

**5TH PREMIUM ATHLETICS KENYA CROSS COUNTRY SERIES
HELD ON 19TH DECEMBER 2015 AT
MACHAKOS TEACHES TRAINING, MACHAKOS.**

10KM SENIOR MEN

PSN	Name	R. No	Team	Time
1	Stephen Arita	232	Nairobi	32:22.71
2	Frankline Ngelel	303	Laikipia (Lap)	32:29.03
3	Dominic Kiptarus	171	Kericho	32:34.09
4	Geoffrey Korir	134	Bomet	32:36.16
5	Patrick Mutunga	293	Machakos	32:43.50
6	Cleophas Ngetich	197	Prison	32:50.88
7	Meshack Letim	286	Nanyuki	32:55.09
8	Fredrick Musyoki	352	Prison	33:02.81
9	Micheal Njenga	059	KDF	33:05.69
10	Kimutai Kiplimo	274	KDF	33:12.66
11	Vincent Leting	208	Lanet	33:15.88
12	Stephen Mwendwa	131	Makueni	33:19.19
13	Nathan Lagat	242	Nairobi	33:21.86
14	Daniel Wanjiru	180	KPC	33:23.59
15	John Nzau	362	Prison	33:24.72
16	Eric Kirop	227	KDF	33:27.25
17	Limakori Amos	297	KDF	33:27.56
18	Kiprono Kurgat	107	Prison	33:33.03
19	Josphat Boit	157	KPC	33:36.54
20	Churchill Kipsang	119	KDF	33:37.93
21	John Elimlim	238	KDF	33:38.84
22	Daniel Muindi	176	Machakos	33:40.31
23	Brendan Kuyu	201	Nanyuki	33:44.09
24	Ezra Sang	150	Bomet	33:45.48
25	James Bett	282	KDF	33:49.06
26	Stephen Kichwen	257	KDF	33:53.41
27	Felix Kirong	129	Kenya Navy	33:57.64
28	James Maina	356	Cpoya	33:59.00
29	Selian Paul	105	AP	33:59.42
30	Cyrus Kirui	380	KDF	34:00.06

10KM SENIOR WOMEN

Pos.	Name	R. No	Team	Time
1	Carolyn Chepkoech	086	Bomet	36:25.94
2	Margaret Chelimo	053	KPC	36:46.88
3	Sheila Chepkirui	372	KDF	37:06.70
4	Visily Chepkesho	386	Prison	37:19.36

5	Nancy Nzisa	305	Prison	37:27.70
6	Virginia Nyambura	074	KPC	37:32.31
7	Mary Njoki	187	Nyahururu	38:02.56
8	Agnes Chesang	043	KDF	38:07.78
9	Sheila Chesang	303	GSU	38:33.66
10	Veronica Maina	140	Run 2Gether	38:37.84
11	Eunice Kioko	379	Prison	38:41.75
12	Doris Changeiwo	162	KDF	38:44.63
13	Gladys Chemweno	384	KDF	38:52.09
14	Damaris Muthee	022	GSU	38:55.34
15	Purity Cherotich	094	KPC	39:03.22
16	Peninah Arusei	392	KDF	39:07.75
17	Mary Wangari	002	Nyahururu	39:08.70
18	Joyline Chelagat	374	KDF	39:12.72
19	Luciah Kamene	068	KDF	39:17.28
20	Nelly Chebet	013	KPC	39:24.25
21	Mercy Njoroge	098	Laikipia	39:27.26
22	Joyce Wanjugu	128	Baram	39:29.66
23	Penina Kandie	344	KDF	39:33.91
24	Mercy Chemutai	054	KPC	39:46.44
25	Flavian Kwamboka	149	CID	40:05.98
26	Viola Yator	003	KDF	40:12.69
27	Eglay Nalianya	491	KPC	40:20.11
28	Beatrice Cherop	033	KDF	40:21.33
29	Agnes Atanga	338	KDF	40:29.78
30	Nelly Cheptoo	084	KPC	40:40.31
31	Miriam Chepkemoi	032	Nanyuki	41:06.80
32	Cynthia Kosgey	073	KDF	41:23.80
33	Win Chebet	364	KDF	41:38.60
34	Beatrice Chelangat	161	KDF	41:49.10
35	Jane Murage	168	Prison	41:59.10
36	Elda Kone	018	KDF	42:05.07
37	Agnes Mulee	028	KDF	42:28.40
38	Mercy Chepkemoi	184	KDF	42:55.80
39	Irene Limika	087	KDF	42:57.60
40	Rinda Waweru	398	KDF	43:05.20
41				43:33.00
42	Mercy Cheruiyot	093	KDF	43:52.60
43	Kiptonui Dorothy	064	Kiganjo (KPC)	44:12.00
44	Onyango Quinta	049	KDF	44:13.90
45	Mweche Juma	151	KDF	44:16.70
46	Nancy Sang	042	Nanyuki	44:19.40

47	Celstine Korir	001	KDF	44:37.90
48	Gladys Jepchumba	116	KDF	44:50.00
49	Vivian Chepkoech	078	KDF	44:57.80
50	Ruth Kemunto	378	GSU	45:06.40
51	Joyce Mwara	369	Prison	45:17.80

