

ATHLETICS KENYA – WESTERN REGION

RESULT FORM – 3RD CROSS COUNTRY SERIES AT KAPSOKWONY HIGH SCHOOL ON 15TH DECEMBER 2018

6 KM JUNIOR WOMEN

No.	Name	BIB	DOB	Contact	Coach Name & Contact	Time	Club	County
			(dd/mm/yr)					
1	KIMTAI WINNY	051	5/6/2002			21:15.2		
2	EMMACULATE CHEPKURUI	002	3/4/2000			21:16.8		
3	MONICA CHIRCHIR	015	6/10/2000		IAN KIPRONO	21:21.0	ITEN	
4	EMMACULATE ANYANGO	084	2/3/2000			21:28.2		
5	JOSEPHINE CHELANGAT	047				21:34.0		
6	FLELIXIANA KANDA	054	4/12/2002			21:37.5		
7	BETTY CHELANG'AT	014	8/12/2002			21:44.0		
8	CELESTINE CHEPKURUI	085	5/10/2001			21:49.0		
9	NINNY CHESHARE	037	5/10/2003			21:51.2		
10	CHEPKOECH DESMA	100	23/6/2003			22:02.8		
11	CYNTHIA NOLARI	004	24/7/2000			22:03.5		
12	LEAH KIBET	052	12/5/2000			22:16.6		
13	SALOME KIPRUTO	045	21/6/2000			22:23.5		
14	BRENDA CHEPLETING'	003	12/1/1999			22:41.3		
15	EDNA CHEROTICH	013	31/5/2001			22:46.5		
16	CAROLINE TOO	076	2/9/1999			23:02.8		
17	SHEILA CHEBIWOT	044	30/1/2000			23:05.4		

18	GRACE LOIBACH	026	3/11/2003			23:09.6		
19	MIRIAM CHEBET	042	4/10/2003			23:11.0		
20	FAITH CHEMOTOSI	069	2/2/2004			23:11.2		
21	MIRIAM CHEPILECH	039	6/5/2004			23:24.3		
22	ELIZABETH KHATICI	046	8/10/2002			23:10.2		
23	DODORINE CHEROP	068	21/4/2006			23:37.0		
24	NAOMI ROTICH	093	14/3/2000			23:47.6		
25	VIOLA CHELANGA	53				23:37.0		
26	SHARON BARASA	66				23:47.6		
27	NIPHER CHEPCHUMBA	36				23:51.7		
28	ESTHER JUMA	67				23:53.3		
29	WINNY CHEPTEK	65				24:08.0		
30	MIRRIAM CHEPKIRUI	81				24:30.8		BOMET
31	GLAUDIA KIMELI	144				24:40.2		T/NZOIA
32	SUSAN CHOMBAI	5				24:40.4		BGM
33	PHELINE CHERUTO	40				25:29.0		
34	NANCY CHEROP	43				25:39.6	INDIVIDUAL	
35	HYZENE CHEROP	29				25:43.2		T/NZOIA
36	MIRIAM NAFULA	70				25:58.3		
37	ESTHER CHEKOR	72				26:00.8		
38	MIRIAM CHESANG	71				26:04.3		
39	SISCO CHESANG	38				25:09.0		
40	REBECCA KIBUSTO	34						
41	MAGDALENE CHELANGAT	73						
42	ROSE IHISA	104						
43	JOSEPHINE TAIN	106						

