

FIRST AK RELAY SERIES 2017
HELD ON 25TH JANUARY 2017
AT NAIROBI WEST PRISONS GROUNDS, NAIROBI

100M WOMEN HEAT 1

POS	NAME	BIB	TIME
1	DAMARIS OKOTH	15	12.7
2	LAVENDER AMISTAVI	13	12.8
3	MERCY AKINYI	34	14.0
4	LILLY THAMANI	33	14.2
5	NANCY CHELAGAT	22	14.4
6	GLADYS CHEPKOECH		14.7
7	KAKENYA KAIKAI	16	15.5
8	BEATRICE MATUNGE		15.6

100M WOMEN HEAT 2

POS	NAME	BIB	TIME
1	VERA ROREY	123	13.3
2	TECLA CHEROTICH	13	13.6
3	QUEENVECTOR KISEBE	127	13.8
4	AMANDA JOSHUA	600	14.1
5	ESTHER TENGE	121	14.3

100M WOMEN HEAT 3

POS	NAME	BIB	TIME
1	ROSE WATAKO	138	13.1
2	REGINA MULATYA	7	13.5
3	CATHELINE MWENDWA	129	14.1
4	ANIFA WANJALA	17	14.4
5	NICE SILANTOI	130	16.6

100M MEN HEAT 1

POS	NAME	BIB	TIME
1	FERDINAD OMANYALA	81	10.8
2	WALTER MOENGA	250	11.0
3	WALLACE MWAURA	71	11.3
4	ENOCK OMEKA	188	11.5
5	DAVID SARONI	42	11.8
6	MOSES MUGO	232	12.1
7	JULIUS OUKO	2	12.6
8	SAMUEL MAINA	43	13.0

100M MEN HEAT 2

POS	NAME	BIB	TIME
1	ROBIN WANJALA	160	10.8
2	MICHAEL NGUGI	166	11.0
3	PETER KHALA	85	11.4

4	FESTUS WAITA	66	11.6
5	VINCENT MANGULI	92	11.7
6	EVANTUS MUCHIRU	44	12.0
7	FESTUS WAITA	66	12.4
8	OSWAN ZADOCK	208	12.5
	RAPHAEL CHEGE	187	0
100M MEN HEAT 3			
POS	NAME	BIB	TIME
1	EMMANUEL LINTUKUNYE	64	10.8
2	BROWN NJOKA	100	10.9
3	BRIAN GATURA	114	11.1
4	DENNIS NYONGESA	77	11.3
5	KEVIN SAMITA	113	11.6
6	ROGERS NYAMWEYA	97	11.8
7	STEPHEN MWANGI	79	12.0
100M MEN HEAT 4			
POS	NAME	BIB	TIME
1	MARK OTIENO	99	10.5
2	SAMUEL MUIGAI	210	11.1
3	BETHUEL SEREM	118	11.6
4	MALCOM GITHUKA	152	11.9
5	ELIJAH OTIENO	242	12.6
6	JUSTUS OTUNGA	213	13.0
7	ELDAD MAINA	228	13.6
100M MEN HEAT 5			
POS	NAME	BIB	TIME
1	JOSEPHAT MUKURIA		11.1
2	BENJAMIN KOBIA	199	11.2
3	RAPHAEL AMODE	94	11.3
4	KYALO KIOKO	46	11.4
5	STEPHEN KARIUKI	67	11.7
6	RICHARD OMONDI	69	11.9
7	FELIX MAKORI	121	12.2
100M MEN HEAT 6			
POS	NAME	BIB	TIME
1	BRIAN SIMIYU	115	11.3
2	JUMA AISPAL	194	11.5
3	JOHN MWANGI	65	11.8
4	PETER NJUGUNA	191	12.1
5	KEN AYIMBA	78	12.5
6	HUMPHREY LIANDA	39	12.7
7	EDWARD WAMBUA	95	12.9
100M MEN HEAT 7			
POS	NAME	BIB	TIME

