



# 20<sup>TH</sup> 2<sup>ND</sup> INTER-UNIVERSITY CROSS COUNTRY AND 2<sup>ND</sup> MINOR GUSA GAMES 2025

*Theme:*  
HARNESSING THE LESSER KNOWN  
SPORTS: THE KEY TO DEVELOPING THE  
21ST CENTURY SPORTS MAN



**UESD** UNIVERSITY OF ENVIRONMENT  
AND SUSTAINABLE DEVELOPMENT



# 20<sup>TH</sup> INTER-UNIVERSITY CROSS COUNTRY AND 2<sup>ND</sup> MINOR GUSA GAMES 2025

*Theme*

HARNESSING THE LESSER KNOWN  
SPORTS: THE KEY TO DEVELOPING  
THE 21ST CENTURY SPORTS MAN



**DATE:**

**27TH OCTOBER - 1ST NOVEMBER, 2025**

**VENUE:**

**UESD CAMPUS, SOMANYA. 7:00AM EACH DAY**



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## About UESD

The University of Environment and Sustainable Development (UESD) is a public university situated at Somanya in the Yilo Krobo Municipality of the Eastern Region, Ghana. It has a serene environment with state-of-the-art facilities beautifully designed with smart features.

The University was established by UESD Act, 2015 (Act 898) during the tenure of President John Dramani Mahama and inaugurated on the 5th of August, 2020, by President Nana Addo Dankwa Akufo-Addo. Prof. Eric Nyarko-Sampson is the founding Vice-Chancellor of the University.

### Mission:

To achieve our mission, we aspire "to produce graduates who are equipped with relevant knowledge and skills to be agents of change in environment and sustainable development".

### Vision:

To be a Centre of excellence in knowledge gathering and dissemination in the area of environment for public good.

### Our Core Values:

- H – Honesty
- O – Opportunity
- P – Perseverance
- E – Enterprising

To produce persons who have HOPE themselves, exude HOPE and poised to give HOPE to the world with their knowledge and work ethics.



## WELCOME MESSAGE

### "The Flame of Somanya"

In the heart of Somanya, where the majestic Krobo Mountain watches over the land, a symbol was born, a beacon of unity, resilience, and sustainable excellence. The UESD-Minor GUSA Emblem, affectionately known as "The Flame of Somanya," is more

than a emblem. It is a story told in color, motion, and meaning.

At its peak burns a torch; not just of victory, but of vision. Beneath it, sports men/women leap, sprint, and celebrate, embodying the youthful energy and diversity of Ghana's universities. The green mountain stands firm, echoing the strength of the land and the endurance of its people. Flowing below, the Adomi Bridge stretches across a spring of life, connecting institutions, ideas, and generations.

The emblem pays homage to the Krobo Mountain, a revered landmark that symbolizes cultural pride, ancestral strength, and the enduring spirit of the Eastern Region. Its presence in the design roots the games in tradition while reaching toward a sustainable future.

This emblem is a tribute to the University of Environment and Sustainable Development's mission: to ignite excellence and sustain the future. It reflects the values of the 28<sup>th</sup> inter-Universities cross-country and Minor GUSA Games 2025, competition with purpose, unity in diversity, and pride in our shared heritage.

As we gather in Somanya for the 2025 Games, let this emblem remind us:

**We are not just playing. We are building.**

**We are not just competing. We are connecting.**

**We are not just celebrating. We are sustaining.**





The emblem design is inspired by the unique natural and cultural identity of the University of Environment and Sustainable Development (UESD) and its host town, Somanya, surrounded by the Krobo Mountains, the iconic Adomi Bridge, and the Volta Lake. It reflects UESD's mission to promote sustainability, unity, and youthful energy through education, innovation, and sportsmanship. The design celebrates the convergence of nature, athleticism, and community spirit.

### Krobo Mountain

- Represents the geographical terrain of Somanya, anchoring the mascot in its local context.
- Symbolizes strength, resilience, and endurance — qualities essential to both athletes and environmental stewards.
- The layered green tones evoke growth, ecological harmony, and sustainability.

### Adomi Bridge

- A central visual element, the Adomi Bridge stands for connection, unity, and inclusiveness.
- It reflects how the Mini GUSA Games bring together universities across Ghana, bridging diverse communities through sport and collaboration.

### Spring of Water (Volta Lake)

- Flowing beneath the bridge, the spring represents life, continuity, and natural balance.
- It reinforces UESD's commitment to sustainable resource use and its proximity to one of Ghana's most vital water bodies.

### Human Figures in Motion

- The colorful sports men and women symbolize diversity, youthful energy, and dynamic participation.
- Each pose reflects a different sport, celebrating teamwork, competition, and joyful expression.
- The use of green, blue, and gold aligns with



UESD's environmental values and GUSA's vibrant athletic spirit.

