



INTRODUCING

SAM EFFAH

CLASSROOM 
CHAMPIONS[®]
how better gets better and better



Sam is one of the fastest Canadian sprinters in history, running a 10.06 in the 100 meter race. He is a two-time National 100-meter Champion and two-time World Championship competitor. He has the honour of being the fastest man in Canadian University and Alberta history.

Born in Calgary, both of Sam's parents emigrated from Ghana. Sam played football and rugby in high school before running track at University. Sam earned a Bachelor of Commerce and Marketing from the University of Calgary.

Performance Stats:

2x Canadian 100m Champion

Fastest Man in Canadian University
History

World Championship Competitor



FUN FACT!

Sam's favourite game is Heads Up 7 Up. He competed in the Amazing Race Canada with fellow Canadian Athletics competitor and Olympian Sarah Wells.