



ATHLETICS KENYA

5TH AK TRACK AND FIELD BUILD UP MEETING
HELD AT GUSII STADIUM ON 8TH AND 9TH MAY 2015

EVENT:400M H WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	151	MAURINE CHELAGAT	PRISONS	61.9
2	180	BETTY CHELANG	SIGOWET	63.6
3	171	VERINICA CHEBET	POLICE	64.6
4	162	RENSON KASIMIL	ISIOLO	65.9
5	579	VIOLET BOGONKO	KISII	66.3

EVENT:400M H MEN HEAT 1

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	116	KIPRONO KOSKEI	GSU	53.0
DQS	165	ERICK KIPTOO	IND	54.6
2	121	JOHN KITUU	POLICE	55.8

EVENT:400M H MEN HEAT 2

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	123	CHRISTOPHER NGETICH	POLICE	53.5
2	458	SAMUEL KORIR	PRISONS	56.2
3	198	EDWIN LANGAT	LANET	57.7

EVENT:400M H MEN FINALIST

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	116	KIPRONO KOSKEI	GSU	52.6
2	123	CHRISTOPHER NGETICH	POLICE	52.9
3	198	EDWIN LANGAT	LANET	55.6
4	121	JOHN KITUU	POLICE	55.7

SHORTPUT WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	DST
1	492	ISIAO LWANZIRO	KDF	13.02
2	453	SARAH ATIENO	MARSABIT	12.71
3	550	FELISTER BOSIRE	KPC	12.09

4	182	BETTY TORUT	KPC	11.46
5	452	FLORA JEMUTAI	GSU	09.77
7	569	ALICE OMBANE	KISII	09.25
8	063	KAWIRA MAROO	KEROKA	09.17

SHORTPUT MEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	DST
1	456	MANAS ONYANGO	AP	15.08
2	429	KIPKEMOI CHARLES	MAB	15.05
3	427	BOAZ MONYANCHA	NAVY	14.66
4	407	LEONARD BETT	ISIOLO	14.32
5	454	GIDEON NGENO	LANET	13.98
6	428	JOSEPH MARITIM	PRISONS	12.77
7	451	DAVID TERER	POLICE	12.73
8	481	DOMINIC SIGEI	LANET	12.05
9	430	GEOFREY ONDABU	KISII	11.15
10	455	LIMESTON WANYAMA	IND	10.81
11	402	CYRUS ATEBE	AP	7.60

10000 M WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	109	SANDRA CHEBET	KERICHO	35:09.4
2	130	JACKLINE CHERONO	KIPTERE	35:48.1
3	103	CHRISTINE OUGO	KEROKA	36:04.9
4	101	HELLEN NZEMBI	GSU	38:34.0
5	126	MAINA NJOROGI	MFAE	40:59.3

10000 M MEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	113	GEOFREY KIRUI	MAB	29:14.5
2	124	WILSON KIPROTICH	C. SPORTS	29:30.7
3	120	STEPHEN ARITA	NAIROBI	29:44.6
4	149	TITUS KIMANI	ISIOLO	29:45.0
5	129	RICHARD NDEGWA	IND	30:17.0
6	443	ROBERT SAWOYO	KISII	30:17.3
7	188	STANLEY TUIYOT	IND	30:17.9
8	111	JAPHETH RONO	GSU	31:15.4

EVENT:100M WOMEN HEAT 1

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	012	DAMARIS MBULA	PRISONS	12.6
2	593	PHONTIN KERENI	KISII	12.8
3	607	ANGELA NDUNGE	KDF	13.2
4	114	GETRUD CHEPCHIRCHIR	GSU	13.4

5	604	BILIAH MONGARE	MAKEA	13.6
6	006	FAITH CHERONO	KEROKA	14.0

EVENT:100M WOMEN HEAT 2

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	546	MILLICENT NDORO	POLICE	11.6
2	568	CAROLINE MWENDE	LANET	12.5
3	448	SCHOLAR NGUKU	ISIOLO	12.9
4	156	CHEPKEMBOI KIPLAGAT	GSU	13.2
5	439	EDWIN ONYWAKI	KISII	13.6
6	492	DEOFERA SYMEKAH	KISII	14.8

EVENT:100M WOMEN HEAT 3

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	449	OGINGA RUTH	ISIOLO	12.6
2	591	CALISTER OYARO	NYOTA	13.0
3		KAWIRA MAROO	KEROKA	14.1
4	033	JOAN MBUYA	NAIROBI	14.3
5	097	CHRISTINE KERUBO	IND	14.6

EVENT:100M WOMEN HEAT 4

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	596	DAMARIS AKOTH	NYOTA	12.6
2	605	CATHERINE NANDI	LANET	12.9
3	502	SYDENY CHEPTOO	KISII	13.3
4		CELESTINE NANDALO	ISIOLO	14.3
5	072	MAURINENYAKUNDI	KISII	15.1

EVENT:100M WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	546	MILLICENT NDORO	POLICE	12.0
2	596	DAMARIS AKOTH	NYOTA	12.4
3	605	CATHERINE NANDI	LANET	12.7
4	012	DAMARIS MBULA	PRISONS	12.9
5	448	SCHOLAR NGUKU	ISIOLO	13.1
6	449	OGINGA RUTH	ISIOLO	13.3
7	593	PHONTIN KERENI	KISII	13.6
8	568	CAROLINE MWENDE	LANET	13.7

