

# 1<sup>st</sup> AK CROSS COUNTRY SERIES NAIROBI

RECORDERS: RESULTS

DATE: 5 NOVEMBER 2016

6KM JUNIOR WOMEN

POS	NAMES	D.O.B	TEL	BIB No	TIME
1	Sandra Phyllis	1998	0704083594	129	19:58.5
2	Lillian Pasait	1997	0714043809	139	20:22.4
3	Shuela Chelangat	1998	0725242750	191	20:27.5
4	Edwina Cheptoo	2002	0790296656	170	20:30.8
5	Karen Chebet	2000	0718175462	151	20:39.4
6	Celphine Cheptoo	1999	0701710670	131	20:48.0
7	Purity Ngunjiri	2000	0 -		20:51.4
8	Bonclatah Mbithe	2000	0704077750	135	20:53.2
9	Ann Nyamathi	2000	-	180	20:58.6
10	Martha Njunge	1998	0700830434	118	21:06.5
11	Sharon Chemutich	2002	-	110	21:10.8
12	Deborah Chemuto	2002	-	120	21:10.8
13	Diana Chepkorir	2001	-	130	21:13.9
14	Emily Chebet	1998	-	105	21:25.4
15	Ann Ndalo	2001	-	171	21:30.8
16	Jane Musikali	2001	-	145	21:37.8
17	Abigail Chelanga	2000	0704083594	169	21:39.6
18	Emma Chebet	2000	0704083594	149	21:41.0
19	Beatrice Chebet	2000	0704083594	199	21:43.1
20	Nelly Chemng'etch	2000	-	100	21:46.2
21	Loice Kaptert	1998	-	179	21:54.0
22	Ann Musungeli	2002	-	195	21:58.2
23	Ronnie's Chelangat	2001	-	190	22:03.9

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1 <sup>st</sup> 24	CHITHRA Chemogendo	2001	0713733694	101	22:04.6
2 <sup>nd</sup> 25	SWANZAU Catherine	1999	0722131089	160	22:06.1
3 <sup>rd</sup> 26	Victoria Mwikali	2002	0711873999	111	22:06.8
4 <sup>th</sup> 27	Josphine Wangiku	2001	0728241712	150	22:06.8
5 <sup>th</sup> 28	Ester Muriithi	1999	0703185187	188	22:03.6
6 <sup>th</sup> 29	Ester Chelimo	2001	0704496450	161	23:23.2
7 <sup>th</sup> 30	Caroline Mwendu	2002	0715781322	165	23:31.5
8 <sup>th</sup> 31	Ann Warunguru	1999	0727373785	1170	23:46.6
9 <sup>th</sup> 32	Winfred NDanu	2002	—	126	23:54.7
10 <sup>th</sup> 33	Betty Kapigeno	1997	0715360697	121	24:11.1
11 <sup>th</sup> 34	Frida Minda	2003	0729942484	187	24:30.8
12 <sup>th</sup> 35	Margret Mulinge	1998	.	107	25:12.2
13 <sup>th</sup> 36	Nat lens Napue	1997	0708580706	197	25:19.0
14 <sup>th</sup> 37	Linet Onyongu	1999	0716709220	137	26:20.2
15 <sup>th</sup> 38	Francisa Njeri	1997	0720992697	141	26:22.7
16 <sup>th</sup> 39	Mateto Muthoka	2002	0712163380	159	26:58.3
17 <sup>th</sup> 40	Anna Wangui	1997	.	191	27:06.0
18 <sup>th</sup> 41	Melvin Jesro	2005	0714200285	109	29:23.0
19 <sup>th</sup> 42					30:41.9
20 <sup>th</sup> 43					30:42.0
21 <sup>st</sup> 44	Breda INGRE	1995		127	33:04.3
22 <sup>nd</sup> 45	STEPHANIE POWNALL	1997		155	33:18.6
23 <sup>rd</sup> 46	Ester Wambui	1995		310	

