 11.19s, after running a swift 10.91s in the prelims.

Benjamin Richardson (South Africa): Richardson stole the show at the Atletica Geneve in Switzerland, clocking a stunning Season's Best of 10.01s in the 100m, followed by a searing 19.79s (+2.3m/s) in the 200m. He showed consistent form at the Dromia Sprint Challenge, matching his Season's Best of 10.01s to seize the win in Greece.

Ibrahim Fuseini (Ghana): Fuseini showcased incredible versatility at the ATX Sprint Classic. He first won the men's 100m with a **wind-assisted 9.85s (+2.4m/s)** before returning just 30 minutes later to win the 200m in 20.15s (+3.2m/s), **becoming the all-conditions fastest Ghanaian in history at that time**. He also had a successful debut to his European to at the Guldensporen Meeting, winning the 200m with a solid 20.37s and placing 3rd in the 100m with 10.24s.



Carli Makarawu (Zimbabwe): The Zimbabwean speedster capped his first NCAA season in spectacular fashion, claiming the NCAA Outdoor title in the men's 200m, clocking a blistering **19.84s, setting a new Zimbabwean national record**, a school record, and the seventh-fastest collegiate performance ever. He also ran a time of 19.92s in the 200 meters, which was a new personal best at the time, en route to qualifying for the NCAA Championship.

Carli Makarawu recounted his experience of bouncing back from a hamstring injury at the beginning of his outdoor season, a challenge he worried might sideline him for the entire season. He discussed his faith and the efforts he put in behind the scenes that facilitated his swift return to competition.



Listen to other recent podcasts about African athletes:

Denzel Simusialela: Why This Zimbabwean Sprinter is One to Watch

Ella Onojuvwevwo- From Escaping Chores to Breaking Records - A 400m Star's Unforgettable Season.

Winny Bii: From Learning How To Triple Jump on YouTube in Kenya to NCAA Champion

Middle & Long Distances:



Faith Kipyegon (Kenya): Faith Kipyegon set a **new world record** in the 1500m at the Prefontaine Classic on July 5, 2025, with an astonishing time of **3:48.68**. This performance improved upon her previous world record of 3:49.04, demonstrating her electrifying acceleration and powerful finish, solidifying her status as a dominant force in global middle-distance running.

Emmanuel Wanyonyi (Kenya): Wanyonyi delivered a breathtaking performance at the Monaco Diamond League, leading from gun to tape to set a world-leading time and new meet record of **1:41.44 in the 800m**. He also delivered a performance for the ages in Stockholm, clocking a time of 1:41.95 in the 800m which was the previous world leading time at the time.. In July, he clinched a commanding 1st place in the Men's 800m at the London Athletics Meet with an blistering time of 1:42.00.

Tshepiso Masalela (Botswana): Masalela delivered an impressive time of 1:43.11 in the 800m at the Diamond League meet in Doha. This was a world leading time at that moment.

Prudence Sekgodiso (South Africa): Sekgodiso continued her stellar season, equaling her Personal Best of 1:57.16 for a hard-fought second place at the Prefontaine Classic. She also delivered a time of 1:58.00, finishing third in the 800m at the Stockholm Diamond League.

Mary Moraa (Kenya): Moraa matched Wanyonyi's brilliance with her own season-best performance to finish second in the women's 800m in 1:57.83 at the Stockholm Diamond League.

Hurdles :



Nathaniel Ezekiel (Nigeria): Ezekiel clinched the NCAA Outdoor title in the men's 400m hurdles with a personal best and new **Nigerian National Record of 47.49s**. This time also stands as the third-fastest African and NCAA time of all time. He also broke the Nigerian national record in the 400m hurdles not once but twice at the Big 12 Championships. In his highly anticipated professional debut at the Prefontaine Classic, he secured a remarkable 3rd place finish in 47.88s against a world-class field.

Tobi Amusan (Nigeria): The world record holder in the women's 100m hurdles, Amusan, powered to victory at the Ostrava Golden Spike, dominating the field with a time of 12.45s (+1.4m/s). At the Paris Diamond League, she blazed through the 100m hurdles in 12.24s, finishing in second place.



Ashley Miller (Zimbabwe): Miller made history at the ATX Sprint Classic by setting a new Zimbabwe National Record of 56.03s in the women's 400m hurdles. [cite_start]She further improved her record to a stunning 55.09s at the Ed Murphey Classic, setting a new Zimbabwe national record and taking 3rd place.

Louis Francois Mendy (Senegal): Mendy secured the men's 110m hurdles title at the Montgeron Meeting in France with a time of 13.29s. He also delivered a sharp 13.27s Season's Best.

