

**ATHLETICS KENYA –WESTERN REGION
RESULTS FORM**

800M MEN FINAL RESULTS

VENUE:.....MUMIAS.....DATE.....24-25/05/2019.....

NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
1.	Collins Kipruto	729				KWS	1:47.9
2.	Benard Kipyegon	702				Nyahururu	1:48.7
3.	Daniel Mungut	740				Individual	1:49.1
4.	Biwoi Hillary	862				Iten	1:49.7
5.	Pesi Leshop	749				Complete	1:50.0
6.	Peter Kipruto	738				Kericho	1:50.1
7.	Evans Kibiwot	820				ESMI	1:50.3
8.	Nerbert Kolombes	745				Nanyuki	1:50.4
9.	Kipsang Abel	765				Juma	1:50.4
10.	Gedion Kiplimo	741				Individual	1:50.9
11.	Simon Kipkosgei	772				W/Pokot	1:51.0
12.	Dickson Saitoti	715				KDF	1:51.3
13.	Geoffrey Ruto	818				Uganda	1:51.5
14.	Jonathan Too	717				Colaza	1:51.5
15.	Peter Kiptum	746				Mosoriot	1:51.9
16.	Jonah Kipolob	760				Mosoriot	1:52.2
17.	Andrew Rotich	864				KDF	1:52.3
18.	Wilbon Yego	737				Silibwet	1:52.5
19.	Biziya Kenne	241				Iten	1:52.8
20.	James Maguti	716				K/Navy	1:52.8
21.	Evans Kipruto	832				Individual	1:52.8
22.	Mark Mutai	990				Complete	1:53.0
23.	Kelvin Ntum	858				Iten	1:53.1
24.	Thomas Cherutich	891				Nanyuki	1:53.1

**ATHLETICS KENYA –WESTERN REGION
RESULTS FORM
800M MEN FINAL RESULTS**

VENUE:.....DATE.....

NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
25.	Cosmas Maloba	819				Police	1:53.2
26.	Elias Ngeny	868				Ind	1:53.5
27.	Noawamenja Kipchoge	858				Kdf	1:53.7
28.	Shem Simotwo	651				Kericho	1:53.8
29.	Costand Cheruiyot	743				Keriget	1:53.8
30.	Mathew Rono	842				Kdf	1:53.9
31.	Newton Kipngetich	723				N/Rift	1:54.0
32.	Evans Simeli	742				Complete	1:54.2
33.	Weldon Chemut	754				Prisons	1:54.2
34.	Lemiso Kiplagat	733				K/Navy	1:54.7
35.	Jason Murage	880				GSU	1:54.7
36.	Titus Kirui	759				Ind	1:55.1
37.	Victor Chesang	695				Police	1:55.1
38.	Isaac Kipkosgei					Golazo	1:55.2
39.	Stephen Tenai	747				Kapsabet	1:55.4
40.	Daniel Maloi	942				Kdf	1:55.4
41.	Aron Chemningwa	752				Kapcherok	1:55.4
42.	Stanepu Gilbert	863				Ind	1:55.5
43.	Joshua Kosgei	757				Ind	1:55.7
44.	Shadrack Kiptuk	744				Ind	1:56.2
45.	Kipsang Kitur	238				Kaptargat	1:56.3
46.	Denis Too	941				Mosoriot	1:56.4
47.	Cosmas Kiplagat	333				Nyahururu	1:56.4
48.	Gedion Momanyi	439				Ap	

ATHLETICS KENYA –WESTERN REGION

RESULTS FORM

800MS MEN FINAL RESULTS

VENUE:.....DATE.....

NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
49	Dur Bien					Tilorupe	1:56.7
50	Ole Musa Edwin					Iten	1:56.7
51	Lashem Alex					Kaptargat	1:56.9
52	Salim Ngetich					Astoo	1:58.0
53	Ekutan Wilson					RKH	1:58.2
54	Dominic Langat					Eldoret	1:58.4
55	Kelvin Kiprono					Mosoriot	1:58.4
56	Benjamin Lekoy					Ind	1:58.7
57	Titus Lagat					Kapsabet	1:59.0
58	Cheruiyot Josephat					Kdf	1:59.3
59	Elish Kiptanui					Mosoriot	1:59.6
60	Kipkulei Timothy					Kdf	2:00.0
61	Charles Oduor					Tilorupe	2:00.0
62	Erick Kiprono					solian	2:00.3
63	Duke Masore					AP	2:00.4
64	Hillary Koech					AP	2:00.5
65	Nelson Korir					Iten	2:01.1
66	Nicholas Kirwa					Prisons	2:01.5
67	Elphas Keter					Kdf	2:01.7
68	Stanley Kecha					LAB	2:03.1
69	Terkech Kennedy					Kdf	2:03.7
70	Kemboi Elvis					Police	2:05.9
71							
72							