### Torch with "GUSA"

- The torch signifies HOPE, excellence, and the pursuit of victory.
- The flame represents the ignition of sustainable excellence, lighting the way for future generations of athletes and scholars.
- The acronym "GUSA" grounds the design in the identity of the organizing body.

### Color Palette

Color	Meaning
Green	Nature, sustainability, growth, and UESD's core identity
Blue	Knowledge, trust, Volta Lake, and environmental awareness
Gold/Yellow	Energy, excellence, optimism
Deep Green & Navy Blue	Depth, stability, and academic integrity

### Overall Interpretation

The mascot is a visual embodiment of the Minor GUSA Games 2025 — a celebration of sportsmanship, sustainability, and synergy among Ghana's universities. It proudly showcases UESD's leadership in environmental education while honoring Somanya's natural beauty and Ghana's cultural richness. Every element works in harmony to tell a story of unity, excellence, and ecological consciousness.



## Message from the Vice Chancellor

Welcome Address by the Vice-Chancellor of UESD

Occasion: 28th Inter-University Cross Country & 2nd Minor GUSA Games

Theme: "Harnessing the Lesser-Known Sports: The Key to Developing the 21st Century Sportsman"

Venue: University of Environment and Sustainable Development (UESD), Somanya

Date: 28<sup>th</sup> October, 2025



Distinguished Vice-Chancellors, Chairman of the Ghana Universities Sports Association (GUSA), Representatives of the Ghana Universities Sports Association (GUSA), Colleagues from Sister Universities, Members of the Local Organizing Committee, Our Esteemed Athletes and Coaches, SRC Presidents, Friends from the Media, Invited Guests, Ladies and Gentlemen,

Good afternoon!

It is with great pride and heartfelt joy that I welcome you all to the University of Environment and Sustainable Development (UESD) the green heart of Ghana, surrounded by the Krobo Mountain and the flowing grace of the Volta Lake just a distance from here. On behalf of the Governing Council, Management, staff, and students of this noble institution, it gives me great pleasure to warmly welcome you all to our beautiful campus here in Somanya for the 28th Inter-University Cross Country Championship and the 2nd Minor GUSA Games. We say Mohee to you all – which means welcome in Krobo.

Today marks a historic moment in our university's journey. We are deeply honoured to host this prestigious sporting event; a gathering that brings together the finest student-athletes from universities across the country to celebrate discipline, teamwork,



endurance, and excellence. Hosting this event is not only a privilege but also a reflection of UESD's growing contribution to National Higher Education and sports development.

This year's theme, "Harnessing the Lesser-Known Sports: The Key to Developing the 21st Century Sportsman," is timely and opportune. In an era where agility, versatility, and mental resilience define the modern athlete, it is imperative that we look beyond the mainstream and invest in the full spectrum of sporting disciplines. From cross country to chess, from mixed marathon to ampe, scrabble and tug of war, these "lesser-known" sports are not lesser in value, but they are rich in potential, character-building, and national pride.

At UESD, we believe that sustainability is not only about the environment, but also about people, talent, and opportunity. By nurturing these emerging sports, we are cultivating a generation of athletes who are not only physically fit but mentally present, socially conscious and globally competitive.

Our newly unveiled UESD-GUSA 2025 emblem, "The Flame of Somanya," captures this spirit beautifully. With the torch of excellence, the strength of the Krobo Mountain, the unity of the Adomi Bridge, and the flow of the Volta Lake, it tells a story of connection, growth, and purpose. It is a symbol of what we stand for and what we strive to achieve.

This week-long competition will undoubtedly provide a unique platform for our universities to strengthen the bonds of friendship and foster the collaborative spirit that exist among us. Beyond the races, games, and medals, this event symbolizes unity in diversity, a testament of the power of sports to connect minds, build relationships, and inspire greatness.

As a young and dynamic university, UESD is fully committed to ensuring a memorable and well-organized experience for every athlete, coach, and official present here. Our Local Organizing Committee (LOC), in close partnership with the GUSA Secretariat, has worked tirelessly to put together an exciting programme of activities that guarantees smooth coordination and comfort for all participating institutions.



At UESD, we are guided by our core values of Honesty, Opportunity, Perseverance, and Enterprising – H.O.P.E. – a philosophy that underpins everything we do. It reminds us that honesty builds integrity, opportunity empowers growth, perseverance drives excellence, and an enterprising mindset fosters innovation. These same values are what make sports a powerful tool for personal and collective transformation. We therefore encourage all participants to embody the H.O.P.E. spirit throughout this competition to play fairly, strive harder, embrace opportunities, and inspire others through determination and creativity.

To our sports men and women, you are the heartbeat of this gathering. Compete with courage, integrity, and joy. Uphold the highest standards of sportsmanship and fair play. Let your performance inspire others to rise, to try, and to believe. Remember that every stride and every finish line crossed contributes to the spirit of unity and excellence that defines the Ghana Universities Sports Association.

