



2ND AK CROSS COUNTRY SERIES RESULTS
HELD AT OLKALOU PEOPLES PARK, NYANDARUA COUNTY
SATURDAY DECEMBER 1ST 2018

EVENT 8KM UNDER 20 MEN

POSITION	NAME	TIME	BIB NO	TEAM
1.	Gideon Rono	23:37:4	202	Rosa Torongo
2.	Kelvin Biwot	23:46:0	258	Elgeyo Marakwet
3.	Gideon Kipketich	23:51:5	224	Narok
4	Nicholas Cherule	23:58:5	243	Kilenget
5	Boaz Kiprugut	24:01:3	242	Nakuru
6.	Cleopus Kandie	24:11:6	201	Torongo
7	Gideon Churui	24:17:3	221	Nakuru
8.	Vincent Kapkrui	24:22:7	232	Kirenget
9	Noah Kiprono	24:24:8	247	Nyahururu
10	Edwin Kipkemoi	24:29:3	223	Kirenget
11	Kibet Kiwot	24:30:5	205	Toronga
12	Peter Kamau	24:38:9	285	Nyandarua
13	Nicholas Kiprimo	24:45:9	216	Mubare
14	Emmanuel Kosgei	24:46:9	267	Chima
15	Patrick Mosiri	24:50:7	204	Kirongo
16	Edwin Kiprono	24:52:6	273	Chima
17	Hillary E Koech	24:53:1	259	Iten
18	Fredrick Mwingirwa	24:54:1	287	Nyahu
19	John Mugeni	24:55:9	231	Chima
20	Evan Kurn	24:58:6	207	Kirongo
21	Anthony Maina	24:59:0	236	Chima
22	Joseph Mwangi	24:59:6	299	MFAE
23	Kimutai Noah	25:02:3	206	Torongo
24	Immanuel Korir	25:08:3	222	NC
25	Simon Mwangi	25:12:3	272	MFAE
26	Simon Ngila	25:16:3	106	Makueni
27	Rono Geofrey	25:17:0	203	Torongo
28	Kiprono Rotich	25:17:4	233	Kericho
29	Ambrose Mutuku	25:22:2	105	Chima

30	Denis Tumuti	25:23:7	270	NC
31	Patrick Langat	25:27:7	245	Kerengeti
32		25:26:8		
33	Immanuel Kirui	25:33:5	262	Ngong
34	Denis Kemboi	25:46:3	218	K Junior
35	Collins Koech	25:49:7	214	Keringeti
36	James Karuri	25:56:7	274	Kibathi
37	Desmond Kamunyari	26:03:2	271	Chima
38	Kenneth Bett	26:05:5	244	Kirenget
39	Samuel Muraya	26:12:7	217	MFAE
40	Solomon Ndichu	26:15:1	109	Iten
41	David Mwangi	26:19:3	286	Baram
42	Clinton Kiplangat	26:33:1	230	Ngong
43	Nicholas Kipchumba	26:40:2	108	Chima
44	George Kamathiru	26:39:5	234	Nairutia
45	Fantus Gitau	26:49:0		Nyahururu
46	Daniel Nderitu	26:49:3		Nyahururu
47	Philip Muiruri	26:53:3	276	Nyandarua
48	Shadrack Kenduiya	26:53:7	227	Keleget
49	Paul Muchina	26:54:9	261	Nyahururu
50	Joseph Kinyua	26:55:4		Nyahururu
51	Caleb Muthii	27:00:9	211	Nyeri
52	Moses Kamau	27:04:6	278	Nyahururu
53	Hezoron Karanja	27:05:4	239	Nakuru
54	Wendatic son	27:16:1	101	Nyahururu
55	Vincent Chilchil	27:21:4	215	Nakuru
56	Asdel Kirui	27:30:3	225	Kileget
57	Silvester Kiprop	27:30:8	102	Muchongoe
58	Evans Cheruiyot	27:46:9	256	Nyahururu
59	Erick Rop	27:47:2	220	Bomet
60	Nicholas Yego	27:52:9	219	Bomet
61	Milton Parseina	28:10:2	265	Kigali
62	Joseph Maina	28:42:7	356	Mfae
63	Joseph Njoroge	28:46:8	289	Nyandarua
64	Allan Kiprotich	29:37:1	254	Ngong
65	James Maina	31:27:4	275	LWD-Nyandarua

