



**First Athletics Kenya / KCB Cross Country Series November 2014 Results At  
Posta Grounds**

**12 KM SENIOR MEN**

<b>POSITION</b>	<b>NAME</b>	<b>BIB No.</b>	<b>TEAM</b>	<b>TIME</b>
1	KATUI MU YA	51	NDOMBE	32:54.82
2	JOHN ELIMLIM	383	BARAMU	32;57.23
3	FRANKLINE NGELEI	9	IND.	33;85.69
4	EMMANUEL KIPSANG	25	NAVY	33;13.40
5	BERNARD KIPKEMOI	10	KERINGET	33;21.51
6	HOSEA NAILEL	18	IND.	33;37.50
7	STEPHEN ARITA	88	NRB	33;45.03
8	NOAH CHENGABIT	361	RONGAI	33;53.69
9	ELKANA TERER	338	THIKA	33;57.75
10	PATRICK MATHENGE	5	BARAMU	34;01.76
11	JOSEPH ERENG	363	IND.	34;12.56
12	JULIUS NDIKU	20	MKS	34;14.82
13	KIPROTICH YEGON	73	AP	34;17.59
14	TIMOTHY MAUTA	286	NGONG	34;18.40
15	KIMELI BERNARD	59	NGONG	34;19.17
16	SILAS KIMUTAI	380	NGONG	34;20.87
17	EVANS SAITOTI	39	THIKA	34;21.99
18	CHARLES WANJOHI	350	NGONG	34;25.60
19	LEMISO DESMOND	160	TRANSMARA	34;33.08
20	BERNARD CHUMBA	597	LITEIN	34;33.80
21	CYRUS MUMO	321	NGONG	34;37.83
22	CHARLES MUMO	78	NGONG	34;43.83
23	ROBERT LANGAT	61	NGONG	34;45.44
24	NICHOLAS KAMAKIA	395	LANGATA	34;46.14
25	HILARY KERING	291	NGONG	34;48.58

26	JOHN KIRUI	13	NGONG	34;51.34
27	BERNARD MISOI	89	NGONG	34;54.78
28	ABEL KIBUCHI	381	IND.	34;55.86
29	PHILEMON RONO	271	NGONG	35;01.64
30	HAMINGTON KIRUI	11	IND.	35;03.17
31	RAPHAEL KIPLAGAT	82	IND.	35;08.63
32	JAMES MAINA	311	NGONG	35;12.05
33	PAUL MAKAU	375	PRISON	35;13.08
34	BONFACE MBUVI	221	NGONG	35;14.69
35	ENOCK KORIR	585	MAB	35;16.43
36	JOSEPH CHEBII	40	THIKA	35;19.30
37	JAMES KIGEN	71	GSU	35;21.39
38	KIPKIRUI LANGAT	59	IND.	35;22.53
39	SIMON KOECH	364	IND.	35;23.49
40	JOEL KITUR	43	THIKA	35;25.68
41	ZEBEDEE RONO	378	KFS	35;26.28
42	COLLINS KIRERE	66	MKS	35;28.32
43	ISAAC MARABA	42	THIKA	35;28.64
44	PETER NDUNGU	12	ISIOLO	35;32.65
45	CLEMENT PARIONO	371	PRISON	35;35.60
46	SAMWEL KEIYA	377	MAB	35;38.06
47	LAZIN JOSEPH	370	RUIRU	35;42.24
48	EMMANUEL CHEROTICH	65	NGONG	35;44.41
49		298		35;45.81
50				35;47.49
51	JAMES MACHARIA	41	THIKA	36;06.46
52	JAMES GETANDA	322	KDF	36;16.93
53	KIPKIRIU KOSGEI	598	RONGAI	36;17.34
54	NATHAN LANGAT	331	NRB	36;20.18
55	FRANCIS KIOKO	21	MKS	36;21.20
56	PETER LANGAT	273	NGONG	36;21.48
57	MARTIN GACHIE	372	RUIRU	36;22.12
58	SAMWEL SEREM	270	KDF	36;28.97
59	DANIEL LANGAT	357	AP	36;30.81
60	JOHN MWANGI	261	KDF	36;32.29
61	JONATHAN KITILIT	27	KDF	36;32.58
62	GABRIEL MAINA	275	KDF	36;32.92
63	GEOFFREY KIPLAGAT	588	MAB	36;34.56
64	WENCY WAWIRE	268	KDF	36;39.28
65	JOSEPH WANGARE	265	KDF	36;44.32
66	MICHAEL NJENGA	68	IND.	36;48.51

