



**ATHLETICS KENYA DEFENCE FORCES**

Affiliated to Athletics Kenya

The 36th Edition of  
**KENYA DEFENCE FORCES CROSS COUNTRY  
CHAMPIONSHIP & 15KM ROAD RACE - 2017**

**20 January 2017**

at  
**Thika Garrison**

**RESULTS**

*sponsored by*



<b>15 KM Women Road Race</b>				
POS		NAME	R/NO	TIME
1		PAULINE ESIKON		49:40.75
2		HELLEN MUGO	312	52:06.02
3		NYAMU EVERLYNE	905	53:55.57
4		COLETA CHEPCHIRCHIR	924	56:03.13
5		AGNES ATANG'A		57:20:41
6		ANN WANYAMA	310	65:37.41
7		MARY NJOKI	420	
<b>15 KM Men Road Race</b>				
POS		NAME	R/NO	TIME
1		VICTOR KIPLIMO	126	42:27.0
2		ALFRED KOECH	519	42:32.1
3		ELIUD WERU	118	42:35.5
4		PAUL KINYANJUI	517	42:38.6
5		KIPKORIR KONGA	124	42:42.7
6		PETER RUTO	012	42:44.9
7		STANLEY SIROR	011	42:55.4
8		RONALD KUYO	410	42:59.5
9		DOMINIC SUGUT	116	43:00.1
10		AKAI PAPAN	117	43:03.3
11		NGENO GILBERT	016	43:15.0
12		EZEKIEL KIPRAIS	115	43:20.0
13		PATRICK NGWETU	514	43:22.8
14		JULIUS SEREM	918	43:29.6
15		ALFRED CHEBET	218	43:32.6
16		JOSEHP KAMAU	616	43:42.8
17		ANTHONY KASSIM	521	43:44.6
18		PETER KURUMBU	308	43:48.3
19		ABEL KIPSANG	715	43:51.3
20		JEREMIAH KIANGA	015	43:53.1
21		LUCAS WANJIRU	018	44:01.9
22		DANIEL NJOROGE	518	44:05.9
23		BUNKE BATITA	119	44:09.2
24		CHEBOI KOLUM	717	44:12.8
25		GETANDA MOTIRI	014	44:17.5
26		JUSTUS SILA	121	44:18.8
27		DUNCAN KIPKEMOI	123	44:20.1
28		KIMUTAI BARNGETUNY	922	44:22.4
29		NICHOLAS TANUI	1010	44:25.7
30		MOSES KIPCHIRCHIR	812	44:27.6
31		KELVIN ONDIEKI	1116	44:36.0

32		ANDREW KIMOI	915	44:41.7
33		HARUN TOROITICH	916	44:44.7
34		LINUS RUTO	513	44:48.5
35		JOSEPH MANANI	716	44:50.6
36		ERICK MWANGI	520	44:53.0
37		GABRIEL MAINA	120	44:54.5
38		COSMAS KORIR	1014	45:05.5
39		STEPHEN NDIRANGU	409	45:18.8
40		ELKANA CHEROP	810	45:22.1
41		ERICK MWANGI	515	45:22.8
42		EDWIN BOIT	306	45:30.5
43		SAMWEL KALYA	1012	45:35.8
44		ROBERT NGETICH	1013	45:41.0
45		WESLEY KIPKURUI	512	46:06.2