ŠKM JUNIOR MEN

Pos.	Name	R. No	Team	Time
1	Nicholas Kosimpoi	226	Kilget	25:38.45
2	Andrew Lorot	081	Nairobi	25:49.30
3	Elijah Koskat	460	Bomet	25:54.44
4	Wesley Ledama	410	Bomet	25:56.16
5	Davis Kiplagat	439	Kericho	26:01.26
6	Joshua Nakeri	418	Nairobi	26:07.45
7	Micheal Nzula	014	Makueni	26:13.59
8	Sailas Laikon	437	Mufaga	26:20.45
9	Philip Tarus	045	Nairobi	26:21.81
10	Vincent Ruto	470	Bomet	26:24.22
11	Mosonik Bernard	450	Bomet	26:28.41
12	Micheal Bet	458	Nandi	26:29.06
13	Moses Koech	496	Keringet	26:29.84
14	Daniel Kilonzo	468	Machakos	26:30.60
15	Gilbert Korir	420	Bomet	26:34.56
16	Joseph Mbatha	497	Machakos	26:43.41
17	Julius Kiprof	012	Laikipia	26:45.31
18	Silas Kaitan	406	Eldoret	26:52.80
19	Bilmon Koech	430	Bomet	26:53.16
20	Bernard Musau	407	Machakos	27:00.84
21	Reuben Mosin	186	Nyahururu	27:05.20
22	Akfred Soit	055	Nairobi	27:05.76
23	John Musembi	417	Makueni	27:07.58
24	Titus Mumo	062	Machakos	27:11.66
25	Dominic Mailu	005	Machakos	27:12.44
26	Colins Kipchirchir	440	Bomet	27:13.55
27	Tanui Evans	041	Nandi	27:15.41
28	Mutiso Kioko	486	Machakos	27:16.88
29	Simon Ngila	091	Makueni	27:23.13
30	Francis Ekidor	100	Gilgil	27:25.00
31	Benson Lreri	024	Machakos	27:25.50
32	Joseph Mumo	008	Machakos	27:26.30
33	John Mulu	478	Machakos	27:27.0
34	Cosmas Muteti	477	Ngoleni	27:30.4
35	Benson Nzioki	456	Ngoleni	27:33.5

36	Joshua Mutisya	025	Machakos	27:37.0
37	Elijah Mutuku	426	Machakos	27:42.2
38	Philip Jacob	113	Machakos	27:46.9
39	Albinus Mutisya	153	Machakos	27:50.3
40	Benjamin Njagi	436	Machakos	27:50.3
41	Samson Nzioki	448	Machakos	27:56.3
42	Paul Gitonga	447	Mfae	28:01.6
43	Musyoka Justus	495	Makueni	28:08.3
44	Fred Musyoki	082	Machakos	28:10.3
45	Lazarus Mutinda	438	Nyahururu	28:12.6
46	Francis Kamau	159	Mfae	28:14.8
47	Jackson Mwema	065	Machakos	28:15.9
48	Emmanuel Magui	409	Makueni	28:16.2
49	Robert Mwendwa	476	Makueni	28:25.8
50	Peter Kipngetch	494	Bomet	28:26.4
51	Munyao Mutisy	484	Bomet	28:36.3

6KM JUNIOR WOMEN

Pos.	Name	R. No	Team	Time
1	Sandra Chebet	453	Londiani	21:24.70
2	Winfred Mbithe	133	MKN	21:55.66
3	Eva Cheron	415	Kericho	22:02.50
4	Emily Chebet	413	Londiani	22:08.29
5	Selphin Chepteek	179	Riruta	22:20.04
6	Iveen Chepkemoi	425	Kericho	22:29.03
7	Catherine Mwanzau	493	Machakos	22:31.33
8	Mwongeli Daudi	471	Machakos	22:32.75
9	Jane Mwikali	412	Machakos	22:40.05
10	Irene Wambua	401	Machakos	22:54.95
11	Betty Chepkemoi	435	Kericho	23:11.84
12	Abigael Chelangat	423	Londiani	23:15.20
13	Jackline Chepkoech	443	Londiani	23:22.50
14	Jackline Cheron	405	Kericho	23:26.38
15	Nancy Chesang	174	Riruta	23:31.50
16	Joyce Chepkemoi	445	Kericho	23:34.39
17	Victoria Mwikali	464	Machakos	23:48.59
18	Emmaculate Chebet	423	Londiani	24:05.20
19	Beatrice Chebet	423	Londiani	24:05.20
20	Dorcas Kanini	472	Machakos	24:13.13
21	Berita Ndanu	475	Machakos	24:17.94
22	Sykau Kimata	481	Machakos	24:24.56
23	Irene Mwende	452	Machakos	24:31.53
24	Vaati Ndolo	442	Machakos	24:34.09

25	Sharon Ngete	143	Makueni	24:35.52
26	Cecilia Ndunge	146	Nairobi	25:02.28
27	Regina Ndunge	451	Machakos	24:48.41
28	Enit Yego	109	Nairobi	25:02.28
29	Sharon Chepkorir	181	Kericho	25:03.30
30	Ann Kitavi	459	Kitui	25:08.23