ATHLETICS KENYA –WESTERN REGION

RESULTS FORM

200M WOMEN FINAL RESULTS

VENUE:.....MUMIAS.....DATE.....24-25/05/2019.....

CATEGORY/LEVEL							
NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
1.	Maximilla Imali					NPS	24.5
2.	Maurine Thomas					Individual	25.3
3.	Eunice Kadogo					NPS	25.3
4.	Niyian Muchira					Prisons	25.6
5.	Grace Kidake					Posta	26.4
6.	Naomi Chepkimoi					KDF	26.4
7.	Patricia Isiki					KDF	26.4
8.	Anastacia Kanini					KDF	26.6
9.	Dorine Waka					Ind	26.7
10.	Susan Nyambura					Ind	26.7
11.	Nelly Chepkosgei					Transnzioa	26.9
12.	Atiang Elisha					Kamurai	26.9
13.	Dorothy Obiri					NPS	27.2
14.	Edith Muthoni					Individual	27.2
15.	Jane Njoki					Ind	27.5
16.	Nyabendi Fulman					Uganda	28.9
17.	Wabwire Marceline					Nanyuki	29.1
18.	Rose Mbai					Isiolo	29.2
19.	Lydia Wesonga					Machakos	29.9
20.							
21.							
22.							
23.							
24.							

ATHLETICS KENYA –WESTERN REGION**RESULTS FORM****100M MEN FINAL RESULTS**

VENUE:.....MUMIAS.....DATE.....24-25/05/2019.....

CATEGORY/LEVEL							
NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
1.	Imeta Samwel					Nanyuki	10.2
2.	Hesbon Ochieng					Prisons	10.5
3.	Maurice Wasike					KDF	10.5
4.	Boniface Chitayi					Prisons	10.6
5.	Michael Musyoka					KDF	10.8
6.	Steven Onyango					Nairobi	10.9
7.	Emmanuel Vuwagaba					Ind	11.0
8.	Lewis Ochoe					Ind	11.0
9.	Mesach Babu					Trans Nzoia	11.1
10.	Stephen Thethere					Ind	11.3
11.	Eliud Kiminget					Police	11.3
12.	Magoka Juma					Police	11.5
13.							11.5
14.	Richard Ogutu					Police	11.7
15.	Moses Wasike					Nanyuki	11.8
16.	Hassan Lukwa					Eldoret	12.0

ATHLETICS KENYA –WESTERN REGION**RESULTS FORM****100M WOMEN FINAL RESULTS**

VENUE:.....MUMIAS.....DATE.....24-25/05/2019.....

CATEGORY/LEVEL							
NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
1.	Maximilla Imali					NPS	11.5
2.	Millicent Ndoro					NPS	11.6
3.	Joan Cheron					NPS	11.8
4.	Eunice Kadogo					NPS	11.9
5.	Patrick Isichi					KDF	12.0
6.	Fresha Mwangi					NPS	12.1
7.	Damaris Akoth					PRISONS	12.3
8.	Grace Kedake					POSTA	12.4
9.	Nelly Jepkolei					T/NZOIA	12.5
10.	Susan Nyambura					IND	12.6
11.	Naomi Chepkemoi					KDF	12.7
12.	Elizabeth Nekesa					PRISONS	12.9
13.	Atiangi Delisha					KAMURAI	12.9
14.	Dorothy Apili					NPS	13.1
15.	Nancy Chelegat					NPS	13.9

ATHLETICS KENYA –WESTERN REGION

RESULTS FORM

100M WOMEN FINAL RESULTS

VENUE:.....MUMIAS.....DATE.....24-25/05/2019.....

