



ATHLETICS KENYA
3RD AK TRACK AND FIELD CHAMPIONSHIPS
HELD ON 6TH-7TH JUNE 2019 AT NAROK STADIUM

RESULTS

10000M WOMEN FINAL				
POSITION	BIB	NAME	AFFILIATE	TIME
1	017	MONICAH CHIRCHIR	IND	33:15.0
2	006	GLADYS KOECH	NAVY	33:28.0
3	001	IRENE CHEPTAI	ITEN	33:41.3
4	010	BEATRICE BEGI	KEROKA	34:04.6
5	009	NORAH CHEBET	BOMET	34:13.6
6	007	JOYCE CHEPKEMOI	LAB	34:23.5
7	002	LONAH NYABOCHOA	KEROKA	34:25.4
8	018	FAITH LINGAA	TORONGO	34:54.7
9	005	CYNTHIA KOSGEY	IND	34:56.0
10	005	LEONIDA MOSOP	IND	34:56.7
400MH WOMEN FINAL				
POSITION	BIB	NAME	AFFILIATE	TIME
1	025	VANIS KERUBO	NAIROBI	60.7
2	036	CAROLINE WAIGANJO	POSTA	62.4
3	037	JERUIYOT KADOGO	IND	64.6
4	027	SHERAH CHEPKORIR	KDF	66.4
5	024	JANE NJOKI	IND	68.5
6	044	BRIGIT JELAGAT	MARSABIT	70.3
7	0268	MARTHA CHELIMO	KAPTAGAT	71.0
8	023	AGNES MEHENI	ISIOLO	75.6
400MH MEN FINAL				
POSITION	BIB	NAME	AFFILIATE	TIME
1	038	ROTICH KIPKORIR	POLICE	52.3
2	029	CONESMAS MELLY	KDF	52.5
3	030	GEOFFREY MUTAI	PRISONS	53.1
4	033	WISEMAN WERE	ELD	53.9
5	039	DUKE MASORE	AP NPS	54.5
6	031	SAMMY KOECH RUGUT	NGONG	55.2
7	034	PATRICK MUIINDI	MACHAKOS	56.0
8	041	ROBERT YEGO	KAHAWA	56.1
JAVELIN WOMEN FINAL				
POSITION	BIB	NAME	AFFILIATE	DIST.
1	800	DAMACLINE NYAKERURI	AP NPS	48.82 Q
2	791	DOROTHY CHEPNGETICH	SIGOWET	44.82
3	798	SALOME ORENGE	NAVY	44.53
4	796	MARY MUGURE	ISIOLO	38.73
5	795	IVYN JEPKEMOI	PRISONS	37.07
6	799	MONICAH LAGAT	KDF	36.32
7	797	VIOLA CHEBET	POLICE	35.90
8	792	CYNTHIA CHESEBE	NAVY	35.20
5000M MEN FINAL				
POSITION	BIB	NAME	AFFILIATE	TIME
1	989	ROBERT KIPROTICH	KERICHO	13:54.1
2	515	PETER NDEGWA	ESMI	14:00.3
3	551	SIMON LETANYI	ESMI	14:03.5
4	883	EMMANUEL KIPROTICH	BOMET	14:07.5
5	541	JACKSON KAVESA	NDUMBI	14:11.1
6	568	REUBEN KORIR	IND	14:12.5
7	581	SIMON NJUGUNA	LANET	14:14.7
8	522	WESLEY RONO	KERINGET	14:14.8
9	587	WILFRED KIMITEI	PRISONS	14:15.3
10	571	WISLEY KIPKEMOI YEGO	KERINGET	14:15.5
11	882	VINCENT KIPKURUI	BOMET	14:16.4
	549	MOSES MOKONO	NAIROBI	14:16.5
13	885	WILLIAM SITONIK	BOMET	14:16.5
14	545	GIDEON RONO	TORONGO	14:18.6
15	534	MARIL LOMURET	ITEN	14:21.5
16	884	JULIUS TANKI	BOMET	14:22.1
17	710	BERNARD NGENO	ESMI	14:23.3
18	878	STEPHEN ARITA	NAIROBI	14:23.6
19	543	MESHAK LETIM	KDF	14:25.5
20	886	ARON KIBET	BOMET	14:26.9
JAVELIN MEN FINAL				
POSITION	BIB	NAME	AFFILIATE	DIST.
1	785	ALEXANDER KIPROTICH	EMBAKASI	68.51
2	782	DUNCAN KINYANJUI	IND.	66.69
3	744	LESHAN ITA NAO	NAROK	63.61
4	779	YEGON NELSON	THIKA	61.96
5	745	DAVID BARSITAO	PRISONS	61.65
6	786	GILBERT BETT	MAB	61.53
7	778	GIBSON LANGAT	ENGR'S	60.96
10,000M WOMEN WALK FINAL				