10KM SENIOR MEN

No.	Name	BIB	DOB	Contact	Coach Name & Contact	Time	Club	County
			(dd/mm/yr)					
1	LAWI KOSGEI	164	1/1/1998	0700 281149	BRO. COLLOM	31:02.0	ST. PATRICK	EM.
2	KIBET CHESUMBAI	278	23/3/1991	0723 390138	SELF	31:04.5	SELF	T/NZOIA
3	ROBERT KIPROP	9	25/2/1997	0728 024735	BRO. COLLOM	31:07.5	ST. PATRICK	EM.
4	MATHEW KIMELI	267	4/1/1998	0706 233010	SELF	31:09.0	SELF	EM.
5	JOSPHAT KIPCHIRCHIR	63	25/2/1997	0702 322104	WILLIAM KIOLA	31:18.0	ESMI	EM.
6	NICHOLAS KORIR KIMELI	167	29/9/1998	0740 924495	PATRICK SANG	31:26.7	KAPTAGAT	EM.
7	JULIUS TANKI	162	15/7/1997	0724 028262	JOHN KIMETO	31:36.6	SILIBWET	BOMET
8	JUSTUS KIMUTAI	82	2/3/1993	0720 071793	ERICK KIPRONO	31:43.0	CAMP SITE	EM.
9	HILLARY MOSO		16/2/1999	0799 127484	KEN	31:49.0		EM.
10	SOYEKWO KIBET	269	6/6/1992	0726 826751	DANIEL ROTICH	31:53.2	ROSA	T/NZOIA
11	DONIKAT KOMON	257	29/6/1995	0745 255239	JUMA NDHIWA	31:56.1		EM.
12	ASBEL KIPROP	62	3/1/1998	0726 846250	WILLIAM KOILA	32:05.6	ESMI	EM.
13	LEON NDIEMA	114	1/1/1990	0702 679034	SELF	32:23.3	SELF	BGM
14	KIPYEGO PHILIP	270	1/1/1995	0706 695361	DANIEL ROTICH	32:36.3	ROSA	T/NZOIA
15	MARTIN KIMINY	165	1/4/1993	0724 217389	SELF	32:36.3	SELF	BGM
16	VIDIC CHERUIYOT	163	3/5/1996	0706 228366	BRO. COLLOM	32:39.6	ST. PATRICK	EM.
17	WILFRED KIMLTEI	214	11/3/1985	0720 030203	G. CHIRCHIR	32:41.7	PRISONS	EM.
18	PETER MAYEBEI	279	1/5/1997	0726 844079	SELF	32:43.1	SELF	BGM
19	ISAAC KIPLAGAT	219	24/6/1998	0729 439121	SELF	32:46.2	SELF	EM.
20	EMMANUEL NGETUNY	215	10/10/1992	0703 166773	G. CHIRCHIR	32:49.0	PRISONS	KERICHO
21	ISAAC KIHARA	154	6/6/1998	0715 691842	OTWANEI	32:51.0	G.S.U	NAIROBI
22	LOKAI MANIMAN	123	10/5/1996	0713 771144	MUKWANA	32:52.2	TKORUPE	NAIROBI
23	VINCENT KIPCHUMBA	155	28/12/1990	0714 414817	OTWANEI	32:54.7	G.S.U	NAIROBI
24	DOMINIC LOKINYOMO	124	16/8/1998	0704 008430	MUKWANA	32:56.1	TKORUPE	NAIROBI

