

TIME

A.K TRACK & FIELD WEEKEND MEETING

VENUE.....THIKA STADIUM

DATE: ...18/05/2018

EVENT...10,000M MEN.....

POSITION	NAME	YOB	TEAM	NO.	TIME
1	VEDICK CHERUIYOT		KDF	200	30:18:8
2	KIPSANG TEMOI		GSU	069	30:20:5
3	MIKE BOIT		KAPS	175	30:43:5
4	EDMOND KIPNGE'TICH		EMB	173	30:46:0
5	STEPHEN ARITA		NRB	196	30:48:7
6	DANIEL KAIYOK		KEROKA	181	30:54:5
7	PHILEMON MARITIM		R/T	183	31:07:6
8	DICKSON SIMBA		R/T	174	31:11:1

BEST TIME.....30:18:8

EVENT...5000M WOMEN

DATE;18/05/2018

POSITION	NAME	YOB	TEAM	NO.	TIME
1.	NELLY CHEBET		POL	128	16:30:0
2.	CYNTHIA NJERI		NYAHURURU	038	16:31:3
3.	BEATRICE BEGI		KEROKA	134	16:34:2
4.	LORNA NYAGochWA		KEROKA	129	16:35:9
5.	MERCY NJOROGE		LAB	121	16:39:1
6.	EMMACULATE CHEPIRUI		SOTIK	52	16:39:4
7.	CHEPNGETICH LAGAT		DCI	053	16:40:2
8.	GLADYS KOECH		NAVY	159	16:41:8
9.	MONICA CHIRCHIR		-	187	16:42:4
10.	VERONICA MAINA		IND	133	16:47:3
11.	FAITH LING'AA		TORONGO	156	-
12.	JULIET NYIVA		MACH.	028	-
13.	FLORENCE NDUKU		MACH.	027	-

BEST TIME 16:30:0SECS.

EVENT.....DISCUSS (MEN) DATE...18/05/2018

NO:	NAME	TEAM	HEIGHT IN M	PLACE
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TIME

1	CHARLES KIPKEMOI	KDF	48.67	1
2	BOAZ MONYANCHA	KDF	43.46	2
3	KELVIN KIMTAI	DO	42.19	3
4	DAVID TERER	KPS	41.37	4
5	BENSON MAINA	KDF	41.34	5
6	FRED KOGO	KPS	40.60	6
7	NOBERT BIWOTT	KDF	40.40	7
8	RICHARD METET	LAB	40.07	8

BEST THROW ..48.67M

EVENT....DISCUSS WOMEN DATE..18/05/2018

NO.	NAME	TEAM	HEIGHT IN M.	PLACE
1	ROSE RAKAMBA	POLICE	48.52	1
2	CAROLINE CHEROTICH	KDF	41.75	2
3	JACKLINE CHEROTICH	IND.	35.87	3
4	EVERLENE BOSIBORI	PRISONS	35.41	4
5	JACKLINE NYONGESA	PRISONS	26.02	5

BEST THROW..48.52

EVENT....1500M WOMEN DATE..18/05/2018

POSITION	NAME	YOB	TEAM	NO	TIME
1	JOSEPHINE CHELAGAT		KER	110	4:16:1
2	GLORIA KITE		ITEN	202	4:16:6
3	QUALINE KIPROP		RAVINE	145	4:22:8
4	LOISE CHEMINING		IND	167	4:23:8
5	NAOMI CHEPKEMOI		KAH	127	4:26:9
6	JOSEPHINE NYAKORA		PRI	104	4:30:3
7	JUDITH CHEPNGETICH		THIKA	139	4:31:8
8	DORCAS JEPKORIR		SOTIK	149	4:32:2
9	DOLPHIN OMARE		KEROKA	251	4:32:9
10	JOYLINE KOIMA		NAVY	203	4:33:9
11	CATHRINE SYOKAU		PRISON	205	4:34:6
12	PURITY GITONGA		R/T	261	4:36:8
13	GLADYS KWAMBOKA		KPC	270	4:41:6
14	AGNES MULEE		LAB	151	4:46:7
15	TECLA JEPLETTING		IND	106	4:47:5
16	SALOME KIMTO		IND	147	4:47:7
17	CHEROP MERCY		IND	160	4:51:9

