



**ATHLETICS KENYA DEFENCE FORCES**

(Affiliated to Athletics Kenya)

The 37th Edition of  
**KENYA DEFENCE FORCES ATHLETICS  
CHAMPIONSHIP 2016**

**27 - 29 April 2016**

at

**Moi International Sports Centre - Kasarani  
Safaricom Stadium**

**Final Results**

*Sponsored by*



Psn	Names	DOB	R/No	Fmn	Mark
<b><u>Shot put Women Final</u></b>					
1	PRISCILA ISIAO	1977	014	LNT	12.40
2	JANE KIRATHE	1984	404	ISL	11.04
3	ELIZABETH KASINA	1992	1128	MTG	10.32
4	JOSEPHINE KERUBO	1985	468	ISL	10.17
5	VITUTE LUKOME	1992	176	NKI	9.81
6	PASCALINE JEPTANUI	1978	110	NKI	9.66
7	VICTORIA KALEKYE	1992	713	KAH	9.11
8	ELIDA SINGOE	1994	017	LNT	8.68
<b><u>Shot Put Men Final</u></b>					
1	BOAZ MONYANCHA	1984	1101	MTG	15.36
2	BENSON MAINA	1992	101	NKI	15.14
3	VINCENT TUIKONG	1989	601	TKA	14.78
4	CHARLES CHEPKWONY	1990	962	MAB	14.24
5	GIDEON NGENO	1986	001	LNT	13.70
6	ALLAN KIMUTAI	1993	118	NKI	13.60
7	RICHARD METET	1974	1080	LAB	13.29
8	JACOB KARONEI	1987	401	ISL	11.61
<b><u>Pole Vault Women Final</u></b>					
1	CAROLINE CHEROTICH	1989	732	KAH	2.90
2	NORAH JEPTOO	1996	1060	LAB	2.80
3	ANN KISAINGU	1989	550	EMB	2.30
<b><u>Pole Vault Men Final</u></b>					
1	WELDON KIRUI	1986	112	NKI	3.90
2	JAVAN KIBITOK	1989	709	KAH	3.90
3	MAGUT KENNETH	1991	320	GIL	3.80
3	BENARD KIRUI	1986	665	TKA	3.80
3	ROBERT KIPKOECH	1994	1015	LAB	3.80
3	SHADRACK CHERUIYOT	1993	710	KAH	3.80
7	WESLY CHERUIYOT	1975	708	KAH	3.60
<b><u>Long Jump Women Final</u></b>					
1	PRISCILA TABUNDA	1983	433	ISL	5.98
2	CHEROTICH KOECH	1989	830	NBI	5.57
3	PATRICIAH ISICHI	1994	221	MAR	5.48
4	TRUPHENA MUSYIMI	1994	1126	MTG	5.40
5	GLADYS NYANCHAMA	1989	987	MAB	5.32
6	ROSE MORAA	1990	1001	LAB	5.14
7	ANASTASIA KANINI	1993	948	MAB	5.10
8	METRINE SIMIYU	1992	729	KAH	4.56
<b><u>Long Jump Men Final</u></b>					
1	ELIJAH KIMITEI	1990	168	NKI	7.67
2	VINCENT TARUS	1994	1059	LAB	7.41
3	JOHN GIKONYO	1994	027	LNT	7.38
4	KENNEDY MAGUT	1992	338	GIL	7.11
5	GEOFFREY LEITICH	1990	023	LNT	6.89
6	ELIJAH CHESOEN	1987	754	KAH	6.87
7	VICTOR KEMEI	1985	664	TKA	6.69