<b>10Km Women - Results</b>				20-Jan-17
POS		NAME	FMN	TIME
1		HELLEN OSANDO	LAB	32:49.8
2		JEMIMA JELAGAT	MAB	33:16.9
3		JOSLYINE JEPKOSGEI	MAR	33:29.8
4		SHEILA CHEPKURUI	TKA	33:48.1
5		GLADYS CHERONO	KAH	34:02.8
6		PAULINE CHEMNING	MAB	34:13.7
7		JUDY JEMUTAI	MAB	34:40.4
8		DORIS CHANGEYWA	EMB	34:45.0
9		SELA JEPLETING	LNT	34:46.1
10		VERONICAH NYARUAI	LAB	34:48.6
11		PENINAH KANDIE	TKA	34:49.6
12		CAROLINE CHEPKEMOI	KAH	34:54.9
13		MARION KIBOR	KAH	34:58.7
14		EUNICE JEPTOO	MAR	35:02.3
15		AGNES CHESANG	ISL	35:05.8
16		FRIDAH MWIKALI	EMB	35:14.6
17		HELLEN MATELONG	NKI	35:39.7
18		INESS CHENONGE	MAB	35:47.2
19		JOYLINE KOIMA	MTG	35:51.1
20		MERCY TOROITICH	LNT	35:59.7
21		VIOLA YATOR	MAR	36:02.0
22		MERCY WANJIRU	LAB	36:05.5
23		LEONIDA MOSOP	MTG	36:09.6
24		BEATRICE CHEROP	ISL	36:20.0
25		PENINAH ARUSEI	TKA	36:22.4

26		GLADYS KIMAINA	KAH	36:26.3
27		WINNIE CHEBET	TKA	36:44.8
28		LINETH CHEPKURUI	MAB	36:51.8
29		MIRRIAM CHEPKEMOI	NKI	37:00.9
30		MERCY KIPTOO	EMB	37:10.3
31		CAROLINE YATOR	EMB	37:20.4
32		GLADYS JEPCHUMBA	LNT	37:35.6
33		MERCY CHERUIYOT	ISL	37:56.9
34		WINFRIDAH NYANSIKERA	LAB	38:09.2
35		ELZABETH MUENI	MAB	38:10.3
36		SALLY BARSOSIO	NBI	38:46.1
37		NANCY SANG	NKI	38:50.8
38		GLADY CHEMWENO	TKA	38:55.1
39		JANE WANJIRU	TKA	39:07.7
40		PURITY CHEROMEI	LNT	39:16.8
41		CATHERINE CHEROTICH	KAH	39:21.4
42		SUSAN MURREY	NKI	39:26.3
43		CELESTINE KORIR	LNT	40:05.4
44		VIVIAN CHEPKOECH	MAR	40:16.7
45		JUDY CHELANGAT	ISL	40:16.9
46		OMOI KWAMBOKA	NBI	41:13.1
47				41:14.1
48		LINDA WAWERU	KAH	41:19.8
49		NELLY KEMEI	ISL	41:49.5
50		SCOLLAH JEPKEMOI	NKI	42:05 .5
51		ECLA CHELANGAT	ISL	45:00 .6
52		NAOMY TATTY	MTG	45:40 37
53		CHEPNGENO BEATRICE	NBI	46:13.4
54		EUNICE MATHENGE	MTG	46:48.0
55		ELIZABETH KEMBOI	MAR	
56		PATRICAIH ISICHI	MAR	
57		IRENE WAINAINA	NKI	
58		NELLY JEPTANUI	NBI	

<b>10 KM Senior Men Results:</b>			20-Jan-17	
POS		NAME	FMN	TIME
1		EMMANUEL KIPSANG	MTG	29:19.9
2		FRANKLINE KEITANY	LAB	29:20.0
3		HILLARY KERING	MAR	29:47.4
4		REUBEN LIMAA	KAH	29:49.1
5		MARK KOSGEY	LAB	29:50.8