CATEGORY/LEVEL							
NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
1.							
2.							
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**ATHLETICS KENYA –WESTERN REGION
RESULTS FORM
1500M WOMEN FINAL RESULTS**

VENUE:.....MUMIAS.....DATE...24-25/05/2019.....

NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
1	Quailyne Kiprop					Torongo	4:19.2
2	Judith Cheng'etich					Kdf	4:21.0
3	Beatrice Chebet					Londiani	4:23.2
4	Nalianya Eglay					Individual	4:23.2
5	Nancy Chepkemoi					Londiani	4:25.3
6	Sandra Chebet					NPS	4:25.5
7	Cynthia Nolari					Nandi	4:26.2
8	Mercy Cherop					Iten	4:27.2
9	Nancy Chepkemei					Londiani	4:28.0
10	Gladsy Cherop					ESM Iten	4:30.0
11	Betty Chepkemoi					Nakuru	4:30.2
12	Millicent Kemboi					Individual	4:34.3

**ATHLETICS KENYA –WESTERN REGION
RESULTS FORM
3000 M STEEPLECHASE WOMEN FINAL RESULTS**

VENUE:.....DATE.....

NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
1.	Nancy Wanjiku					KDF	9:42.5
2.	Betty Kibet					Kapsabet	9:57.3
3.	Stella Chepkosgei					Individual	10:05.2
4.	Agnes Chesang					KDF	10:09.3
5.	Judy Kipruto					Torongo	10:13.7
6.	Caroline Ndiwa					Prison	10:18.0
7.	Nancy Sangi					KDF	10:33.6
8.							
9.							

**ATHLETICS KENYA –WESTERN REGION
RESULTS FORM**

100 M H WOMEN FINAL RESULTS

VENUE: MUMIAS

DATE... 24/5/2019

NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
1	Caroline Waiganjo	001				Posta	14.5
2	Priscilla Tabunda	552				Isiolo	15.0
3	Jane Chege	472				KDF	15.4
4	Gladys Ngure	073				Prisons	15.6
5	Phanice Kerubo	400				Ngong	15.8
6	Elizabeth Kimuyu	411				KDF	16.3
7	Sharon Karanja	728				KDF	19.5

ATHLETICS KENYA –WESTERN REGION

AWARDS

4 X 100M MEN RELAY -FINAL

VENUE: MUMIAS

DATE... 24/5/2019

1. Prisons
2. KDF
3. Stathmore
4. Police
5. Nyanza
6. Mombasa
7. Trans Nzoia
8. G.S.U
9. Kisumu. A
10. Kisumu. B
11. ASTU
12. Nyahururu A
13. Nyahururu B
14. Complete

**ATHLETICS KENYA –WESTERN REGION
RESULTS FORM
110 M H MEN FINAL RESULTS**

VENUE: MUMIAS

DATE... 24/5/2019

NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
1.	Kipkorir Rotich	001				Police	14.1
2.	Kiprono Kosgei	552				Police	14.2
3.	Wiseman Were	472				Eldoret	14.3
4.	William Mbevi	073				KDF	14.9
5.	Kipchirchir Meli	400				Police	16.9
6.	Joshua Kiptanui	411				KSM Poly	17.7
7.	Charles Munai	728				KSM Poly	20.9
8.	Elijah Cheseon					KDF	21.0

ATHLETICS KENYA –WESTERN REGION

RESULTS FORM

10000M WOMEN FINAL RESULTS

VENUE:.....MUMIAS.....DATE...24-25/05/2019.....

POSITION	NAME	TEAM	TIME
1	Harrine Kimaitu	KDF	33:28.0
2	Monica Chirchir	IND	33:31.6
3	Roselida Chepketer	Ind	33:50.9
4	Beatrice Begi	Keroka	34:18.8
5	Caren Chebet	Londiani	34:26.7
6	Sammary Cherotich	Kapsabet	34:30.6
7	Nzina Cheptoo		34:35.5
8	Gladys Chepkirui	Ind	34:35.7
9	Jackline Cheronono	Ind	

ATHLETICS KENYA –WESTERN REGION

RESULTS FORM

10000M WALK WOMEN FINAL RESULTS

VENUE:.....MUMIAS.....DATE...24-25/05/2019.....

