

ATHLETICS KENYA

3RD CROSS COUNTRY SERIES HELD AT NYANDARUA INSTITUTE OF SCIENCE AND

28TH NOVEMBER 2015

6KM JUNIOR WOMEN

PSN	NAME	TEAM	R/N	TIME	DOB
1	IVEEN CHEPKEMOI	KERICHO	162	20.19	1997
2	EMMACULATE CHEPKIRUI	BOMET	132	20.24	2000
3	MIRIAM CHEROP	BOMET	316	20.26	1999
4	PETTY CHEPKEMOI	BOMET	102	20.44	1998
5	CHERAH CHELANG'AT	BOMET	366	20.56	1998
6	EMMACULATE ANYAN'GO	BOMET	112	21.03	2000
7	JACKLINE CHERONO	KERICHO	207	21.14	1998
8	JANET CHEPNG'ETICH	BOMET	142	21.18	1998
9	JACKLINE CHEPKOECH	BOMET	218		1998
10	ABIGAEI CHELANG'AT	RODIANI	181	21.28	2000
11	MELAN MISIKHU	INDIVIDUAL	296	21.43	1998
12	NAOMI MUTHONI	NYANDARUA	259	21.44	1998
13	EVA CHERONO	KERICHO	294	21.49	1996
14	ANN GATHONI	ESMI	379	21.59	1990
15	VERONICA MASYA	NYANDARUA	111	22.01	1998
16	MERCY CHEMUTAI	NAROK	122	22.04	1996
17	TABITHA NJERI	NYASPO	318	22.07	1999
18	DORCAS CHEPKORIR	BOMET	152	22.29	1999
19	PHILIS NG'ANG'A	NYAHURURU	300	22.32	1997
20	EMACCULATE CHEBET	LONDIANI	121	22.39	2000
21	ABIGAEI CHELANG'AT	K-SHINNERS	258	22.54	2000
22	CHEPKORIR VIGOTIN	KII	182	22.58	1999
23	MUTHONI ROSEMARY	NYASPORT	351	23.04	1999
24	ANN WANJIKU	INDIVIDUAL	248	23.08	2000
25	ESTHER MUTHONI	NYASPORT	347	23.11	2000
26	SARAH MUKHANA		279	23.12	2003
27	BEATRICE CHEBET	LONDIANI	161	23.27	2000
28	MIRRIAM CHEPKURUI	K-SHINNERS	172	23.28	2000
29	GLADYS MONGARE	INDIVIDUAL	151	23.39	1998
30	RUTH MULONGO		247	23.52	2003
31	CATHERINE NDIRANGU	NYAHURURU	311	24.21	1998
32	SUSAN WAMBUI	NYASPORT	339	25.15	2000
33	BEATRICE WANJERI	NYAHURURU	309	26.12	1997
34	GLADYS WAIRIMU	NYAHURURU	357	29.14	1999
35	CECILIA WANJIRU	NYAHURURU	337	30.16	1998
36	MAURINE WANJIRU	NYASPORT	308	31.23	1999