EVENT:100M MEN HEAT 1

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	575	SIMON KIMARU	GSU	10.8
2	431	JAMES NAHAGA	ISIOLO	11.1
3	490	EVANS OYUGI	LANET	11.4

4	485	VINCENT MBICHI	LARI	11.6
5	540	NELSON MORE	NYOTA	11.8
6	565	CHRISS MARANGA	KISUMU	12.8

EVENT:100M MEN HEAT 2

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	582	MAURICE WASIKE	NANYUKI	10.7
2	520	MAGOIGA JUMA	POLICE	11.1
3	488	DENNIS OLOO	LANET	11.5
4	441	SAMUELNYARIKI	ISIOLO	11.8
5	098	ERICK MUTUKU	KEROKA	12.1
6	572	DAVIS KENNEDY	KISII	12.4

EVENT:100M MEN HEAT 3

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	535	BONIFACE KHAGAI	MAB	10.6
2	433	DAN KIVIASI	VIHIGA	10.9
3	505	SAMUEL OMONDI	KEROKA	11.2
4	518	EDWARD VAKUSO	KISII	11.8

EVENT:100M MEN HEAT 4

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	526	MAXION SIRERE	SOUTH RIFT	11.1
2	574	PAUL OGECHI	GSU	11.5
3	509	JOSEPHE MOLATYA	KEROKA	11.8
4	486	BENARD WAWERU	LANET	12.1
5	080	GIDEON MOCHIAS	MARANI	12.4

EVENT:100M MEN HEAT 5

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	576	RAPHAEL CHEGE	GSU	11.1
2	476	JAMES MWAZIGE	KEROKA	11.4
3	542	SAMUEL OMEKA	POSTA	11.6
4	052	CALVIN OMONDI	LANET	11.9
5	070	EDWIN NYAKIBWOGA	NYOTA	12.2

EVENT:100M MEN HEAT 6

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	442	KISIENYA MICHAEL	ISIOLO	10.8
2	544	ALLOYS OMEKA	IND	11.1
3	487	CHRIS SAMAL	LANET	11.5
4	523	GEOFFREY NYABUTO	NYOTA	11.7
5	602	KENNETH KOECH	BOROR	12.0
6	079	SAMUEL OKECH	KDF	12.3

EVENT:100M MEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
	582	MAURICE WASIKE	NANYUKI	10.7
	575	SIMON KIMARU	GSU	11.0
	442	KISIENYA MICHAEL	ISIOLO	11.2
	520	MAGOIGA JUMA	POLICE	11.4
	526	MAXION SIRERE	SOUTH RIFT	11.7
	576	RAPHAEL CHEGE	GSU	11.8

EVENT:1500M WOMEN HEAT 1

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	425	NANCY CHEPKEMOI	IND	4:22.3
2	426	IRENE CHEPKEMOI	KERICHO	4:32.2
3	416	MUKANDANGA CLEMENTINE	IND	4:37.4
4	006	ESTHER WAIRIMU	ISIOLO	4:40.2
5	005	VIVIAN JEROP	IND	4:43.1
6	532	SUSAN EJORY	NAKURU	4:45.1
7	004	LILIAN ONDIBA	NYOTA	4:54.6
8	467	ZIPORAH ELEMAU	TURKANA	4:59.5

EVENT:1500M WOMEN HEAT 2

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	401	IMMACULATE CHELANGAT	LITEIN	4:28.3
2	422	MIRIAM CHEROP	BOMET	4:28.7
3	117	EVE CHERONO	KERICHO	4:29.0
4	199	CECILIA MARIA	MACHAKOS	4:29.1
5	198	JOSEPHINE MUSAU	MACHAKOS	4:37.4
6	016	GLADYS NUNGARI	KISII	4:43.0
7	563	ESTHER	NYANTURAGO	4:43.2
8	577	ESTHER ONYARO	KABERESI	4:58.4

EVENT:1500M WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	425	NANCY CHEPKEMOI	IND	4:14.6
2	426	IRENE CHEPKEMOI	KERICHO	4:18.7
3	199	CECILIA MARIA	MACHAKOS	4:20.4
4	117	EVE CHERONO	KERICHO	4:28.8
5	198	JOSEPHINE MUSAU	MACHAKOS	4:32.9
6	006	ESTHER WAIRIMU	ISIOLO	4:39.9
7	005	VIVIAN JEROP	IND	4:41.4
8	416	MUKANDANGA CLEMENTINE	IND	4:44.6

EVENT:1500M MEN HEAT 1

POSITION	BIB	NAME	CLUB/TEAM	TIME
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1	577	HOSEA CHERONYEI	LEITEIN	3:50.7
2	140	EVANS KEITANY	COMPLETE SPORTS	3:51.0
3	189	JOSPAT KITHI	MACHAKOS	3:52.1
4	167	NICHOLAS KIPCHUMBA	KDF	3:54.3
5	200	CHARLES RONO	LANET	3:55.0
6	132	PAUL MUTAI	LANET	3:55.9
7	168	SILVESTER KIPCHIRCHIR	ITEN	3:56.3
8	101	DAVID NAKINY	NYAHURURU	3:57.8