POSITION	NAME	TEAM	TIME
1	Emily Nguu	KDF	51:07.0
2	Grace Thoihi	NPS	54:04.5
3	Sylvia Kemboi	IND	55:43.0
4	Purity Mwende	KDF	56:52.5
5	Ruter Alete	NPS	1:36:23
6	Patricia Gichuki	IND	01:48.6

ATHLETICS KENYA –WESTERN REGION

RESULTS FORM

10000M MEN WALK FINAL RESULTS

VENUE:.....MUMIAS.....DATE...24-25/05/2019.....

POSITION	NAME	TEAM	TIME
1	Dominic Ndigiti		44:48.1
2	Jimmy oroni		45:45.1
3	Eric Shikuku		46:01.7
4	Peter Wekesa		46:02.4
5	Nehemiah kiprono		48:46.8
6	Silvanus Wekesa		
7	Theuri Muigai		

ATHLETICS KENYA –WESTERN REGION

RESULTS FORM

5000 MEN FINAL

VENUE:.....MUMIAS.....DATE.....25/05/2019.....

CATEGORY/LEVEL							
NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
1	Robert Kiprono	279				IITEN	13:41.1
2	Alfred Barkach	291				MBS	13:46.1
3	Jacob Rob	150				10 FALEM	13:52.5
4	Mark Iomuget	138				ESMI	13:55.1
5	Kimaru Sabatisani	140				IND	13:56.2
6	Gideon Rono	198				TORONGO	13:56.3
7	Vincent Kipkuru	265				BOMET	13:56.5
8	Leonard Beth	271				BOMET	13:56.8
9	Letaya Simon	256				ESMI	13:57.3
10	Simon Njugune	271				LANET	13:57.8
11	Emmanuel Kiplagat	258				TORONGO	14:06.5
12	Matengo Daniel	163				IND	14:07.2
13	Refer Ndegwa	103				EMSI	14:07.6
14	Shadrack Kiplagat	125				TORONGO	14:08.4
15	Asbel Kiprop	1212				ESMI	14:09.3
16	Peter Mayebel	102				IND	14:12.1
17	Moses Njooge	152				KUPARAN	14:12.4
18	Joel Muturi	209				JAWAYET	14:12.5
19	Mathew Kipkuru	274				UGANDA	14:12.5
20	Felix Masai	223				IND	14:12.8
21	Shem Tolu	769				KERICHO	14:14.0
22	Joshua Kiplagat	147				IND	14:14.5
23	Albert Kwanoi	972				POLICE	14:16.7
24	Domongele Frederick	278				ITEN	14:16.9

ATHLETICS KENYA –WESTERN REGION

RESULTS FORM

3000 S/C MEN FINAL

VENUE:.....MUMIAS...COMPLEX.....DATE.....25/05/2019.....

CATEGORY/LEVEL							
NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
1	Stephen Kiplagat					Nandi	8:42.6
2	Geoffrey Kipkemboi					KDF	8:42.8
3	Luke Shatuke					West Pokot	8:43.4
4	Antipas Kibet					Torongo	8:43.9
5	Justus KIpkorir					Prison	8:44.0
6	Pralimo Koech					Iten	8:44.5
7	Festus Kiprono					KDF/LAB	8:51.3
8	Hillary Yego					Kericho	8:55.3
9	Vincent Kiprotich					Kaptagat	8:56.3
10	Timon Kipng'etich					Nandi	8:57.8
11	Nickson Kiplagat					KDF	8:58.3
12	Amos Serem					Pokot	9:00.4
13	Ayub Kiptum					Mosoriot	9:02.0
14	Eliasa Kibet					Nyahururu	9:02.8
15	Gilbert Langat					Ind	9:03.4
16	Timothy Kiptanui					Baringo	9:03.9
17	Christopher Bett					NPS	9:07.0
18	Silas Sugut					Kaptagat	9:07.6
19	Vincent Ruto					Bomet	9:10.8
20	Hosea Kimosop					NPS	9:12.1
21	Cheruyot Hillary					Iten	9:17.1
22	Nichodemus Kiprugat					Ind	9:20.1
23	Kiprono Langat					Nyahururu	9:23.2
24	John Mugeni					Chima	9:35.9

ATHLETICS KENYA –WESTERN REGION

RESULTS FORM

400M WOMEN FINAL

VENUE:.....MUMIAS...COMPLEX.....DATE.....25/05/2019.....

