

AK COAST

RESULTS: 6TH AK WEEKEND MEET HELD IN MOMBASA (SHANZU TEACHERS COLLEGE) ON 4TH-5TH MAY 2018

EVENT	NAME	YoB	TEAM	POS.	TIME
100M (W)	Maureen Jelegat	1988	Prison	1	12.30
	Millicent Ndoro	1986	Police	2	12.60
	Damaris Akoth	1999	Prison	3	12.80
	Fresha Mwangi	1992	Police	4	13.10
	Mercy Akinyi	1993	MSD	5	13.40
	Purity Nduku	1997	KDF	6	13.50
100M (M)	Peter Ngarach	1990	MAB	1	11.1
	Stephen Kariuki	1994	Kasarani	2	11.2
	Yasser Aslam	1999	Hizan	3	11.3
	Pius Muia	1997	Prison	4	11.3
	Joseph Mulatia	1990	MSA	5	11.4
	Duncan Nguu	1993	Police	6	11.7
100MH (W)	Maureen Jelegat	1988	Prison	1	15.80
	Gladys Ngure	1995	Prison	2	16.70
	Tassebe Mohammed	1995	Kasarani	3	18.40
	Vanice Ogot	-	Prison	4	18.80
	Veronica Chebet	1985	Police	5	20.20
	Alfin Wanjala	1992	individual	6	21.90
110MH (M)	William Mbevi	1993	KDF	1	14.30
	Gilbet Koech	1989	Police	2	14.60
	Kiprono Kosgei	1988	Police	3	15.20
	James Mucheru	2000	MAB	4	15.50
	Stephen Rotich	1990	KPA	5	16.60
	Yasser Ahmed	-	Kasarani	6	16.62

200M (W)	Maureen Jelegat	1988	Prison	1	25.40
	Veronica Mutua	1992	Police	2	25.62
	Nivian Michira	1994	Prison	3	25.90
	Sabina Mukoswe	1992	MAB	4	26.30
	Damaris Akoth		Prison	5	26.70
	Maureen Kanata	1999	MAB	6	26.90
200M (W)	Pius Muia	1997	Prison	1	22.30
	Hesbon Ochieng	1992	Prison	2	22.50
	John Koshal	1992	Lanet	3	22.80
	Kevin Kiprotich	1995	Prison	4	22.92
	Peter John	1990	MAB	5	23.12
	William Raiyan	1998	Police	6	23.47
400M (W)	Kathenya Evangeline	1998	Individual	1	48.30
	Gladys Musyoki	1994	Police	2	49.70
	Sabina Mukoswe	1992	MAB	3	49.90
	Nivian Michira	1994	Prison	4	50.00
	Monica Mutua	1995	Machakos	5	50.70
	Anastasia Kanini	1995	MAB	6	51.00
400M (M)	Kevin Kiprotich	1995	Police	1	47.30
	Stanley Kieti	1996	Police	2	49.22
	William Raiyan	1994	Police	3	49.43
	Isaack Kirwa	1989	Police	4	49.50
400MH (W)	Tassabe Mohammed	-	Kasarani	1	65.90
	Gladys Ngure	1995	Prison	2	66.70
	Beatrice Chemeli	1993	MAB	3	67.30
	Vanice Ogot	1985	Prison	4	70.70
	Caroline Waiganjo	1994	Posta	5	76.60