EVENT:1500M MEN HEAT 2

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	472	CHARLES SIMOTWO	ITEN	3:47.2
2	583	ISAIAH KOECH	NAKURU	3:50.5
3	143	KEFA ONGERI	GLOBAL	3:51.2
4	417			3:51.6
5	137	GERALD VINCENT	COMPLETE SPORT	3:52.2
6	547	BENARD MOSONIC	BOMET	3:52.5
7		FRED MORANGA	KEROKA	3:52.7
8	474	VEDIC KIPKOECH	ITEM	3:52.3

EVENT:1500M MEN HEAT 3

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	141	GEOFREY KAMWORORO	POLICE	3:44.6
2	136	ZABRON CHUMBA	COMPLETE SPORTS	3:47.4
3		BERNARD KIPKORIR	KERICHO	3:49.0
4	154	TITUS SANG	ITEN	3:56.6
5	001	NEWTON NGETICH	NAKURU	3:58.4
6		MICHAEL KAMANGA	ISIOLO	3:59.6
7	538	ERICK CHEPKWONY		4:00.4
8	522	DANIEL BOR	POLICE	4:01.3

EVENT:1500M MEN HEAT 4

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	001	KUMARI TAKI	LANET	3:48.6
2	002	LINUS KIPLAGAT	IND	3:49.5
3	003	ALEX LANGAT	ELDORET	3:49.7
4	131	SIMON NJUGUNA	LANET	3:49.9
5	516	DANIEL KAYIOK	KISII	3:50.4
6	06	ALBERT MAMBA	HPTC	4:00.4
7	07	KIBET KOSGEI	KERICHO	4:01.9
8	08	SOLOMON LEKUTA	NAIROBI	4:09.0

EVENT:1500M MEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
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1	141	GEOFFREY KAMWORORO	POLICE	3:40.7
2	583	ISAIAH KOECH	NAKURU	3:41.1
3	136	ZABRON CHUMBA	COMPLETE SPORTS	3:42.1
4	134	KUMARI TAKI	LANET	3:42.8
5	140	EVANS KEITANY	COMPLETE SPORTS	3:43.1
6	131	SIMON NJUGUNA	LANET	3:43.5
7	003	ALEX LANGAT	ELDORET	3:43.9
8	516	DANIEL KAYIOK	KISII	3:44.0

EVENT:5000M WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	595	VIVIAN CHEMUTAI	IND	15:56.9
2	109	SANDRA CHEBET	KERICHO	15:58.3
3	483	VALENTINA MATEIKO	GLOBAL	16:09.3
4	497	MIRIAM MAIYO	ITEN	16:27.7
5		WINFRIDA MOSETI	KEROKA	16:34.6
6	501	JACKLINE CHEPKOECH	SOTIK	16:53.8
7	524	EMILY CHEBET	KERICHO	16:55.5
8	614	DORCUS CHEPCHUMBA	NAKURU	17:28.5
9	618	DOLVINE OMARE	KEBERS	17:37.5
10	709	LYDIA CHEPKOECH	LANET	
11	499	DIANA CHWEYA	IND	

EVENT:5000M MEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	529	DAVID BETT	SIGOWET	13:58.5
2	589	MOSES KOECH	NAKURU	13:59.0
3	470	SPENCER MAIYO	IND	14:00.3
4	598	SIMON CHIRCHIR		14:03.0
5	149	TITUS KIMANI	ISIOLO	14:05.3
6		WESLEY SELEL	SOTIK	14:06.0
7	621	ALFRED NGENO	KAPTAGAT	14:07.8
8	600	MESHACK LETIN	TRANSMARA	14:15.6
9	075	DENNIS MORONGA	KISII	14:19.1
10	576	DANIEL KOYIOK	NYOTA	14:22.8
11	057	DOUGLAS KIPSEREM	LANET	14:24.2
12	465	DENIS KOECH	KEREKO	14:26.9
13	536	COLLINS KOECH	BOMET	14:31.1
14	698	NOAH KEMBOI	LANET	14:31.5
15	588	NATHAN LAGAT	KDF	14:32.5
16	668	PATRICK CHUKOR	ISIOLO	14:35.2
17	696	NICHOLS ROTICH	GIRBOR	14:39.9
18	695	TITUS SANG	ITEN	14:41.8

19	631	VINCENT OSORO	KEROKA	
20	559	CHARLES BETT	SOTIK	
21		WESLEY KIRUI	KURESOI	
22		CYRUS KIRUI	MARSABIT	
23		PETER RUTA	ISIOLO	

DISCUS WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	DST
1	182	BETTY CHEBET	POLICE	40.90
2	139	CICELIA KIPLAGAT	PRISONS	40.63
3	186	REBECCA KERUBO	POLICE	35.19
4	550	PERISTER BOSIRE	POLICE	33.39
5	511	EMILLY KARIUKI	LANET	31.75
6	491	NAOMI GESARE	LAB	30.57
7	453	SARAH ATIENO	MARSABIT	30.39
8	452	FLORA JEMUTAI	GSU	24.82
9	190	EUNICE KWAMBOKA	IND	16.10