66	David Mwang'i	31:48:8	252	Oikalau-Nyandarua
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EVENT 10 KM SENIOR WOMEN

POSITION	NAME	TIME	BIB NO	TEAM
1.	Hellen Obiri	33:37:3	337	Lab
2.	Beatrice Mutai	33:55:4	170	Nyahururu
3.	Alice Aproop	34:14:0	155	Eldoret
4	Joyce Chepkemoi	34:59:6	336	LND
5	Naomi Chebet	35:21:3	484	LND
6	Mary Nyaruai	35:31:2	177	Nyahururu
7	Ann Wanjiru	35:38:6	164	KPS
8	Caroline Nyaga	35:43:4	172	Kigari TTC
9	Nancy Nzisa	35:49:3	167	K Prisons
10	Mary Njau	36:01:8	182	Nyahururu
11	Salome Kipruto	36:11:4	091	Elgel Marakwet
12	Ronah Nyabochoa	36:21:6	147	Keroka
13	Sheilla Chesang	36:30:1	198	GSU
14	Pauline Wangui	36:31:7	165	K Prisons
15	Veronica Ng'ocosei	36:44:1	328	K Police
16	Janet Ruguru	37:02:0	158	K Police
17	Tabitha Wambui	37:11:7	166	Prisons
18	Caroline Biwot	37:17:2	163	Prisons
19	Janet Njeri	37:24:3	331	Nyahururu
20	Pauline Njeri	37:24:3	173	Kenya Police
21	Mercy Ondieki	37:31:6	168	Prison
22	Josphine Chepkirui	37:44:5	169	Nakuru
23	Teresia Wangui	37:53:2	188	MFAE
24	Jackline Chepkoech	38:04:4	175	Iten- Elgeyo
25	Florence Nduku	38:23:1	152	Machakos
26	Alice Mogire	38:46:9	151	K. Prison
27	Tabitha Mongina	38:58:2	338	Laikipia
28	Catherine Wairigu	39:17:5	185	Nyahururu
29	Virginia Gathingia	40:14:3	301	Nyahururu
30	Lydia Mwangi	40:28:2	176	Nyahururu
31	Viola Jechirchir	40:43:4	149	Laikipia Univ
32	Ruth Mwhaki	40:56:6	332	Chima
33	Joyce Wanjiku	42:20:2		
34	Bancy Muthoni	42:30:3	157	Chima

35	Edna Moraa	42:39:3	160	Nakuru
36	Beatrice Ongeru	46:48:2	179	Prisons
37	Nancy Nelima	51:16:1 7	150	Lab
38	Winnie Juma	52:23:7	567	Prisons
39	Millicent Jepleting	52:39:3	148	Laikipia Univ