25	MOSONIK BENARD	161	1/5/1994	0726 161767	JOHN K.	33:03.3	SILIBWET	BOMET
26	DANIEL KANIOK	283	25/2/1997	0712 544334	BOSIRE	33:05.6	KEROKA	KISII
27	JOHN MWANGI	156	8/1/1998	0726 092125	KIGEN	33:10.1	G.S.U	NAIROBI
28	HILLARY KITIYIO		20/12/1997	0701 064491	KOKO	33:11.1	G.S.U	NAIROBI
29	SIMON ITOTI	244	28/3/1993	0726 920777	KIONI	33:14.0	KK. PRIS	KAKA
30	CASIUS MASINDE	158	30/12/1990	0797 668156	KOKO	33:23.6	G.S.U	NAIROBI
31	THOMAS KIBET	179	6/3/1996	0708 212979		33:35.0	INDI	BGM
32	VINCENT RUTO	160	1/12/1998	0707 516120	KIMETTO	33:36.0	SILIBWET	BOMET
33	MICHAEL MASAI	243	20/10/1994	0713 295847	MASESE	33:42.0	SILIBWET	BGM
34	JOSEA KIPLAGAT	137	14/4/1990	0724 618937 0728 049535	THOMAS	33:45.6	T.L.B	BAR
35	VITALIS KIMELI	259	29/9/1996	0728 049535	KOECH	33:46.0	ASTU	NKU
36	SOEKWO SONYIKWO	255	20/11/1991	0707 110703	KWALIA	33:48.4	ASTU	NKU
37	KENETH YEGO	182	16/6/1987	0723 106160	KIPTUM	33:50.0	K.D.F	NYAHU
38	TOWET NICHOLAS	233	8/6/1994	0728 517004	KIOKO	33:50.1	G.S.U	NAIROBI
39	AMOS KIPKALIA	238	26/1/1992	0708 616506	KOKO	33:50.5	G.S.U	NAIROBI
40	PHILEMON KIBET	260	4/8/1996	0703 125482	ZEPRON	33:54.5	ASTU	NKU
41	HOSEA CHIRCHIR	218	4/7/1984	0725 411072	CHIRCHIR	33:57.4	PRISON	NAIROBI
42	CORNELLIUS NDIWA		17/2/1988	0706 367928	SELF	34:00,4	ASTU	NKU
43	JUSTUS KIPKOROR	217	20/5/1996	0725 850455	CHIRCHIR	34:10,0	PRISON	NAIROBI
44	PROTUS KIPLAGAT	236	2/3/1989	0727 151553	KOKO	34:12.3	G.S.U	NAIROBI
45	PETER LAGAT	216	26/5/1992	0790 405680	CHIRCHIR	34:14.8	PRISON	NAIROBI
46	CHRISTOPHER SIRIMBI	231	8/8/1988	0729 967547	KOKO	34:22.0	G.S.U	NAIROBI
47						34:23.7		
48						34:31.7		
49	BENJAMIN MALOT	266	16/5/1994	0726 534468	KOECH	34:31.7	ASTU	UG
50	GIDEON CHEPKOY	233	5/1/1993	0720 068362	KOKO	34:37.8	G.S.U	BGM
51	PETER KEMBOI	237	24/6/1991	0723 862658	KOKO	35:02.4	G.S.U	NRB

52	WED CHEPKWAY	248	12/12/1994	0723 206163	KOECH	35:15.2	ASTU	NKU
53	MOGUT ANTONY	239	1/2/1993	0704 868953	KIGEN	35:21.1	G.S.U	BGM
54	ERASTUS KIPRUI	290	4/4/1995	0792 798419	KOKO	35:24.6	G.S.U	NANDI
55	KELVIN MAINA	261	25/4/1993	0714 472268	KOECH	35:26.8	ASTU	NKU
56	CHEPTOGOT SAMMY	283	18/12/1991	0712 010313		35:31.3		BGM
57	STEPHEN NAMASWA	83	3/5/1996	0706 428940		35:46.3		BGM
58	SYMON AYOU	126	.../1/1996	0798 243413	LOMOYONE	35:49.2	REF.	NRB
59	FARAH TIGER	335	8/8/1994	0791 754126	SIGORIA	35.50.0	NATIONAL CLUB	BGM
60	ALBERT KIPROP		5/5/1993	0722 664749	ASHA	35.55.4		BGM
61	VINCENT CHYWOT	263	23/3/1993	0708 966950	KOECH	36:13.2	ASTU	NANDI
62	DAVIS KWEMOI		3/5/1991	0706 709924	CHEMBOY	36:25.0		BGM
63	JAPHETH KIPRUTO	138	3/3/1989	0712 319030	LOMONYOLE	36:27.0	TECLA	NRB
64	JAMES CHIRCHIR	166	7/5/1980	0710 517341	KEN ROTICH	36:35.5	KEYO POL	EM
65	PAR BIET	134	1/1/1995	0796 679030	TOMAS MUGWANA	36:47.7	TECLA LORUPE	NRB
66	KIPLAGAT BIWOT		3/12/1996	0716 507014	OTWANG	37:28.1	G.S.U	NRB
67	BENARD KIBET	210	3/5/1992	0702 710272	KIMETO	37:55.0	ASTU	KRC
68	ALLAN INGAITSA	242	2/2/1988	0724 394985		38:00.6	APS	T/NZOIA
69	KIPKOSGEI NGETICH	262	1/3/1993	0722 656512	NICHOLAS SUDE	38:00.8	ASTU	NKR
70						38:00.9		
71	UKUK UTHOO	128	1/1/1993	0745 813289	MUGWANA	40.00.0	TECLA	NRB
72						40:01.1		
73	UBAA DINDA	135	1/1/1998	0719 850684	DOMOKWIL	38:12.6		KAJIADO
74	ERICK NDIWA	177	31/12/1999	0701 222715	JELUCHE	38:35.7	GENESIS	BGM
75	GARSTON MUKIZA	136	1/1/1996	0706 583315	DOMOKWIL	38:48.3		KAJIADO
76	JAMES KALOMWE	247	31/3/1990	0707 127765	KERING'		KIRINGET	NAKURU
77	EZRA KIMTAI	152	4/4/1991	0724 287809				T/NZOIA
78	RUBEN ORON	240	2/31/1952	0719 512389	BETT			T/NZOIA