DISCUS MEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	DST
1	429	KIPKEMOI CHARLSE	MAB	49.56
2	451	DAVID TERER	PEV	44.32
3	427	BOAZ MANYANCHA	NAVY	44.30
4	431	DOMINIC ABUNDA	LAB	37.00
5	430	GEOFFREY ONDABU	KISII	35.94
6	428	JOSEPH MARITIM	PRISONS	35.20
7	481	WILSON NGENO	LANET	34.86
8	454	GIDEON NGENO	LANET	34.10

EVENT:400M WOMEN HEAT 1

POSITION	BIB	NAME	CLUB/TEAM	TIME
	479	PURITY CHEPKOECH	KERICHO	57.2
	013	AGNES ANENO	UGANDA	58.2
	502	SYNEDER CHEPTOR	KISII	60.2
	580	ENICE MWENDE	ISIOLO	62.8
	089	SAPUNYO NASIOKO	TRANSMARA	70.8

EVENT:400M WOMEN HEAT 2

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	081	MAURINE THOMAS	KISII	55.6
2	539	ANET MWANZI	NAIROBI	55.9
3	155	NAOMI CHELANGA	IND	58.7
4	521	EMILY CHROTICH	POLICE	61.1
5		VIOLET BOGONKO	KISII	63.5

6	570	RACHAEL KINUTHIA	ISIOLO	64.4
EVENT:400M WOMEN FINAL				
POSITION	BIB	NAME	CLUB/TEAM	TIME
1	081	MAURINE THOMAS	KISII	55.6
2	539	ANET MWANZI	ANET MWANZI	56.5
3	479	PURITY CHEPKOECH	KERICHO	57.5
4	013	AGNES ANENO	UGANDA	59.6
5	580	ENICE MWENDE	ISIOLO	63.8
EVENT:400M MEN HEAT 1				
POSITION	BIB	NAME	CLUB/TEAM	TIME
1	169	JOHN KOSCHAN	LANET	49.7
2	017	CORNELIA KIPLAGAT	RR	50.0
3	108	FESTUS KIPROTICH	COMPLETE	51.5
4	466	KINTALEL PUNYUA		52.0
5	418	MILTON PURSEINA	EMBU	54.1
6	421	NIXON LEDAMA	MASABA	59.1
7	028	PETER ROTICH	IND	68.8
EVENT:400M MEN HEAT 2				
POSITION	BIB	NAME	CLUB/TEAM	TIME
1	584	JARED MOMANYI	KDF	48.0
2	015	NICHOLAS KIPLAGAT	IND	48.7
3	107	MARTIN KIPLAGAT	KDF	49.7
4	104	EDWARD KURGAT	ISIOLO	50.7
5	183	WILLY NGENO	NAIROBI	52.4
6	177	EVANS MISATI	LANET	52.7
7	609	ELLY MKABE	KDF	55.6
EVENT:400M MEN HEAT 3				
POSITION	BIB	NAME	CLUB/TEAM	TIME
1	624	GILBERT PKEMOI	POTORO CLUB	48.3
2	612	GEOFFREY MUTAI	ISIOLO	49.5
3	110	DANIEL YEGON	ISIOLO	50.5
4	556	CYRUS MBAKA	KEROKA	51.5
5	629	CYRUS KIPROO	CPMPLETE SPORTS	51.9
6	553	RONO MOSES	KEROKA	52.4
7	018	WILLIAM APIYO	NYOTA	53.3
8	464	DOUGLAS KISAME	VIHIGA	
EVENT:400M MEN HEAT 4				
POSITION	BIB	NAME	CLUB/TEAM	TIME
1	038	NEWTON RONO	GSU	48.9
2	095	NIXON CHEPKINANG	ITEN	49.5

3	106	STEPHEN SUIYA	ISIOLO	51.0
4	642	IAN MUTUKU	SOUTHERN	51.5
5	026	KIPKOECH MUTAI	LANET	51.9
6	102	ELIPHAS SANG	ISIOLO	52.8
7	019	POLCARP OKERO	NYAHURURU	54.1
8	078	SHEM NYANAMBA	KEROKA	59.1

EVENT:400M MEN HEAT 5

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	105	MATHEW RONO	ISIOLO	50.0
2	011	OKELLO MOSES	UGANDA	50.8
3	573	VINCENT MAKORI	GSU	51.5
4	554	STEVE WEKESA	KEROKA	52.8
5	540	NEWTON MOSE	NYOTA	53.7
6	064	JOSEPH MINIO	KERICHO	54.1
7	062	ANDY GODFREY	KEROKA	55.4
8	069	BARACK TOA	NYOTA	56.5

EVENT:400M MEN HEAT 6

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	555	DENIS NYAMBANE	KEROKA	49.9
2	557	ENOCK OMEKA	POSTA	50.2
3	093	DANCUN OLOLOIRUSA	IND	50.5
4	662	DAVID KIPRANDE	KIROBON	51.1
5	071	EMMANUEL LETEIPA	SOTIK	51.8
6	552	MARTIN LUGO	KEROKA	52.3
7	014	JOHN KIPUI	NYAHURURU	52.7

