Blessing Okagbare is a Nigerian track and field athlete who has competed in the long jump and sprinting events. She is known for her impressive speed and agility on the track, as well as her ability to jump great distances. Okagbare was born on October 9, 1988, in Sapele, Delta State, Nigeria. She discovered her passion for athletics at a young age and began training to become a professional athlete. In 2008, Okagbare made her Olympic debut at the Beijing Olympics, where she competed in the long jump event. She finished in 8th place, showcasing her potential as a world-class athlete. Okagbare's breakthrough came in 2013 when she won the silver medal in the long jump at the World Championships in Moscow. This achievement solidified her status as one of the top long jumpers in the world. Aside from her success in the long jump, Okagbare has also excelled in sprinting events. She has represented Nigeria in the 100m and 200m sprints at numerous international competitions, including the Olympics and World Championships. Okagbare is a multiple-time African champion in both the long jump and sprinting events. Her dominance in African athletics has earned her widespread recognition and respect within the continent. In addition to her athletic accomplishments, Okagbare is also known for her philanthropy and advocacy work. She has used her platform to support various charitable causes and promote the empowerment of women in Nigeria. Okagbare holds the Nigerian record for the 100m sprint, with a personal best time of 10.79 seconds. She is also the second-fastest woman in African history in the 200m sprint, with a personal best time of 22.04 seconds. Throughout her career, Okagbare has faced numerous challenges and setbacks, including injuries and fierce competition. However, her resilience and determination have allowed her to overcome these obstacles and continue competing at the highest level. As of 2021, Blessing Okagbare remains a prominent figure in the world of track and field, inspiring aspiring athletes in Nigeria and beyond with her remarkable achievements and unwavering dedication to her sport.