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POS	NAMES	D.O.B	TEL	BIB No	TIME
1	Hellen Obiri	1989	0729646756	328	34:03.9
2	Sheila Chepkini		0728986125	382	34:27.0
3	Nancy Nziro		0711672766	378	34:42.9
4	Beatrice Chepkemsi		0716227633	377	35:18.4
5	Penninah Vandie		0724523478	332	35:12.2
6	Mary Munamu		0729522079	337	35:39.6
7	<del>Pauline</del> Maoni Wangari		0723382696	346	35:50.4
8	Damaris Muthee		0703349263	125	36:33.3
9	Mercyline Ondieko		0700284462	379	36:44.5
10	Josephine Musau		0717909842	305	36:55.9
11	Monica Wangari		0700900946	389	37:03.2
12	Penninah Arusei		0715457415	338	37:07.5
13	Tabitha Gichia		0705004543	361	37:31.3
14	Hellen Malabang		0716301052	353	37:54.4
15	Constance Nyakagwa		0712073740	357	38:01.8
16	Alice Kirigi		0705033202	399	38:11.7
17	Lucia Muia		0729097928	078	38:21.7
18	Miriam Chepkemsi		0729976834	362	38:22.0
19	Florence Nduku		0700101203	347	38:31.9
20	Josephine Nyakora		0716405862	307	38:43.5
21	Kezia Wangiku		0729841366	349	39:42.7
22	Nelly Chebet		071085675	352	40:34.4
23	Nancy Sang		0727585367	397	41:01.9

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POS	NAMES	D.O.B	TEL	BIB No	TIME
1 24	Murray Susan		0700713750	333	41.06.1
2 25	Ann Jihia		0710863565	387	41.27.4
3 26	Milentine Chepkoech		0718861146	398	41.41.7
4 27	Lydia Chepkoech		0727855166	351	41.48.5
5 28	Vivian Chepkoech		0719582076	302	42.00.9
6 29	Catherine Kwaboka		0726901443	372	42.09.1
7 30	Dive Adhambu		0708818116	133	42.30.6
8 31	Jane Wanji			468	42.31.5
9 32	Ruth Cherono		0715877211	319	42.38.6
10 33	Julia Njari		0727956013	359	44.17.0
11 34	Jacinta Apese			371	45.09.2
12 35	Shila Chepkirui			311	45.16.4
13 36	Jane Wanjiro		0725865858	322	45.56.1
14 37	Magua Virginia		0711721733	202	46.32.1
15 38	Ann Wanjama		0718058435	313	47.14.5
16 39	Jacinta <del>Atia</del> <sup>ATIYA</sup>		0710201470	123	47.32.2
17 40	Jane <del>Chpkoech</del> <sup>KIPTOO</sup>		0718656563	391	47.37.5
18 41	Metrine Mkenya		0728592135	388	47.57.2
19 42	Caroline Ngugi		0710506353	309	49.17.1
20 43	Ruth Kalunda		0729351977	106	
21 44	Monica Cheruto			342	
22 45	Rehuel Cheroneh			317	
23 46	Khadija Shurji			340	

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POS	NAMES	D.O.B	TEL	BIB No	TIME
1	47 NAOMI CHEPNIGUD		071252229	307	
2	48				
3	49				
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POS	NAMES	D.O.B	TEL	BIB No	TIME
1	MATHEW KIMELI	1998	0706 233010	018	24:10.5
2	DANIEL KIPCHUMBA	1997	0724873142	017	24:12.1
3	VINCENT NGETICH	1999	0707183032	041	24:13.4
4	NICHOLAS CHELULE	1999	0726436301	000	24:16.9
5	ALEX KIBET	1999	0716470066	080	<del>24:32.2</del> 24:23
6	STANLEY MBURU	1999	0792304294	020	<del>24:35.8</del> 24:32
7	JOSHUA NAKERI	1998	0722265465	046	<del>24:38.4</del> 24:35
8	VINCENT RAIMOI	1998	0704292416	086	<del>24:47.5</del> 24:38
9	DENNIS KEMBOI	1998	0713861250	052	<del>24:52.5</del> 24:47
10	DOMINIC LANGAT	1998	0718197571	031	<del>24:58.9</del> 24:52
11	JAMES NDIWA	1997	0724350459	005	<del>25:03.7</del> 24:58
12	PHILLIP TARUS	1997	079700732	024	<del>25:04</del> 25:0
13	NICHOLAS SITONIK	2000	0704089323	025	<del>25:05.2</del> 25:04
14	ELIJAH KOSITANY	1998	0723553054	015	<del>25:07.7</del> 25:05
15	MESHAK MUNGUTI	2001	0707298261	089	<del>25:23.8</del> 25:07
16	REUBEN KORIR	1998	0728615081	011	25:23.8
17	JOHN MULU	1999	0704870663	006	25:26.0
18				060	25:32.5
19	SIMON NGILA	2001	0726586787	079	25:34.8
20	NDAH KIPLIMO	2001	0703782306	051	25:37.6
21	SHADRACK KORIR	2001	0703322088	061	25:38.6
22	ELIJAH MBAIRE	1998	0710344066	072	25:40.5
23					25:44.2