EVENT:400M MEN HEAT 7

LANE	BIB	NAME	CLUB/TEAM	TIME
1	527	BRIAN OTIENO	NYANZA	49.8
2	613	DENNIS OMARI	KISII	50.0
3	424	LINUS OTIENO	POSTA	52.3
4	620	GILBERT MODAGI	KILGORIS	55.1

EVENT:400M MEN SEMIFINAL I

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	584	JARED MOMANYI	KDF	47.7
2	612	GEOFREY MUTAI	ISIOLO	49.0
3	169	JOHN KONCHELA	LANET	49.6
4	105	MATHEW RONO	ISIOLO	49.7
5	038	NEWTON RONO	GSU	49.7
6	613	DENNIS OMARI	KISII	50.1
7	527	BRIAN OTIENO	NYANZA	50.9

8	011	OKELLO MOSES	UGANDA	52.2
EVENT:400M MEN SEMIFINAL 2				
POSITION	BIB	NAME	CLUB/TEAM	TIME
1	624	GILBERT PKEMOI	POTORO CLUB	48.5
2	015	NICHOLAS KIPLAGAT	IND	49.3
3	017	CORNELIAS KIPLAGAT	RR	49.5
4	107	MARTIN KIPLAGAT	KDF	49.6
5	557	ENOCK OMEKA	POSTA	49.7
6	555	DENIS NYAMBANE	KEROKA	50.2
7	110	DANIEL YEGON	ISIOLO	50.6
8	095	NIXON CHEPKINANG	ITEN	51.9
EVENT:400M MEN FINAL				
POSITION	BIB	NAME	CLUB/TEAM	TIME
1	584	JARED MOMANYI	KDF	47.6
2	624	GILBERT PKEMOI	POTORO CLUB	48.2
3	038	NEWTON RONO	GSU	49.0
4	017	CORNELIAS KIPLAGAT	RR	49.7
5	107	MARTIN KIPLAGAT	KDF	49.7
110M (H) WOMEN HEAT 1				
POSITION	BIB	NAME	CLUB/TEAM	TIME
1	171	VERONICA CHEBET	POLICE	15.6
2	151	MOURINE CHELAGAT	PRISONS	16.2
3		GETRUDE CHEPCHIRCHIR	GSU	19.6
4		FAITH RONP	KEROKA	19.8
110M (H) WOMEN HEAT 2				
POSITION	BIB	NAME	CLUB/TEAM	TIME
1	162	PRISCILLA TABUNDA	KDF	15.1
2	622	RUTH MICHIEKA	GSU	18.7
3	568	CAROLINE MWENDE	LANET	19.0
110M (H)WOMEN FINAL				
POSITION	BIB	NAME	CLUB/TEAM	TIME
1	162	PRISCILLA TABUNDA	KDF	15.1
2	171	VERONICA CHEBET	POLICE	15.6
3	151	MOURINE CHELAGAT	PRISONS	16.2
4	622	RUTH MICHIEKA	GSU	18.7
5	568	CAROLINE MWENDE	LANET	19.0
6		GETRUDE CHEPCHIRCHIR	GSU	19.6
7		FAITH RONP	KEROKA	19.8
110M (H) MEN FINAL				

POSITION	BIB	NAME	CLUB/TEAM	TIME
1		WILSON WAHOME		14.5
2		JOHN KITUR KITUU		14.7
3		SAMUEL KETER		14.9
4		CHESONI PHILOMON		15.8

3000M WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	564	CAROLINE TUIKONG	POLICE	9:34.1
2	46	BEATRICE CHEPKIRUI	SOTIK	9:37.9
3	58	DAMARIS ONDIEKI	KEROKA	9:50.4
4	608	JACKLINE CHERONO	KIPKELION	10:01.0
5	84	ALEXINA MANYISA	NYOTA	10:05.3
6	47	EDNA CHEPKEMOI	BOMET	10:07.3
7	86	LUCY GITONGA	NYOTA	10:26.9
8	53	LEAH MICHIEKA	KEROKA	10:27.4
9	83	RIAPER OMARI	NYOTA	

EVENT:3000M MEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	623	DAVID BETT	SIGOWET	8:12.1
2	02	ALFRED NGENO	KAPTAGAT	8:13.3
3	551	PATRICK CHUKOR	ISIOLO	8:14.5
4	587	MOSES KOECH	KERINGET	8:18.8
5	050	HANNINGNTON KIRUI	KERINGET	8:20.3
6	512	WILFRED NYATOGO	KISII	8:25.5
7	647	DAVID MATHENGE	IND	8:27.2
8	054	SILAS KITUM	IND	8:30.6

EVENT:200M MEN HEAT 1

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	01	BONIFACE KHAGAI	MAB	22.4
2	442	KISLENYA MIKE	ISIOLO	22.5
3	100	MARTINE KOECH	NAIROBI	23.0
4	540	NELSON MWASI	NYOTA	23.5
5	168	FESTUS KIPROTICH	COMPLETE	23.8
6	032	MUTAI VINCENT	POLICE	24.9
7	080	GIDEON MOCHOGE	NYOTA	25.3
8	572	DAVIS KENNEDY	CENTRAL	25.9

EVENT:200M MEN HEAT 2

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	582	WASIKE MAURICE	NANYUKI	22.2
2	02	ALFRED MWAI	LANET	22.4

