

## ATHLETICS KENYA NYANZA NORTH

### 1<sup>ST</sup> AK TRACK & FIELD MEETING AT MOI STADIUM ON 17<sup>TH</sup> NOVEMBER 2017

#### RESULTS

#### MEN

EVENT	POS	NAME	TEAM	B/NO	TIME/HEIGHT/ DISTANCE
SHOTPUT	1	MANAS ONYANGO	APS		14.08 M
	2	LEONARD BETT	NANYUKI		13.90 M
	3	GEOFFREY KIPKEMOI	INDIVIDUAL		13.59 M
	4	BOAZ MONYANCHA	KDF		13.11 M
	5	ALLAN KIMUTAI	NANYUKI		13.03 M
	6	JOSEPH NYAKUNDI	KISII		10.57 M
	7	KENNEDY OCHIENG	KISUMU WEST		7.57 M
	8	BEVON BOLO	KK NORTH		7.16 M
LONG JUMP	1	ISAACK KIRWA	POLICE	066	7.70 M
	2	SHADRACK CHOMBOI	GSU	-	6.60 M
	3	BONFACE MWAI	NAIROBI	009	6.44 M
	4	JACOB KASIWOTOY	TRANS NZOIA	002	6.32 M
	5	JONATHAN MELI	POLICE	046	6.09 M
	6	GILBERT KOECH	NPS	015	6.04 M
	7	COLLINS KIPRUTO	INDIVIDUAL	053	5.73 M
	8	BENJAMIN KIGEN	NANYUKI	079	5.73 M
400M (H)	1	ROTICH STEPHEN	INDIVIDUAL	030	53.2

	2	DAVID SARUNI	MUGONGA	089	54.5
	3	STEPHEN TENAI	MASORIA	032	55.2
	4	GEOFFREY MUTAI	PRISONS	019	55.4
	5	SILAS MBAKA	PRISONS	017	57.6
	6	WILSON WAHOME	LANET	034	1:4.4
110M (H)	1	KIPRONO KOSKEI	POLICE	071	15.2
	2	GILBERT KOECH	NPS	015	15.4
	3	ROTICH STEPHEN	INDIVIDUAL	030	15.7
	4	DAVID SARUNI	MUGONGA	089	15.7
	5	SILAS MBAKA	PRISONS	017	15.8
	6	BRIAN HEZRON	KISII	036	17.2
400M	1	JACOB KOSOWOTY	TRANS NZOIA	022	49.6
	2	GEOFFREY MUTAI	POLICE	019	49.7
	3	BONFACE MWAI	NAIROBI	009	49.9
	4	ELIJAH MATHEW	MUGONGA	033	50.6
	5	GEDION CHEPKONGA	GSU	067	50.6
	6	DAN KIVIASI	PRISONS	006	50.8
100M	1	JOSEPH ONDUTO	INT	003	10.7
	2	HEZBON OCHIENG	PRISON	008	10.8
	3	BRIAN GATURA	GSU	002	10.9
	4	ELIJAH MATHEW	MUGONGA	023	11.0
	5	KEVIN NYAGUNDO	KISII	035	11.0
	6	FELIX BARAZA	KTCSA	014	11.0
HAMMER	1	BOAZ MONYANCHA	KDF		41.51 M
	2	MANASE ONYANGO	POLICE		27.30 M

	3	FRED KOGO	POLICE		25.38 M
	4	JOSEPH NYAKUNDI	KISII		21.89 M
	5	BEVON BOLO	KISUMU		18.22 M
DISCUS	1	ROTICH KIPSANG	POLICE		40.98 M
	2	FRED KOGO	POLICE		38.27 M
	3	MANASE ONYANGO	POLICE		37.75 M
	4	BOAZ MONYANCHA	KDF		37.70 M
	5	GEOFFREY KIPKEMOI	IND		35.95 M
	6	GILBERT KOECH	POLICE		34.93 M
TRIPPLE JUMP	1	SHADRACK CHOMBOI	GSU		14.45 M
	2	ISAACK KIRWA	NPS		14.14 M
	3	JACOB KASIWOTOYI	TRANS NZOIA		13.15M
	4	TREVOR WESLEY OTIENO	INDIVIDUAL		13.06 M
800M	1	DENIS TOO	IND	090	1:50.6
	2	SHADRACK KOSGEI	NANDI	069	1:52.2
	3	BENJAMIN KIGEN	KDF	079	1:57.3
	4	TONY CHEMBOI	NAKURU	065	1:57.7
	5	WILLIAM NYAGAKA	MUGONGA	056	1:58.0
	6	JOHN OCHIENG	INDIVIDUAL	054	1:58.2
JAVELINE	1	DUNCAN KINYANJUI	INDIVIDUAL		60.73 M
	2	LEONARD KIPYEGON			59.35 M
	3	GILBERT BETT	KDF		58.90 M
	4	LESHON NAU	NAROK		56.65 M
	5	GILBERT KOECH	POLICE		54.50 M

