

ATHLETICS KENYA WEEKEND MEET.

RURINGU STADIUM NYERI.

3RD & 4TH MAY 2019

EVENT 1: 10,000M MEN

NO.	NAME	TEAM	REG.NO	TIME
1.	JOSPHAT KIPCHIRCHIR	IND	008	28:56:9
2.	ALFRED BARKACH	MAB	007	28:57.6
3.	ABEL MUTUA	MARSABIT	020	29:00:0
4.	VICTOR KORI	SILIBURETI	009	29:05:2
5.	EDIPON KIMNGETICH	EMBAKASI	449	29:20:2
6.	SIMON LETAYA	IND	010	21:29:8
7.	JOSEPH MWIGAI	NYAHURURU	021	29:27:0
8.	KIBWOT KANDIE	KDF	042	29:41:0
9.	MARK MLANGAT	NGONG NPS	022	29:50:44
10.	SAMSON KIPSUMBA	EMBAKASI		29:50:29

EVENT 2: 1500M WOMEN FINAL.

NO.	NAME	TEAM	REG NO.	TIME
1.	BETTY CHEPKOMEI	NAKURU	275	4:25:0
2.	JOSPHNE CHELANG	KERICHO	272	4:25:2
3.	QUAILYNE KIPROP	TORONGO	261	4:25:5
4.	SINZIA NOLARI	NANDI	279	4:31:3
5.	JACKLINE WAMBUI	PRISON	216	4:37:5
6.	JOSEPHINE NYAKORA	PRISON	278	4:39:8
7.	HELLEN MATELONG	KDF	269	4:40:4
8.	ANNET MWANZI	NGONG		4:40:7
9.	RUTH CHEPKETEL	IND	165	4:43:22

EVENT 3: LONG JUMP WOMEN.

NO.	NAME	TEAM	DISTANCE
1.	GLORIA MULEI	LAB	5.60M
2.	PRISCILLA TABUNDA	IND	5.42M
3.	REGINA MULAYA	PRISON	5.21M
4.	MOUREEN WAFULA	PRISON	5.10M
5.	PETRONILLA MUOMBE	NANYUKI	5.05M
6.	PATRICIA ISICHI	KDF	4.95M
7.	CATHERINE MWENDWA	KASARANI	4.51M
8.	MITCHEL JEPKORIR	NAVY	3.72M

EVENT 4: DISCUS MEN.

NO.	NAME	TEAM	DISTANCE
1.	DAVID LIMO	THIKA	47.21M
2.	KIPKOMEI CHARLES	MAB	46.34M
3.	BENSON MAINA	NANYUKI	46.40M
4.	KELVIN MUTAI	NYERI	43.40M
5.	JONARIS CHEPKWONY	LAB	42.39M
6.	BOAZ MONYANCHA	NAVY	40.5M
7.	NICHOLAS KERINGU	NANYUKI	39.00M
8.	MOSE NYAGA	KIAMBU	37.8M

EVENT 5: 5000M WOMEN

NO.	NAME	TEAM	REG	TIME
1.	DORCAS KIMELI	RUN CHECK	089	16:05:5
2.	MARY NYARUI	NYAH	236	16:07:0
3.	JACKLINE ROTICH	KERICHO	096	16:14:4
4.	ANNETTE YEKO	MAB	090	16:26:2
5.	BETTY CHEPKOMEI	IND	095	16:27:7
6.	JOSPHINE CHELANGAT	KERICHO	272	16:44:3
7.	GRACE ERAIN	NYERI	083	16:49:8
8.	JOSPHINE WANJIKU	TORONGO	299	16.51.7

EVENT 6: DISCUSS WOMEN

NO.	NAME	TEAM	DISTANCE
1.	ROSE RAKAMBA	POLICE	39.11M
2.	EVERLYNE OSIBORI	PRISONS	35.69M
3.	MERCY CHEPKOMEI	KDF	34.58M
4.	MONICAH LANGAT	KDF	33.25M
5.	AGNES KIRUNDO	PRISONS	29.99M
6.	BELINDA OBURU	IND	27.06M
7.	PRISTER BOSIRE	POLICE	24.55M
8.	JUDITH GATONYE	THIKA	21.94M

EVENT 7: 100M\H WOMEN

NO.	NAME	TEAM	REG.NO	TIME
1.	GLADYS NGURE	PRISON	450	14.7
2.	CAROLINE WAIGANJO	POSTA	049	14.9
3.	JANE CHEGE	NAVY	252	15.1
4.	VANTICE KERUBO	NGONG	421	15.2
5.	BRENDAMUREMI	LAB	244	15.5
6.	PRISCILLA TABUNDO	ISIOLO	368	15.5
7.	ELIZABETH KIMUNYU	KDF	423	16.7
8.	BRIGID CHERAGAT	KDF	248	17.3

EVENT 8. LONG JUMP MEN.