10KM SENIOR WOMEN

NO.	Name	BIB	DOB	Contact	Coach Name & Contact	Time	Club	County
			(dd/mm/yr)					
1	DAISY JEKEMEI	98	13/2/1996	0714 455666	KENNETH KIPYEGO		ITEN	BARINGO
2	SHEILA CHALANGAT	48	11/4/1998	0725 242750	GABRIEL KIPTAUI		KERICHO	KERICHO
3	BEATRICE CHEPKEMOI	118	7/4/1987	0792 239781	KIBARU		NYAHURURU	NAKURU
4	ALICE APROT	49	2/1/1994	0701 74669	PRISONS		PRISONS	UG.
5	IRENE KIMAI	7	10/10/1998	0723 011712	CHERIBO		KAPSABET	BARINGO
6	BEATRICE BEGI	280	12/10/1998	0704 827870	BOSIRE		KEROKA	KISII
7	CHEPKEMOI	130	27/11/1993	0716 924899	PATRICK SANG		KAPTAGAT	EM.
8	MIRIAM CHEROP	97	25/6/1999	0792 688503	JOHN KIMETO			BOMET
9	LEONIDA MOSOP	96	10/10/1991	0713 440833	CHEROMEI		ITEN	EM.
10	NANCY NZISA	252	12/10/1995	0711 673766	PRISONS		PRISONS	NAIROBI
11	MARY NYARUAI	1	15/8/1998	0719 145817	KAMAU		NYAHURURU	LAIKIPIA
12	VANE NYABOKWE	23	17/4/1994	0706 816920	ALEX SANG		N.P.S	NAIROBI
13	POULINE WANGUI	253	12/12/1983	0723 382696	G. CHIRCHIR		PRISONS	NAIROBI
14	MARCELINE ONDIEK	254	20/1/1994	0700 284462	G. CHIRCHIR		PRISONS	KERICHO
15	MELAN CHEPLETING	22	3/8/1993	0710 634925	SELF		SELF	NANDI
16	CHEMOS VIOLA	151	22/2/1993	0797 378460	COTTON		DR. ROSA	UGANDA
17	LILIAN CHEBII	6	6/2/1994	0718 014370	ALEX SANG		N.P.S	NAIROBI
18	NOAH LELEI	129	27/9/1992	0701 838770	OTWANEI		G.S.U	NAIROBI

