

Sam Effah

Track and Field Toronto, ON

- Represented Canada at 3 World Championships
- 5th place in 4x100m – World Championships
- 2-time Canadian 100m National Champion
- Fastest man in Canadian university history
- Competed at 3 World University Games
- 3-time Athletics Alberta Athlete of the Year
- 2015 Athletics in Excellence Award recipient from the Foundation of Global Sports Development



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Sam Effah, RBC Olympian

As a native Albertan Sam has speed. He has represented Canada at three World Championships, three World University Games and the Commonwealth Games. After struggling with a devastating hip injury, Sam is hungry as ever to re-establish himself as Canada's best, both on and off the track. On the community side he's a Classroom Champions Mentor, Right To Play Ambassador and avid public speaker who loves to give back. Sam excels in the corporate sphere too – exhibiting a passion for sponsorship, commerce and community development in RBC offices across Canada.

RBC® sponsors amateur sport, from grassroots programs in local communities to national sport associations and elite-level athletes. Since 1947, RBC has been Canada's longest-standing supporter of the Canadian Olympic Team.

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