NO.	NAME	TEAM	DISTANCE
1.	ISAAK KIRWA	POLICE	7.39M
2.	KIPLANGAT RUTO	POLICE	7.31M
3.	BETHUELLANGAT	MAB	7.13M
4.	EDWIN TOO	PRISON	7.13M
5.	HESBON KIPCHUMBA	LAB	7.12M
6.	GILBERT CHEPKEMOI	KDF	6.89M
7.	BISMARU SOI	NAVY	6.72M
8.	HILLARY PKIACH	POLICE	6.64M

EVENT 9: 110M\H MEN.

NO.	NAME	TEAM	REG. NO	TIME
1.	MICHAEL MUSYOKA	KDF	298	13.9
2.	KOSKEY KIPRONO	POLICE	378	14.2
3.	KIPKIRUI ROTICH	POLICE	399	14.3
4.	GILBERT KIPKIRUI	IND	444	14.5
5.	WISEMAN WERE	IWD		14.5
6.	VINCENT TARUS	LAB	159	14.9
7.	EDWARD SHOLEI	PPU	385	15.1
8.	ELIJAH CHESONI	KAHAWA	194	15.2

EVENT 10. SHOT PUT WOMEN

NO.	NAME	TEAM	DISTANCE
1.	PERISTER BOSIRE	POLICE	13.35M
2.	BELINDA OBURE	IND	12.67M
3.	ROSE RAKAMBA	POLICE	12.17M
4.	MERCY CHEPKMOI	KDF	10.62M
5.	EVA KAMUNDIA	KDF	10.22M

EVENT 11: SHOT PUTT MEN.

NO.	NAMES	TEAM	DISTANCE
1.	BENSON MAINA	KDF	15.56M
2.	PETER MWANGI	PRISON	15.48M
3.	LEONARD BETT	KDF	14.54M
4.	BOAZ MONYANCHA	KDF	14.42M
5.	CHARLES KIPKEMBOI	KDF	13.93M
6.	GEOFFREY KIPKEMBOI	KDF	13.93M
7.	ALLAN KIMTAI	KDF	13.34M
8.	KELVIN KIMTAI	IND	13.33M

EVENT 12: 3000M S.CC WOMEN.

NO.	NAME	TEAM	REG NO.	TIME
1.	MERCY WANJIRU	LANET	001	9:30:3
2.	BETTY CHEPKEMOI	LANET	095	9:54:6
3.	PETTY CHEPKEMOI	NAKURU	275	10:11:9
4.	EMITO YEKO	MAP	372	10:27:7
5.	NAOMI CHEPKEMOI	KAHAWA	280	10:27:7
6.	LENNY CHELANGAT	NANDI	266	11:28:3

EVENT 13: 3000M S.C MEN

NO.	NAME	TEAM	REG NO	TIME
1.	JOACH KIPLIMO	PRISON	294	8:36:6
2.	ANTIPAS KIBET	TORONGO	393	8:28:1
3.	STEPHEN KIPLANGAT		010	8:34:6
4	GEOFFREY ROTICH	IND	190	8:38:3
5.	KIPRONO LANGAT	KDF	455	8:474
6.	JUSTUS KIPKORIR	PRISONS	061	8:512
7	DOM MUNGARE	ESMI	402	8:52:0
8.	GILBERT LANGAT	IND	051	8:52:2

EVENT 14: JAVELIN WOMEN

NO.	NAME	TEAM	THROW
1.	DAMA CLINENYAKARAU	APS	43.44
2.	MARTHA MUNGAI	PRISON	42.88
3.	SALOME MORAA	KDF	42.86
4.	EVAH KAMUNDIA	KDF	38.33
5.	MONICA LANGAT	KDF	37.06
6.	DELPHINA BINJAKI	POLICE	29.37
7.	AGNES KILUNDO		28.02

EVENT 15: 10,000 WALK WOMEN.