1	DENNIS ODHIAMBO	182	11.6
2	PAUL KIARIE	158	11.9
3	VICTOR KIBET	151	12.2
4	JEREMIAH NDIRANGU	98	12.5
5	BRIAN OSEKO	16	12.7
6	JOHNSON OMONDI	164	13.3
7	MOLELI MUTUKU	185	13.5
8	KEVIN MUTURI	93	13.8
100M MEN HEAT 8			
POS	NAME	BIB	TIME
1	JAMES MARAGIA	192	11.2
2	NG,ETICH KIPNGENO	251	11.5
3	KIPSANGA SAMMY	116	11.7
4	BRUNO ODHIAMBO	80	12.0
5	OZREN OSI	215	12.2
6	ALEX NJUGUNA	68	12.6
7	JULIUS DII	35	13.2
8	BRANSON MITEI	112	13.5
200M WOMEN HEAT 1			
POS	NAME	BIB	TIME
1	PATRICIA ISICHI	135	26.1
2	MARY CHEPKOECHBERYR WAMIRA	136	26.2
3	LUCY NYOLARI	18	27.1
4	WINNIE MAKORI	24	27.6
5	BRENDA WANJIRU	22	28.2
6		277	28.7
200M WOMEN HEAT 2			
POS	NAME	BIB	TIME
1	PERIS CHEGE	12	26.1
2	MARISELA NYABOKE	14	26.3
3	DIANA CHEBET	128	26.6
4	TECLA CHEROTICH	10	27.3
5	DOROTHY OPILI	385	28.6
6	BETTY CHEMTAI	382	31.5
200M WOMEN HEAT 3			
POS	NAME	BIB	TIME
1	GRACE KIDAKE	40	25.7
2	CATHERINE NANDI	131	26.1
3	VERA ROREY	123	26.5
4	LYNNETTE NAWALA	20	28.9
5	RAEL WAMIRA	19	29.5
200M MEN HEAT 1			
POS	NAME	BIB	TIME
1	MARK OTIENO	99	21.6
2	GILBERT OTIENO	109	22.0

3	DAVID MAWA	10	22.7
4	PETER WANDERA	111	23.0
5	VINCENT MANGOLI	92	23.9
6	SAMUEL MAINA	43	27.0
200M MEN HEAT 2			
POS	NAME	BIB	TIME
1	PETER MWAI	3	22.2
2	DAN KIVIAS	5	22.3
3	EVANS KIBET	86	22.7
4	SAMMY KIPCHANGA	116	23.7
5	JOHN GITAU	200	24.0
6	REMMY LAMANDE	159	24.2
7	OMARI TIDERA	153	26.1
200M MEN HEAT 3			
POS	NAME	BIB	TIME
1	MARK KANGETHE	202	22.0
2	ROBIN WANJALA	160	22.4
3	JACKSON MWAURA	217	23.3
4	ROGERS MOENGA	3	23.4
5	RAPHAEL CHEGE	187	24.1
6	MICHAEL KIPKOECH	108	24.7
7	ALI LENKISTED	388	25.0
8	EDWARD WAMBUA	95	26.4
200M MEN HEAT 4			
POS	NAME	BIB	TIME
1	EMMANUEL LENTUKUNYE	64	22.2
2	CHARLES WAMWEYA	209	22.4
3	ELIJAH MATHAYO	41	22.7
4	GABRIEL MORU	150	23.0
5	RAPHAEL OMONDE	94	23.2
6	BERNARD BEE	256	23.4
7	DENIS MWONGELA	77	23.7
200M MEN HEAT 5			
POS	NAME	BIB	TIME
1	WALTER MOENGA		22.4
2	MICHAEL MAKAU	257	22.6
3	ENOCK OMEKA	188	23.0
4	STEPHEN KARIUKI	69	23.0
5	DENIS ODHIAMBO	162	23.4
6	ALEX NJUGUNA	68	24.1
7	PETER NJUGUNA	191	24.4
8	LUKE GATHUKO	214	24.6
200M MEN HEAT 6			
POS	NAME	BIB	TIME

1	SOLOMON BUOGA	89	22.4
2	KIPRONO KOSGEI	106	22.7
3	LAWRENCE KANYI	201	23.0
4	JUMA AUPAI	194	23.4
5	MUSA OLUOCH	383	23.8
6	BRUNO ODHIAMBO	80	24.2
7	GEOGE WERU	399	24.8
8	JOHNSTON OMONDI	164	26.1
200M MEN HEAT 7			
POS	NAME	BIB	TIME
1	FERDINARD OMANYALA	81	22.0
2	KYALO KIOKO	46	22.8
3	JAMES MARAGI	192	23.1
4	DAVID SARUNI	42	23.6
5	KENNEDY LIMO	189	24.0
6	JOHN NDUNGU	186	26.5
200M MEN HEAT 8			
POS	NAME	BIB	TIME
1	LINUS OGAO	206	23.4
2	WESLEY RONO	72	23.5
3	SAMUEL WASIKE	268	23.9
4	CHERLES MUGAMBI	275	25.2
5	OZIL OSI	215	26.3
200M MEN HEAT 9			
POS	NAME	BIB	TIME
1	BENJAMIN KOBIA	199	22.2
2	MICHAEL NGUGI	166	22.4
3	ROBERT ROB	239	22.8
4	MARTIN KOECH	252	23
5	JOHN NTHEI	212	23.3
6	KEN AYIRBA	78	25.3
200M MEN HEAT 10			
POS	NAME	BIB	TIME
1	PIUS MUYA	205	22.3
2	AMOS OMELLA	75	22.8
3	JONATHAN KIBET	234	23
4	CHRISTOPHER ANENE	273	23.5
5	FESTUS WAITA	66	25.6
6	STANLEY NDICHU	393	29.3
400M WOMEN HEAT 1			
POS	NAME	BIB	TIME
1	SYLVIA CHSEBE	269	55.9
2	IVAN CHELENGA	117	58.6
3	GERTRUDE CHEPCHIRCHIR	154	61.7