8	ALEX YEGO	1993	394	GIL	6.50
<b><u>10000M Women Final</u></b>					
1	SHEILA CHEPKIRUI	1989	638	TKA	35:49.8
2	JOYCLINE JEPKOSGEI	1993	234	MAR	35:53.2
3	JEMIMA JELAGAT	1987	974	MAB	35:55.2
4	GLADYS CHEMWENO	1986	649	TKA	36:02.2
5	DORIS CHANGEIYWO	1984	560	EMB	36:03.7
6	VIOLAH YATOR	1994	220	MAR	36:15.1
7	BEATRICE CHEROP	1986	427	ISL	36:24.3
8	PENINAH ARUSEI	1987	620	TKA	36:34.46
9	VERONICA NYARUAI	1990	1018	LAB	36:50.0
10	EVERLYNE ATTANCHA	1989	951	MAB	37:02.8
<b><u>10000M Men Final</u></b>					
1	EMMANUEL KIPSANG	1991	1115	MTG	28:28.1
2	STEPHEN ARITA	1988	802	NBI	28:44.2
3	KIPLIMO KIMUTAI	1983	1065	LAB	28:49.0
4	LEONARD OLOITIPIT	1990	1050	LAB	29:01.1
5	VINCENT KIPRONO	1986	705	KAH	29:02.9
6	WILLIAM CHEBON	1982	952	MAB	29:08.2
7	GEOFFREY KIRUI	1994	980	MAB	29:08.6
8	JAMES BETT	1991	222	MAR	29:27.2
9	JOHN CHEPKWONY	1987	672	TKA	29:31.2
10	JORAM MUNYEKI	1992	047	LNT	30:07.1
11	JOHN ELIMLIM	1989	066	LNT	30:18.1
12	PETER MATELONG	1989	172	NKI	30:19.2
<b><u>Javelin Women Final</u></b>					
1	JANE JEPLETING	1994	1009	LAB	42.69
2	ZEDDY CHEROTICH	1990	757	KAH	41.54
3	PRISILA ISIAO	1977	060	LNT	38.53
4	JOYLINE CHEBET	1990	804	NBI	38.32
5	JOSEPHINE KERUBO	1985	468	ISL	35.26
6	PHYLIS JEBET	1991	949	MAB	25.50
7	PATRICIAH ISICHI	1994	221	MAR	23.00
8	DECLA JELIMO	1989	588	EMB	22.68
<b><u>Javelin Men Final</u></b>					
1	ALEX KIPROTICH	1989	519	EMB	70.57
2	NELSON YEGON	1992	666	TKA	68.44
3	GILBERT BETT	1987	964	MAB	64.86
4	NICHOLUS KOSKEI	1989	970	MAB	61.12
5	JOHN GIKONYO	1994	027	LNT	60.07
6	ANDREW KIBET	1985	860	NBI	51.29
<b><u>100M Hurdles Women Final</u></b>					
1	PRISCILLA TABUNDA	1983	433	ISL	14.6
2	TRUPHENA MUSYIMI	1994	1126	MTG	15.8
3	TABITHA MWIHAKI	1987	718	KAH	16.8
4	GLADYS NYANCHAMA	1989	978	MAB	17.2
5	LINET WANGARE	1987	095	LNT	20.0
<b><u>110M Hurdles Men Final</u></b>					
1	WILLIAM MBEVI	1993	1068	LAB	14.80
2	VINCENT TARUS	1994	1059	LAB	15.00