8KM MEN

NO.	Name	BIB	DOB	Contact	Coach Name & Contact	Time	Club	County
			(dd/mm/yr)					
1	MICHAEL KIBET	57	3/9/1999	0727 504757	WILLIAM GOILA	24:22.8	ESMIT	EM.
2	CHARLES KAKURI	38	2/6/2000	0797 923735	WILLIAM GOILA	24:31.1	ESMIT	EM.
3	GIDEON KIPNGETICH	24	25/5/1999	0712 460417	SELF	24:39.1	NAROK	NAROK
4	EDWIN KIPLANGAT		7/4/2000	0721 617605	SELF	24:49.0	SOTIK	BOMET
5	BRAVINE KOSGEI	11	3/4/2002	0724 782434	BRO. COLLOM	24:54.3	ST. PATRICK	EM.
6	ABEL KIPLIMO	28	5/8/2000	0702 701324	SELF	24:59.0	KAPKITOMY	EM.
7	JACOB KIROP	195	4/6/2001	0795 894454	MOTI	25:05.4	W/POKOT	W/POKOT
8	DOMINIC JUMA	194	5/5/2000	0796 663791	MOTI	25:06.6	W/POKOT	W/POKOT
9	SHADRACK KIPLAGAT	196	5/5/2001	0796 919232	MOTI	25:12.6	W/POKOT	W/POKOT
10	VINCENT KIPKIRUI	111	1/12/1999	0721 669552	JOHN KIMETO	25:22.3	BOMET	BOMET
11	MAYEBEI MAIBEI	185	6/5/1999	0795 507237	ALEX SANG	25:27.3	KAPSABET	NANDI
12	BRIAN LIMO	35	19/8/2002	0727 216523	JOHN LITEI	25:28.0	GLOBAL	EM.
13	REUBEN LOMOSIWA	32	5/9/2000	0704 268872	JOHN LITEI	25:31.2	GLOBAL	EM.
14	KENNETH KIPROP	188	7/7/2000	0704 906594	STEPHEN CHEMLANG	25:35.5	JIT	T/NZOIA
15	GILBERT MUTAI	56	26/11/2000	0729 526959	JOHN KIMETO	25:38.1	SILIBWET	BOMET
16	VICTOR KIPKIRUI	109	14/2/2002	0724 514458	JOHN KIMETO	25:40.5	SILIBWET	BOMET
17	CHEPLABOT DAN	224	4/8/2001	0711 402448	MOTI	25:46.4	W/POKOT	W/POKOT
18	LINUS KIPRUTO	74	8/12/1998	0715 027388	KEN ROTICH	25:47.5	ITEN	EM.
19						25:51.4		
20						25:55.3		
21	ABEL KIPSANEI	203		0701 716457	JUMA NDHIWA	25:59.6	KAPCHEROP	EM.
22	BRIAN KIPTOO	204		0795 714081	MOTI	26:02.7	W/POKOT	W/POKOT
23	MATETEI EZEKIEL	59		0724 944102	WILLIAM GOILA	26:03.8	EMIT	EM.
24	TIMOTHY KIBET	10		0724 648993	IAN KIPRONO	26:07.7	ST. PATRICK	EM.

25	AMOS SEREM	12	28/8/2002			26:12.8	ITEN	IGEYO
26	SAMWEL LIMO	17	20/6/1999			26:15.5	ELGON	T/NZOIA
27	BENARD KIPKURUI	60	5/6/2002			26:25.0		ELGEYO
28	MARTIN KIPROTICH	281	13/7/2000			26:28.1	INDIVI	BGM
29	BARNABAS KIPLAGAT	179	15/10/2001		STEPHEN	26:30.1	JIT	SABOT
30	NDIEMA ALENS	183	6/8/2000		ELIJA SAMOEI	26:39.0	COMPLETE	U/GISHU
31	TITUS KWEMOI	116	2/6/1994			26:42.4	INDIVI	BGM
32	PETER KIRUI	103	1/1/2001	0742 530217	JOHN	26:47.6	KIPTAJIT	BOMET
33	MUSA MAYEBEI	197	1/10/1999	0707 838255		26:53.6	INDIVI	BGM
34	KIMKUNG LEONARD	186	2/2/1999	0720 452992	STEPHEN	26:54.0	JIT	SABOT
35	DAVIS KORIR	110	5/4/2000	0724 14548	JOHN KIMETA	26:55.7	SILIBWET	BOMET
36	SOLOMON KIPRUTO	171	2/4/1998		THOMAS	26:57.2		T/NZOIA
37	JOEL KIROR	225	4/8/2001		TIREN	27:02.0	TRANCEN	T/NZOIA
38	BENARD KIPSIRE	168	25/11/2000	0704 650825	KORIR	27:02.1	INDIVI	BGM
39	BENJAMIN MALI	115	20/2/1995	0777 269314		27:06.0	INDIVI	T/NZOIA
40	KELVIN KORORIA	207	4/1/2000	0715 230670	JUMA NDIWA	27:08.3	INDIVI	BGM
41	ASBEL KIPROP	77	12/2/2002	0798 017060	EVANS	27:11.8	INDIVI	ELGEYO
42	MARTIN KWEMOI	264	2/5/1999	0717 013448		27:12.1	INDIVI	BGM
43	KENNEDY KOSGEY	105	5/4/2000	0721 678605	KIPCHUM	27:13.0	KIBAJET	BOMET
44	MATEIKO JONAH	192	12/12/1999	0741 492202		27:20.4		BGM
45	ROBERT ANABEI	61	12/11/2008		KOILA	27:21.8	ESMEEN	ITEN
46	BRIAN BORE	189	14/2/2000	0703 043440	STEPHEN	27:28.5	SABAOT	BGM
47	SAMMY KIPROP	173	8/8/2002	0710 111198	KAYAAN	27:29.1	GENESIS	BGM
48	LEVI KIBEI		4/2/2000	0703 549648	KAPTAMA	27:37.7	SABAOT	BGM
49	VINCENT NYAMONGO	228	18/12/2003	0716 970118	MR. TIREM	27:41.1		T/NZOIA
50	COLLINS KORIR	79	13/6/2001	0720 445865	MR. EVANS	38:44.1		ELGEYO
51	ELUID KIPSANG	226	13/7/2001	0707 606307	MR. TIREM	27:49.8		T/NZOIA
52	TONNY KIPLANGAT	227	12/12/1999	0706 408749	MR. KWALIA	27:54.7		BGM