CATEGORY/LEVEL							
NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
1	Mary Moraa					Mogonga	54.0
2	Linda Kageha					Mogonga	54.3
3	Maureen Thomas					Ind	54.7
4	Vivian Muchira					Prison	55.1
5	Oseo Getrude					NPS	56.8
6	Tabitha Mogeni					KDF	57.3
7	Mercy Jerop					Ind	57.5
8	Catherine Nandi					KDF(Lanet)	57.7
9	Elizabeth Katungwa					NPS	57.8
10	Mercy Oketch					Mongonga	58.0
11	Edith Muthoni					Ind	58.3
12	Jennifer Cheptoo					KDF	59.5
13							

ATHLETICS KENYA –WESTERN REGION

RESULTS FORM

4X400m RELAY MEN FINAL

VENUE:.....MUMIAS...COMPLEX.....DATE.....25/05/2019.....

CATEGORY/LEVEL							
NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
1	KDF						3:08.5
2	NPS						3:10.9
3	MOGONGA						3:11.2
4	KDF(B)						3:11.5
5	KAPTAGAT						3:13.2
6	KDF(C)						3:14.4
7	SOI						3:15.5
8	PRISONS(A)						3:15.7
9	KOLASO						3:17.5
10	PRISON(B)						3:18.7

ATHLETICS KENYA –WESTERN REGION

RESULTS FORM

400 MEN FINAL RESULTS

VENUE:.....MUMIAS...COMPLEX.....DATE.....25/05/2019.....

CATEGORY/LEVEL							
NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
1	Ruto Said					Thika	47.3
2	Joseph Pogisho					KDF	47.4
3	Kennedy Kimeu					Machakos	47.6
4	Ochukut Samuel					Kahawa	47.8
5	Evans Omulo					KDF	48.2
5	Geoffrey Mutai					Prisons	48.2
7	Shadrack Oichoe					KDF(Navy)	48.5
7	Geoffrey Kipprotich					Prisons	48.5
9	David Seneiko					Torongo	48.7

10	Josphat Lekorer					Strav	49.0
11	Ronald Ngetich					Torongo	49.2
11	Brian timelo					Mukongo	49.2
13	Amos Chepkweny					KDF(Navy)	49.4
14	Nicholas Kiplimo					Nairobi	49.6
15	John Koshal					KDF	50.7

ATHLETICS KENYA –WESTERN REGION

RESULTS FORM

200m MEN FINAL

VENUE:.....MUMIAS...COMPLEX.....DATE.....25/05/2019.....

CATEGORY/LEVEL							
NO	Name	BIB	DOB (dd/mm/yr)	Contact	Coach Name and contact	Club	TIME
1	DAN KIVIASI					PRISONS	21.3
2	MAURICE WASIKE					KDF	21.4
3	YASSIR ASLAM					IND	21.7
4	HESBON OCHIENG					PRISONS	21.7
5	CHARLES WAMWEA					KDF	21.8
6	STEVE ONYANGO					NAIROBI	21.8
7	MARK KANG'ETHE					STRATHMORE	21.9

8	MAGOIGA JUMA					POLICE	22.0
9	EKWAM ZABLON					T/NZOIA	22.1
10	MESHACK BABU					T/NZOIA	22.2
11							22.5
12	ROBIN WANJALA					POLICE	22.6
13	OCHUKUT SAMWEL					KDF	22.6
14	STEPHEN OWOACH					KDF	22.8
15							
16	SOLOMON BWOLA					KDF	23.0

ATHELETICS KENYA- WESTERN REGION-2ND AK MEET AT MUMIAS SPORTS COMPLEX,

DATE: 24 - 25 MAY 2019

FIELD EVENTS RESULTS-JUMPS.- (LONG JUMP) MEN

POSITION	NAME	TEAM	BEST JUMP
1	KIPLAGAT RUTO	NPS	7.30m
2	GILBERT KEMOI	KD F	7.29m
3	ISAAC KIRWA	NPS	7.24m
4	TERA LANGAT	PRISON	7.09m
5	EDWIN TOO	PRISON	7.07m
6	VINCENT TARUS	KDF	7.07m
7	BISMARCK SOI	KDF	6.72m
8	ELIJAH KIMITEI	KDF	6.53m