NO.	NAME	TEAM	TIME
1.	GRACE WANJIRU	KDF	50:47
2.	SILVA KEMBOI	S/NGONG	54:10
3.	GRACE THOITHI	NPS	1:01:10
4.	CAROL KIBENG	POLICE	1:01:35
5.	VERONICAH WAKURAYA	KDF	1:02:23
6.	PURITY MWENDE	KDF	1:03:51
7.	LOKUYU CAROLINE	KDF	1:03:53
8.	MARY GITHAIGA	PRISON	1:06:16

EVENT 16: 10.000M WALK MEN.

NO.	NAME	TEAM	RE.NO	TIME
1.	SAMUEL GAHIMBA	KDF		42:30:5
2.	SIMON WACHIRA	GILGIL		42:30:9
3.	THEURI MUINGAI		305	42:59:6
4.	ORONI JIMMY	NAIROBI	102	44:41:6
5.	HESBON NDIEMA	KAHAWA	017	47:49:6
6.	JAMEI WACHIRA	PRISON		52:11:1

EVENT 17: HAMMER MEN

NO.	NAME.	TEAM	THROW
1.	DOMINIC ABUNDA	NAVY	55.17M
2.	ADEBBAT MUSEVENI	KDF	47.09M
3.	BOA MONYANCHA	LAB	46.90M
4.	ANDREW LOKUK	NAIROBI	42.40M
5.	BEALIN OKETCH		41.16M

EVENT 18: JAVELIN MEN

NO.	NAME	TEAM	THROW
1.	GILBERT BETT	MAB	63.22M
2.	DANCAN KINYAJUI	IND	61.88M
3.	NICHOLAS KOSKEI	MAB	61.45M
4.	KIPYEGON NGETICH	IND	60.46M
5.	METHUSELA KIPROP	POLICE	56.83M
6.	VINCET TARUS	LAB	54.22M
7.	CHEBO CHESKAKI	MAB	54.12M
8.	AMOS KIRUI	IND	53.75M

EVENT 19: HAMMER WOMEN

NO.	NAME	TEAM	THROW
1.	ROSELYNE RAKAMBA	POLICE	47.41M
2.	LUCY CHEMTAI	POLICE	41.93M
3.	EVELYNE BOSIBORI	PRISON	40.93M
4.	VIBIAN CHEROTICH	PRISONS	39.13M
5.	MONICA LAGAT	MAB	36.84M
6.	NANCY KANINI	IND	36.83M
7.	PERISTER BOSIRE	POLICE	33.58M

EVENT 20: 10,000M FINAL WOMEN

NO.	NAME	TEAM	REG. NO	TIME
1.	QUALYNE KIPROP	TORONGO	261	33:10:6
2.	CAROLINE NYAGA	KIGORI	285	33:12:7
3.	JACKLINE CHEBWOGERI	IND	258	33:22:1
4.	JOYCE CHEPILEMOI	LAB	281	33:42:4
5.	JOSPHINE WANJIKU	TORONGO	099	34:41:9
6.	BETTY CHEPKEMOI	NAKURU	275	34:50:5
7.	VANE NYABOKE	MPS	412	35:11:3
8.	FLORENCE NDUKU	MACHAKOS	284	35:24:4
9.	LILLY MURGOR	IND	124	35:56:9
10.	GLADYS SONGOL	KDF	407	35:59:5
11.	SERAH MUTHOKI	IND	246	36:05:4
12.	JAWELL NJERI	NYAHU	0259	38:16:3
13.	GLADYS KIMONDO	NYERI	260	38:18:0

EVENT 21: 800M MEN

NO.	NAME	TEAM	REG.NO	TIME
1.	NICKSON CHEPKIYEGEN	LAB	244	1:50:1
2.	TONY KEMBOI	IND	256	1:50:4
3.	KIBIEGON BENARD	KDF	041	1:49:3
4.	DANIEL MUNGUTI	IND	199	1:48:4
5.	KUMAR TAKI	IND	040	1:48:9
6.	EDWIN MELLY	NGONG	371	1:48:9
7.	EVANS BIWOTT	ITEN	402	1:49:3
8.	MOSES KIPKEMOI	THIKA	041	1:49:6

EVENT 22:400M WOMEN

NO.	NAME	TEAM	REG.NO	DISTANCE
1.	MARY MORAA	NGONG	314	54.2
2.	MAUREEN JELAGAT	PRISON	320	55.4
3.	ASEYO GETRUDE	NGONG	238	56.3
4.	MERCY JEROE	IND	129	56.9
5.	VANISH ANDAWA	IND	489	57.5
6.	EDITH MUTHONI	IND	132	58.0