TIME

18                    MERCY KITOO                    KDF                    006                    5:00:6

BEST TIME .....4:16:1

EVENT...1500M MEN DATE..18/05/2018

POSITION	NAME	YOB	TEAM	NO.	TIME
1	ELIUD RUTO		HUSSEIN	O89	3:45:2
2	KIPKEMOI LANGAT		KWS	142	3:47:3
3	EDWIN KEMBOI		THIKA	045	3:48:3
4	JOSEPH NJENGA		NYAND.	191	3:48:4
5	LABAN KIPRIMO		EMB.	058	3:48:7
6	NICHORAS CHEPSEBA		NAVY	163	3:49:1
7	SHEM TORU		KERICHO	036	3:49:5
8	JOSEPH LONGOLAN		KDF	025	3:49:7
9	WESLEY LANGAT		LANET	206	3:50:7
10	KENNEDY KOSGEI		LANET	162	3:50:8
11	STEPHEN KEPKECH		GSU	267	3:50:9
12	EPHANS KIPCHUMBA		EMB	055	3:51:6
13	BETHUEL CHUMBA		NAVY	102	3:53:4
14	DENNIS KELEL		MAB	258	3:53:9
15	JOHN MWANGI		GSU	131	3:54:2
16	PETER SURURU		KWS	169	3:54:8

BEST TIME ..3:45:2

EVENT..400M/H WOMEN DATE...18/05/2018

POSITION	NAME	YOB	TEAM	NO	TIME
1	JANE CHEGE		NAVY	222	62.9
2	GLADYS NGURE		PRISONS	224	65.3
3	EMILLY GESARE		IND	226	65.7
4	WINNIE BOINET		TOLONGO	258	65.9
5	BETTY CHELANGAT		ASTU	226	68.1
6	VANICE OGOT		PRISONS	102	69.7
7	CAROL WAIGANJO		HIZAN	236	71.1
8	REPLINE CHEPTOO		ELD. POLY	045	76.9

BEST TIME ..62.9

EVENT ...400M /HMEN DATE..18/05/2018

TIME

POSITION	NAME	YOB	TEAM	NO	TIME
1	WILLIAM MBEVI		LAB	225	52.5
2	ERICK KIPTOO		PRISONS	223	53.3
3	STEPHEN ROTICH		KAPS	218	53.5
4	ARON RUTO		KDF	-	54.8
5	GIDEON MOCHOK		KEROKA	249	54.9
6	HILLARY KIPKURUI		RAN	-	55.5
7	MOSES RONO		KDF	-	55.9
8	GEORGE WERU		POLICE	219	56.4
9	WILBERFORCE BARAZA		IND	238	58.0
10	EVANS SINEI		TRAPAL	050	59.0
11	EARNEST KIPKURUI		GSU	-	60.5
12	ABRAHAM KIMATHI		PRISON	283	66.9

BEST TIME ....52.5SEC

EVENT...HIGH JUMP MEN DATE:18/05/2018

NO.	NAME	TEAM	HEIGHT(M)	PLACE
1	ANDREW KIPIYEGO	NAVY	185	1
2	ELIJAH CHESOEN	KAHAWA	180	2
3	AMOS KIPSAINA	KAHAWA	180	3
4.	MOSES RONO	GSU	180	3

BEST HEIGHT CLEARED...185 M

EVENT...LONG JUMP WOMEN DATE...18/05/2018

NO:	NAME	TEAM	BEST JUMP	PLACE
1	REGINA MULATYA	PRISON	5.58	1
2	IVYN CHEPKEMOI	PRISON	5.39	2
3	VERA ROREY	POSTA	5.01	3
4	MAUREEN WAFULA	PRISON	4.83	4
5	CATHERINE MWENDWA	KASARANI	4.79	5
6	KANDIE ANN	THIKA	4.79	6
7	TRUPHENA MUSYIMI	NAVY	4.77	7
8	MONICA ZEPHANIA	POLICE	4.57	8