2. WOMEN FINAL RESULTS - (LONG JUMP) WOMEN

POSITION	NAME	TEAM	BEST JUMP
1	MILLICENT NDORO	NPS	5.98m
2	MAXIMILA EMALI	NPS	5.58m
3	GLORIA MULEI	IND	5.55m
4	PRICILLA NASIMIYU	KDF	5.40m
5	IVYNE JEPKEMOI	PRISON	5.39m
6	REGINA MULATYA	PRISONS	5.13m
7	MAUREEN WAFULA	PRISONS	5.06m
8	PETRONILA MUOMBE	KDF	5.03m

ATHELETICS KENYA- WESTERN REGION-2ND AK MEET AT MUMIAS SPORTS COMPLEX,

DATE: 24 -25 MAY 2019

FIELD EVENTS RESULTS-JUMPS.- (TRIPLE JUMP) MEN

POSITION	NAME	TEAM	BEST JUMP
1	ISAAC KIRWA	NPS	15.92m
2	GILBERT KEMOI	KD F	15.58m
3	KIPLAGAT RUTO	NPS	15.50m
4	ELIJAH KIMUTAI	KDF	15.33m
5	TREVOR WESLEY	KISUMU	14.71m
6	EVANS KIPRUTO	MUGONGA	14.52m
7	HILLARY KOECH	NPS	14.42m
8	BISMARK SOI	K.NAVY	14.33m

2. WOMEN FINAL RESULTS -(TRIPLE JUMP) WOMEN

POSITION	NAME	TEAM	BEST JUMP
1	IVYNE JEPKEMOI	PRISON	12.35m
2	GLORIA MULEI	IND	12.23m
3	REGINA MULATYA	PRISON	12.01m
4	PETRONILA MUOMBE	KDF	11.57m
5	ANN KANDIE	KDF	11.50m

ATHELETICS KENYA- WESTERN REGION-2ND AK MEET AT MUMIAS SPORTS COMPLEX,

DATE: 24 -25 MAY 2019

FIELD EVENTS RESULTS-THROWS.- (SHOT PUT) MEN

POSITION	NAME	TEAM	BEST THROW
1	BENSON MAINA	KDF	15.92m
2	PETER MWANGI	PRISON	14.87m
3	BOAZ MONYANCHA	KDF	14.82m
4	LEONARD BETT	KDF	14.35m
5	CHARLES KEPKEMOI	KDF	14.06m
6	ERIC MALEMO	PRISON	12.82m
7	ENOCH KIPROTICH	IND	12.24m
8	GILBERT KOECH	NPS	11.48m

2. WOMEN FINAL RESULTS -(SHOT PUT) WOMEN

POSITION	NAME	TEAM	BEST THROW
1	FELISTER BOSIRE	NPS	12.84m
2	SARAH ATIENO	KDF	12.48m
3	JACKLINE NYONGESA	PRISON	11.84m
4	LINDA KAGEHA	MUGONGA	11.40m
5	ROSE RAKAMBA	NPS	11.34m
6	KERUBO JOSPHINE	KDF	11.15m
7	IRENE AKIFUMA	PRISON	10.91m
8	REBECCA KERUBO	NPS	10.03m

ATHELETICS KENYA- WESTERN REGION-2ND AK MEET AT MUMIAS SPORTS COMPLEX,

DATE:24 -25 MAY 2019

FIELD EVENTS RESULTS-THROWS.- (HAMMER) MEN

POSITION	NAME	TEAM	BEST THROW
1	ADELBIRTH MUSEVENI	KDF	52.10m
2	BOAZ MONYANCHA	KDF	45.32m
3	ANDREW LOKUK	KDF	44.75m
4	NICODEMUS KIPCHIRCHIR	IND.	39.80m
5	LINUS KIPKORIR	IND.	37.31m

2. WOMEN FINAL RESULTS -(HAMMER) WOMEN

POSITION	NAME	TEAM	BEST THROW
1	ROSE RAKAMBA	NPS	47.21m
2	LUCY OMONDI	KDF	46.85m
3	REBECCA KERUBO	NPS	43.65m
4	LUCY CHEMTAI	NPS	41.52m
5	NANCY KANINI	IND.	39.75m
6	KERUBO JOSPHINE	KDF	35.38m
7	SARAH ATIENO	KDF	30.80m
8	RAEL JELAGAT	KDF	29.65m