400MH (M)	William Mbevi	1993	LAB	1	52.50
	James Mucheru	2000	MAB	2	53.60
	Erick Kiptoo	1996	Prison	3	54.00
	Nicholas Leiparan	1999	MAB	4	59.90
800M (W)	Angela Ndukwa	2001	Machakos	1	2:27.4
	Catherine Ndanu	2000	Machakos	2	2:28.8
	Catherine Mwendwa	1998	Kasarani	3	2:39.5
	Monica Mutua	1995	Machakos	4	2:41.6
	Teresia Nguyo	1987	Individual	5	2:54.6
800M (M)	Indunil Ketrath	1993	Nairobi	1	1:57.5
	Noah Minja	1991	Nairobi	2	1:57.7
	Jason Murage	1998	GSU	3	1:58.7
	Nicholas Leiparan	1999	MAB	4	1:59.0
	Dennis Kilee	1988	MAB	5	1:59.4
	Timothy Sein	1988	Police	6	2:00.2
1500M (W)	Enit Yego	1999	-	1	4:34.0
	Angela Ndukwa	2001	-	2	4:34.9
	Florence Nduko	1985	Machakos	3	4:38.0
	Bendeta Mbithe	2000	Machakos	4	4:44.0
	Christine Ndanu	2000	Machakos	5	4:49.0
	Teresia Nguyo	1987	Individual	6	6:37.0
1500M (M)	Isaack Kipkoech	1996	Individual	DSQ	DSQ
	Dennis Kilee	1988	MAB	1	3:50.6
	Vincent Keter	2000	RAC	2	3:51.0
	Benjamin Ndiku	-	RAC	3	3:54.0
	Wesley Lagat	1995	Lanet	4	4:06.2
	Collins Ndukila	1988	Individual	5	4:17.0

5000M (W)	Florence Nduko	1986	Machakos	1	17:25.00
	Bendeta Mbithe	2000	Machakos	2	17:35.00
	Eunice Mwaka	1996	Individual	3	18:35.00
	Catherine Iseren Omoit	1994	Changamwe	4	20:16.00
5000M (M)	Simon Njuguna	1987	Lanet	1	14:52.90
	Albert Tanui	1998	Nairobi	2	15:04.05
	Isaak Kipkoech	1996	Eldoret	3	15:07.50
	Philip Kimutai	1986	MAB	4	16:07.70
	Amos Tarbei	1990	Prison	5	17:26.30
	Charles Mbatha	1975	Individual	6	17:27.00
10,000M (W)	Catherine Iseren Omoit	1994	Changamwe	1	39:40.00
	Damaris Burongo	1990	Individual	2	41:46.00
	Kazize Mutisya	2000	Kasarani	3	42:18.00
10,000M (M)	Isaack Nderitu	-	Individual	1	35:16.00
	Erick Manani	-	MAB	2	35:19.00
	Felix Akbor	1988	MAB	3	38:06.00
	Josephat Keriako	1991	Kasarani	4	44:32.00
	Jacob Waduu	1993	Changamwe	5	46:18.00
10,000 M WALK (W)	Sylvia Kemboi	1988	KPA	1	45:20.28
	Patricia Gichuki	1989	Individual	2	49:25.78
	Damaris Burongo	1990	Individual	3	50:17.27
	Nuru Rama	1997	Individual	4	51:38.47
	Getrude Aloo	1999	Individual	5	53:15.59

10,000 M WALK (M)	Dominic Ndigiti	-	KPA	1	40:37.05
	Stephen Mutuku	-	Nyahururu	2	41:57.12
	Erick Shikuku	-	Mombasa	3	42:25.83
	Charles Mugambi	-	MPS	4	44:46.62
	Alex Alphonse	-	Individual	5	45:19.23
	Yusuf Masera	-	KPA	6	46:17.12
3000M SC (W)	Bendeta Mbithe	2000	Machakos	1	
	Angela Ndukwa	2001	Machakos	2	
	Eunice Mwakina	1996	Individual	3	
	Christine Ndanu	2000	Machakos	4	
3000M SC (M)	Wesley Lagat	1995	Lanet	1	9:24.66
	Vincent Keter	2000	Rongai	2	9:26.50
	Simon Njuguna	1987	Lanet	3	9:30.80
	Kadhenge Yeri	1998	Kilifi	4	10:57.10
Triple Jump (W)	Vera Kibet Reroy	-	Posta	1	11.25 M
	Regina Mulatia	-	Prison	2	11.18 M
	Kaiza Muliro	-	KPA	3	10.27 M
Triple Jump (M)	Isaack Kirwa	1989	Police	1	15.49 M
	Philip Musyoka	2000	DCI	2	14.29 M
	Hillary Pkich	-	DCI	3	13.29 M
	Michael Bett	1987	Police	4	13.30 M
	Meshack Kemboi	1988	Police	5	13.11 M