3	ELIJAH CHESOEN	1986	754	KAH	19.04
<b><u>20 KM Walk Women Final</u></b>					
1	GRACE WANJIRU	1984	915	MAB	1:38.06
2	LINDAH WAWERU	1988	716	KAH	1:46.18
3	ESTHER MURUGI	1986	1121	MTG	1:50.28
4	FAITH KIPRONO	1986	717	KAH	2:09.25
5	MARTHA WANGECI	1985	813	NBI	2:18.57
6	FLORA GAKII	1989	403	ISL	2:23.34
7	PURITY MWENDE	1993	914	MAB	2:23.35
<b><u>20 KM Walk Men Final</u></b>					
1	SIMON WACHIRA	1989	303	GIL	1:26.50
2	SIMON MISANGU	1987	005	LNT	1:32.44
3	JOHN GITAU	1989	103	NKI	1:33.15
4	ELIUD WAFULA	1989	007	LNT	1:33.19
5	JOHN LENAMOA	1981	712	KAH	1:37.10
6	JACKSON LANGAT	1983	711	KAH	1:37.37
7	GEOFFREY KALUMA	1990	105	NKI	1:42.09
8	BOAZ CHESIRE	1986	402	ISL	1:49.05
<b><u>Discuss Women Final</u></b>					
1	CAROLINE CHEROTICH	1987	732	KAH	40.07
2	MONICAH LANGAT	1986	903	MAB	37.08
3	PASCALINE JEPTANUI	1978	136	NKI	30.84
4	VICTORIA KALEKYE	1992	713	KAH	29.88
5	EMILY CHEROTICH	1983	722	KAH	29.17
6	IVYNE AOKA	1991	949	MAB	22.32
7	DECLA JELIMO	1989	518	EMB	18.54
<b><u>Discuss Men Final</u></b>					
1	DAVID LIMO	671	1985	TKA	49.68
2	CHARLES CHEPKWONY	962	1990	MAB	46.73
3	BOAZ MONYANCHA	1101	1984	MTG	45.68
4	RICHARD METET	1080	1974	LAB	43.84
5	BENSON MAINA	101	1992	NKI	40.99
6	KENNEDY CHECHUIYOT	1049	1979	LAB	38.10
7	DAVID SUIYA	553	1978	EMB	33.89
8	GIDEON NGENO	001	1986	LNT	33.45
<b><u>High Jump Women Final</u></b>					
1	PRISCILA TABUDA	1987	433	ISL	1.70
2	CAROLINE CHEROTICH	1989	732	KAH	1.64
3	CHEROTICH KOECH	1989	867	NBI	1.55
4	PATRICIAH ISICHI	221	1994	MAR	1.50
5	AGATHA WACHIRA	1016	1988	LAB	1.45
<b><u>High Jump Men Final</u></b>					
1	MATHEW SAWE	1986	663	TKA	2.22
2	NICANOR CHERUIYOT	1988	653	TKA	2.10
3	AMOS KIPSAINA	1984	727	KAH	1.95
4	ELIJAH CHESOEN	1986	754	KAH	1.95
5	ALEX YEGON	1990	344	GIL	1.90

6	SAMWEL KAINDIO	1990	009	LNT	1.85
7	ANDREW KIPYEGO	1992	1120	MTG	1.80
8	GODFREY KARIUKI	1990	150	NKI	1.80
<b><u>200M Women Final</u></b>					
1	MARY TANUI	1989	668	TKA	24.91
2	CATHERINE NANDI	1986	050	LNT	25.26
3	ANASTASIA KANINI	1993	948	MAB	25.51
4	SABINA MUKOSWA	1992	937	MAB	25.57
5	ROSE CHERONO	1985	971	MAB	25.60
6	ANNE KARANJA	1991	702	KAH	25.63
<b><u>200M Men Final</u></b>					
1	MIKE MOKAMBA	1990	901	MAB	20.69
2	ALPHAS KISYOYAN	1992	976	MAB	20.91
3	GILBERT OSURE OTIENO	1990	425	ISL	21.19
4	CHARLES WAMWEA	1991	618	TKA	21.49
5	KIPKEMOI SOI	1984	714	KAH	21.56
6	TONY CHIRCHIR	1985	239	MAR	21.66
7	PETER MAKUBA	1989	1104	MTG	21.80
<b><u>400M Hurdles Women Final</u></b>					
1	PRISCILLA TABUNDA	1983	433	ISL	61.7
2	NANCY SANG	1990	151	NKI	62.1
3	CATHERINE NANDI	1986	050	LNT	63.4
4	ANASTASIA KANINI	1991	948	MAB	64.0
5	TABITHA MWIHAKI	1987	718	KAH	70.5
6	MERCY CHEPKEMOI	1996	082	LNT	73.5
<b><u>400M Hurdles Men Final</u></b>					
1	WILLIAM MBEVI	1993	1068	LAB	49.74
2	KEN KIRUI	1991	627	TKA	52.16
3	JULIUS ROTICH	1990	108	NKI	53.09
4	CONMASY MELI	1992	103	NKI	53.37
5	EVANS KOGO	1990	701	KAH	53.86
6	ALEX MURIUKI	1985	300	GIL	1.00.84
<b><u>800M Women Final</u></b>					
1	SELA JEPLETING	1988	077	LNT	2:02.3
2	WINNIE CHEBET	1990	636	TKA	2:02.9
3	REGINAH MWANGI	1992	1051	LAB	2:03.4
4	AGNES NGOVI	1995	1011	LAB	2:04.1
5	MIRIAM JEPKEMOI	1993	117	NKI	2:05.2
6	FRIDAH MWIKALI	1988	505	EMB	2:14.5
7	GLADYS JEPCHUMBA	1990	026	LNT	2:20.5
8	COLLETA CHEPCHIRCHIR	1985	939	MAB	2:26.0
9	JUDY KYENG	1991	983	MAB	DNF
<b><u>800M Men Final</u></b>					
1	NICHOLAS KIPLANGAT	1990	856	NBI	1:43.37
2	JONATHAN KITILIT	1992	1107	MTG	1:43.48
3	TIMOTHY KITUM	1994	1012	LAB	1:44.51
4	JACKSON KIVUYA	1988	935	MAB	1:46.23
5	MOSES KIPKEMBOI	1992	650	TKA	1:46.85
6	EDWIN KEMBOI	1985	642	TKA	1:47.25
7	PETER LANGAT	1993	155	NKI	1:47.44
8	KIPLANGAT LEMISO	1995	1108	MTG	1:48.26