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POS	NAMES	D.O.B	TEL	BIB No	TIME
1 24	EUGES Mwangangi	1998	0729726314	065	25:42.4
2 25	BRANIM WAGO	2000	0713355709	027	25:44.6
3 26	MICHAEL MUTISTA	1999	0728397495	076	25:52.4
4 27	JOSEPH KARIUKI	2000	0705657066	019	25:57.6
5 28	EZEKIEL TEGO	2001	0705106886	056	26:00.5
6 29	COMETIUS KIPLANG'AT	1998	0723132098	040	26:05.7
7 30	DENIS MAINA	1998	07116405707	088	26:09.9
8 31	FRANCIS KARIUKI	2000	0721752408	010	26:11.5
9 32	DANVALE OCHICHI	1998	071869520	037	26:14.4
10 33	SAMUEL MUKHOLO	1997	0712412266	038	26:19.8
11 34	JOSEPH SIIA	1998	0703256125	053	26:23.2
12 35	KARINA BET	1998	0701492100	055	26:23.7
13 36	PAUL AMOTUN	1997	0707448550	028	26:25.2
14 37	ALFRED LESHOO	2000	07138461	049	26:27.1
15 38	MIKEA LOKAI	1997	0713771144	138	26:30.6
16 39	TITUS KOSGEI	2000	0721128893	058	26:32.6
17 40	KYALO MANTUJA	2000	0719736170	026	26:33.5
18 41	STEVE MWANGI	1997	0710429973	082	26:39.0
19 42	SIMON MWANGI	2002	0701418816	012	26:39.9
20 43	PAUL VUNDI	1998	0790110726	026	26:42.9
21 44	NEWTON KIPKIRUI	2000	072112789	091	26:44.3
22 45					26:50.1
23 46	DANVALE MUNGAIKA	1998	0706793092	092	26:59.4

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POS	NAMES	D.O.B	TEL	BIB No	TIME
1	47 Josephat Karanja	1997	0718867397	028	26:59.4
2	48 Beniface Kimeu	2000	0713000420	132	27:03.6
3	49 Henry Mwangi	1988	0795490754	036	27:03.9
4	50 Vincent Kooch	1998	0726662562	021	27:05.9
5	51 James Ngugi	2000	0105493966	098	27:13.1
6	52 Mohamed Ahmed	1998	0107767876	023	27:22.8
7	53 Caleb Matheka	1999	0718269355	070	27:23.1
8	54 Julius Makori	1997	0708484056	057	27:25.4
9	55 Joseph Kangethe	2000	0708159410	085	27:33.9
10	56 Kadar Omar	1998	070741973	093	27:41.8
11	57 Samuel Ndegwa	1999	0795313243	002	27:44.2
12	58 Omer				27:45.8
13	59 Onesmus Gitau	1996	0716662505	062	27:48.4
14	60 Nyamai Mailu	1998	0707688645	001	27:50.6
15	61 Wady Ngetich	1999	0713937877	045	27:52.1
16	62				27:57.9
17	63 Titus Chirchir	1994	0712313055	176	28:04.1
18	64 Chemiyot Ngendo	2000	0721543956	075	28:22.4
19	65 Ismael Ali	2000	0722495507	067	
20	66				
21	67 Bernad Kyalo	1999	0791307455	063	
22	68 Ubaa Dinta	1997	0719850684	074	
23	69 Duncan Kamau	1994	0716441268	009	



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1	70 ALEXANDER MULL	1998	0712602689	077	
2	71 GRALNFEL NDUHIU	1998	0707066881	032	
3	72 ELVIS KIPKOSKEY	1998	0714718222	152	
4	73 PURB BIEL	1995	0702771838	198	
5	74 BENEDICT LDWACH	1998	0708559978	082	
6	75 KELVIN SANE	2000	0720268465	112	
7	76 NOORDIN MOHAMED	1998	07	047	
8	77 SAMSON KIPLAGAT	1996	0724474984	096	
9	78 AYELA SOLOMON	1999	0716547988	054	
10	79 AKULIND LOBOL	1999	072545929	064	
11	80 JOASH CHERUROT	1998	0706838871	068	
12	81 WALTER MWAURA	1998	0713621839	007	
13	82 MARTIN KINUTHA	1994	0719267627	162	
14	83 MESHAK MUGENDI	1999	0720845577	022	
15	84 AMOS KIMUTAI	1998	071241539	175	
16	85 DAVID BITH	1998	071684420	034	
17	86 ABDI FATAH	1998	0727163321	097	
18	87 BENSON NZIOKA	1998	0791902768	008	
19	88 MAWIOD NGET	1998	0708003386	045	
20	89 KEVIN SOI	1998	0715422911	084	
21	90 PUK DENG	1998	072797100	073	
22	91 GODFRET JUMBE	1995	07900294	244	
23	92 ELIJAH OMAITA	1999	0706625555	030	