BEST THROW.....5.58M

EVENT..LONG JUMP MEN DATE ...18/05/2018

NO.	NAME	TEAM	BEST JUMP	PLACE
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TIME

1	PHILIP MUSYOKA	IND	7.25	1
2	VINCENT KILEL	IND	7.16	2
3	BISMARCK SOI	KDF	6.92	3
4	JOHN GIKONYO	KDF	6.75	4
5	SHADRACK CHOMBOI	NDS	6.50	5
6	HILLARY PKIACH	POLICE	6.50	6
7	DOMINIC KIBITOK	PRISONS	6.29	7
8	JUSTUS CHUMBA	PRISONS	6.29	8

BEST JUMP..7.25

EVENT..HIGH JUMP WOMEN DATE..18/05/2018

NO.	NAME	TEAM	BEST JUMP	PLACE
1	CAROLINE CHEROTICH	-	160	1
2	MARGARET KINGI	IND	155	2
3	ANN KANDIE	THIKA	150	3
4	JANEFER CHEPTOO	NAVY	145	4

BEST JUMP..160M

EVENT...100M/H WOMEN DATE..18/05/2018

POSITION	NAME	YOB	TEAM	NO.	TIME
1	JANE CHEGE		NAVY	222	15.1
2	GLADYS NGURE		PRISON	005	15.2
3	DIANA CHEBET		POLICE	011	15.7
4	IVINE CHEPKEMOI		PRISON	-	15.9
5	JANE NJOKI		IND	038	15.9
6	KANTE ANN		THIKA	-	16.8
7	MWENDE RICHARD		-	162	19.1
8	MARY MUGURE		ISIOLO	-	19.6
9	VIOLA ROTICH		KDF	090	20.4
10	EMILY KESARE		IND	226	20.6

BEST TIME ...15.1

EVENT..3000M W DATE..18/05/2018

POSITION	NAME	YOB	TEAM	NO	TIME
1	LOICE CHEMINING		IND	167	9:33:9
2	BETTY CHEPKEMOI		SOTIK	149	9:34:8

TIME

3	DOLPHINE OMARI	KEROKA181	9:59:8
4	EUNICE MUKINA	IND 160	10:20:8
5	IRENE KIMAIZI	KDF 139	10:31:0
6	GALDY SYOKAU	- 024	11:11:5

BEST TIME...9:33:9SEC

EVENT..110M HURDLES MEN DATE..18/05/2018

POSITION	NAME	YOB	TEAM	NO	TIME
1	WILLIAM MBEVI		LAB	225	14.2
2	KIPKORIR ROTICH		POL	245	14.4
3	MUSYOKA NZUKU		ISL	092	15.0
4	GILBERT KOECH		POL	049	15.2
5	SAMUEL KORIR		PRIS	-	15.7
6	ELIJAH CHESOEN		KDF	-	15.8
7	CYRUS MBAKA		IND	-	16.0
8	JONATHAN MELLY		POL	-	16.4
9	WILLY BARASA		IND	-	18.0
10	NICHOLAS-			059	20.0

BEST TIME...14.2

EVENT .....SHOTPUT

NO	NAME	TEAM	BEST THROW	PLACE
1	BOAZ MONYACHA	KDF	15.63	1
2	PETER MWANGI	PRISONS	15.13	2
3	MANAS ONYANGO	AP	14.34	3
4	LEONARD BETT	KDF	14.32	4
5	CHARLES KIPKEMOI	KDF	14:16	5
6	GILBERT KOECH	POLICE	13:10	6
7	ALFRED RONO	IND	12.83	7
8	ERICK MALEMO	PRISONS	12.57	8

BEST THROW...15.63

EVENT...10,000M WOMEN DATE...18/05/2018

POSITION	NAME	YOB	TEAM	NO	TIME
1	MONICA CHIRCHIR		BARINGO	200	35:08:0
2	LONAH NYABACHOA		KEROKA	129	35:12:7
3	BEATRICE BEGI		KEROKA	134	35:29:9
4	FLORENCE NDUKU		MACH.	027	35:44:8
5	FAITH LINGAA		TORONGO	156	36:20:8
6	LUCY MUKELE		RUN TOGETHER	137	38:15:0