67	ISAAC ROI	282	IND.	36;50.36
68	PATRICK KANGOGO	267	NKI	36;52.54
69	ALFRED MUTUKU	252	NRB	36;58.82
70	PHILIP TARU	387	NRB	36;59.36
71	KIPLANGAT LEMISO	26	IND.	37;00.40
72	CHERUIYOT PHILEMON	58	IND.	37;01.64
73	VICTOR CHEPTUM	79	GSU	37;02.78
74	ELISHA KIPCHUMBA	70	GSU	37;05.92
75	LUKAS WANJIRU	556	MAB	37;10.74
76	KENNEDY CHEMURANY	57	IND.	37;13.80
77	SIMONN NDUNGU	72	IND.	37;14.11
78	ERICK MANANI	554	MAB	37;14.55
79	TITUS NDIWA	262	NKI	37;19.08
80	JOSIAH CHERUIYOT	389	KDF	37;29.40
81	PETER MWEMA	960	ISIOLO	37;37.28
82	KIPNGETICH KERIK	225	IND.	37;38.94
83	JACKSON OLENANA	28	IND.	37;39.77
84	SOSPETER MWANGI	63	IND.	37;41.11
85	PETER CHERIUYOT	50	IND.	37;49.52
86	KAYUS MAUTI	290	MARSABIT	37;59.42
87	STEPHEN KIPCHIRCHIR	589	NGONG	37;59.83
88	KIMOTHO GEORGE	277	LIMURU	38;00.09
89	JOSEPH WANYOIKE	281	NGONG	38;03.82
90	CALEB MATHEKA	373	RUIRU	38;12.11
91	FRANCIS NDUNGU	65	NGONG	
92	CHARLES MAHIUWA	358	IND.	
93	JUSTUS SILA	274	NGONG	
94	JULIUS BARNO	283	NGONG	
95	KIPTOO BIWOTT	132	NGONG	
96	DERICK MAWIRA	266	NGONG	
97	JOHN GITAU	276	NGONG	
98	JOSEPH KURIA	262	NGONG	
99	JAMES MUTHEE	263	NGONG	
100	GEOFFREY CHEPKWONY	15	KIBERA	
101	KIBUNCHA		NGONG	
102	SAMWEL LABOR	288	NGONG	
103	KIPROTICH RAYMOND	558	MAB	

## 8KM SENIOR WOMEN

POST.	NAME	BIB NO.	TEAM	TIME
1	SHEILA CHEPNGETICH	87	KERICHO	24:08.3
2	MIRRIAM MUTHONI	54	MFAE	24:29.5
3	NANCY NZISA	52	MKS	24:39.1
4	BEATRICE MUTAI	1	KERINGET	24:49.7
5	MONICAH NGIGE	384	BARAMU	24:57.9
6	CAROLINE KOECH	3	SILIPWET	25:12.5
7	HELLEN MUGO	86	NGONG	25:22.3
8	ANNE GATHERU	385	POL	25:31.9
9	SHELMITH MURIUKI	64	MKS	25:45.3
10	JUDITH KIYENG	327	IND.	25:52.1
11	PAULINE EAPAN	49	MFAE	25:58.7
12	JANE MWIKALI	35	PRISONS	26:05.8
13	PAULINE NJERI	582	POL	26:08.9
14	LYDIA SIMIYU	56	KDF	26:12.1
15	CECILIA MARIA	36	MKS	26:12.7
16	JOAN IYAPEL	2	KERINGET	26:22.4
17	CAROLINE YATOR	599	IND.	26:26.8
18	MIRRAM CHEPKEMOI	333	PSTC	26:30.0
19	MAUREEN MUTHONI	19	MKS	26:36.7
20	JOAN CHEPCHIRCHIR	366	NGONG	26:40.1
21	SHEILA CHEPKIRUI	45	KDF	26:43.5
22	WINFRIDA KWAMBOKA	362	LAB	26:52.9
23	RUTH WANGUI	14	MARSABIT	26:58.8
24	ELIZABETH MUENI	329	MAB	27:01.4
25	MILKA CHEBET	600	NGONG	28:13.4
26	ELDA KONA	16	LAB	27:18.4
27	JOSELINE CHEPKOSGEI	591	MARSABIT	27:41.1
28	ELIZABETH KEMBOI	542	MARSABIT	27:58.3
29	SCOLA CHEMBOI	293	NKI	28:01.8
30	CUNDY KOSKEI	33	NAVY	28:10.1
31	PURITY KAGENDO	84	MARSABIT	28:29.0
32	SILYCIA CHEROP	334	PRISONS	28:32.3
33	EGLAY NALIANYA	296	NKI	28:40.6
34	EMILLY NGII	297	NKI	29:03.1
35	AGNES MUENI	88	NGONG	29:18.6
36	FELISTA MUENI	34	NAVY	29:29.6
37	JACHLINE CHIRCHIR	47	THIKA	29:32.5
38	MARY CHEMWENO	62	RONGAI	29:49.7