4	LUCY NOLARI	24	63.9
5	CAROLINE CHELAGAT	45	64.6
400M WOMEN HEAT 2			
POS	NAME	BIB	TIME
1	JACINTA SHIKANDA	246	56.3
2	GRACE KIDAKE	40	58.0
3	MIRIAM CHEPKIRUI	155	62.2
4	SUSAN MUREY	102	64.3
5	NAOMI MALAI	-	66.5
400M WOMEN HEAT 3			
POS	NAME	BIB	TIME
1	VERONICA MUTUA	247	56.9
2	EVANGELINE MAKENA	133	57.2
3	BETTY CHELANGA	190	57.7
4	CATHERINE NANDI	131	59.1
5	JERIOTH GATHOGO	211	63.9
400M MEN HEAT 1			
POS	NAME	BIB	TIME
1	COLLINS OMAE	4	48.5
2	CHRISTOPHER ANENE	273	49.8
3	JOSEPH SANALE	84	50.3
4	ONESMUS MELI	73	50.6
5	PHILIP GITUKU	230	50.9
6	DANIEL OMBIRO	207	51.7
7	CHARLES KATWE	157	54.4
400M MEN HEAT 2			
POS	NAME	BIB	TIME
1	KEVIN NKANATA	276	49.4
2	JONATHAN KIBET	234	49.9
3	MARTIN KOECH	52	50.4
4	SHADRACK EKHABA	231	52.2
5	VICTOR KIBENEI	258	52.8
6	KINDAREL PUNYUA	105	54.0
7	ROBERT BARTAI	196	56.6
400M MEN HEAT 3			
POS	NAME	BIB	TIME
1	BONIFACE MWERESA	391	48.0
2	ROBERT ROP	239	49.3
3	GILBERT PKEMOI	74	49.7
4	DENNIS OTIENO	390	49.9
5	EDWARD NGUNJIRI	195	50.1
6	KIPKORIR LANGAT	198	56.4
7	DICKSON SARUNI	236	58.1
400M MEN HEAT 4			

POS	NAME	BIB	TIME
1	KELVIN KIPROTICH	203	48.8
2	CHARLES ATITO	163	49.3
3	KIPNGENO RONO	249	51.3
4	KELVIN KORIR	156	52.7
5	GIBSON LEDAMA	235	53.1
6	JOSEPH KIRWA	229	53.5
7	CYRUS MWENDWA	255	56.1
400M MEN HEAT 5			
POS	NAME	BIB	TIME
1	NEWTON ROTICH	119	48.7
2	VINCENT KOSGEI	193	48.9
3	GABRIEL MORU	150	50.1
4	EVANS OMULO	83	50.5
5	RONALD AFYA	253	52.0
6	GILBERT KOECH	184	52.3
7	LEWIS WERE	197	65.7
400M MEN HEAT 6			
POS	NAME	BIB	TIME
1	NEWTON RONO	161	49.7
2	DOMINIC KIBITOK	96	50.3
3	ISAAC KIRWA	165	50.6
4	JACKTON KIMANTHI	76	51.0
5	GEORGE WERU	399	53.5
6	WILSON SAMBIT	16	54.5
7	ALEX KIMAITA	238	56.1
400M MEN HEAT 7			
POS	NAME	BIB	TIME
1	JARED MOMANYI	1	49.7
2	AMOS CHEPKWONY	87	50.4
3	LINUS OGAO	206	52.0
4	EVANS KIBET	101	52.7
5	NICHOLUS MUTISO	243	53.3
6	JULIUS LANGAT	237	55.9
7	BRIAN OSEGO	61	61.9
400M MEN HEAT 8			
POS	NAME	BIB	TIME
1	GEOFFREY MUTAI	-	50.2
2	AMOS OMEKA	-	50.6
3	JOHNSON OMONDI	-	57.0
4	FREDRICK KIMUTAI	-	57.4
400M MEN HEAT 9			
POS	NAME	BIB	TIME
1	ARN SERBAI	82	51.2