BEST TIME..35.08SEC

TIME

EVENT...4 X 100M RELAY WOMEN DATE,,18/05/2018

POSITION	NAME	YOB	TEAM	NO	TIME
1	POLICE				47.7
2	KIGANJO				48.1
3	NAIROBI				50.0
4	KENYA NAVY				50.8
5	THIKA				51.6
6	KASARANI				52.0
7	KAHAWA WEST				53.4
8	ADM POLICE				56.8

BEST TIME...47.7 SEC

EVENT....10,000M WOMEN....DATE...18/05/2018

POSITION	NAME	YOB	TEAM	NO.	TIME
1	MONICA CHIRCHIR		BARINGO	200	35:08:0
2	LONAH NYABACHOA		KEROKA	129	35:12:7
3	BEATRICE BEGI		KEROKA	134	35:29:9
4	FLORENCE NDUKU		MACHAKOS	027	35:44:8
5	FAITH LINGAA		TORONGO	156	36:20:8
6	LUCY MUKELE		RUNTOGETHER	137	38:15:0

BEST TIME...35:08:0SEC

EVENT...SHOTPUT WOMEN DATE...18/05/2018

NO	NAME	TEAM	BEST THROW	POSITION
1	PERISTER BOSIRE	POLICE	12.55	1
2	SARAH ATIENO	NANYUKI	11.82	2
3	JANE KIRATHE	ISIOLO	11.49	3
4	KASINA ELIZABETH	NA VY	11.13	4
5	JACKLINE NYONGESA	PRISON	11.07	5
6	MARY MUGURE	ISIOLO	9.84	6

BEST THROW....12.55M

EVENT..10,000 WALK WOMEN...DATE..19/05/2018

POSITION	NAME	YOB	TEAM	NO	TIME
1	GRACE WANJIKU		MAB		41:18:1
2	SYLVIA KEMBOI		IND		42:36:6
3	HELLEN MUTUGA		NYERI		43:45:2
4	ZIPPORAH JEPKEMOI		IND		53:46:2
5	NURU RAMA		IND		54:49:5

BEST TIME...41:18:1

TIME

EVENT:....10,000M WALK MEN FINAL DATE..19/05/2018

POSITION	NAME	YOB	TEAM	NO	TIME
1	SAMUEL GATHIMBA		PRISONS		39:27:8
2	STEPHEN MUTUKU		NYAHURURU		39:44:2
3	OROMI JIMMY		NAVY		41:31:9
4	CHARLES MUGAMBI		NPS		42:52:9
5	EDWIN RUTO		GSU		42:61:2
6	JAMES MUCHUI		KIAMBU		45:43:1
7	DAVID MUNYAU		PRISONS		47:05:1
8	JACKSON SUGUTA		PRISONS		47:51:1
9	JOSPHAT KIRIAKO		KASARANI		

BEST TIME...39:27:8

EVENT....4X100M MEN RELAY DATE...19/05/2018

POSITION	NAME	YOB	TEAM	NO	TIME
1	KENYA NAVY				41:5
2	KDF KASARANI				42:1
3	KAHAWA				42:7
4	ISIOLO				43:0
5	MKU				43:1
6	PRISONS				43:6
7	MOMBASA				44:2
8	NANYUKI				44:3
9	ASTU				44:6
10	NAIROBI				44:8
11	PRISONS B				45:2
12	KIBHT				45:7
13	RUNII				47:0
14	GODS SPEED				47:1
15	SHARKS				47:3
16	STRATHMORE				47:8

BEST TIME..41:5SEC

EVENT...400M WOMEN DATE....19/05/2018

POSITION	NAME	YOB	TEAM	NO	TIME
1	MARGARET NYAIRERA		PRISONS		53:5
2	VERONICA MUTUA		POLICE		53:9
3	JOAN CHERONO		POLICE		54:1
4	EVERNGELINE KATHENYA		IND		54:4
5	GLADYS MUSYOKI		POL		54:5