EVENT 10KM SENIOR MEN

POSITION	NAME	TIME	BIB NO	TEAM
1.	Emmanuel Bett	29:45:8	026	Police
2.	Kirui Leonard	29:47:3	058	Kirenget
3	Shadrack Kimutai	29:50:2	551	Ind
4	Gilbert Kimunyang	29:52:4	001	Torongo
5	Josphat Bett	30:09:2	538	Police
6	David Bett	30:22:3	010	Kirenget
7	Joseph Embuya	30:22:9	032	IND
8	Eric Ngeno	30:40:6	034	IND
9	Maruka Linus	30:40:4	020	K Airforce
10	Silas Kaitany	30:49:4	540	IND
11	Alfred Kimani	30:55:3	588	IND
12	Kennedy Cheserea	30:56:6	196	GSU
13	John Langat	30:59:6	539	Kirenget
14	Bett Nicholas	31:00:8	013	Kirenget
15	Festus Kiprono	31:01:4	323	Airforce
16	Isaac Kiplangat	31:01:8	554	Police
17	Joel Melly	31:02:4	574	RUN together
18	John Elimum	31:08:1	330	KDF
19	Josphat Kipkemboi	31:11:5	044	K Air force
20	Razini Lemeteki	31:12:5	316	Shima
21	William Loitongodo	31:12:8	569	IND
22	John Mwangi	31:14:5	345	Police
23	Daniel Kagiok	31:16:9	027	Keroka
24	Wilfred Kimetei	31:19:6	052	Prison
25	Wilberforce Kones	31:24:4	550	Police
26	Samson Ndirangu	31:25:6	064	Baram
27	Elikana Langat	31:31:4	057	Iten
28	Casius Masinde	31:32:2	600	GSU
29	Reuben Korir	31:32:6	562	IND
30	Kiprono Koech	31:35:6	043	IND
31	Immanuel Gatunyi	31:35:5	055	K Pro
32	Wickliff Cheruyot	31:39:5	561	KDF
33	Justus Kipkorir	31:44:6	053	KPR
34	Isack Kihara	31:46:6	488	GSU

35	Stephen Shienel	34:46:1	361	Laikipia
36	John Mungai	31:47:2	348	DCI
37	Kiemutai Kitwan	31:49:3	030	Railways
38	Philomen Martin	31:53:7	552	Kenya Poly
39	Peter Kongama	31:54:5	031	IDV
40	Amos Chesang	31:59:4	002	Torongo
41	Chebui Kollum	32:00:3	580	KDF
42		32:01:6		
43	Simon Mwangi W	32:04:1	025	IDV
44	Wilson Mungai	32:07:1	568	Chima
45	Soekwo Somikwa	32:14:1	040	ASTV
46	Wilson Kiprotich	32:15:6	051	Prisons
47	Benedict Kithome	32:19:1	577	APS
48	Simon Kamau N	32:21:3	592	LT
49	Stephen Nkaiwautiei	32:2:3	065	Kigari
50	Philemon Kibet	32:25:1	068	Asto
51	Elijah Mutuku	32:26:1	571	Machakos
52	Timothy Kinoti	32:29:2	067	Kigari
53	Hilary Kitiyo	32:33:6	596	GSU
54	John Komen	32:33:7	570	APS
55	Vitalis Kimeli	32:34:2	047	ASTU
56	Moses Mwathi	32:35:4	572	Korea Team
57	Cyrus Munyoki	32:36:8	003	AP
58	Tito Kibet	32:37:2	035	Chima
59	Eric Ocharo	32:38:6	563	Prison
60	Patrick Koskey	32:39:8	576	APS
61	Julius Tanui	32:44:1	322	Laikipia
62	Amos Kipkalia	34:47:8	197	GSU
63	Stanely Bor	32:50:3	017	KDF (Mab)
64	Erick Rotich	32:51:6	063	KPC
65	Ezekiel Sang	32:52:1	579	KDF
66	Paul Makau	32:53:8	545	Prison
67	Samuel Ndereba	32:55:5	191	KPC
68	Vincent Toroitich	32:57:2	195	GSU
69	Jeremia Kianga	32:57:7	021	KDF
70		32:58:2		