8KM JUNIOR MEN

PSN	NAME	TEAM	R/N	TIME	DOB
1	ANDREW LOROT	NAIROBI	299	24.19	1997
2	MOSES KOECH	KERINGET	281	24.24	1997
3	NICHOLAS KOSIMBEI	KERINGET	227	24.25	1997
4	EDWIN KOSGEI	K-SHINNERS	261	24.29	1998
5	ELIJAH KOSTAIM	BOMET	245	24.40	1998
6	SILAS LAIKONG	MFAE	250	24.44	1997
7	JAMES MUIRU	ESMI	178	24.50	1997
8	SILAS KAITANY	INDIVIDUAL	133	24.55	1997
9	MOSONIK BENARD	BOMET	273	25.02	1997
10	WESLEY LEDAMA	BOMET	230	25.16	2000
11	GILBERT KORIR	BOKMET	255	25.18	1998
12	VINCENT RUTO	BOMET	235	25.22	1998
13	SIMON KIMUGE	INDIVIDUAL	490	25.03	1999
14	DAVID LOITANGOLE	NYAHURURU	433	25.31	1997
15	SAMSON NDIRANGU	MFAE	262	25.33	1997
16	REUBEN MOSIN	INDIVIDUAL	137	25.35	1997
17	DAN VAICE OCHINCI	NAKURU	229	25.42	1997
18	FRANCIS KIRUI	BOMET	264	25.44	2000
19	EUGINE KIPKURUI	BOMET	224	25.46	1997
20	PAUL GITONGA	MFAE	138	25.51	1997
21	NICHOLAS KIRUI	KERINGET	275	25.55	1999
22	PATRICK KIMANI	NYAHURURU	485	25.56	1998
23	CHORINS CHIRCHIR	BOMET	176	25.58	1999
24	GILBERT KIMUNYAN	NYANDARUA	170	25.59	1998
25	PETER NDIRANGU	NYAHURURU	434	26.03	1999
26	VINCENT BAIMOI	NYANDARUA	118	25.06	1997
27	NICHOLAS CHERIOT	BOMET	394	26.10	1999
28	CHORINS LANG'AT	BOMET	315	26.13	1998
29	STEPHEN KIPMBOMET	NDARAGWA	239	25.15	1997
30	AMOS ROTICH	BOMET	254	26.14	1999
31	BENARD KANDAGON	INDIVIDUAL	209	26.20	
32	JOSHUA MAINA	INDIVIDUAL	183	25.21	
33	PETER GITAU	INDIVIDUAL	139	26.22	
34	DENNIS MAINA	MFAE	158	26.23	
35	GEOFREY NOSHIRI	INDIVIDUAL	195	26.25	
36	ELIJA THIGA	EQUATOR	223	26.29	
37	ERICK MUTHOMI	RUN-TOGET	278	26.31	
38	PAUL NJOROGE	MFAE	123	26.33	
39	WESLYNE ROP	LONDIANI	289	26.37	
40	SAMUEL MBUGUA	ELITE	298	26.38	
41	MOSES MACHARIA	MFAE	226	26.39	
42	KUMARI TAKI	INDIVIDUAL	410	26.46	
43	JAMES NGUGI	INDIVIDUAL	215	26.49	

44	OSCAR BET	SOTIK	276	26.52	
45	ROBERT NGETICH	KERINGET	256	27.01	
46	CHARLES CHERIOT	INDIVIDUAL	128	27.03	
47	BENSON MULI	INDIVIDUAL	109	27.04	
48	GILBERT MELI	LONTIANI	217	27.05	
49	PIUS KARANJA	BALAM	150	27.12	
50	GABRIEL LARMOI	INDIVIDUAL	231	27.13	
51	JAMES RIMMUI	INDIVIDUAL	233	27.18	
52	JOE KELLY	MFAE	163	27.22	
53	BRIAN KARANJA	MFAE	253	27.26	
54	PETER KIPNGETICH	BOMET	154	27.31	
55	KORIR CORNELIUS	SOTIK	284	27.39	
56	PETER KIPTOO	BARINGO	484	27.40	
57	SIMMON MITITI	NYANDARUA	210	27.46	
58	SIMON KEMBO	EQUITOR	272	27.47	
59	MOSES MWATHI	EQUITOR	206	27.50	
60	DAVID RUGUMU LUCY	INDIVIDUAL	263	27.59	
61	NELSON KIRUI	SOTIK	202	28.15	
62	ERASTUS MURIITHI	INDIVIDUAL	280	28.19	
63	SAMUEL MUHOHO	MFAE	186	28.20	1997
64	JEFF CHEGE	BARAM	166	28.38	1998
65	CHARLES KAMAU	INDIVIDUAL	314	28.39	1999
66	KEMEI BENARD	BOMET	125	28.43	1998
67	MOSES MUMBI	INDIVIDUAL	286	28.49	1997
68	STEPHEN GAKURU	EQUITOR	119	28.59	1999
69	JOSHUA YEGON	SOTIK	285	29.03	2000
70	PHILIP MUIRURI	INDIVIDUAL	232	29.18	1998
71	JOHN RONO	INDIVIDUAL	325	29.14	1998
72	ALFRED OTIENO	EQUITOR	221	29.17	1997
73	DENNIS MWANGI	EQUITOR	198	29.19	1997
74	GILBERT MUTAHI	KIBAGAT	252	29.23	1999
75	PAUL NJORGE	MAIRO INYA	105	29.30	2000
76	JOSEPH GACHOHI	MAIRO INYA	184	29.33	2000

10KM SENIOR WOMEN

PSN	NAME	TEAM	RN/NO	TIME	DOB
1	CAROLINE CHEPKOECH	BOMET	376	35.01	
2	MARGARET CHERIMO	KIGANJO	338	35.18	
3	SHEILAH CHEPKERUI	KDF	333	35.24	
4	MARY NJOKI	NYAHURURU	382	35.37	
5	NELLY CHEBET	KIGANJO	371	35.39	
6	MIRIAM MUTHONI	MFAE	445	35.42	
7	JOYCILINE JEPKOGEI	KDF	383	35.50	
8	GLADYS CHEMWENA	KDF	380	35.58	
9	MARY WANGUI	NYAHURURU	390	36.02	

