

**ATHLETICS KENYA**  
**THE 3RD SOUTH RIFT REGIONAL CROSS COUNTRY CHAMPIONSHIPS**  
**HELD AT LAIKIPIA UNIVERSITY ON 30TH JANUARY 2016**

**RESULTS**

**6KM JUNIOR WOMEN**

<b>POS</b>	<b>BIB</b>	<b>NAME</b>	<b>YOB</b>	<b>TEAM</b>	<b>TIME</b>
1	314	EVA CHERONO	1996	KERICHO	20:12.4
2	304	IMMACULATE CHEPKIRUI	2000	BOMET	20:19.5
3	313	BETTY CHEPKEMOI	1998	BOMET	20:26.1
4	371	DEBORA CHERONO	1998	NAKURU	20:29.1
5	372	ANNE NYAGOTHIE	1998	NAKURU	20:35.1
6	335	MIRRIAM CHEROP	1999	BOMET	20:45.8
7	215	VIOLA CHEMUTAI	1998	NAKURU	20:47.2
8	394	JOYLINE CHEROTICH	1999	INDIVIDUAL	20:53.6
9	373	DEBORAH CHEMUTAI	2000	NAKURU	20:54.8
10	398	PURITY CHEPKEMOI	1997	NAKURU	21:17.3
11	315	IVEEN CHEPKEMOI	1997	KERICHO	21:21.7
12	312	JUDITH CHEROTICH	1998	BOMET	21:22.5
13	59	JANETH CHEPNGETICH	1998	BOMET	21:41.9
14	338	FAITH CHERONO	1999	BOMET	21:54.4
15	318	JACKLINE CHERONO	1998	KERICHO	21:54.8
16	43	IMMACULATE ANYANGO	2000	BOMET	21:56.1
17	235	CAREN CHEBET		NAROK	21:58.9
18	397	DIANAH CHELANGAT		NAKURU	22:24.8
19	320	MERCYLINE CHERONO	1999	KERICHO	22:40.9.
20	319	VIOLA CHEPNGENO	2000	KERICHO	22:48.8
21	360	DOREEN TUMPEYIAN	2000	NAROK	23:13.5
22	217	MERCY WANJIRU		INDIVIDUAL	23:20.5
23	268	ESTHER GITHAI		NAROK	23:34.9
24	337	NAOMY NANTOYIE	2000	NAROK	23:41.4
25	321	JOSPHINE CHELANGAT	1998	KERICHO	23:43.5
27	382	BEATRICE NJERI		LAIKIPIA	24:28.8
28	220	CYNTHIA NOLARI	2001	NAROK	24:31.1
28	367	SHARON CHEMUTAI		LAIKIPIA	24:47.7
29	381	NANCY NYAGUTHI		LAIKIPIA	24:45.4
<b>8KM JUNIOR MEN</b>					
1	397	RONALD KIPROTICH		NAKURU	23:50.6
2	330	WESLEY LEDAMA	1999	BOMET	23:55.2
3	369	SHADRACK KIMUTAI LANGAT		NAKURU	24:14.3
4	004	ELIJAH KOSITANY	1998	BOMET	24:17.1
5	336	DUNCAN BETT	1999	BOMET	24:19.6
6	045	JOHN LANGAT			24:24.6
7	235	TIMOTHY KIRUI		NAKURU	24:29.0
8	322	DAVIS KIPLANGAT	1998	KERICHO	24:33.9