	6	MANASE ONYANGO	POLICE		52.10 M
	7	JOSEPH NYAKUNDI	KISII		50.60 M
	8	JONATHAN MELI	POLICE		40.72 M
200M	1	JOSEPH ONDUTO	INDIVIDUAL	003	22.1 SEC
	2	HESBON ODUOR OCHIENG	PRISON	008	22.2 SEC
	3	DAN KIVIASI	PRISON	006	22.4 SEC
	4	NYONGESA DENNIS	INDIVIDUAL	005	22.7 SEC
	5	KENNEDY KILIMO	NAIROBI	091	23.2 SEC
	6	ROBIN WANJALA	NPS	011	23.2 SEC
4 X 100M RELAY		DAN	PRISON		43.7
		DENNIS NYONGESA	INDIVIDUAL		44.2
		REMMY KAMANDE	GSU		45.7
			NYAMIRA		47.2
4 X 400M RELAY			NPS		3:21.2
			MOSORIOT		3:21.5
			GSU		3:28.4
			NANDI		3:36.2

## ATHLETICS KENYA NYANZA NORTH

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#### RESULTS

#### WOMEN

EVENT	POS	NAME	TEAM	B/NO	TIME/HEIGHT/ DISTANCE
SHOTPUT	1	CHEBET BETTY	POLICE		11.17 M
	2	ROSELINE RAKAMBA	POLICE		10.45 M
	3	DOROTHY CHEPNGETICH	KPA		9.78 M
	4	KERUBO REBECCA	POLICE		9.01 M
	5	MARIAM SANDE	KISUMU		8.52 M
LONG JUMP	1	JOAN CHERONO	NAKURU	023	5.30 M
	2	MILLICENT NDORO	NAKURU	020	5.00 M
	3	SYNTHA MULIRO	KISUMU	038	4.83 M
	4	PRISILA TABUNDA	KDF	021	4.78 M
	5	MARY WANJIRU	NAIROBI	026	4.34 M
	6	CHEPKIRUI MIRIAM	GSU	037	3.97 M
	7	REBECCA OKOTH	KISUMU	045	3.32 M
	8	CHEPTOO WINNIE	KERICHO	025	3.20 M
400M (H)	1	PRISILA TABUNDA	KDF	021	1:10.5
	2	LOICE MORAA	MUGONGA	034	1:11.6
	3	MIRIAM CHEPKIRUI	GSU	037	1:12.3
	4	YUVENTINA NYANGAWA	MUGONGA	042	1:18.4
110M (H)	1	PRISILA TABUNDA	KDF	021	15.9

	2	RUKIA NUSURA	MUGONGA	044	16.2
	3	CYNTHIA MULIRO	KTCSA	038	16.5.
	4	MARY MORAA	MUGONGA	048	16.6
	5	BEATRTICE ONDERO	HOMABAY	075	18.8
400M	1	MARY MORAA	MUGONGA	048	58.7
	2	VIVIAN CHELANGAT	SIGOWET	013	59.0
	3	SARAH OROBI	MUGONGA	061	1:3.0
100M	1	MILLICENT NDORO	NAKURU	023	12.5
	2	JOAN CHERONO	NAKURU	020	12.3
	3	MARY MORAA	MUGONGA	048	12.7
	4	BEATRICE ODERO	HOMABAY	075	12.7
	5	MARY WANJIKU	NAIROBI	026	13.0
	6	PRICILA TABUNDA	KDF	021	14.0
HAMMER	1	REBECCA KERUBO	POLICE		42.36 M
	2	BETTY CHEBET	POLICE		31.45 M
	3	ROSE RAKAMA	POLICE		29.44 M
DISCUS	1	ROSE RAKAMA	POLICE		41.19 M
	2	BETTY CHEBET	POLICE		36.75M
	3	MIRIAM SANDE	KISUMU		27.97 M
	4	REBECCA KERUBO	POLICE		26.29 M
TRIPPLE JUMP	1	PRICILA TABUNDA	KDF	021	10.75 M
	2	CYNTHIA MULIRO	KTCSA	038	10.18 M
	3	WINNIE CHEPTOO	KERICHO	025	9.11 M
800M	1	FLORENCE NDUKU	MACHAKOS	050	2:15.2
	2	VIVIAN CHELANGAT	SIGOWET	013	2:24.2

	3	CHRISTINA ANYANGO	KISUMU	041	3:19.7
JAVELINE	1	DAMACRINE NYAKERURI	POLICE		42.54 M
	2	DOROTHY CHEMNGETICH	KERICHO		38.55 M
	3	BETTY CHEBET	POLICE		38.30 M
	4	ROSE RAKAMA	POLICE		34.81 M
200M	1	MILLICENT NDORO	NAKURU	020	25.1
	2	VINCENTIA AWUOR	KISUMU		25.6
	3	BEATRICE ODERO	HOMABAY		27.2
	4	EVERLINE AWUOR	N. NORTH	063	27.4
	5	ANNA AKOTH	INDIVIDUAL	051	28.2
	6	EMILLY ANNE	INDIVIDUAL	049	28.4
4 X 100M RELAY	1		NAKURU		52.3
	2		NAIROBI		54.7
	3		MUGONGA		56.4
4 X 400M RELAY	1		NAKURU		4:10.3
	2		MUGONGA		4:15.2
	3		NAIROBI		5:34.5

**PREPARED BY T.M. ONGWACHO**

**SECRETARY AK NYANZA NORTH**