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POS	NAMES	D.O.B	TEL	BIB No	TIME
1 93	JAMES BOL	1999	0710896496	044	
2 94					
3 95					
4 96					
5 97					
6 98					
7 99					
8 100					
9 101					
10 102					
11 103					
12 104					
13 105					
14 106					
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22 114					
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1	KATOI MUIA		0715007323	439	30:24.9 ✓
2	ANDREW LOROT		0719157214	154	30:27.7 30:27
3	STEPHEN ARITA		0723867668	476	30:30.3 30:30
4	FRANKLINE NG'HELE		0727844767	202	30:40.4 30:40
5	MOSES MUKOND		0702295483	491	30:47.3 30:47
6	KIPKEMOI BERNARD		0720703170	457	30:58.0 30:58
7	PETER ENASE		070144344	463	31:00.7 31:00
8	JOHN ELIMLIM		0712699447	437	31:00.7 31:00
9	DOMINIC KIPTARUS		0724922377	497	31:10.0 31:10
10	ELIUD MWANGI		0728040833	461	31:14.0 31:14
11	PETER NDEGWA		0710723357	477	31:20.5 31:20
12	JOHN CHEPKWONY		0721577559	261	31:27.3 31:26
13	HANNINGTON KIROI		0724376467	490	31:31.1 31:27
14	WILFRED KIMITI		0720030203	473	31:32.9 31:31
15	LEONARD LANGAT		0706279128	400	31:37.8 31:32
16	JAMES BETT		0722921694	395	31:42.6 31:37
17	COSMAS KIPLIMO		0715785481	348	31:48.0 31:42
18	BRENDAN KUYO		0726052584	444	31:50.3 31:48
19	COLLINS KOROS		0728858619	406	31:51.3 31:50
20	MESHAK LETIM		0728860622	494	31:52.4 31:51
21	JOHN MWANGANGI		0711233140	189	31:52.4
22	MARK BETT		0726724577	443	31:55.1
23	SAMSON SARIKO		0770070460	422	32:00.1

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1 24	ERIC KIROP		0726240994	358	32.05.5
2 25	John Mwangi		0726092125	239	32.07.6
3 26	DICKSON NTAKUNDI		0722471135	401	32.10.4
4 27	DAVID NAKINYI		0716040580	411	32.16.9
5 28	WILLIAM MORWABE		0712457632	294	32.20.0
6 29	WYCLIFF CHEROYOT		0700694221	492	32.22.1
7 30	FRANCIS WAITUKA		0792640866	393	32.24.3
8 31	DANIEL KIGACUI		0727562514	316	32.31.0
9 32	FESTUS KIPRONO		0726067351	209	32.32.0
10 33	JULIUS KIPLANGAI		07297575266	164	32.34.3
11 34	George MANANGOI		0705651625	441	32.36.1
12 35	GABRIEL KATURA		0772304088	306	32.37.0
13 36	DOMINIC LOKINTOMO		0791266125	363	32.38.2
14 37	NATHAN LAGAT		0726628436	479	32.39.8
15 38	SAMSON NDIRANGU		0790758065	486	32.45.2
16 39	WEZI KWABWIRE		0702089163	493	32.46.0
17 40	ISAAC TEGO		0722899484	407	32.46.8
18 41	CHRISTOPHER KIMEI		0708626423	435	32.47.6
19 42	BENARD BII		0703293917	366	32.49.1
20 43	AMOS KOEL		0724076108	315	32.51.6
21 44	PAUL KINTAJU		0716457232	345	32.46.4
22 45	PAUL KIMANI		0728442201	019	32.53.8
23 46	EVANS SAKITHI		0720939391	335	32.57.6