EVENT 23: 5000M MEN

NO.	NAME	TEAM	REG.NO	DISTANCE
1.	SIMON NJUGUNA	KDF	229	13:49:8
2.	LETAYA SIMON	IND	010	13:50:1
3.	ROBERT KIPROP	IND	112	13:50:5
4.	MOSES NJOROGE	COOPER LND	139	13:53:9
5.	PETER KAMAU	COOPER LND	107	13:57:6
6.	JOSPHAT KIPCHIRCHIR	IND	008	13:58:5
7.	PETER NDEGWA	KDF	245	13:58:7
8.	REUBEN KORIR	IND	104	14:01:4

EVENT 24: 400M MEN

NO.	NAME	TEAM	REG.NO	DISTANCE
1.	PHOGISIO JOSEPH	KDF	218	46.5
2.	DAVID SANANGE	IND	335	46.8
3.	KENNEDY KIMEI	MACH	255	47.0
4.	JOSEPH ANERE	NGONG	177	47.2
5.	JOPOLA MUTAI	PRISON	330	47.4
6.	CLEVAS KIPRUTO	IND	447	48.0
7.	ELIKANA KIPRUTO	MAB	176	48.9

EVENT 25: TRIPPLE JUMP MEN

NO.	NAME	TEAM	JUMP
1.	ISAAC KIRWA	POLICE	15.00M
2.	KIPLANGAT RUTO		15.38M
3.	GILBERT OKEMEI	KDF	15.09
4.	BETHWEL KIPLANGAT	MAB	15.01
5.	KEMEI FELIX	IND	14.78
	BISMARCK SOI	KDF	14.62
6.	HILLARY PKIACH	POLICE	14.52
7.	KENNEDY KIPKIRUI	PRISONS	14.35

EVENT 26: TRIPPLE JUMP WOMEN

NO.	NAME	TEAM	JUMP
1.	PETRONILLA MWOMBE	KDF	11.92M
2.	GLORIA MULEI	IND	11.78M
3.	REGINA MULATIA	PRISONS	11.70M

EVENT 27: 800M MEN

NO.	NAME	TEAM	REG.NO	DISTANCE
1.	EDWIN MELLY	IND	371	1:46:7
2.	KUMARI TAKEY	IND	040	1:47:0
3.	DANIEL MUNGUT	IND	199	1:48:0
4.	SOLOMON LEKUTA	LANET	154	1:48:2
5.	NICKSON KIYENG	LAB	244	1:48:4
6.	EVANS BIWOTT	ITEN	385	1:49:2
7.	MOSES KIPEMBON	THIKA	386	1:49:7
8.	KIPYEGON BENARD	KDF	405	1:50:0
9.	TONI KEMBOI	IND	256	

EVENT 28: 100M WOMEN

NO.	NAME	TEAM	REG.NO	DISTANCE
1.	QUEENECTOR POLI	LAB	426	12.2
2.	PURITY NDUKU	KDF	438	12.5
3.	DANARIS OKOR	PRISON	440	12.7
4.	OPILLI DOROTHY	POLICE	172	12.9
5.	SUSAN NYAMBURA	IND	493	13.1
6.	DOREEN WAKA	IND	494	13.2

EVENT 29: 800M WOMEN FINAL

NO.	NAME	TEAM	REG.NO	DISTANCE
1.	AGATHA JERUTO	IND	405	2:08:6
2.	NAOMI CHEPCHUMBA	POLICE	173	2:09:6
3.	NAOMI KORIR	IND	127	2:10:0
4.	JUDY JEPKOECH	TORONGO	439	2:10:6
5.	VIVIAN CHELANG		009	2:10:7
6.	PAULINE MBITHE	IND	115	2:11:7
7.	CYNTHIA NOLARI	NANDI	279	2:13:8
8.				

EVENT 30: 100M MEN FINAL

NO.	NAME	TEAM	REG.NO	DISTANCE
1.	IMETA SAMUEL	IND	287	10.3
2.	MAURICE WASIKE	KDF	416	10.5
3.	MOSES WASIKE	IND	290	10.6
4.	CARL LEWIS	KDF	364	10.8
5.	HESBON OCHIENG	PRISON		10.9
6.	BONIFACE CHITAYI	PRISON	068	11.1
7.	JUSTIN ISABOKE	MKU	189	11.5