9	325	JOSPHAT LEDAMA	1999	BOMET	24:41.0
10	368	GIDEON KORIR		NAKURU	24:41.9
11	370	KIBET LANGAT		NAKURU	24:49.6
12	216	NICHOLAS KIPLANGAT		NAKURU	24:53.0
13	357	GILBERT KORIR	1997	BOMET	24:57.1
14	365	PATRICK KIMANI		LAIKIPIA	25:01.3
15	323	BERNARD MOSONIK	1997	BOMET	25:06.6
16	230	NOROH KIRUI			25:08.0
17	030	PAUL TOLU	1997	KERICHO	25:10.3
18	384	JAMES MWANGI		LAIKIPIA	25:16.8
19	376	KENNETH RONO	1998	KERICHO	25:21.1
20	329	COSMAS RONO	1999	KERICHO	25:23.8
21	375	JAPHETH SANG	1995	KERICHO	25:24.3
22	164	JOHN KAMAU		KAJIADO	25:31.8
23	382	JOSHUA MAINA		INDIVIDUAL	25:47.2
24	387	VINCENT KIPTOO		LAIKIPIA	25:51.2
25	393	EVANS YEGO		LAIKIPIA	26:11.8
26	385	JOHN MUGI		LAIKIPIA	26:22.4
27	392				26:27.7
28	184	LUKAS SUYIANKA		KAJIADO	26:47.3
29	292	MICAH LOKAI MANMAN		KAJIADO	26:56.1
30	386	PHILIP METHU		LAIKIPIA	27:06.5
31	800	MARTIN KINYUA		INDIVIDUAL	27:11.4

**10 KM SENIOR WOMEN**

1	394	BEATRICE MUTAI		NAKURU	35:25.0
2	216	JOAN AIYABEI		NAKURU	35:49.7
3	367	PAULINE WANGUI		LAIKIPIA	35:51.3
4	318	RISPER CHEBET		KERICHO	35:52.6
5	393	MIRIAM WANGARI		LAIKIPIA	35:55.7
6	319	PAMELA CHEROTICH	1986	KERICHO	35:57.4
7	313	VICOTY CHEPKEMOI		BOMET	35:00.5
8	389	GLADYS KIPSOI		LAIKIPIA	36:06.3
9	397	MERCY BII		NAKURU	36:27.2
10	321	CAROLINE CHERONO		KERICHO	36:31.7
11	312	FAITH CHEPKOECH		BOMET	36:34.8
12	059	DAISY CHEPNGENO		BOMET	36:45.5
13	314	CAROLINE KILEL	1984	KERICHO	36:51.6
14	292	RUTH CHEPNGETICH		KAJIADO	37:11.7
15	338	ZIPORAH CHEBET		BOMET	37:42.5
16	371	VIOLA CHEPNGENO			37:53.8
17	381	ESTHER MUTUKU		LAIKIPIA	38:11.8
18	235	JOYCE KIRUI			38:46.0
19	304	NORAH CHEBET		BOMET	38:47.8
20	388	AGNES ATANGA			38:58.0

21	398	MERCY ROTICH			39:04.5
22	335	HELLEN CHEPKORIR		BOMET	39:11.9
23	149	RUTH WANGUI			39:30.7
<b>10 KM SENIOR MEN</b>					
1	314	GODFREY KOECH	1995	KERICHO	29:56:7
2	383	JAMES RUNGARI		LAIKIPIA	30:06:9
3	318	PHILIP LANGAT		KERICHO	30:13:8
4	373	BENARD KIPKEMOI		NAKURU	30:28:2
5	371	PETER KIPKEMOI		NAKURU	30:32.9
6	330	RAPHAEL OLEKEI		BOMET	30:47.8
7	321	BONFACE BIWOTT	1982	KERICHO	31:03.9
8	370	ELVIS KIPKOECH		NAKURU	31:06.0
9	357	RICHARD BETT		BOMET	31:13.0
10	336	HILLARY BII		BOMET	31:13.9
11	292	SELIAN PAUL		KAJIADO	31:19.4
12	392	ISACK LANGAT	1994	KERICHO	31:24.0
13	390	ELIUD MWANGI	1989	KERICHO	31:32.8
14	235	BENARD SOI		NAKURU	31:33.6
15	398	RAPHEL KIPLANGAT		KAJIADO	31:34.1
16	236	JOHN MUTHUI		KAJIADO	31:48.2
17	382				32:00.0
18	291	ANTONY MAINA		KAJIADO	32:03.3
19	293	SAMWEL NDEREVA		KAJIADO	32:07.4
20	216	ERICK NGENO		NAKURU	32:10.8
22	184	ABEL KABOCI		KAJIADO	32:16.5
23	389	MICHAEL WANJIRU		INDIVIDUAL	32:28.8