POSITION	BIB	NAME	AFFILIATE	TIME
1	219	GRACE WANJIKU	MAB	45:28.6
2	493	EMILY NGII	NANYUKI	45:59.9
3	489	SYLVIA KEMBOI	IND	47:42.2
4	292	GRACE THOITHI	NPS	49:41.9
5	494	PURITY MWENDE	KDF	53:19.9
6	449	JACINTA NTAIYA	GSU	58:52.7
7	490	SYLVIA NAIPANOI	IND	1:03:06
10,000M MEN WALK FINAL				
POSITION	BIB	NAME	AFFILIATE	TIME
1	480	STEPHEN MUTUKU	KDF	41:37.9
2	435	SIMON WACHIRA	KDF	42:01.5
3	495	DOMINIC NDIGITI	NYAMIRA	42:12.4
4	492	ORONI JIMMY	NAIROBI	43:20.9
5	483	ALBANAS MUIINDE	KDF	44:32.8
6	484	NICHODEMUS MUSAU	KDF	45:23.5
7	486	HEZBON NDIEMA	KDF	46:03.2
8	485	GEOFFREY KALUMA	NGONG	46:56.4
9	446	ALFRED NKAIWUATEI	ASTU	47:40.7
10	496	TIMON KIPCHUMBA	NPS	47:47.7
11	482	EZEKIEL KEMBOI	COMPLETE SPORT	47:48.0
12	487	JOSPHAT NDENGWA	NANYUKI	48:06.0
13	491	JOHN LENAMAO	KDF	49:12.6
14	477	KIPROTICH KOECH	BISSET	
5000M WOMEN FINAL				
POSITION	BIB	NAME	AFFILIATE	TIME
1	665	MERCY WANJIRU	KDF	15:50.9
2	675	LYDIA JERUTO	TORONGO	15:52.2
3	961	SELA JEPLETING	KDF	16:00.7
4	664	MARY NYARWAI	NYAHURURU	16:03.9
5	336	BEATRICE CHEBET	LONDIANI	16:06.3
6	682	SHEILA CHEPKIRUI	KDF	16:15.3
7	903	ENITH YEGO	MAB	16:17.4
8	616	JOSLINE KOIMA	IND	16:28.3
9	338	CAREN CHEBET	LONDIANI	16:29.7
10	635	CAROLINE CHEPKEMOI	KDF	16:35.6
POSITION	BIB	NAME	AFFILIATE	TIME
1	260	RONALD KIRUI	KERINGET	29:18.3
2	286	EDWIN SOI	KERICHO	29:22.2
3	261	JOSPHAT BETT	POLICE	29:23.1
4	204	GILBERT KIMUNYAN	TORONGO	29:36.3
5	653	CLEOPHAS KANDIE	TORONGO	29:45.4
6	700	JOSHUA NAKERI	NGONG	30:02.4
7	629	WILLIAM SIONIK	BOMET	30:09.5
8	914	ANTIPAS KIBET KANDIE	TORONGO	30:12.6
9	225	VEDIC KIPKOECH	KDF	30:14.0
10	612	PETER MATELONG	KDF	30:20.7
11	622	BETHUEL CHUMBA	NAVY	30:26.7
12	707	VICTOR KIBET MUTAI	BOMET	30:30.3
13	651	EMMANUEL KIPLANGAT	TORONGO	30:31.0
1500M WOMEN FINALIST				
POSITION	BIB	NAME	AFFILIATE	TIME
1	054	QUALYNE KIPROP	TORONGO	4:20.6
2	052	MERCY CHEPKORIR	SOUTH RIFT	4:25.3
3	046	JANETH NYIVA	MACHAKOS	4:26.2
4	844	NEPHINE JEPLETING	KDF	4:28.7
5	960	NANCY SANG	CENTRAL	4:29.9
6	051	NANCY JEPKEMEI	SOUTH RIFT	4:31.4
7	971	MERCELINE CHERONO	KERICHO	4:34.7
1500M MEN FINAL				
POSITION	BIB	NAME	AFFILIATE	TIME
1	929	BOAZ KIPRUGAT	NPS	3:44.5
2	966	DANIEL MUNGUTI	IND	3:45.3
3	067	LEONARD BETT	SILIGWET	3:45.5
4	983	GEOFFREY MANANGOI	RONGAI	3:46.0
5	976	NICHSON LESIYIA	IND	3:49.6
6	905	ELIUD KIPSANG	COMPLETE SPORTS	3:50.2
7	975	PETER WANGARI	ITEN	3:50.6
8	096	LABAN KIPLIMO	KDF	3:51.9
9	933	KIPSANG KITUR	IND	3:52.8
200M WOMEN FINAL				
POSITION	BIB	NAME	AFFILIATE	TIME
1	425	HELLEN SYOMBUA	POLICE	23.6
2	188	MAXIMILLA IMALI	POLICE	24.2
3	750	MAUREEN THOMAS	KEROKA	24.3
4	611	MAUREEN CHERONO	NANYUKI	25.7
5	749	CAROLINE MWENDA	KDF	25.9
6	312	SUSAN NYAMBURA	PRISON	26.1
8	805	CATHERINE NANDI	KDF	26.4