2	GEOGE OTURI	120	52.2
3	MICHAEL KOIMA	227	52.8
4	JUSTUS OTUNGA	213	61.6
5	FRED NYACHAI	7	64
800M WOMEN HEAT 1			
POS	NAME	BIB	TIME
1	EMILY CHEROTICH	27	2;06.6
2	MARY KURIA	25	2;07.1
3	JOSEPHINE CHELANGA	29	2;07.9
4	MIRIAM CHEPKEMOI	32	2;09.6
5	LOICE CHEMUNU	30	2;12.1
6	HELLEN MATELONG	28	2;13.3
7	GLADYS JEPCHUMBA	31	2;13.8
8	JACINTA MAWIA	132	2;14.0
9	CHRISTINE NDANU	26	2;15.3
10	NELLY CHEBET	278	2;17.0
11	PENINA WANGARE	0	2;21.3
12	ESTHER BERNICE	0	2;21.5
800M MEN HEAT 1			
POS	NAME	BIB	TIME
1	BERNARD KIPYEGON	59	1;49.7
2	MATHEW RONO	176	1;50.7
3	LAGAT HARON	220	1;51.9
4	GIDEON CHEPKONGA	241	1;52.5
5	JOSEPHAT KIPNGETICH	218	1;53.0
6	CALISTUS NDIWA	182	1;53.8
7	JASON MURAYA	60	1;54.5
8	SAMUEL RUOTI	57	1;56.1
9	CHARLES CHERUIYOT	240	1;57.9
10	WESLEY LANGAT		1;58.4
800M MEN HEAT 2			
POS	NAME	BIB	TIME
1	ABEDNEGO CHESEBE	172	1;52.3
2	THOMAS KIPKEMOI	54	1;52.5
3	STANLEY BOR	51	1;52.8
4	KENNEDY CHEPSIROR	222	1;53.1
5	KIPROTICH KIRUI	170	1;54.8
6	SOLOMON LEKUTA	173	1;55.2
7	MESHACK LETIM	52	1;58.5
8	OSORO OBADIAH	280	2;00.9
800M MEN HEAT 3			
POS	NAME	BIB	TIME
1	NOAH MENJO	172	1;52.9
2	AMOS KIPKAWA	381	1;53.5
3	COSMAS MALOBA	180	1;53.9

4	GILBERT NGENO	183	1;54.4
5	JOHN KIBOI	168	1;54.7
6	HOSEA CHIRCHIR	37	1;55.4
7	KENNEDY CHUMBA	56	1;58.6
8	DANNIS MUTHUSI	279	2;04.2
800M MEN HEAT 4			
POS	NAME	BIB	TIME
1	PETER LANGAT	58	1;51.5
2	MICAH KIMUTAI	62	1;53.6
3	THOMAS LEMISO	91	1;54.6
4	PETERSON SADERA	244	1;56.1
5	PETER LEKAMARIO	53	1;56.4
6	YUSUF KEMBOI	219	1;56.6
7	GILBERT KWEMOI	167	1;58.2
8	SARENI KABOUT	47	2;00.0
800M MEN HEAT 5			
POS	NAME	BIB	TIME
1	CORNELIUS TUWEI	221	1;51.6
2	BOAZ KIPRUGUT	226	1;52.6
3	WABWIRE WEUSI	48	1;53.4
4	COLINS KOROS	254	1;54.0
5	JOSEPH POGISYO	36	1;56.3
6	BENJAMIN LEKUYE	174	2;00.7
7	GODFREY NAROK	146	2;01.5
8	RICHARD KIMUTAI		2;01.9
9	STEPHEN LESHAN	175	2;03.9
800M MEN HEAT 6			
POS	NAME	BIB	TIME
1	KUMARI TAKI	178	1;51.4
2	GEOFFREY MATUM	177	1;55.1
3	JOHN KIPLAGAT	149	1;56.8
4	COLLIS KIPRUTO	144	1;57.6
5	MASIKONDE JOSHUA	143	2;01.8
6	OPIYO JAMES	245	2;02.4
7	GEORGE MAKOA	55	2;04.0