<b>3000 M Steple Chase Women Final</b>					
1	AGNES CHESANG	1983	448	ISL	9:51.0
2	MARION KIBOR	1994	746	KAH	9:57.5
3	MERCY NJOROGE	1987	1004	LAB	10:04.8
4	ELIZABETH MUENI	1990	954	MAB	10:19.4
5	LUCIA KAMENE	1991	1061	LAB	10:19.7
<b>3000M Steple Chase Men Final</b>					
1	ABEL MUTAI	1987	634	TKA	8:27.90
2	PHENUS KIPLETING	1985	573	EMB	8:28.49
3	HILLARY KEMBOI	1987	431	ISL	8:32.89
4	KENNEDY NJIRU	1989	024	LNT	8:34.07
5	PATRICK CHUKOR	1988	432	ISL	8:40.71
6	BRENDAN KUYO	1993	121	NKI	8:41.42
7	GEOFFREY NGENO	1986	313	GIL	8:41.72
8	RONALD TONUI	1988	311	GIL	8:55.47
9	MOSES KIBET	1986	545	EMB	9:00.61
<b>Hammer Women Final</b>					
1	AGNESS JEPKEMOI	1989	918	MAB	36.61
2	MONICA LANGAT	1987	903	MAB	33.50
3	ADDAH ADAGO	1980	016	LNT	33.41
4	CAREN NALIAKA	1986	015	LNT	33.19
5	JOSEPHINE KERUBO	1985	468	ISL	32.60
6	JANE KIRAITHE	1990	404	ISL	31.37
7	ELIZABETH KASINA	1992	1128	MTG	22.59
<b>Hammer Men Final</b>					
1	DOMINIC ABUNDA	1993	1017	LAB	56.56
2	DENIS SAKAWA	1984	512	EMB	54.33
3	BOAZ MONYANCHA	1984	1101	MTG	50.98
4	ADELABERT MUSEVENI	1988	115	NKI	50.41
5	ALFRED LANGAT	1990	929	MAB	43.20
6	BENSON NYAMAGANDA	1988	126	NKI	38.78
7	GEOFFREY OMONDI	1980	327	GIL	35.35
<b>100M Women Final</b>					
1	MARY TANUI	1989	668	TKA	12.28
2	ANNE KARANJA	1991	702	KAH	12.52
3	SABINA MUKOSWA	1992	937	MAB	12.52
4	CATHERINE NANDI	1986	050	LNT	12.56
5	EUNICE MUENI	1994	1124	MTG	12.81
6	PATRICIA ISICHI	1994	221	MAR	12.95
7	JUDITH OGINGA	1991	455	ISL	13.18
8	ROSLYNE INDIMULI	1988	502	EMB	13.22
<b>100M Men Final</b>					
1	MIKE MOKAMBA	1991	901	MAB	10.27
2	GILBERT OSURE OTIENO	1990	425	ISL	10.63
3	CHARLES WAMWEA	1991	618	TKA	10.67
4	EMMANUEL LENTUKUNYE	1986	323	GIL	10.77
5	TOM MUSINDE	1979	1102	MTG	10.81
6	CARLEWIS AWAGE	1986	731	KAH	10.83
7	TONY CHIRCHIR	1985	239	MAR	10.85
8	WALTER MOENGA	1989	616	TKA	10.89
9	KIPKEMOI SOI	1984	714	KAH	10.95