53	MUSA JIPCHO	209	28/1/1998	0710 719859	INDIVIDUAL	27:56.3		BGM
54	PAUL KORIR	112	25/10/2000	0746 126051	INDIVIDUAL	27:59.4		BGM
55	MARTIN ROTICH	112	4/7/2000	0790 405110	INDIVIDUAL	29:06.0		T/NZOIA
56	EMMANUEL WAFULA	180	10/10/2001	0720 542992	STEPHEN CHEMLANG	28:10.8		T/NZOIA
57	JOHN CHINJA	124	10/9/2002	0701 640311	NGASIA	28:14.3		BGM
58	PETER KIPRUTO	18	9/9/1998	0792 850656	KIBE	28:15.5		T/NZOIA
59	EVANS KIMTAI	206	8/9/2000	0706 503641	JUMA NDIWA	28:20.0		T/NZOIA
60	YONAH KIMTAI	80	24/6/2002	0791 699163	ROLEX	28:21.6		BGM
61	NAIBEI LEVY	200	6/4/1998	0713 821796	KWALIA	28:32.8		BGM
62						28:39.4		
63	ERICK KIPSANG	87	6/1/1997	0727 934033		28:39.0		T/NZOIA
64	JOSHUA NAIBEI	19	6/12/2000		KIBE	28:41.2		T/NZOIA
65	TEMOI ISAAC	213	12/12/1994	0792 090 445		28:44.7		BGM
66	TIMOTHY KIPLIMO	186	6/7/2002	0798 854502	EWOI	28:46.3		T/NZOIA
67	EZEKIEL KWEMOI	193	7/5/2000	0741 979779	JUMA KWALIA	28:47.3		BGM
68	DOMINIC LOKOLONG	141	1/1/1999	0758 354991	THOMAS			NAIROBI
69	GIDEON KIBET	78	9/4/2000	0798 523426	EVANS			ELGEYO
70	BRIAN KIRUI	202	2/3/2000	0790 397093	JUMA NDIWA			T/NZOIA
71	ERICK MOREN	169	3/4/1999	0740 944797				BGM
72	KIPLIMO PHILIP	21	1/5/2000	0792 850656	KIBE			T/NZOIA
73	SIMON LODAI	143	1/1/1995	0708 149065	DOMOGAS		REF. TEAM	NAIROBI
74	ABDENEGO KIPTUU	20	26/8/1997	0796 989556	KIBET		KISAWAY	T/NZOIA
75	PETER KIPSANG	287	4/4/2001	0790 624480	KAHAN		KIPTAMA	BGM
76	PAUL KWEMBOI	198	6/1/2005	0785 555313			INDIVIDUAL	BGM
77	ENOCK MASAI	184	20/8/2002	0741 035615	STEVEN CHEMBUY		SABAOT	T/NZOIA
78	MARTIN LOGOT	170					INDIVIDUAL	T/NZOIA

RELAYS

NO.	NAME	TEAM	CLUB	TIME	POINTS
1	PRISON 2		PRISON	24:57.3	7
2	KAPSAIT		KAPSAIT	25:03.3	9
3	PRISON 1		PRISON	25:54.6	14
4	POLICE I		POLICE	26:10.5	15
5	G.S.U		G.S.U	27:11.2	23
6	POLICE 2		POLICE	DNF	