6		KIMUTAI KIPLIMO	LAB	29:56.5
7		JOHN ELIMLIM	LNT	30:00.9
8		GEOFFREY KIPKORIR	MAB	30:04.4
9		PETER NDEGWA	LNT	30:07.5
10		ALFRED KIMANI	GIL	30:08.8
11		CYRUS RUTTO	MAR	30:12.5
12		KENNEDY NJIRU	LNT	30:15.2
13		JAMES BETT	MAR	30:24.5
14		WILSON KIBOGO	GIL	30:26.3
15		LEONARD KOSEIYE	LAB	30:27.5
16		HILLARY KEMBOI	ISL	30:32.2
17		MESHACK LETIM	NKI	30:34.2
18		DOUGLAS KIPSEREM	LNT	30:35.1
19		VEDIC CHERUIYOT	MTG	30:36.4
20		SYLAS KIRUI	KAH	30:39.1
21		AMOS LIMAKORI	TKA	30:42.5
22		LINUS CHUMBA	EMB	30:45.1
23		KIPRONO MENJO	MAB	30:47.1
24		PETER MUINDI	EMB	30:49.4
25		FESTUS KIPRONO	LAB	30:51.2
26		PETER MATELONG	NKI	30:52.0
27		ERIC TIROP	TKA	30:53.7
28		ERICK KIPTANUI	EMB	30:53.9
29		KIPCHUMBA NGENY	LNT	31:00.8
30		EVANS SAITOTI	TKA	31:04.2
31		NICHOLAS CHEPSEBA	MTG	31:05.4
32		VINCENT MUTAI	MAR	31:05.8
33		MICHAEL NJENGA	ISL	31:06.8
34		JAIRO SONGOK	NKI	31:09.2
35		JULIUS KIPRONO	KAH	31:10.4
36		NATHAN LAGAT	NBI	31:12.3
37		WILLIAM CHEBOR	MAB	31:14.6
38		COSMAS KIPLIMO	TKA	31:18.0
39		FELIX KIRONG	MTG	31:21.2
40		TITUS KIMANI	ISL	31:22.7
41		PHENUS KIPLETING	EMB	31:24.3
42		ARITA STEPHEN	NBI	31:27.8
43		CHARLES KARANJA	LNT	31:31.5
44		EZEKIEL CHEROP	NBI	31:32.8
45		SAMSON SARIKO	NKI	31:33.6
46		DOMINIC NAIBEI	GIL	31:35.3
47		KENETH YEGO	KAH	31:36.9
48		STEPHEN KICHWEN	TKA	31:38.4
49		RONALD TANUI	GIL	31:40.8

50		WYCLIFFE CHERUIYOT	NKI	31:42.6
51		EVANS KIPCHUMBA	EMB	31:45.0
52		OSCAR OKIRING	MAR	31:45.7
53		LEWSI MOSOTI	ISL	31:47.3
54		BRENDAN GUYO	NKI	31:55.8
55		PATRICK CHUGOR	ISL	31:59.5
56		SHADRACK KOSGEI	KAH	32:01.9
57		WISLON TOO	KAH	32:13.4
58		KENEDY KOSGEI	MTG	32:17.3
59		SAMMY KIPCHUMBA	EMB	32:22.3
60		CYRUS MUTAI	MAR	32:26.0
61		AUGUSTINE LANGAT	MTG	32:27.1
62		JAPHET KIMUTAI	MAB	32:33.2
63		PETERSON NDUNGU	ISL	32:41.2
64		LINUS NABUSWA	MAB	32:43.5
65		VICTOR KOSGEI	GIL	32:51.7
66		JOSEPH KIMELI	MAB	33:23.7
67		KIPKORIR KIGEN	GIL	33:28.3
68		JOSHUA KOECH	NBI	33:46.1
69		KOROS COLLINS	NBI	33:54.4
70		WAITITO JACKSON	NBI	34:51.1

**4 x 2 KM Mixed Relay:**

POS		NAME	R/NO	TIME
<b><u>KAHAWA</u></b>				
1		CHARLES SIMATWO	712	23:42.8
		PATRICK RONO	713	
		GLADYS KIMAINA	701	
		CAROLINE CHEPKEMOI	700	
<b><u>LANET</u></b>				
2		VINCENT LETING	007	24:07.1
		GLADYS JEPCHUMBA	004	
		WESLEY LANGAT	008	
		SELA JEPLETING	006	
<b><u>NANYUKI</u></b>				
3		BENJAMIN KIGEN	112	24:12.0
		CORNELLIUS TUWEI	113	
		HELLEN MATELONG	100	
		MIRRIAM CHEPKEMOI	101	
<b><u>LAB</u></b>				