10	PURITY CHEROTICH	KPC	313	36.14	
11	VERONICA MAINA	RUN.TOGETHER	460	36.19	
12	JOYLINE CHELANGAT	KDF	370	36.22	
13	MARION KIBOR	KDF	319	36.23	
14	VIRGINIA NYAMBURA	KPC	346	36.36	
15	DAMARIS MUTHEE	INDIVIDUAL	208	36.41	
16	ESTHER MACHARIA	RUN.TOGETHER	327	36.46	
17	JOYCE WANJUGU	ESMI	356	36.50	
18	MONICA KANYATTA	ESMI	442	36.56	
19	MIRIAM WANGARI	ESMI	398	36.58	
20	PENINAH KANDIE	KDF	340	37.25	
21	ANGELINA MUTHEU	KAHAWA	349	37.29	
22	MARY ANNE	MFAE	310	37.33	
23	CAROLINE TUIGONG	KPC	377	37.36	
24	NJERI BETT	INDIVIDUAL	406	37.43	
25	CHRISTINE CHELANGAT	NYASPO	363	37.45	
26	CHEBET WINNIE	KDF	310	37.48	
27	NANCY WANJIRU	INDIVIDUAL	392	38.02	
28	FANE NYAMBOKE	KPC	352	38.05	
29	TABITHA WAMBUI	PRISONS	500	38.18	
30	MARGARET WAMAIRA	INDIVIDUAL	307	38.23	
31	NANCY GITHAIGA	INDIVIDUAL	389	38.36	
32	AGNES AYANGA	KDF	387	38.49	
33	NELLY JEPTOO	KPC	373	38.54	
34	VIOLA YATOR	KDF	312	39.00	
35	SUSSY CHEBET	KPC	396	39.13	
36	LYDIA CHEPKURUI	KBC	391	39.17	
37	CYNTHIAH KOSGEI	INDIVIDUAL	297	39.35	
38	JANET RUGURU	KPC	302	39.45	
39	BEATRICE CHELANGAT	KDF	306	40.05	
40	MARGARET WAITARA	BAHALAM	337	40.30	
41	DOROTHY KIPTANUI	KIGANJO	328	40.39	
42	LINDA MURUGI	KDF	348	40.47	
43	SYLVIA CHEROP	KIGANJO	343	41.02	
44	GLADYS JEPCHUMBA	LANET	321	41.38	
45	RACHAEL NDUNG'U	NYAHURURU	386	42.14	
46	MERCY CHERUIYOT	ISIOLO	341	42.44	
47	JUMA MWECHÉ	EMBAKASI	388	43.04	
48	AGNES KANGOGO	MTONGWE	249	43.42	
49	MARY NYAKIVIA	MFAAE	320	44.45	
10KM SENIOR MEN					
PSN	NAME	TEAM	RL/NO	TIME	DOB
1	CHEOPHAS NG'ETICH	PRISONS	267	30.30	
2	DOMINIC KIPTANUI	SIGOWET	211	30.43	

3	FREDRICK MUSYOKI	PRISONS	156	30.51	
4	KENNEDY NJIRU	LANET	165	30.57	
5	SIMON KIRUTHI	RUN.TOGETHER	295	31.02	
6	SELIAN PAUL	ADM.POLICE	424	31.10	
7	NATAN LANGAT	NAIROBI	359	31.12	
8	VINCENT KIPROP	KDF	292	31.16	
9	ERICK TIROP	KDF	171	31.18	
10	PAUL KARIUKI	RUN.TOGETHER	288	31.21	
11	REUBEN LIMAA	KDF	282	31.23	
12	MICHAEL NJENGA	KDF	378	31.24	
13	PETER MATELONG	KDF	113	31.29	
14	JOHN ELIMLIM	KDF	185	31.33	
15	KATUI MUVA	MAKUENI	244	31.34	
16	CHIRCHIR KIPSANG	KDF	364	31.35	
17	JULIUS MURIUKI	INDIVIDUAL	409	31.38	
18	KODWIN KWEMOI	LANET	108	31.39	
19	DANIEL WANJIRU	KPC	104	31.41	
20	DOUGLAS KIPSEREM	LANET	144	31.50	
21	OSCAR KAPER	KDF	143	31.51	
22	CYRUS MUTURI	INDIVIDUAL	114	31.52	31.53
23	JAMES ONGUTI	INDIVIDUAL	345	31.54	
24	JOSPHAT BOIT	KPC	168	31.56	
25	COSMAS KIPLIMO	NAIROBI	199	31.57	
26	WILLIAM MORWAMBE	INDIVIDUAL	157	31.58	
27	ISAAC MUKUNDI	AP	243	32.00	
28	AMOS LIMAKORI	THIKA	131	32.03	
29	FRANCIS EKIDORI	RUN.TOGETHER	274	32.06	
30	KIPROP KERIO	NYAHURURU	414	32.08	
31	STEPHEN KICHWEN	THIKA	126	32.08	
32	HEZEKIA SANG	KDF	265	32.09	
33	FELIX KIRONG	KENYA NAVY	277	32.10	
34	JAMES MAINA	CPOIJA	384	31.13	
35	JULIUS KIPLANGAT	KDF	266	32.14	
36	EMMANUEL BETT	KPC	164	32.18	
37	JAMES BETT	KDF	107	32.18	
38	DANIEL GATHERU	NYAHURURU	145	32.18	
39	JAMES KIBET	KPC	194	32.19	
40	HOSEA CHIRCHIR	PRISONS	180	32.22	
41	JULIUS TANUI	KENYA AIRFORCE	234	32.23	
42	STANLEY KIPCHUMBA	PRISONS	146	32.24	
43	JOSEPH CHEBI	KDF	191	32.26	
44	FRANKLIN KIPLAGAT	KPC	159	32.27	
45	BETHWELL CHUMBA	K.N	287	32.29	
46	ROBERT KORIR	KDF	450	32.31	