<b>Triple Jump Women Final</b>					
1	PRISCILA TABUNDA	1987	433	ISL	12.18
2	CHEROTICH KOECH	1989	867	NBI	11.91
3	GLADYS NYANCHAMA	1989	976	MAB	11.68
4	TRUPHENA MUSYIMI	1990	1156	MTG	11.66
<b>Triple Jump Men Final</b>					
1	ELIJAH KIMITEI	1986	168	NKI	15.91
2	GEOFREY LEITICH	1990	023	LNT	15.61
3	VINCENT TARUS	1994	1059	LAB	15.28
4	KENNEDY MAGUT	1992	339	GIL	14.84
5	JOHN GIKONYO	1994	027	LNT	14.79
6	ENOCK KENDAGOR	1990	1119	MTG	14.26
7	LEONARD MUSTO	1985	309	GIL	14.01
<b>5,000m Women Final</b>					
1	HELLEN OBIRI	1990	1077	LAB	15:21.8
2	JOYCLINE JEPKOSGEI	1993	234	MAR	15:40.0
3	SHEILA CHEPKIRUI	1987	638	TKA	15:42.4
4	DORIS CHANGEIYWO	1984	560	EMB	16:25.0
5	LYNET CHEPKIRUI	1985	924	MAB	16:26.6
6	VIOLAH YATOR	1994	220	MAR	16:32.1
7	GLADYS CHEMWENO	1989	649	TKA	16:32.6
8	INNESS CHENONGE	1985	979	MAB	16:52.5
9	BEATRICE CHEROP	1986	427	ISL	17:10.5
10	ELIZABETH MUENI	1990	954	MAB	17:10.7
11	PENINAH ARUSEI	1985	620	TKA	17:16.0
<b>5000 M Men Final</b>					
1	CYRUS RUTTO	1982	214	MAR	13:29.6
2	EMMANUEL KIPSANG	1994	1122	MTG	13:33.7
3	STEPHEN ARITA	1985	802	NBI	13:39.7
4	DOUGLAS KIPSEREM	1987	025	LNT	13:44.3
5	FRANKLINE NGELEL	1992	1062	LAB	13:47.0
6	HILLARY KERING	1987	216	MAR	13:47.7
7	NATHAN LANGAT	1982	820	NBI	13:49.5
8	STANLEY KARANJA	1990	024	LNT	13:51.1
9	LEONARD OLOITIP	1990	1050	LAB	13:52.0
<b>400M Women Final</b>					
1	SHARON MULI	1990	1047	LAB	54.64
2	DAISY KOMEN	1987	635	TKA	55.15
3	CATHERINE NANDI	1986	050	LNT	55.24
4	ROSE CHERONO	1989	971	MAB	56.12
5	MIRIAM JEPKEMOI	1993	117	NKI	56.53
6	HELLEN MAINA	1983	1122	MTG	56.63
7	GLADYS JEPCHUMBA	1989	026	LNT	58.45
8	NANCY SANG	1994	151	NKI	59.32
<b>400M Men Final</b>					
1	ALPHAS KISYOYAN	1992	976	MAB	45.23
2	JOSEPH POGHISHO	1990	135	NKI	46.32
3	SOLOMON BWOGA	1989	1105	MTG	46.52
4	GERALD MOMANYI	1988	530	EMB	46.68
5	CORNELIUS TUWEI	1993	140	NKI	46.94