3	433	DAN KIVIASI	VIHIGA	22.6
4	490	EVANS OYOGI	LANET	23.4
5	444	HARON MUTAI	LANET	23.8
6	574	PAUL OKECH	GSU	24.0
7	431	JAMES OWAGA	KDF	24.3
8	441	SAMUEL NYARIKI	ISIOLO	24.6

EVENT:200M MEN HEAT 3

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	520	MAGOIGA JUMA	POLICE	22.7
2	575	SIMON KIMARU	GSU	23.4
3	485	VINCENT MBICHI	LANET	23.8
4	088	DENNIS SUIYA	TRANSMARA	24.3
5		BONIFACE CHUMO	LANET	24.7

EVENT:200M MEN HEAT 4

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	526	MAXON SIRERE	SOUTH RIFT	22.5
2	567	ENOCK OMEKA	POSTA	22.9
3	102	ELPHAS SANGA	ISIOLO	23.1
4	505	SAMUEL OMONDI	KEROKA	23.5
5	105	MATHEW RONO	ISIOLO	23.8
6	029	PETER MUTAI	KERICHO	25.0
7	092	JONATHAN COMBOS		27.1

EVENT:200M MEN HEAT 5

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	613	DENNIS OMARI	KISII	22.8
2	523	GEOFRY NYABUTO	NYOTA	23.5
3	106	STEPHENE SUYA	ISIOLO	23.8
4	509	JODEPH MULATYA	KEROKA	24.1
5	543	SAMUEL	POSTA	24.4
6	486	BENARD WAWERU	LANET	24.6

EVENT:200M MEN HEAT 6

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	504	BOAZ ARAKA	KEROKA	22.7
2	544	ALOYS ONGETA	IND	23.2
3	576	RAPHAEL CHEGE	GSU	23.6
4	487	CHRIS SAMAL	LANET	24.0
5	105	EDWARD KURGAT	ISIOLO	24.4
6	017	EDWIN NYAKIBWOGA	KISII	25.5
7	402	CYRUS ATEBE	IND	

EVENT:200M MEN HEAT 7

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	594	RICHMOND MOKAYA	KEROKA	22.8
2	488	DENNIS OLOO	LANET	23.4
3	110	DANIEL YEGON	ISIOLO	23.6
4	603	DAVID KAPANDE	KIROBON	23.8
5	424	LINUS OTIENO	POSTA	24.2
6	602	KENETH KOECH	POROR	24.4
7	525	MEITEKIN JOSHUA	NYOTA	24.5

EVENT:200M MEN SEMI FINAL 1

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	504	BOAZ ARAKA	KEROKA	22.5
2	442	KISLENYA MIKE	ISIOLO	22.8
3	582	WASIKE MAURICE	NANYUKI	23.0
4	526	MAXON SIRERE	SOUTH RIFT	23.2
5	100	MARTIN KOECH	NAIROBI	23.4
6	613	DENNIS OMARI	KISII	24.5
7	523	GEOFRY NYABUTO	NYOTA	25.3
DNS	544	ALOYS ONGETA	IND	

EVENT:200M MEN SEMI FINAL 2

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	01	BONIFACE KHAGAI	MAB	21.6
2	02	ALFRED MWAI	LANET	22.0
3	433	DAN KIVIASI	VIHIGA	22.3
4	520	MAGOIGA JUMA	POLICE	22.7
5	488	DENNIS OLOO	LANET	23.0
6	567	ENOCK OMEKA	POSTA	23.3
DNS	575	SIMON KIMARU	GSU	
	594	RICHMOND MOKAYA	KEROKA	

EVENT:200M MEN FINALIST

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	504	BOAZ ARAKA	KEROKA	20.6
2	582	WASIKE MAURICE	NANYUKI	21.5
3	01	BONIFACE KHAGAI	MAB	21.7
4	594	RICHMOND MOKAYA	KEROKA	22.1
5	440	ALFRED MWAI	LANET	22.3
6	433	DAN KIVIASI	VIHIGA	22.8
7	442	KISLENYA MIKE	ISIOLO	23.2
8	520	MAGOIGA JUMA	POLICE	23.3

EVENT:200M WOMEN HEAT 1

POSITION	BIB	NAME	CLUB/TEAM	TIME
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1	546	MILLICENT NDORO	POLICE	24.5
2	081	MAURINE THOMAS	KISII	24.8
3	601	JOAN CHERONO	POLICE	26.2
4	021	DAMARIS MBULA	PRISONS	27.0
5	156	CHEPKEMBOI KIPLAGAT	GSU	27.3
6	593	PHONTIN KERINI	KISII	27.5
7	591	CARISTER OGUKI	NYOTA	27.8
8	439	EDNA OGENDO	KISII	29.5

EVENT:200M WOMEN HEAT 2

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	01	CATHERINE MWENDE	LANET	26.0
2	02	OGINGA JUDITH	ISIOLO	27.0
3	562	ANGELA NDUNGE	LANET	27.3
4	570	RACHAEL KINUTHIA	ISIOLO	27.4
5	418	SCHOLA NZUKU	ISIOLO	27.8
6	561	ROSE MBAE	ISIOLO	27.9
7	604	BILIA MONGARE	MFAE	28.9
8	454	SARAH MAKANA	KISII	29.5