EVENT 31: 1500M MEN

NO.	NAME	TEAM	REG.NO	DISTANCE
1.	ROBERT BIWOT	POLICE	408	3:41:7
2.	ISAAC KIPKOECH	IND	471	3:42:5
3.	ELIUD KIPSANG	KAPTAGAI	400	3:42:9
4.	EVANS KIPCHUMBA	KDF	386	3:43:4
5.	NIXON CHEPSEBA	POLICE	309	3:44:1
6.	NEWTON KIPKURUI	KIRENGEI	168	3:44:8
7.	NDIWA CHALISTAS	NPS	302	23:45:1
8.	CORNELIUS KIPLANGAT	KDF	483	3:45:5
9.	LABAN KIPLIMO	EMBAKASI	387	3:45:8
10.	SHADRACK KITEL	KERICHO	418	3:45:8
11.	MATHEW KIPSANG	MAB	470	3:46:7
12.	GILBERT KEMOI	POLICE	353	3:47:2

EVENT 32: 4*100M RELAY WOMEN TEAM.

NO	TEAM	TIME
1.	POSTA	49.1
2.	MAB	49.6
3.	PRISON	49.9
4.	KASARANI	50.1
5.	LAB	50.4
6.	NGONG	51.5
7.	KENYA NAVY	51.6
8.	KAHAWA	53.2

EVENT 33:4*100M MEN

NO	TEAM	TIME
1.	PRISON	41.5
2.	NANYUKI	41.6
3.	KAHAWA GARISSON	41.8
4.	EMBAKASI	42.2
5.	MAB	42.5
6.	POLICE	42.5
7.	MUTO	43.8
8.	KHBITONGWE	

EVENT 34: 4*400M

NO	TEAM	TIME
1.	SANARE	3:10:0
2.	K HITI MAB	3:14:3
3.	KOLANZO	3:14:7
4.	TORONGO	3:15:6
5.	PRISON (HEAT 2)	3:16:8
6.	KAHAWA	3:20:9
7.	NYAHURURU	3:22:7
8.	PRISONS(HEAT 2)	3:23:1

EVENT 35: 200M MEN

NO.	NAME	TEAM	REG.NO	DISTANCE
1.	PIUS MUIA	PRISONS	492	21.7
2.	ROBIN WANJARA	POLICE	345	21.8
3.	AMOS OMEKA	NANYUKI	310	21.9
4.	MARTIN JUMA	PRISON	054	21.1
5.	WISEMAN WELE	ELD	444	22.3
6.	KYALO KIOKO	KAHAWA	298	22.3
7.	SAMUEL KUCHUKUT	KAHAWA	299	22.3
8.	SOLOMON BUYA	KN	182	22.4

EVENT 36: 200M WOMEN

NO.	NAME	TEAM	REG.NO	DISTANCE
1.	MAUREEN JELAGAT	PRISONS	320	24.7
2.	MARY MORAA	NGONG	314	24.9
3.	EDITH MUTHONI	IND	132	25.4
4.	PATRICIA ISHILI		057	25.7
5.	MAUREEN CHERONO	IND	100	25.8
6.	PURITY NDUKU	KDF	438	26.0
7.	SUSAN NYAMBURA	IND	493	26.0

EVENT 36: 4*400M WOMEN

NO.	TEAM	REG NO
1.	POLICE	314
2.	TORONGO	261
3.	PRISON A	320
4.	PRISON B	489

EVENT 37: 400M/H WOMEN

NO.	NAME	TEAM	REG NO.	TIME
1.	JANE CHEGE	KDF	282	62.4
2.	GLADYS NGURI	PRISON	450	62.7
3.	BRENDA MUREMI	LAB	284	63.1
4.	CAROL WAIGANJO	POSTA	049	63.8
5.	KERUBO YANICE	NGONG	421	65.7
6.	CHEPKORIR SHERA	KAHAWA	057	66.6
7.	ELIZABETH KIMUNYU	KDF	423	67.2
8.	ANN WAIRIMU	IND	283	69.3

EVENT 38: 400M/H FINALIST MEN

NO.	NAME	TEAM	REG NO.	TIME
1.	EDWARD NGUNJIRU	KDF	027	52.8
2.	LANGAT EMANUEL	KDF	028	53.1
3.	NICHOLAS CHIRCHIR	LAB	349	53.3
4.	CONSMAI MELI	NANYUKI	446	53.5
5.	KIPKORIR ROTICH	POLICE	399	53.7
6.	WISEMAN WERE	IND	444	54.1
7.	VINCENT KOSGEY	PRISON	054	54.6
8.	ROBERT YEGO	KAHAWA	040	55.0
9.	ERICK KIPTOO	PRISON	448	55.3
10.	DOUGLAS OMBASA	NANYUKI	398	56.1