6	JONATHAN KIBET	1982	352	GIL	47.77
7	JACKTON NJAGI	1993	107	NKI	48.19
<b><u>1500M Women Final</u></b>					
1	WINNIE CHEBET	1990	636	TKA	4:14.4
2	JUDY KYENG	1991	938	MAB	4:15.1
3	HELLEN OBIRI	1990	1077	LAB	4:16.1
4	SELA JEPLETING	1988	077	LNT	4:17.9
5	EDDAH MORAA	1991	1008	LAB	4:26.3
6	PENNINAH KANDIE	1992	645	TKA	4:33.8
7	JOYLINE CHELANG'AT	1989	640	TKA	4:44.2
8	MWECHU JUMA	1993	520	EMB	4:49.0
9	ALPHINE MOSE	1979	436	ISL	4:51.7
10	CATHERINE KWAMBOKA	1984	874	NBI	5:00.7
11	JULIA BARGOR	1992	342	GIL	5:02.2
12	VIVIAN CHEPKOECH	1994	249	MAR	5:02.2
<b><u>1500M Men Final</u></b>					
1	JAMES MAGUT	1988	1110	MTG	3:44.4
2	VINCENT LETTING	1986	072	LNT	3:44.6
3	CORNELIUS KIPLANGAT	1992	371	GIL	3:45.5
4	ERIC KIPTANUI	1990	546	EMB	3:46.2
5	NICHOLAS KIPCHUMBA	1986	829	NBI	3:47.3
6	SIMON NJUGUNA	1986	044	LNT	3:47.5
7	JAMES MACHARIA	1989	658	TKA	3:48.1
8	VINCENT MUIA	1989	910	MAB	3:48.4
9	JORAM KITHUKU	1989	724	KAH	3:48.9
<b><u>4 x 100m Relay Women Final</u></b>					
1.	TKA				48.69
2.	MAB				48.84
3.	MTG				49.23
4.	LNT				50.47
5.	KAH				51.31
6.	NKI				53.17
7.	MAR				54.05
8.	EMB				54.06
<b><u>4 x 100m Relay Men Final</u></b>					
1.	MAB				40.67
2.	KAH				41.17
3.	MTG				41.24
4.	ISL				41.95
5.	GIL				42.27
6.	LNT				43.44
7.	MAR				44.21
<b><u>4 x 400m Relay Women Final</u></b>					
1.	TKA				3:41.35
2.	LAB				3:42.42
3.	MAB				3:48.82
4.	ISL				3:56.63
5.	MAR				4:07.72
6.	EMB				4:12.00
<b><u>4 x 400m Relay Men Final</u></b>					
1.	MAB				3:06.71
2.	NKI				3:08.80



3 .	TKA				3:08.83
4 .	LAB				3:10.43
5 .	NBI				3:13.80
6 .	EMB				3:14.52
7 .	ISL				3:19.35
8 .	MAR				3:21.50

#### Tug of War Final

1 .	LAB				
2 .	LANET				
3 .	MAB				

<b>VICTRESS</b>		<b>G</b>	<b>S</b>	<b>B</b>
PRISCILAH TABUNDA	ISL	5	0	0
<b>VICTOR</b>		<b>G</b>	<b>S</b>	<b>B</b>
MIKE MOKAMBA	MAB	4	0	0
<b>New Championship Record</b>			<b>N/R</b>	<b>O/R</b>
4 X 400M RELAY WOMEN	TKA		3:41.35	3:45.3

Team	G	S	B	Total
GILGIL	0	0	0	0
EMBAKASI	0	0	1	1
NANYUKI	0	1	1	2
MTONGWE	0	1	3	4
NAIROBI	0	2	1	3
MARSABIT	0	2	1	3
LANET	2	1	4	7
MOI AIR BASE	2	4	5	11
KAHAWA	2	5	1	8
LAIKIPIA AIR BASE	3	2	3	8
ISIOLO	6	1	0	7
THIKA	6	2	1	9

Team	G	S	B	Total
ISIOLO	0	1	2	3
KAHAWA	0	2	3	5
LANET	0	3	1	4
MARSABIT	1	0	0	1
GILGIL	1	0	2	3
NAIROBI	1	1	1	3
EMBAKASI	1	2	0	3
LAIKIPIA AIR BASE	3	2	4	9
MTONGWE	3	2	4	9
NANYUKI	3	3	2	8
THIKA	3	3	4	10
MOI AIR BASE	5	2	1	8

TEAM	G	S	B	Total
GILGIL	1	0	2	3
MARSABIT	1	2	1	4
EMBAKASI	1	2	1	4
NAIROBI	1	3	2	6

LANET	2	4	5	<b>11</b>
KAHAWA	2	7	4	<b>13</b>
MTONGWE	3	3	7	<b>13</b>
NANYUKI	3	4	3	<b>10</b>
ISIOLO	6	2	2	<b>10</b>
LAIKIPIA AIR BASE	6	4	7	<b>17</b>
MOI AIR BASE	7	6	6	<b>19</b>
THIKA	9	5	5	<b>18</b>