EVENT:200M WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	081	MAURINE THOMAS	KISII	24.9
2	601	JOAN CHERONO	POLICE	25.8
3	01	CAROLINE MWENDE	LANET	26.3
4	02	OGINGA JUDITH	ISIOLO	27.4

LONG JUMP WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	DST
1	162	PRISILLAH NASIMIYU	ISIOLO	4.80
2	156	CHEPKEMOI KIPLAGAT	GSU	4.70
3	085	NANCY NYABUTO	KISII	4.58
4	114	GETRUDE KIPCHIRCHIR	GSU	4.55
5	021	DAMARIS MBULA	PRISONS	4.53
6	578	NYABOKE CHRISTINE OSORO	KISII	4.37
7	048	PURITY NGAKARA	GSU	4.18
8	086	LUCY GETENYA	KISII	4.06
9	066	FAITH CHRONO	KERICHO	3.93
10	453	SARA ATIENO	MARSABIT	3.80
11	610	MAUREEN ONGORO	NYAMIRA	2.70

LONG JUMP MEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	DST (M)
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1	634	TERAH LANGAT	PRISONS	7.06
3	635	ISAAC KIRWA	POLICE	6.60
2	617	LAGAT KIPKIRUI	BOMET	6.32
4	581	MAURICE WASIKE	NANYUKI	6.28
5	648	VICTOR KIPRONO	KDF	6.11
6	616	JEREMIAH SUIYA	TRANSMARA	5.95
7	641	KENNETH NJERU	KDF	5.89
8	643	ERIC OMBONGI	KISII	5.60
9	525	JOSHUA MEITEIK	KISII	5.21
10	644	FREDRICK NYABARO	KISII	5.1
11	087	DENIS ONGOTO	KISII	5.09
12	064	JOSEPH MONIO	KERICHO	4.97
13	028	PETER ROTICH	SOTIK	4.80
14	628	INNOCENT ONDIEKI	KISII	4.56
15	611	SAMUEL MWANGI	KISII	
16	630	GEOFFREY KIBET	KDF	

EVENT:800M WOMEN HEAT 1

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	477	BEATRICE CHEPKOECH	KERICHO	2:10.7
2	056	BETTY CHEPKEMOI	KERICHO	2:12.9
3	473	PURITY JOY CHEPKOECH		2:13.9
4	152	NAOMI CHELANGAT	KAPSABET	2:19.3
5	567	NELLY JEPKEGEI	CYD	2:21.3
6	478	JOSPHINE CHELANGAT	KERICHO	2:25.2
7	007	JULIAN MWENDE	ISIOLO	2:25.4
8	060	ASKAH MORACHA	KISII	2:35.5

EVENT:800M WOMEN HEAT 2

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	042	LAREN MAIYO	CENTRAL	2:10.4
2	590	MARY MARIKA	MARSABIT	2:10.8
3	148	GLADYS CHEPCHUMBA	LANET	2:11.0
4	446	FRANKILINE NYONSABA	HPTC	2:12.7
5	041	DAVIN OSUGU	KEROKA	2:13.1
6	532	SUSAN EJORE	NAKURU	2:13.4
7	456	SARA MAKANA	KISII	2:14.8
8	578	NYABOKE CHRISTINE	KISII	2:32.9

EVENT:800M WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	477	BEATRICE CHEPKOECH	KERICHO	2:07.1
2	041	DAVIN OSUGU	KEROKA	2:09.9

3	446	FRANKILINE NYONSABA	HPTC	2:11.9
4	148	GLADYS CHEPCHUMBA	LANET	2:13.9
5	590	MARY MARIKA	MARSABIT	2:14.6
6	056	BETTY CHEPKEMOI	KERICHO	2:18.5
7	042	LAREN MAIYO	CENTRAL	2:22.8
8	473	PURITY JOY CHEPKOECH		2:25.0

EVENT:800M MEN HEAT 1

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	163	FELIX KONCHELA	ISIOLO	1:50.4
2	179	ROBERT MAIYA	KAPSABET	1:53.4
3	176	SUGIRA JAMES	KIPKEINO	1:57.4
4	011	OKELLO MOSES	UGANDA	2:00.1
5	592	EZEKIEL KEMBOI	SPORT COMPLETE	2:01.6
6	024	JACKSON NALITA	KILGORIS	2:02.1
7	027	MOSES KOCHELA	NYOTA	2:02.4
8		GOEFREY MOKAYA	NYAMIRA	2:06.4

EVENT:800M MEN HEAT 2

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	181	KIPKEMBOI ISAAC	ELDORET	1:52.9
2	020	TIMO LIMO	ITEN	1:53.4
3	171	JONATHAN KITUM	COMPLETE	1:56.6
4	164	HARON KERICH	ISIOLO	1:56.8
5	412	MARK MAINOTA	KDF	1:57.1
6	161	ERICK BETT	ISIOLO	1:58.8
7	418	MILTON PERSEINA	EMBU	2:01.0
8		ALEX KIROREI	BOMET	2:01.7

