

AK PRISONS
KENYA PRISONS INTER-PROVINCIALS CROSS COUNTRY CHAMPIONSHIPS
UHURU GARDENS, NAIROBI
SATURDAY 21ST JANUARY 2017
MEN 10KM

POS	ATHLETE	BIB	TEAM	TIME
1	BENARD KATUU MUIYA	096	PSTC	29:32.0
2	JUSTUS KANGOGO	081	RIFT VALLEY	29:35.3
3	CORNELIUS KANGOGO	067	N/EASTERN	29:43.0
4	MANGATA NDIWA	093	PSTC	29:45.6
5	DANIEL ROP	120	PHQ	29:49.6
6	COSMAS BIRECH	087	PHQ	29:53.2
7	NICODEMUS KIPKIRUI	100	NYANZA	29:54.9
8	EMMANUEL NGETUNY	086	EASTERN	29:57.9
9	TIMOTHY RONOH	091	NYANZA	30:00.2
10	PETER EMASE	114	PSTC	30:01.5
11	BENARD ROTICH	085	NAIROBI	30:03.6
12	RONALD KIPROTICH	115	NYANZA	30:05.1
13	JONATHAN NDIKO	109	PHQ	30:18.2
14	NICKSON KIPLAGAT	111	NAIROBI	30:20.5
15	DOMINIC KIPNGENO	082	NAIROBI	30:23.1
16	ANDREW ROROT	089	NYANZA	30:27.1
17	DANIEL KIPROTICH	079	RIFT VALLEY	30:28.6
18	PHILLIP KIPRONO	099	NYANZA	30:29.0
19	LOKITAM RHONZAS	094	RIFT VALLEY	30:31.1
20	JOHN LOKIRERI	083	EASTERN	30:34.8
21	WILFRED KIMITEI	143	PSTC	30:37.4
22	ELKANA ARUSEI	107	RIFT VALLEY	30:38.5
23	TIMON TARUS	084	WESTERN	30:39.9
24	JOHN MWANGANGI	077	COAST	30:43.4
25	WILSON KIPROTICH	113	COAST	30:46.7
26	AMOS BIRGEN	064	WESTERN	30:49.1
27	THOMAS LONGOSIWA	063	CENTRAL	30:51.2
28	MICHAEL MUTISYA	110	NAIROBI	30:53.5
29	PHILLIP KIPROP	101	WESTERN	30:54.7
30	EMMANUEL NAIBEI	088	WESTERN	30:55.2
31	TIMOTHY KIMERI	118	PHQ	30:56.4
32	MILLANO CHEMANGO	112	EASTERN	31:02.0

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WOMEN 10KM**

POS	ATHLETE NAME	BIB	TEAM	TIME
1	ALICE APROT	031	PSTC	32:49.9
2	NANCY NZINZA	007	N/EASTERN	33:21.6
3	PAULINE KAVEKE	036	PSTC	33:39.4
4	DIANA CHEMTAI	029	NYANZA	34:16.7
5	PAMELA CHEROTICH	028	NYANZA	34:21.6
6	VIOLA CHEMNGENO	027	NYANZA	34:28.6
7	VICYLINE JEPKESHO	055	PHQ	34:32.2
8	YVONE JELAGAT	032	PSTC	34:44.6
9	JOAN JELIMO	035	PSTC	34:59.6
10	MAURINE CHEPKEMOI	024	RIFT VALLEY	35:03.5
11	NANCY KIMAIYO	030	NYANZA	35:06.6
12	NELLY CHEBET	053	NAIROBI	35:08.3
13	PAULINE EAPAN	017	CENTRAL	35:18.6
14	TABITHA WAMBOI	006	WESTERN	35:31.7
15	PAULINE WANGOI	016	CENTRAL	35:37.5
16	MARCELINE ONDIEK	034		35:44.5
17	GLORIA CHEPKORIR	026	COAST	35:49.7
18	TRUPHENA JEPCHIRCHIR	002	WESTERN	35:58.2
19	PAULINE MUTWA	022	RIFT VALLEY	36:00.4
20	EMILLY CHEPKURUI	050	NAIROBI	36:01.4
21	CATHERINE NSHAU	059	PHQ	36:05.4
22	EUNICE KIOKO	037	EASTERN	36:08.3
23		025		36:09.6
24	AGNES MWIKALI	005	WESTERN	36:15.9
25	JOYCE GITHUA	042	EASTERN	36:19.5
26	TECLA JEPNGETICH	023	RIFT VALLEY	36:27.5
27	JANE MWIKALI	044	COAST	36:34.1
28	SHARON MURIOKI	049	NAIROBI	36:39.5
29	LILIAN JELAGAT	020	RIFT VALLEY	36:51.7
30	VANE YATICH	048	COAST	36:55.0
31		033		36:56.2
32	LINDA ABOK	046	EASTERN	37:03.1