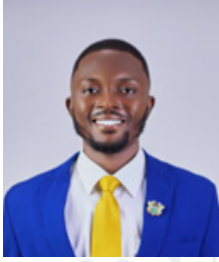
To our cherished guests and partners thank you for trusting UESD with this honour. Your presence affirms our shared commitment to building a stronger, more inclusive sporting culture in Ghana.

Let us all seize this opportunity not only to compete, but also to learn, connect, and celebrate the values that sports represent. Together, we can make this 28th edition of the GUSA Cross Country and Minor Games an unforgettable success and a model for future university sporting events.

May the spirit of unity and sportsmanship prevail throughout the Games.

Once again, I say “Mohee,” welcome to UESD, welcome to Somanya, and welcome to the future of Ghanaian sports.

Thank you and may God bless us all.



## Message from the SRC President

On behalf of the Students' Representative Council and the entire student body of the University of Environment and Sustainable Development (UESD), it is with great pleasure that I welcome all sport men/women, officials, and spectators to the 28th Inter-University Cross Country and 2nd Minor GUSA Games 2025.

We are honoured to host this gathering of Ghana's finest student sportsmanship and are committed to ensuring a successful, memorable, and competitive event.

Let us celebrate sportsmanship and unity.  
Welcome to UESD, and may the best teams win.

**Yimpuri Timothy Kidinyun**  
SCR President

## **PROGRAMME LINE-UP FOR THE 28TH INTER-UNIVERSITY CROSS COUNTRY AND MINOR GUSA GAMES**

TO BE HELD ON THE UNIVERSITY OF ENVIRONMENT AND  
SUSTAINABLE DEVELOPMENT CAMPUS, SOMANYA

DATE	ACTIVITY	TIME	VENUE
Monday, 27th Oct. 2025	Arrival of participating Universities and Allocation to assigned hostels	12:00 p.m. -6:00 p.m.	Multipurpose
<b>OPENING CEREMONY</b>			
Tuesday, 28th October, 2025	Venue inspection and verification	9:00 a.m.	Multipurpose Hall
	Opening Ceremony	2:00 p.m.	
	Orientation of the Games	4:00 p.m.	
<b>MINOR GAMES-DAY 1</b>			
Wednesday, 29 <sup>th</sup> October, 2025	Ampe, Chess, Scrabble and Tug of War	9:00 a.m.	Lecture Halls 3A, 4, 5, 6A, 6B & Lecture Hall Courtyard
	Ampe, Chess, Scrabble and Tug of War	1:30 p.m.	
<b>MINOR GAMES-DAY 2</b>			
Thursday, 30 <sup>th</sup> October, 2025	Ampe, and Tug of War	1:30 p.m.	Lecture Halls 3A, 4, 5, 6A, 6B & Lecture Hall Courtyard
<b>CROSS COUNTRY, DINNER AND AWARDS NIGHT</b>			





Friday, 31 <sup>st</sup> October, 2025	<b>CROSS COUNTRY EVENTS</b>		
	Assembling of Competing Teams and Officials	5:30 a.m.	Main Entrance Road
	Arrival of Invited Guest	6:00 a.m.	
	Start of Women’s Cross Country Race ( <b>Starter by Vice-Chancellor, UESD</b> )	6:30 a.m.	
	Start of Men’s Cross Country Race ( <b>Starter by Pro Vice-Chancellor, UESD</b> )	7:40 a.m.	
	Start of Mixed Relay Race	8:40 a.m.	
	<b>DINNER AND AWARDS NIGHT</b>		
	Dinner and Awards Night	6:00 p.m.	Multipurpose Hall
	Address by the <b>Vice-Chancellor, UESD</b>	7:30 p.m.	
Declaration of Results by GUSA President	7:50 p.m.		
Presentation of Awards and Trophies	8:00 p.m.		
Closing Remarks by <b>Registrar, UESD</b>			
<b>DEPARTURE</b>			
Saturday, 1 <sup>st</sup> November, 2025	Breakfast and Departure	5:00 a.m.	



## Safety Measures in Somanya



## GUSA GAMES

### Key Health and Sanitation Messages

**Start clean,** play strong! (Stay hydrated, stretch well, and visit the health desk if unwell)

**Clean hands,** clear wins! (Wash or sanitize your hands before and after eating, after using the toilet, and after every match)

**Our field, our pride — keep it clean!** (Use bins, don't litter, and help your team keep the venue tidy)

**Eat smart, play smart!** (Buy food from approved vendors and make sure your meals are hot and hygienic)

**Your health is your first medal!** (Report any injury or illness early and follow all safety instructions)

**End clean, stay green!** (Dispose of waste properly, thank the cleaning team, and leave the venue better than you met it)

(Health and Sanitation Committee)



HELPLINE



**0243706814**





POLICE EMERGENCY NO

**0540699766**

**191**



Fire service

**020 000 2267**

**192**



Ambulance

**0597388107**

**193**