39	MILKA KONA	17	IND.	30:49.3
40	NANCY SANA	294	NKI	30:49.4
41	REGINA WACHUKA	85	NGONG	31:00.5
42	EUNICE NJERI	295	NKI	31:05.5
43	TCLA JEPLETING	74	RONGAI	31:09.1
44	BEATRICE CHERUTO	648	NAIROBI	31:10.3
45	EUNICE CHEBET	47	THIKA	31:41.0
46	PAULINE MWANGI	336	PSTC	32:04.5
47	MARGARET MAINA	335	PSTC	
48	ESTHER CHEPKIRUI	292	NGONG	
49	LUCY OMONDI	298	MARSABIT	

### **8KM JUNIOR MEN**

<b>POSITION</b>	<b>NAME</b>	<b>BIB NO.</b>	<b>D.o.B</b>	<b>TEAM</b>	<b>TIME</b>
1	DAVIS KIPLANGAT	162	1998	SIGWETT	21;20.96
2	JULIUS TANKI	114	1997	SIGWETT	21;25.16
3	DOMINIC TUARUS	164	1996	SIGWETT	21;29.09
4	ANDREW LOROT	305	1997	NAIROBI	21;34.30
5	GEOFFREY KORIR	184	1996	SIGWETT	21;35.03
6	SILAS LAIKONG	185	1996	MFAE	21;45.18
7	LEONARD LANGAT	117	1992	KCHINAS	21;49.52
8	MOSES KOECH	118	1997	KCHINAS	21;54.92
9	CHARLES MWANIKI	391	1997	NAIROBI	21;57.00
10	JOSHUA NAKERI	165	1998	IND	21;58.66
11	VINCENT RUTO	159	1998	SIGWETT	22.00.09
12	GILBERT KORIR	158	1997	SIGWETT	22;01.93
13	PAUL GITHONGA	135	1996	NYAHURURU	22.02.26
14	JOSEPH MUTWANATHIE	195	1997	MACHAKOS	22.07.86
15	ALEXANDER MUTISO	180	1996	MAKUENI	22.08.84
16	JOHN MAINA	175	1997	NYAHURURU	22.14.84
17	DAVID NGURE	186	1997	NYAHURURU	22.17.19
18	CHARLES MBUNDO	191	1996	MAKUENI	22.18.51
19	EDWIN KOSGEI	116	1998	KCHINAS	22.20.62
20	JAMES NDIWA	399	1997	NAIROBI	22.20.97
21	VICTOR KAMKOREN	231	1998	IND	22.21.26
22	FEDICK KOECH	167	1996	IND	22.21.83
23	MUTUKU KINGOO	208	1996	MACHAKOS	22.22.29
24	EDWIN KIBET	306	1996	NAIROBI	22.24.16
25	STEPHEN MWENDWA	192	1996	NDOMBE	22.29.17