71	Wantai Benson	32:59:7	048	Njoro
72	Jonathan Samanayo	33:06:6	004	APS
73		33:07:4		
74	Cornelius Ndiwa	33:08:1	041	ASTU
75	Christopher Kemei	33:11:3	543	Prisons
76	Anthony Moigut	33:10:1	597	GSU
77	Denis Kilee	33:17:9	015	MAB
78	Nehemia Kipyegon	33:21:6	226	Kiringet
79	Michael Wanjiru	33:24:4	339	Chima
80	John Mburu	33:24:4	595	GSU
81	Emmanuel Kimeli	33:26:2	209	Uasin Gisu
82	Weldon Chebkwox	33:28:5	036	ASTU
83		33:30:9		
84		33:33:1		
85	Mathew Kipsang	33:7:6	018	MAB
86	Abel Kipsang	33:40:6	581	Kahawa
87	Martin Kimongo	33:42:1	587	IND
88		33:47:1		
89	Aron Kurgat	33:49:4	578	APS
90	Geofrey Terer	34:01:7	582	Kahawa
91	Julius Makori	34:02:5	327	Laikipia
92		34:06:1		
93		34:10:1		
94	Lameck Wambua	34:12:5	586	Chima
95		34:12:8		
96	Joseph Karanja	34:20:5	593	Ind
97	Erustus Kiprop	34:22:4	355	GSu
98	Elias Kiproto	34:23:6	006	APS
99	Cyrus Chebii	34:24:1	007	APS
100	Hillary Koech	35:27:5	584	Aps
101				
102	Hosea Kimosop		598	GSu
103	Boniface Muya		024	L Univeler
104	Benjamin Marot		537	ASTU
105	Alfred Mucheki		558	Nyahu
106	Abi Ishmael		029	Nyahu

107	Patrick Rutere		066	Kigari
108	Kelvin Maina		069	ASTU
109	Joshua Ndungu		535	IND
110				
111				
112	Lengulisiai Liatingan		605	APS
113	Samuel Githinji		560	INDV
114	Vincent Cheryot		556	ASTU
115	Bernard Kibet		037	ASTU
116	Micah Kimani		341	IDV
117	Samuel Kamori		023	IDV
118	David Musto		009	AP
119	Rotich K Collins		547	KAPS
120	Cosmos Kiplangat		014	APS

EVENT 6 KM WOMEN

POSITION	NAME	TIME	BIB NO	TEAM
1.	Lydia Cheruto	20:26:2	071	Torongo/ Elda
2	Dolphin Omari	20:30:5	079	Kerok
3	Qualrlyne Kiprop	20:32:3	072	Torongo
4	Margaret Akidor	20:39:5	092	Mubael Nyaho
5	Jackline Chapkoech	20:50:1	070	Nakuru
6	Esther Wambui	21:09:8	088	Chima
7	Judy Kogel	21:20:8	074	Torongo
8	Hilda Chebet	21:38:2	075	Nairobi
9	Josphine Wanjiru	21:52:1	073	Torongo
10	Viola Chemtai	21:57:7	076	Nakuru
11	Jackline Muthoni	21:10:2	098	Mubae/Nyaha
12	Loise Wangui	22:21:5	097	Mubae
13	Monicah Wanjiru	22:25:0	089	Chima
14	Racheal Muthoni	22:29:3	084	Nyahururu
15	Pauline Chepkorir	22:37:4	090	Nakuru
16	Kadogo Chepatipiri	22:39:9	099	Nyahururu
17	Susan Kamotho	22:42:1	085	Nyahururu
18	Mercy Cherangat	25:02:4	080	Bomet
19	Ruth Wanjiku	25:25:0	087	Nyahururu
20	Monicah Nganga	25:40:6	096	Mubae
21	Teresa Nyaguthii	25:50:0	083	Nairutia
22	Bedeta Mwikali	26:00:5	100	Nyahururu
23	Joy Nyambura	26:21:1	093	Chima

EVENT: RELAYS

POSITION	NAME	TIME	BIB NO	TEAM
1.	MFAE	24:59:31		
2.	Master/ Nyahururu	25:55:62		
3	NPS	25:56:29		
4	Kenya Prison	26:07:34		
5	Kahawa	26:15:21		
6	GSU	26:16:08		
7	Nakuru	27:26:83		
8	Prison	27:43:53		
9	Gilgil	28:17:91		
10	LDB	32:10:24		