

**THE 2016 KENYA PRISONS INTER-REGIONAL
CROSS COUNTRY CHMPIONSHIPS
AT UHURU GARDEN LANGATA
ON 23RD JANUARY,2016**

10KM SENIOR MEN

PSN	NAME	BIB	TEAM	TIME
1	VINCENT KIPRONO	079	NYANZA	30:10.8
2	AMBORSE BORE	143	NYANZA	30:12.3
3	CORNELIUS KANGOGO	061	PSTC	30:25.5
4	SAMMY MELLY	117	NAIROBI	30:27.3
5	SILAS KOECH	072	EASTERN	30:31.6
6	EMMANUEL NGATUNY	093	PHQ	30:33.5
7	EVANS KURUI	081	NYANZA	30:40.2
8	FREDRICK MUSYOKI	121	N.EASTERN	30:41.7
9	DANIEL MURIUKI	069	EASTERN	30:43.2
10	FLAVIN ARUSEI	108	CENTRAL	30:44.7
11	JOSPCHAT KIPNGENO	128	RIFT VALLEY	30:46.8
12	MICHAEL BETT	113	RIFT VALLEY	30:56.1
13	ROBERT SAWONYO	110	RIFT VALLEY	30:58.3
14	JULIUS KALEGEN	112	RIFT VALLEY	31:01.5
15	BENARD ROTICH	086	N.EASTERN	31:05.7
16	NICHODEMUS KIPKURGAT	084	NYANZA	31:07.7
17	WILFRED KIMITEI	109	RIFT VALLEY	31:09.0
18	WILSON KIPROTICH	065	PSTC	31:10.7
19	JOHN MWANGANGI	103	CENTRAL	31:16.5
20	PETER LAGAT	063	PSTC	31:18.3
21	AMOS KIPTUM	71	EASTERN	31:22.3
22	CHARLES CHERUIYOT	067	EASTERN	31:28.5
23	BENARD KIGEN	089	N/EASTERN	31:31.0
24	ROBERT WAMBUA	118	NBI	31:33.8
25		083		31:37.0
26	TIMOTHY KIPTOO	120	NBI	31:37.8
27	DOMINIC NAIBEI	115	NBI	31:42.3
28	MARK KORIR	066	PSTC	31:47.1
29	PATRICK KIPTUGEN	087	N/EASTERN	12:52.4
30	NICHOLAS KIPTOO	098	WESTERN	32:06.7
31	PAUL MAKAU	105	CENTRAL	32:12.8
32		134		32:15.1
33	HENRY MAIYO	102	WESTERN	33:19.1
34	DANIEL TOO	119	NBI	33:27.4

35	HOSEA CHIRCHIR	104	CENTRAL	32:38.1
36	JOASH KIPLIMO	064	PSTC	33:39.4
37	PHILIP KIPRONO	141	RIFT VALLEY	32:44.0
40	DANIEL ROP	094	PHQ	33:05.7

10 KM SENIOR WOMEN

PSN	NAME	BIB	TEAM	TIME
1	PAULINE KAVEKE	129	NYANZA	34:36.1
2	NANCY NZISA	002	PSTC	34:37.1
3	EUNICE KIOKO	003	PSTC	34:57.5
4	EMMACULTE CHEPKURUI	024	NYANZA	35:25.8
5	JEMUTAI RIONOTUKEI	023	NYANZA	35:26.6
6	HELLEN CHEKURGAT	055	NAIROBI	35:37.4
7	NANCY KIMAIYO	019	NYANZA	35:44.4
8	SHEILA CHEROTICH	049	RVP	35:44.6
9	PAULINE WANGUI	037	WESTERN	36:07.4
10	SUSAN CHEPKOECH	058	NAIROBI	36:24.3
11	CA ROLINE CHERONO	053	RVP	36:28.8
12	RUTH CHEPNGETICH	022	NYANZA	36:30.3
13	LINA CHERUTO	050	RVP	36:32.4
14	DAMARIS AREBA	020	NYANZA	36:38.8
15	MERCYLINE ONDIEKI	054	RVP	36:52.8
16	JANE MWIKALI	025	N. EASTERN	37:08.8
17	JANE MUTAI	009	EASTERN	37:20.4
18	AGNES KATUNGE	043	CENTRAL	37:22.7
19	ABIKAEL CHELAGAT	033	PHQ	37:30.5
20	LYNN JEPKORIR	056	NAIROBI	37:34.4
21	DORCAS NZEMBI	057	NAIROBI	37:40.2
22	IVINE KIPLAGAT	035	PHQ	37:43.7
23	ALICE MOGIRE	031	PHQ	37:49.5
24	TABITHA WAMBU	007	EASTERN	37:58.6
25	BEATRICE JELAGAT	036	PHQ	38:04.4
26	NANCY WANJIKU	045	CENTRAL	38:13.4
27	SYLVIA CHESEBE	026	N.EASTERN	38:22.4
28	MIRIAM MAIYO	011	EASTERN	38:35.7
29	MARY JEPCHUMBA	041	WESTERN	38:51.4
30		G		38:56.0
31	MILKA NYAMUITA	060	NAIROBI	38:56.8
32	SUSAN KIPLAGAT	034	PHQ	39:09.6
33	SALLY KIRUI	040	WESTERN	39:11.8
34	MARY NJOKI	044	CENTRAL	39:15.3
35		124		39:24.6
36	PENINAH WANGARI	059	NAIROBI	39:25.6