EVENT:800M MEN HEAT 3

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	049	ELIJAH KIPCHIRCHIR	ELDORET	1:52.6
2	117	COSMAI MALOBA	POLICE	1:54.1
3	065	EDWIN MUSA	NYOTA	1:56.3
4	014	JOHN KIRUI	NYAHURURU	1:57.2
5	173	CHRIS KIPTOO	COMPLETE	1:58.6
6	175	SANTINO KENYI	HPTC	2:01.5
7	172	BRIAN NGETICH	COMPLETE	2:04.7
8		JOHN KIPLAGAT	TRANSMARA	2:09.3

EVENT:800M MEN HEAT 4

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	090	YONA KOECH	MARAKWET	1:52.3
2	170	ANDREW ROTICH	NAIROBI	1:52.8

3	432	FRANCIS KAKONZI	UGANDA	1:54.9
4	419	ISAAC KIPRENGE	POLICE	1:55.6
5	436	EMMANUEL BIWOTT	GSU	1:57.4
6	434	JASON MURAGE	GSU	1:57.8
7	411	ALFRED KIRUI	KDF	1:58.8
8		TITUS MUTUA	MACHAKOS	1:59.7

EVENT:800M MEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
1	163	FELIX KONCHELA	ISIOLO	1:50.0
2	049	ELIJAH KIPCHIRCHIR	ELDORET	1:50.4
3	170	ANDREW ROTICH	NAIROBI	1:51.4
4	117	COSMAS MALOBA	POLICE	1:52.5
5	020	TIMO LIMO	ITEN	1:52.7
6	181	KIPKEMBOI ISAAC	ELDORET	1:53.1
7	179	ROBERT MAIYO	KAPSABET	1:55.7

EVENT:TRIPLE JUMP MEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	DST
1	634	LANGAT TERA	PRISONS	14.99
2	635	ISAAC KIRWA	POLICE	14.95
3	644	HENRY KEMBOI	PRISONS	14.06
4	648	VICTOR KIPRONO	KDF	13.85
5		IOLEMUSH EDWIN	NYOTA	13.52
6		SAMUEL KORIR	PRISONS	13.49
7	644	NDERU KENNETH	KDF	13.04

EVENT:TRIPLE JUMP WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	DST
1	171	VERONICA CHEBET	POLICE	10.93
2	162	PRICILL TABUNDA	ISIOLO	10.76
3	156	CHEPKEMBOI KIPLAGAT	IND	10.02
4	114	GETRUDE CHEPCHIRCHIR	GSU	10.01
5	453	SARAH ATIENO	MARSABIT	9.39
6	578	NYABOKE CHRISTINE OSORO	KISII	9.19
7	085	NANCY NYABUTO	KISII	

EVENT:TRIPLE JAVELIN WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	DST
1	182	BETTY CHEBET	KPC	44.2
2	511	EMILY KARIUKI	LANET	38.44
3	139	CECILIA KIPLAGAT	PRISONS	34.6
4	493	ISIAO LWANZIRO	KDF	34
5	448	SCOLASTICA NZUKU	ISIOLO	30.5
6	006	FAITH CHERONO	KEROKA	25.33

7	063	KAWIRA MAROO	KEROKA	23.6
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EVENT: TRIPLE JAVELIN MEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	DST
1	511	GILBERT BETT	MAB	62.7
2	658	FRED KOGO	POLICE	61.3
3	493	OLESOLOLO TORMOI	LANET	55.9
4	481	ROTICH CHEPTILO	LANET	43.5
5	065	OLEMUSA EDWIN	NYOTA	40.4

EVENT: HAMMER WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	DST
1	455	REBBECA KOROSO	POLICE	45.55
2	180	BETTY CHEBET	POLICE	32.76
3	139	CECILIA KIPLAGAT	PRISONS	32.52
4	133	ADDAAH AKOTH	ARMY	32.47
5	550	FELISTER BOSIRE	POLICE	32.33
6	453	SARAH ATIENO	MARSABIT	22.37
7	452	FLORAH JEMUTAI	IND	
8	511	EMILY KARIUKI	LANET	

EVENT: HAMMER MEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	DST
1		DOMINIC ABUNDA	LAB	52.42
2	427	BOAZ MONYANCHA	NAVY	50.27
3		REMMY MONYANCHA	POLICE	48.75
4		HILLARY MONYNCHA	IND	44.05
5		GEOFREY ONDABA	IND	43.51
6		JASPER ABUNDA	IND	34.7

EVENT: 4X100 WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
1		POLICE		48.8
2		LANET		50.3
3		NYOTA SCHOOL		50.5
4		ISIOLO		51.6
5		GSU		51.8

EVENT: 4X100 WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
1		MOMBASA		42.6
2		GSU		42.8
3		POSTA		43.1
4		LANET		43.4

5		ISIOLO		44.1
6		GSU		44.7
7		NYOTA		46.4

EVENT: 4X400 WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
1		PRISONS		3:47.0
2		NYOTA		3:50.8
3		KERICHO		3:54.9
4		NAKURU		3:59.9
5		SOTIK		4:09.1

EVENT: 4X400 WOMEN FINAL

POSITION	BIB	NAME	CLUB/TEAM	TIME
1		ISIOLO		03:13.8
2		POLICE		03:18.6
3		ISIOLO		03:22.6
4		ISIOLO		03:25.8
5		MOMBASA		03:27.3