BEST TIME...53:5SEC YOB



TIME

EVENT...100M MEN FINAL DATE...19/05/2018

POSITION	NAME	YOB	TEAM	NO	TIME
1	BROWN MUTHARA		MSD	107	10:6
2	SAMUEL CHEGE		NAVY		10:8
3	YASSIR ASLAM		MSA		11:0
4	PETER MAKUBA				11:2
5	STEPHEN KARIUKI		IND	148	11:3
6	BONIFACE CHITAYI		PRIS.		11:5

BEST TIME..10:6 SEC

EVENT...100M WOMEN FINAL DATE...19/05/2018

POSITION	NAME	YOB	TEAM	NO	TIME
1	MAXIMILLA IMALI		POLICE		11:7
2	MILLCENT NDORO		POLICE		11.9
3	EUNICE KADOGO		POLICE		12:2
4	DIANA CHEBET		POLICE		12:7
5	VALERIE GAKENIA		IND		13:1
6	DAMARIS AKOTH		PRISONS		13:4

Best time...11:7 Sec

EVENT...TRIPLE JUMP MEN DATE..19/05/2018

NO	NAME	TEAM	BEST THROW	POSITION
1	ISACK KIRWA	POLICE	15:67	1
2	PHILIP MUSYOKA	IND	15:30	2
3	VINCENT KILEL	IND	15:21	3
4	SHADRACK CHOMBOI	POLICE	14:51	4
5	EDWIN LANGAT	KAHAWA	14:22	5
6	BISMARCK SOI	NAVY	14:16	6
7	JUSTUS CHUMBA	PRISONS	14:12	7
8	ERIPON MAXWELL	IND	13:55	8

BEST THROW...15:67

EVENT..JAVELINE WOMEN DATE..19/05/2018

NO.	NAME	TEAM	BEST THROW	POSITION
1	DAMACLINE NYAKERURI	AP	45:97	1
2	SALOME MORAA	NAVY	44:52	2
3	JANE CHEBLETING	NANDI	43:80	3
4	JEMIMAH NDAHI	POLICE	39:10	4
5	MARY MUGURE	ISIOLO	37:85	5
6	BECKY CHELANGAT	IND	37:55	6
7	DELPHINA BINSARI	POLICE	36:59	7
8	MIRIAM MONGINA	ATT	27:87	8

BEST THROW..45:97M

TIME

EVENT..TRIPPLE JUMP WOMEN DATE..19/05/2018

NO	NAME	TEAM	BEST THROW	POSITION
1	GLORIA MULEI	IND	12.36	1
2	IVYN JEPKEMOI	PRISONS	12:15	2
3	REGINA MULATYA	PRISONS	11:78	3
4	VERA ROREY	POSTA	11:45	4

BEST JUMP..12:36M

EVENT...800M MEN FINAL DATE..19/05/2018

POSITION	NAME	YOB	TEAM	NO	TIME
1	KIPYEGON BERNARD		NANYUKI	041	1:46:7
2	COLLINS KIPRUTO		KWS	094	1:47:0
3	TONY KEMBOI		NAKURU	-	1:47:7
4	EDWIN KEMBOI		THIKA	037	1:48:4
5	EVANS BEWOT		COMPLIT	240	1:49:3
6	KELVIN KIPYEGO		TORONGO	145	1:49:5
7	MATHEW RONO		KDF	-	1:49:7
8	ROBERT KORIR		EMBAKASI	-	1:51:1

BEST TIME..1:46:7

EVENT..800M WOMEN FINAL DATE..19/05/2018

POSITION	NAME	YOB	TEAM	NO	TIME
1	LYDIAH JERUTO		TORONTO	017	2:04:3
2	VIVIAN CHELANGAT		KWS		2:05:8
3	JOSEPHINE CHELANGAT		KERICHO		2:07:1
4	MAWIA JERINTA		KDF	246	2:08:3
5	JUDY KOGEI		TORONGO		2:09:6
6	JOSPHINE NYAKORA		PRISON	104	2:10:1

