

Godwin Opoku Mensah

D.O.B. 23/11/2001

Coach: Dan Suchy (Support: Nick Tselepis)

Occupation: Student

Club: Joined Westfields A.C. in 2016

Honours:

World rankings, top 10 100m under 18, March 2018

Westfields Hall of Fame

Australian team Melanesian Games 2018

Third fastest open 100 m All-time WAC history

Progression

Year (age)	100
2014 (13 years)	13.33
2015 (14 years)	12.09
2016 (15 years)	11.29 (11.27 w)
2017 (16 years)	10.98
2018 (17 years)	10.62



Internationals:

2018 Melanesian Games – results pending

National Championships:

2017 Australian Junior Championships (SOPAC) –

U17 100m 11.30 7th heat

2018 Australian Junior Championships (SOPAC) –

U18 100m 10.62 Silver 10.62 (0.8) 1st Australian

4x100m Silver medal

NSW Championships

2016 NSW CHS

15 years 100m 4th = 11.54

15 years 200m 10th 23.81

15 years 4x100m Gold 44.20 rec (44.01 heat rec)

2016 NSW All Schools

16 years 100m 6th 11.27 (5.4)

2016 NSW Junior Championships

U16 years 100m 9th 12.17 (0.8)

2017 NSW CHS

16 years 100m Bronze 11.29 (0.3)

16 years 200m 7th 24.09 (-0.1), 23.24 heat (-1.1)

16 years 4x100m Gold 43.62

2017 NSW All Schools

16 100m Silver 11.15 (0.3), 10.98 heat (1.6)

2017 NSW Junior Championships

U17 years 100m Bronze 11.35 (3rd NSW),

2018 NSW Junior Championships

U18 years 100m Gold medal 10.95 (-0.5)

2018 NSW Little A's

100m Gold 10.95 (NW1)

Brief History

When Godwin applied for Westfields back in 2015 for acceptance into Westfields for 2016 he had written on his application: 100 – 12.4, 200 – 25.5 and high jump - 1.45. These were his performances at his school carnival in 2015. Historically speaking we usually don't pay too much attention to P.B.'s listed from school carnivals due to the fact they can often be too fast because of inexperienced timekeeping. In cases like these more attention is paid to the results from the tests conducted at Westfields testing day. Godwin did perform well on the electronically timed 40 metres sprint test, however there were four other boys that ran slightly faster (two were his age and two were a year older). As a result, Godwin was recorded as a 'maybe' on the short list of successful applicants. Incredible when we look back now knowing that in three years' time he would become one of the fastest Westfields sprinters of all time. It was one of those difficult decisions that could have gone either way and to our good fortune we went the right way.

Now enrolled at Westfields into year 10 Godwin began to improve rapidly bringing his best 100m time from 12.09 down to 11.29 by the end of the season. He would revel in the Westfields sprints squad with some of Australia's most experienced teen athletes around him; Larry Adeniran, Dominic Darko, Yadin Ngeng, Joshua Sanerivi, all of whom were State medallists. Even more inspirational was being part of Australia's fastest 15 year old 4x100m relay team. Larry, Joshua, Bradley Pereira and Godwin would twice break the NSW Combined High Schools record (43.62) and also the NSW Relays record (43.89).

The most significant achievement by Godwin in 2016 was in the 100m sprint with his 4th placing at NSWCHS and 6th placing at NSW All Schools. His age group in NSW has the majority of the best sprinters in the country and he was now matching it with them for the first time. Personally Godwin was disappointed by not winning individual medals in 2016 however it was obvious to others he was catching his rivals.

2017 started extremely well with Godwin winning his first ever individual medal at the NSW Juniors taking the Bronze medal in the 100m. Having qualified to run the 100 metres at the 2017 Australian Juniors (his first Nationals) where he ran very close to his P.B. in 11.35, but not fast enough to progress to the final. There is usually a long gap to the next competitive runs in September and October at the State School titles and Godwin settled into hard training during the winter months. NSW CHS that year would become another milestone when he won his first medal there (Bronze) and then another Bronze at NSW All Schools. It was the 2017 NSW All Schools where Godwin gained maturity as a sprinter when during the heats he backed off just before the finish line and ironically joined the 10-second-club for the first time with a sizzling 10.98 seconds.