37	MONICAH MENGICH	042	WESTERN	40:00.0
38	NAOMI JEBET	038	WESTERN	40:25.2
39	SYLVIA OLITA	029	N.EASTERN	40:54.0
40	VANICE OGOT	047	CENTRAL	41:03.5
41	DRUSSILA KERUBO	048	CENTRAL	42:01.5
42	EDITH MUTHONI	046	CENTRAL	43:01.0
43	EMACULATE CHEBET	032	PHQ	43:19.8
44	JANET MASAI	039	WESTERN	43:38.3
45	JACKLINE CHELAGAT	017	COAST	46:22.5
46	FATUMA ABDI	027	N.EASTERN	46:45.5

8 KM JUNIOR MEN

PSN	NAME	BIB	TEAM	TIME
1	DOMINIC MAILU	1999	GUEST	25:17.3
2	JOSHUA KIOKO	1997	GUEST	25:22.3
3	MWEMA MAILU	1989	GUEST	26:11.7
4	MARTIN NDATA	1997	GUEST	26:30.3
5	BENSON MWANGI	1989	PSTC	27:04.3
6	STEPHEN KILONZO	1999	PSTC	27:12.8
7	BENARD MBOTELA	1993	PSTC	27:33.4
8	CHARLES RUTO	1988	PSTC	27:35.4
9	JULIUS KOECH	1989	PSTC	27:46.7
10	PETER KIBOI	1996	PSTC	27:50.5
11	DANIEL AMOLO	1989	PSTC	28:02.1
12	LEON MICHAEL	1999	PSTC	28:13.4
13	KEVIN KIPROTICH	1994	PSTC	28:30.4
14	HILLARY KIBET	1996	PSTC	28:30.6
15	JAMES WACHIRA	1993	PSTC	29:04.8
16	JAMES KARIUKI	1994	PSTC	29:05.8
17	OTEBA DAVID	1993	PSTC	29:17.6
18	SAMUEL LONGECHEL	1992	PSTC	29:24.1
19	ISAAC CHERUIYOT	1990	PSTC	29:27.1
20	JACKSON SUGUTA	1990	PSTC	29:59.8
21	DARIUS NDUMBI	1991	PSTC	30:00.0
22	PETER MUITA	1990	PSTC	30:03.7
23	ERIC KIRUI	1991	PSTC	31:13.9
24	LEREMORE DANIEL	1993	PSTC	30:25.2
25	PAUL KINYANJUI	1990	PSTC	31:13.9
26	MATHEW KIPLIMO	1991	PSTC	31:31.8
27	GABRIEL LAMBATE	1992	PSTC	31:55.1
28	BENARD MOSESI	1990	PSTC	32:08.0

6 KM JUNIOR WOMEN

PSN	NAME	BIB	TEAM	TIME
1	ERIDY NYARUAI	1994	GUEST	24:40.8
2	JOYCE MWARA	1991	PSTC	25:18.3
3	RACHEL CHERUTICH	1994	PSTC	25:38.7
4	MILKA CHEPKOECH	1991	PSTC	25:45.8
5	RUTH CHELAGAT	1993	PSTC	26:51.7
6	NAOMI CHEPNGENO	1989	PSTC	26:59.6
7	BRIDGID CHEPCHUMBA	2000	PSTC	27:25.8
8	RUTH CHELAGAT	2000	PSTC	27:50.1
9	JUDY CHERUTICH	1990	PSTC	28:08.8
10	PHYLIS KINGI	1989	PSTC	28:28.4
11	CAROLINE LIMO	1996	PSTC	28:34.8
12	CELESTINE LIBICHOI	1994	PSTC	28:52.8
13	ELIZABETH SISION	1994	PSTC	29:13.0
14	MILKA CHEPKOSGEY	1993	PSTC	30:39.2
15	JOY KENDI	1995	PSTC	31:28.5
16	FAITH MWIKALI	1993	PSTC	33:44.0
17	FRIDAH CHIRANGA	1991	PSTC	34:03.0
18	BENEDICT ASEYA	1991	PSTC	36:29.8

OVERALL MEN

PSN	TEAM	POINTS
1	NYANZA	26
2	RIFT VALLEY	50
3	EASTERN	57
4	PSTC	69
5	NAIROBI	81
6	N. EASTERN	90
7	CENTRAL	95
8	WESTERN	128
9	COAST	141
10	PHQ	142

OVERALL WOMEN

PSN	TEAM	POINTS	
1	NYANZA	17	
2	RIFT VALLEY	47	
3	NAIROBI	57	
4	PHQ	89	
5	COAST	101	

6	EASTERN	101		
7	WESTERN	108		
8	CENTRAL	118		
9	NORTH EASTERN	128		
10	PSTC			
OVERALL				
PSN	TEAM	MEN	WOMEN	TOTAL
1	NYANZA	26	17	43
2	RIFT VALLEY	50	47	97
3	NAIROBI	81	57	138
4	EASTERN	57	101	158
5	CENTRAL	95	118	213
6	N. EASTERN	90	128	218
7	PHQ	142	89	231
8	WESTERN	128	108	236
9	COAST	141	101	242
10	PSTC		69	