L/Jump (W)	Regina Mulatia	-	Prison	1	5.77 M
	Vera Kibet Rorey	-	Posta	2	5.43 M
	Beatrice Chemeli	1993	KDF	3	4.72 M
	Sheila Mumbi	-	Individual	4	4.55 M
L/Jump (M)	Isaack Kirwa	1989	Police	1	7.37 M
	Michael Ngugi		-	2	6.67 M
	Philip Musyoka	2000	DCI	3	6.63 M
	Hillary Pkich	-	DCI	4	6.60 M
	Gilbert Koech	1989	Police	5	6.30 M
	Peter Ngarach	1990	MAB	6	6.30 M
Discuss (W)	Rose Rakamba	-	Police	1	50.84 M
	Jackeline Cherotich	-	Individual	2	38.40 M
	Pelista Bosire	-	Individual	3	32.90 M
Discuss (M)	Charles Kipkemoi	-	MAB	1	48.38 M
	Joshua Pondo	-	Individual	2	46.08 M
	Kevin Kimutai	-	MAB	3	42.72 M
	Manas Onyango	-	NPS	4	37.16 M
	Fred Kogo	-	Police	5	36.72 M
	Gilbert Koech	1989	Police	6	36.39 M
Javelin (W)	Damacline Nyakerui	-	NPS	1	45.73 M
	Delphina Nyabasora	-	Police	2	38.35 M
	Jackrline Cherotich	-	Individual	3	37.75 M
	Kawira Marori	-	Individual	4	27.30 M
Javelin (M)	Duncan Kinyanjui	-	Individual	1	63.54 M
	Gilbert Bett	-	MAB	2	61.25 M
	Nicholas Kosgei	-	MAB	3	60.07 M

	Jonathan Meli	-	Police	4	52.90 M
	Gilbert Koech	1989	Police	5	51.20 M
	Bethuel Kiprop	-	Police	6	50.50 M
S/Put (W)	Pelista Bosire	-	Police	1	13.41 M
	Rose Rakamba	-	Police	2	12.13 M
	Jackeline Nyongesa	-	Prison	3	11.31 M
	Fintan Okuku	-	KPA	4	11.15 M
	Jackeline Cherotich	-	Individual	5	9.67 M
	Delphina Nyabasora	-	Police	6	9.60 M
S/Put (M)	Peter Mwangi	-	Prison	1	15.10 M
	Charles Chepkemboi	-	MAB	2	14.98 M
	Manas Onyango	-	AP	3	14.35 M
	Erick Malebo	-	Prison	4	13.41 M
	Gilbert Koech	1989	Police	5	12.73 M
	Fred Kogo	-	Police	6	12.56 M
Hammer (W)	Rose Rakamba	-	Police	1	47.52 M
	Rebecca Kerubo	-	Police	2	46.19 M
	Lucy Chemutai	-	Police	3	37.22 M
	Nancy Kanini	-	Individual	4	33.73 M
	Jackeline Nyongesa	-	Individual	5	30.51 M
Hammer (M)	Gilbert Koech	1989	Police	1	47.04 M
	Alfred Langat	-	MAB	2	45.94 M
	Erick Malebo	-	Prison	3	30.61 M
4x100 (W)	Police	-	-	1	-
	Prison	-	-	2	-
	KPA	-	-	3	-
	MAB	-	-	4	-

	MACHAKOS	-	-	5	-
4X100 (M)	KPA	-	-	1	-
	Prison	-	-	2	-
	MAB	-	-	3	-
	Kilifi	-	-	4	-
4X400 (W)	Event was cancelled due to heavy rains				
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