Self confidence was now finally part of Godwin's makeup; something that was lacking before this sub 11 second run. His next big test would be the 2018 NSW Junior Championships and Godwin was now taking a serious interest in his program content and ensuring he would peak at the right time for the Nationals in March. The NSW Juniors' would become a mini peak and Godwin was adamant about not peaking too soon with his goal of running the season best time 5 weeks later

The 2018 NSW Juniors' became another milestone and turning point in his athletic career when he won his first ever State Title in a new personal best time of 10.95 into a slight headwind of (-0.5). What surely added to boosting his self confidence was the fact that he beat the former National Champion in both the heat and the final. Godwin was now up there with the best in the country for the first time in his three years in the sport.

Everything was now coming good at the right time; his physical fitness, his starts and his mind-set were all blooming. Particularly in strength and conditioning Godwin was becoming a role model for others with his persistence in sticking to programs set for him, lifting ever increasing weights even if it meant occasionally having to modify track work due to fatigue. There was a new athlete lining up on the blocks at the Australian Junior Championships and his name was Godwin Opoku Mensah. The name was the same but the athlete was a new force in sprinting, a highly motivated young man and possessing a new self confidence in his abilities on the track. He and his coach were quietly hoping for 10.85 which would finish the season on a high note.

Amazingly Godwin ran 10.84 in winning his heat, but there was still doubt on how much faster he could travel in the final. Godwin had perfectly executed his start out of the blocks in the heat but that was not to be in the final. Even though his start in the final was good he was in 3rd or 4th place after the first 15 metres. Ironically the old Godwin (from 2016) would struggle from there as holding his form towards the end of the race used to be one of his weak points. Not this time. Godwin passed all but the eventual leader and crossed the finish line in an incredible time of 10.62 second, less than a tenth of a second from victory. The time gave Godwin a spot in the top 10 under 18 sprinters in the world and selection in the Melanesian Games (formerly Oceania Games) where he would wear the Australian Colours for the first time. At the time of writing Godwin is in training for the trip to Vanuatu where a good performance may give him a spot in the Youth Olympic team for which he has already qualified; Australia is only sending 6 males and 6 females so that will be a difficult task and even another P.B. would still be in the hands of the selectors.

Interesting facts:

- Godwin's time of 10.62 elevated him into the world rankings (top 10 under 18's)
- Even though Godwin won Silver at the 2018 Australian Juniors he in fact was the number one eligible Australian Citizen.
- Godwin's time of 10.62 had only a 0.8 tailwind. The maximum allowable 2.0 wind would have theoretically brought him into the 10.4 to 10.5 range
- Only two Westfields athletes (of any age) have run faster than Godwin in Westfields history and they are Hayden Kovacic who was 21 at the time, and Fabrice Lapierre who was 19 at the time. See 10 second club below.
- Godwin was a late starter to athletics joining Little A's in 2015. In his three years at Westfields his 100m P.B. has dropped from 12.09 to 10.62 which is almost 1.5 seconds
- Godwin nearly missed selection at Westfields when four other applicants (now his training partners) ran faster 40m trials.

- Godwin has made two appearances at the Australian Juniors:
2017 when he finished 7th in his heat with 11.35
2018 when he won Silver with 10.62 (10th fastest time in the World)

Ten second Club

100m (Westfields Athletes all time)

1.	Hayden Kovacic (21)	10.35	Rio de Janero, Brazil 2016
2.	Fabrice Lapierre (19)	10.56 (10.48 3.9)	Kingston, Jamaica 2002
3.	Godwin Opoku Mensah (17)	10.62	Sydney 2018
4.	John Thornell (19)	10.64	Sydney 2002
5.	Robert Marks (22)	10.69 (10.55 2.2)	Sydney 2013
6.	Joven Clarke (17)	10.80 (10.49 ?.)	Sydney 2000
7.	Yadin Ngeng (16)	10.83 (10.73 3.4)	Canberra 2016
8.	Daniel Small (18)	10.88 (10.83 2.6)	Sydney 2010
9.	Kyle Alexis (17)	10.91 (10.89 ?.)	Sydney 2013
10.	Paul Stickler (19)	10.91 (10.81 3.9)	Sydney 2002
11.	Zac Zaineddine (18)	10.92	Sydney 2018
12.	Ben Southwell (19)	10.92	Sydney 2006
13.	Dominic Darko	10.95 (10.83 2.1)	Sydney 2017
14.	Kurt Jenner (23)	10.99	Arkansas, USA 2016