Field Events:



Chukwuebuka Enekwechi (Nigeria): Enekwechi showcased an extraordinary performance, achieving a personal best throw of 22.10m in the Men's Shot Put at the Diamond League Prefontaine Classic. This remarkable throw not only ranks as the third best globally this year and guarantees an automatic qualification for the World Championship but also breaks the African Record.

Saly Sarr (Senegal): Sarr delivered a monumental performance at the Meeting de Sotteville, achieving a personal best of 14.41m (+1.4m/s wind) to claim victory, marking the best jump by a Senegalese athlete since 2004.

Rose Yeboah (Ghana): The Ghana high jump queen continued her excellence, securing silver in the women's high jump at the 2025 NCAA Outdoor Championships, clearing a season-best 1.93m (6-4).

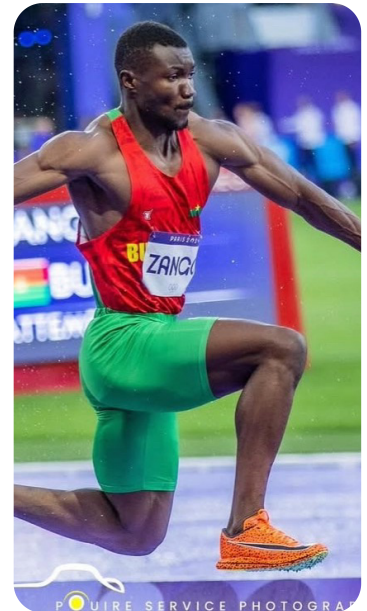
Temitope Adeshina (Nigeria): Adeshina has been in outstanding form in the high jump, consistently clearing 1.90m and above. At the Big 12 Championships, she equaled her national record with a 1.97m clearance—her sixth jump over 1.90m this season. This mark automatically qualifies her for the upcoming World championships in Tokyo.



Winnie Bii (Kenya): Bii was crowned the NCAA Outdoor champion in the women's triple jump, leaping 13.96 meters, becoming the first Kenyan athlete to ever win the NCAA title in this event. She also made history at the Ed Murphey Classic, soaring to a new personal best and Kenyan national record of 14.14m, securing 2nd place and boosting her world championships qualification hopes.

Charles Godfred (Nigeria):

Godfred is one of the most consistent long jumpers in the NCAA and Africa in 2025. At the NCAA West Regionals, he jumped a wind-legal 8.10 meters on his one and only attempt to secure victory and top qualifier from the West region in the event. He also secured a strong fourth-place finish at the NCAA Outdoor Championships with a leap of 7.91m (25-11 1/2).



Yasser Mohammed Triki (Algeria): Triki soared to an impressive 17.23m (+1.4m/s) at the Monaco Diamond League, securing a fantastic 2nd place in a fiercely competitive international field in the men's triple jump.

Chengetayi Mapaya (Zimbabwe): Mapaya made a strong return to competition at the Ed Murphey Classic, leaping 17.15m for 2nd place.

Fabrize Zango (Burkina Faso): The African triple jump record holder continues to demonstrate his prowess, achieving a season-best jump of 17.21m at the Meeting de Paris in June.

Other Outstanding Performances

Zakithi Nene (South Africa): South Africa's Zakithi Nene delivered a sensational performance in the men's 400m at the Kip Keino Classic, running a scorching 43.76s. This incredible time not only secured a dominant victory but also stood as the world-leading time at that point. He also delivered a stellar performance at the Rome Diamond League, clocking a 44.23s, finishing in a thrilling photo-finish just behind Olympic champion Quincy Hall (44.22s). He earned a respectable 3rd place in the Men's 400m at the London Athletics Meet, finishing in 44.29s.



Ella Onojuvwevwo (Nigeria): Onojuvwevwo delivered an impressive performance in the women's 400m, finishing fourth overall in the final at the NCAA Outdoor Championships with a time of 50.57s. This follows her setting a new Nigeria U20 record of 50.31s in the semifinals. She also automatically qualified for the World Championship in Tokyo in September.



Looking Ahead: The Road to Tokyo 2025 World Championships:

This past quarter truly highlighted the incredible depth of talent within African athletics. From established stars to emerging young talents, these athletes are consistently delivering world-class performances and setting new benchmarks.

We eagerly anticipate their continued success as the track and field season 2025 progresses towards the world championships! Keep a close watch on these inspiring stars as they continue to compete, break records, and strive for even greater achievements on the global stage!



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