ATHELETICS KENYA- WESTERN REGION-2ND AK MEET AT MUMIAS SPORTS COMPLEX,

DATE:24 -25 MAY 2019

FIELD EVENTS RESULTS-THROWS.-JAVELIN MEN

POSITION	NAME	TEAM	BEST THROW
1	LESHACK ITANAO	NAROK	60.00m
2	GILBERT BETT	KDF	58.37m
3	NICHOLAS KOSGEY	KDF	57.00m
4	DAN KINYANJUI	IND.	56.80m
5	SAMMY KESKEN	KDF	56.70m
6	JOHN GIKONYO	KDF	55.30m
7	METHUSLA KIPROP	NPS	53.98m
8	VINCENT TARUS	KDF	53.94m

2. WOMEN FINAL RESULTS(JAVELIN)

POSITION	NAME	TEAM	BEST THROW
1	SALOME MORAA	KDF	44.94m
2	DOROTHY CHEPNGETICH	MUGONGA	43..18m
3	MARTHA MUCAI	PRISONS	41.58m
4	MARY MUGURE	KDF	39.25m
5	JANE JEPKEMOI	PRISONS	36.40m
6	DELPHINA BINZARI	NPS	34.84m
7	EVA KAMUNDIA	KDF	33.97m
8	ANN KANDIE	KDF	33.14m

ATHELETICS KENYA- WESTERN REGION-2ND AK MEET AT MUMIAS SPORTS COMPLEX,

DATE:24 -25 MAY 2019

FIELD EVENTS RESULTS-THROWS.-DISCUS -MEN

POSITION	NAME	TEAM	BEST THROW
1	CHARLES KIPKEMOI	KDF	47.00m
2	DAVID LIMO	KDF	46.22m
3	JONARIS CHEPKWONY	KDF	43.07m
4	NOBERT BIWOTT	KDF	40.85m
5	BOAZ MONYANCHA	KDF	40.80m
6	KIPSANG ROTICH	KDF	39.04m
7	NICODEMUS K.	IND	38.10m
8	DAVID TERER	NPS	37.63

2.WOMEN FINAL RESULTS

POSITION	NAME	TEAM	BEST THROW
1	ROSE RAKAMBA	NPS	40.32m
2	LINDA KAGEHA	MUGONGA	36.07m
3	IRENE AKIFUMA	PRISONS	35.50m
4	JACKLINE CHEROTICH	INDV.	34.92m
5	REBECCA KERUBO	NPS	32.42m
6	SARAH ATIENO	KDF	29.40m
7			
8			

ATHLETICS KENYA – WESTERN REGION

SERIES (2)

EVENT : 10,000M WALK - FINAL (WOMEN)

VENUE : MUMIAS SUGAR COMPLEX- MUMIAS

DATE : 25/05/2019

POSITION	NAME	TEAM	TIME
1	EMILY NGII	KDF	51:07.0
2	GRACE THOIHI	NPS	54:04.5
3	SYLVIA KEMBOI	INDIV.	55:43.0
4	PURITY MWENDE	KDF	56:52.5
5	RUTH ALETE	NPS	1:36.23
6	PATRICIA GICHUKI	INDIV	1:48:56

ATHLETICS KENYA – WESTERN REGION

SERIES (2)

EVENT : 10,000M - FINAL (WOMEN)

VENUE : MUMIAS SUGAR COMPLEX- MUMIAS

DATE : 25/05/2019

POSITION	NAME	TEAM	TIME
1	HARINE KIMAITU	KDF	33:28:0
2	MONICA CHIRCHIR	INDIV.	33:31:6
3	ROSALINDA CHEPKETER	INDIV.	33:50:9
4	BEATRICE BEGI	KEROKA	34:18:8
5	CAREN CHEBET	LONDIANI	34:26:7
6	SAMARI CHEROTICH	KAPSABET	34:30:6
7	NZINA CHEPTOO		34:35:5
8	GLADYS CHEPKURUI	INDIV.	34:35:7
9.	JACKLINE CHERONO	INDV.	34:38:68