4		TIMOTHY KITUM	1007	24:35.2
		DAVID LAGAT	1008	
		HELLEN OSANDO	1000	
		VERONICAH WANJIRU	1001	
<b><u>THIKA</u></b>				
5		JAMES MACHARIA	605	24:37.5
		EDWIN KEMBOI	607	
		SHEILA CHEPKURUI	605	
		WINNIE CHEBET	601	
<b><u>EMBAKASI</u></b>				
6		BENARD KIPTINGEI	512	24:39.1
		MOSES KIBET	513	
		FRIDAH MWIKALI	503	
		CAROLINE YATOR	505	
<b><u>ISIOLO</u></b>				
7		MICHAEL KAMANGA	406	24:48.1
		AGNES CHESANG	400	
		BEATRICE CHEROP	401	
		MATHEW RONO	407	
<b><u>KN MTONGWE</u></b>				
8		JAMES MAGUT	1112	24:59.2
		JONATHAN KITILIT	1113	
		JOYLINE KOIMA	1114	
		JARINTER MAWIA	1115	
<b><u>MARSABIT</u></b>				
9		JOSYLINE JEPKOSGEI	202	25:28.5
		VIOLA YATOR	203	
		WELDON KIRUI	206	
		JOEL KOECH	207	
<b><u>MAB</u></b>				
10		JACKSON KIVUVA	912	25:57.5
		STANLEY BOR	913	
		JUDITH JEMUTAI	904	
		NANCY CHEBET	925	
<b><u>NAIROBI</u></b>				
		NICHOLAS KIPLANGAT	806	

11		ANDREW KIPTOO	807	27:26.2
		SALLY BARSOSIO	800	
		OMOI KWAMBOKA	802	
<b>GILGIL</b>				
12				

## TEAM RESULTS

### 10 KM WOMEN TEAM RESULTS

20-Jan-17

TEAM	PTS
GILGIL	
NAIROBI	193
MTONGWE	148
NANYUKI	128
ISIOLO	117
LANET	101
EMBAKASI	85
MARSABIT	82
LAIKIPIA AIR BASE	67
THIKA	67
KAHAWA	56
MOI AIR BASE	33



### **10 KM MEN TEAM RESULTS**

<b>TEAM</b>	<b>PTS</b>
NAIROBI	190
ISIOLO	142
MAB	130
NANYUKI	122
GILGIL	119
THIKA	116
EMBAKASI	115
KAHAWA	106
MTONGWE	90
MARSABIT	59
LANET	46
LAIKIPIA AIR BASE	28

20-Jan-17

### **10 KM MEN TEAM RESULTS**

<b>PSN</b>	<b>TEAM</b>
12	<b>GILGIL</b>
11	<b>NAIROBI</b>
10	<b>MAB</b>
9	<b>MARSABIT</b>
8	<b>MTONGWE</b>
7	<b>ISIOLO</b>
6	<b>EMBAKASI</b>
5	<b>THIKA</b>
4	<b>LAB</b>
3	<b>NANYUKI</b>
2	<b>LANET</b>
1	<b>KAHAWA</b>

## **OVERALL TEAM RESULTS**

<b>POS</b>	<b>WOMEN</b>	<b>MEN</b>	<b>RELAY</b>	<b>TEAM</b>	<b>PTS</b>
12		119		GILGIL	
11	193	190	11	NAIROBI	<b>394</b>
10	117	142	7	ISIOLO	<b>266</b>
9	128	122	3	NANYUKI	<b>253</b>
8	148	90	8	MTONGWE	<b>246</b>
7	85	115	6	EMBAKASI	<b>206</b>
6	67	116	5	THIKA	<b>188</b>
5	33	130	10	MAB	<b>173</b>
4	56	106	1	KAHAWA	<b>163</b>
3	82	59	9	MARSABIT	<b>150</b>
2	101	46	2	LANET	<b>149</b>
1	67	28	4	LAB	<b>99</b>