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1	47 Gilbert Ngeni		0716670003	270	32:59.2
2	48 Gilbert Kiri		0702222604	405	33:01.4
3	49 Robert Wainimu		0700921839	467	33:02.2
4	50 Kipkieni Horow		0712494666	412	33:07.5
5	51 Cheboi Tator		0727518245	143	33:09.6
6	52 Ezekiel Kipraisi		0715082302	403	33:10.3
7	53 Victor Kiplimo		0726966944	462	33:12.5
8	54 Anthony Ngatia		0727454286	183	33:13.6
9	55 Paul Getembe		0719810984	421	33:15.1
10	56 Isaac Erot		0720372598	329	33:17.3
11	57 Peterson Sadira		0728310881	440	33:17.7
12	58 Alfred Chebet		0713287536	339	33:18.1
13	59 Kelvin Karimara		0720158573	124	33:18.8
14	60 Isaac Kurgat		0724450770	489	33:19.7
15	61 Peterson Kibui		0724205072	409	33:23.4
16	62 Nicholas Tanui		0721940177	341	33:32.6
17	63 Willson Akai		0716150664	442	33:40.0
18	64 James Macharia		0720889965	325	33:44.9
19	65 Abel Kiprang		0728791533	144	33:46.1
20	66 CHRISTOPHER SIRMA		0729967440	114	33:46.8
21	67 John Mamo		0705998480	485	33:47.4
22	68 Dominic Sugut		0721156782	413	33:48.2
23	69 James Maina		0721156782	365	33:50.6

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POS	NAMES	D.O.B	TEL	BIB No	TIME
1	70 WILLIAM MATLONG		0706296070	466	33:57.7
2	71 JACKSON NAITITU		0723041065	350	33:54.2
3	72 JEREMIAH KIANGA		0727224611	134	33:56.0
4	73 PETER NDUNGU		0704982660	425	33:56.4
5	74 BENEDICT KITHOME		0791565692	116	33:58.8
6	75 PAUL GITONGA		0715762530	499	34:04.3
7	76 JESSE NJORGE		0727622515	436	34:06.6
8	77 CHARLES KYALO		0716090333	201	34:11.0
9	78 NIXON KIRROTICH		0720044175	423	34:11.8
10	79 LUKE KING'ASA		0714724604	300	34:12.2
11	80 DANIEL LAGAT		0723330875	344	34:14.5
12	81 ELKANA CHEROP		0729371681	419	34:15.1
13	82 GEORGE NGIGE		0705281911	229	34:15.6
14	83 JUSTUS SILA		0715047136	452	34:16.9
15	84 JARED MOKUA		0797947177	245	34:20.7
16	85 DAVID LAGAT		0728685136	289	34:23.1
17	86 PETER ANTONA		0725863798	306	-
18	87 BUNKE MPATITA		0707603700	482	-
19	88				-
20	89 HAMBRY MUNENE		0715242768	472	-
21	90 SIMEON KUNGU		0712021715	320	-
22	91 HARON TOROTICH		0722687525	163	-
23	92				-

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POS	NAMES	D.O.B	TEL	BIB No	TIME
1	PETER MASAKU		MKOS KIAMUNU -	071	7.13.3
2	KELVIN MUTUNGI		EMALI - MKOS	081	7.38.5
X 3	STEPHEN ATIENO		PEAK - NBI	—	7.50.3
4	SAMWEL MUTISYA		KALANDINI (MKOS)	066	8.28.27
5	ALVIN JUMA		PRECIOUS NBI	—	8.39.5
6	EMMANUEL KAKA		MAMA GRACE NBI	—	8.41.5
7	BRIAN KIPLETING'		CHERYLS NRB	—	8.47.2
8	PARIMET NANANA		FRANK NRB	—	9.12.5
9	JOHN MWANZI		JAMHURI NRB	—	9.30.1
10	MURIASO KENNEDY		FRANK NRB	—	9.46.7
11	<del>DA</del> NELSON NARUI		BELLA NRB	—	9.50.0
12	STANLEY NDUNGU		" "	—	9.56.3
13	GEORGE NGUGI		JAMHURI NRB	—	11.24.5
14	BRIAN KARIUKI		FOOTHILL NRB	—	12.03.7
15	MATTHEW KYALO		BROSIS	—	12.04.2
16	BERRICK SIMANI		BTC - NGANDU	—	
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# 1<sup>st</sup> AK CROSS COUNTRY SERIES NAIROBI

RECORDERS: RESULTS

DATE: 5 NOVEMBER 2016

X COUNTRY RELAY 10KM WOMEN

POS	NAMES	D.O.B	TEL	BIB No	TIME
1	RUARAKA			212	27:24.2
2	KIKOSI			251	27:59.4
3	NAIROBI			273	28:20.2
4	KASARANI			265	29:16.2
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