26	PETER MUTHETUMO	198	1997	MACHAKOS	22.36.08
27	ELIJAH KUSTANY	112	1997	SIGWETT	22.37.62
28	HANNNGITON CHEROP	240	1996	KEROKA	22.38.77
29	MIKE SANG	111	1997	SIGWETT	22.40.07
30	DAVID FUNDI	303	1996	NAIROBI	22.41.39
31	JAMESON KABUKU	169	1996	MFAE	22.41.40
32	MARTIN MUSYOKA	226	1998	MACHAKOS	22.42.01
33	JOHN MWANGI	172	1996	MFAE	22.41.09
34	ALFRED AMADHANYA	228	1995	IND	22.48.42
35	MUTISO KIOKO	996	1997	MACHAKOS	22.57.09
36	NICHOLAS KOSBER	119		KCHINAS	22.59.73
37	JOHN MAGUE	199	1997	MACHAKOS	23.03.89
38	COSMAS MUTETHI	216	1996	MACHAKOS	23.04.83
39	NGILA MUTULA	193	1999	MAKUENI	23.05.93
40	DAVID MUEMA	197	1997	MACHAKOS	23.08.41
41	ERICK ONDIEKI	148	1996	IND	23.14.36
42	IRERI BENSON	237	1998	MACHAKOS	23.15.48
43	DOMINIC CHEMETEI	301	1996	IND	23.19.75
44	SILVESTER KILONZO	222	1996	NAIROBI	23.26.30
45	SIMON BETT	113	1999	BOMET	23.26.58
46	MOSES NDEGWA	174	1996	IND	23.30.26
47	TITUS MUMO	140	1997	MACHAKOS	23.31.64
48	JOSEPH WAWERU	21	1999	IND	23.35.05
49	JOSEPH KIMTAI	245	1996	IND	23.36.66
50	JASON KANGOGO	307	1997	IND	23.37.11
51	FRED MUSYOKI	145	1997	MACHAKOS	23.39.39
52	GIDEON SANG	110	1998	BOMET	23.41.25
53	JOSEPH MBUGUA	206	1997	IND	23.45.39
54	KIOKO MUTISYA	133	1999	MAKUENI	23.48.03
55	KIPNGETICH NICHOLUS	157	1998	BOMET	23.49.44
56	JAMES KIMEU	229	1996	MACHAKOS	23.49.78
57	PETER BETT	115	1998	BOMET	23.50.18
58	ROBERT NGETICH	223	1997	KERINGET	23.56.18
59	GERALD WANJAGI	167	1996	IND	23.59.06
60	CHARLES GITHAIGA	171	1997	MFAE	24.00.13
61	LEONARD MUTHUKU	207	1996	MACHAKOS	24.01.35
62	JOSEPH SILA	248	1996	IND	24.05.50
63	JOSPHAT ONGELA	170	1996	IND	24.07.99
64	ROBERT NGETICH	223	1997	KERINGET	24.11.11
65			-		24.11.73
66	GEOFFREY YEGO	304	1997	RIRUTA	24.11.87

67	AMOS KYALO	144	1998	MACHAKOS	24.12.43
68	PAUL KIPTOO	399	1994	IND	24.13.33
69	JOSEPH KILONZO	166	1997	NAIROBI	24.14.12
70	ELIJAH MUTHUKU	394	1997	NAIROBI	24.14.71
71	ROBERT WAMBUA	190	1998	MAKUENI	
72	EZEKIEL YEGO	320	1999	IND	

### 6KM JUNIOR WOMEN

POSITION	NAME	BIB	D.o.B	TEAM	TIME
1	JACQUELINE CHEPKOECH	152	1998		18.24
2	BETTY CHEPKEMOI	154	1998		18.26
3	VICTORIA MWIKALI	215	1997		18.29
4	JANET CHEPNGETICH	153	1998		18.35
5	JANET CHESANG	247	1995		18.41
6	ABIGAEL WANJIKU	183	1997		18.42
7	DAMARIS CHEPTOO	156	1998		18.5
8	BEATRICE CHEPKIRUI	155	1996		19.04
9	MARY NDUKU	176	1996		19.15
10	JOSEPHINE MUSAU	204	1998		19.24
11	MARTHA NJOROGE	179	1996		19.28
12	JESCA CHELANGAT	151	1998		19.31
13	SHARON JEMUTAI	150	1999		19.43
14	DOMITILA MWANZAU	202	1998		19.46
15	VERONICA MWASYA	214	1997		19.51
16	MARY NJOKI	242	1996		19.53
17	SHLVIN CHEPTEEK	230	1998		19.55
18	SUSAN ENJORE	211	1995		20.04
19	AGNES MULEI	233	1998		20.04
20	WINFRIDA MUTILE	308	1999		20.04
21	REDEMTA MUENI	212	1999		20.07
22	ELIZABETH MAITHYA	177	1996		20.12
23	VALENTINE CHEMARINGO	181	1996		20.15
24	NESPHINE JEPLETING	232	1998		20.36
25	NANCY CHESANG	235	1998		20.53
26	MWIKALI MWAANI	188	2000		21.11
27	BRILIAN CHEPCHIRCHIR	234	1998		21.17
28	CATHERINE DAVID	173	1998		21.19
29	ISABELLA CHERUGOR	210	1996		21.35
30	EUNICE CHERONO	231	1997		21.46

31	HELLEN SYOMBUA	203	1997		22.02
32	EUNICE MINOO	187	2000		22.07
33	DOREEN CHELANG'A	160	1998		22.19
34	ELIZABETH MUTHEU	189	2000		22.39
35	ANGELA NDUNGWA	213	1999		22.44
36	CATHERINE LONGEMA	392	1999		
37	CHEPKIRUI NYANGACHA	209	2000		
38	MEVIN CHEPCHUMBA	218	1996		

NOTES	START LIST	FINALISTS	DNF
SENIOR MEN	151	103	48
SENIOR WOMEN	61	49	12
JUNIOR MEN	117	72	45
JUNIOR WOMEN	40	38	2
TOTAL	369	262	107