BEST TIME..2:04:3

EVENT.200M WOMEN FINAL DATE;19/05/2018

POSITION	NAME	YOB	TEAM	NO	TIME
1	MAXMILLA IMALI		POLICE		24:0
2	MILLCENT NDORO		POLICE		24:2
3	KADOGO EUNICE		KPC		24:7
4	MARGARET NYAIRERA		PRISON		25:2
5	NEVIAH MICHIRA		PRISON		25:7

BEST TIME...24:0

EVENT..200M MEN

POSITION	NAME	YOB	TEAM	NO	TIME
1	NEWTON ROTICH		POLICE		21:1
2	SAMUEL OCHUKUTU		KAHAWA		21:5
3	SAMUEL CHEGE		NAVY		21:8

TIME

4	STEPHEN KARIUKI	IND	22:1
5	SOI KIPILEMOI	KAHAWA	

BEST TIME..21:1

EVENT..5000M MEN FINAL(TIME BASED) DATE..19/05/2018

POSITION	NAME	YOB	TEAM	TIME
1	LAWI KOSGEY		KDF	13:50:0
2	GEOFFREY BARUSELL		BOMET	13:50:7
3	RAZINI LEMETEKI		NYAHURURU	13:51:3
4	DANIEL KAYIOK		KEROKA	13:52:6
5	ANTHONY MAINA		IND	13:54:4
6	NICHOLAS KIPLIMO		MFAE	14:02:4
7	FRANKLINE NGELEL		LAIKIPIA	14:02:9
8	PIUS KARANJA		IND	14:03:2
9	JOSEPH MWANGI		MFAE	14:03:5
10	EMMANUEL SAINA		KPC	14:04:7
11	SIMON SAIDIMU		NYAH.	14:05:4
12	STANLEYSIROR		LNT	14:06:2
13	STEPHEN ARITA		NRB	14:07:2
14	DENNIS KOECH		KEROKA	14:08:8
15	FRANCIS LANGAT		BOMET	14:10:2
16	EDWARD RONO		GILGIL	14:10:3
17	REUBEN KORIR		MFAE	14:11:6
18	SHEM TOLLI		KERICHO	14:12:9
19	CORNELLIUS KOSGEI		IND	14:13:9
20	SIMON WAITHIRA			14:15:2
21	JOHN MWANGI		GSU	14:18:0
22	JOSEPH NG'ANG'A		NYAND.	14:19:0
23	WILLIAM LOBAR		NYAH.	14:19:0
24	GILBERT KIMUNYAN		TORONGO	14:21:9
25	HOSEA CHIRCHIR		PRISONS	14:23:5
26	JULIUS TANUI		LAIKIPIA	14:25:9
27	KENNEDY ENGO		IND	14:27:5
28	GILBERT NGENO		KDF	14:28:3
29	KENNEDY CHESEREK		GSU	14:29:1
30	AMBROSEMUTUKO		IND	14:29:5
31	KENNEDY KOSGEI		NAVY	14:34:8
32	ANTHONY MWANZA		EMB	14:36:8
33	MICHAEL MUTISYA		MACHAKOS	14:38:9

BEST TIME..

EVENT..4X400M MEN FINAL

POSITION	NAME	TIME
1	KDF	3:10:0

TIME

2	POLICE	3:10:2
3	PRISONS	3:13:8
4	EMBAKASI	3:15:9
5	GSU	3:17:2
6	NAVY	3:17:6
7	NGONG	3:30:4

BEST TIME..3:10:0SEC

EVENT...JAVELINE MEN 19/05/2018

NO	NAME	TEAM	BEST THROW	POSITION
1	SAMMY KESKENY	ENG	61.35	1
2	DANCAN KINYANJUI	IND	59:54	2
3	TOWETT COLLINS	NAIR	57:62	3
4	LEONARD NGETICH	IND.	57:36	4
5	LANGAT GIBSON	ENG	56:21	5
6	NICHOLAS KOSKEI	MB	55:86	6
7	RODGERS KIPRON	IND	55:52	7
8	GILBERT KOECH	POLICE	55:48	8
9	BARSITO DAVID	PRISON	55:47	9

BEST THROW..61:35

TIME