47	EVANS SAITOTI	KDF	220	32.84	
48	PHILLEMON KOSEEI	INDIVIDUAL	335	32.36	
49	REUBEN NKANAI	THIKA	192	32.37	
50	BONFACE MUTUA	KDF	375	32.38	
51	TITUS KIPTANUI	KPC	304	32.39	
52	STANLEY NJEIYA	INDIVIDUAL	189	32.40	
53	ISAAC EROT	MARSABIT	100	32.49	
54	PAUL MWANGI	INDIVIDUAL	494	32.49	
55	ROTUS KIPLAGAT	KPC	344	32.49	
56	MOSES WAGURA	RUN.TOGETHER	200	32.51	
57	PETER NDEGWA	KDF	149	32.53	
58	CHEBOI KOLUM	KDF	242	32.56	
59	NOAH KANGOGO	KPC	181	32.57	
60	PHENUS KIPROTICH	KDF	179	32.59	
61	GEOFFREY TERER	KAHAWA	270	33.03	
62	NAHASHON NDEGWA	INDIVIDUAL	323	33.03	
63	JACKSON WAMBUA	MACHAKOS	260	33.05	
64	ALBERT ESOKON	LANET	173	33.05	
65	KINYANJUI PAUL	EMBAKASI	214	33.07	
66	MOSES KIBET	EMBAKASI	395	33.09	
67	STANLEY SEROR	LANET	135	33.10	
68	PETER MWANGI	KDF	115	33.11	
69	ELIZAH KARIUKI	OL-KALOU	382	33.13	
70	KOROS COLLINS	KDF	332	33.17	
71	SAMUEL MALEGWA	INDIVIDUAL	487	33.18	
72	JUSTUS MULINGE	KDF	303	33.22	
73	DAVIS SIELE	INDIVIDUAL	496	33.24	
74	MUTAHI ABEAL	KDF	106	33.26	
75	JACKSON WAITITU	KDF	443	33.27	
76	MICHAEL KAMAU	INDIVIDUAL	216	33.29	
77	ANTHONY KASSIM	KDF	374	33.31	
78	STEPHEN KAMAU	INDIVIDUAL	399	33.31	
79	DANIEL NJOROGE	KDF	365	33.23	
80	VICTOR KOSGEI	KDF	473	33.33	
81	JAMES RUKAHU	INDIVIDUAL	416	33.38	
82	WICLIF JUMA	KDF	293	33.42	
83	JOSIAH CHERIOT	KDF	140	33.47	
84	MICHAEL WANJIRU	KIENI	190	33.48	
85	MATHIAS LIMO	KPC	334	33.48	
86	JOHN MUNGAI	KPC	354	33.53	
87	SAMUEL LOBAR	KDF	186	33.58	
88	ERICK MWANGI	KDF	204	34.00	
89	MUTAHI CYRUS	KDF	167	34.05	
90	CHERYOT PETER	KDF	120	34.18	

91	PAUL MUNYERIA	KDF	453	34.24	
92	PAUL MUTAI	LANET	134	34.26	
93	PHILIP MAIYO	EMBAKASI	488	34.31	
94	JACOB KAMAU	NYAHURURU	193	34.36	
95	HENRY MUKA	MUTONGWE	175	34.39	
96	MOSES MALEYA	EQUITOR	291	34.45	