200M MEN FINAL				
POSITION	BIB	NAME	AFFILIATE	TIME
1	442	DAN KIVIASI	PRISON	21.3
2	133	PETER MWAI	POLICE	21.5
3	188	HESBON OCHIENG	PRISON	21.6
4	584	STEPHENE THETERE	KASARANI	21.7
5	196	OROGOT TARSIS	MSD	21.9
6	765	EKWAM ZABLON	TRANS NZOIA	22.0
7	343	ELISHA KIBICH YEGO	POLICE	22.1
8	128	ROBINSON WANJALA	NPS	22.1
9	194	GILBERT OSURE	KDF	22.2
10	719	KYALO KIKO	KAHAWA	22.3
11	313	MARTIN JUMA	PRISON	22.3
12	479	DUNCAN NGARU	POLICE	22.4
DSQ	419	NEWTON ROTICH	NPS	22.7
14	754	LABAN SIMATWO	PRISON	22.7
15	527	KIPRONO KOSKEI	POLICE	22.8
16	325	DENNIS NYONGESA	UON	22.8
17	758	ROBINSON MOTENDE	KEROKA	22.9
18	731	JUSTINE ISABOKE	MKU	23.2
19	808	BENSON LEKISHON	IND.	23.5
20	430	NELSON LUSENO	MPESA FOUNDATION	23.6
400M WOMEN FINALIST				
POSITION	BIB	NAME	AFFILIATE	TIME
1	835	LINDA KAGEHA	MOGONGA	54.7
2	804	GLADYS NTHENYA MUSYOKI	POLICE	54.9
3	803	ELIZABETH GATUNGWA	89CDR	57.1
4	832	JANET CHEPKOECH	IND	58.9
5	834	PURITY CHEPKOECH	KERICHO	59.8
400M MEN FINALIST				
POSITION	BIB	NAME	AFFILIATE	TIME
1	812	JOSEPH POGISHO	KDF	47.8
2	870	KENNETH KEMEU	MACHAKOS	48.0
3	947	JOSEPH SANARE	MAB	48.3
4	857	DAVID SANAYEK	TORONGO	48.4
5	817	KELVIN TAUTA	NAVY	48.7
6	517	CLEOPHAS KIPRUTO	THIKA	48.8
7	899	AMOS CHEPKWONY	NAVY	49.3
8	836	EMMANUEL MUTUA	MACHAKOS	54.3
SHOT PUT WOMEN FINAL				
POSITION	BIB	NAME	AFFILIATE	DIST.
1		PELISTER BOSIRE	POLICE	12.95
2		BELINDA OBURU	IND.	12.57
3		SARAH ATIENO	NANYUKI	12.32
4		JOSEPHINE KERUBO	ISIOLO	11.63
5		JACKLINE NYONGESA	PRISONS	11.45
6		IRENE AKIFUMA	PRISONS	10.91
7		MERCY CHEPKEMOI	LAB	9.38
SHOT PUT MEN FINAL				
POSITION	BIB	NAME	AFFILIATE	DIST.
1		BENSON MAINA	NANYUKI	15.96
2		PETER MWANGI	PRISONS	15.50
3		LEONARD BETT	NANYUKI	14.95
4		BOAZ MONY ANCHA	MTONGWE	14.44
5		CHARLES KIPKEMOI	MAB	14.11
6		GEOFFREY KIPKEMOI	MAB	14.07
7		KELVIN KIMUTAI	IND	13.59
8		EDWIN CHIRCHIR	KAHAWA	12.57
LONG JUMP WOMEN FINAL				
POSITION	BIB	NAME	AFFILIATE	DIST.
1		MAXMILA IMALI	POLICE	5.85
2		GLORIA MULEI	IND.	5.73
3		IVY JEPKEMOI	PRISONS	5.60
4		REGINA MULATYA	PRISONS	5.40
5		VERA ROREY	POSTA	5.36
6		MAUREEN WAFULA	PRISONS	5.33
7		MUSYIMI TRUPHENA	NAVY	4.77
8		DAMARIS IMBONGO	PRISONS	4.65
LONG JUMP MEN FINAL				
POSITION	BIB	NAME	AFFILIATE	DIST.
1		ISAAC KIRWA	POLICE	7.65
2		BETHWEL LAGAT	KDF	7.45
3		GILBERT PKEMOI	KDF	7.37
4		VICTOR KIPKAZI	KDF	7.22
5		VINCENT KILEL	IND.	7.10
6		LANGAT TERAH	PRISONS	7.10
7		BISMARCK SOI	KDF	6.75
8		ELIJAH KIMITEI	KDF	6.70
HUMMER WOMEN FINAL				
POSITION	BIB	NAME	AFFILIATE	DIST.
1		LUCY OMONDI	KDF	49.92 Q

2		ROSE RAKAMBA	NPS	48.75 Q
3		REBECCA KERUBO	NPS	48.24 Q
4		LUCY JEMUTAI	NPS	42.99
5		EVERLINE BOSIBORI	PRISONS	41.02
6		NANCY KANINI	IND.	40.95
7		JOSPINE KERUBO	KDF	40.22
8		MONICAH LAGAT	KDF	38.00
HUMMER MEN FINAL				
POSITION	BIB	NAME	AFFILIATE	DIST.
1		DOMINIC ABUNDA	KDF	57.17
2		ADELBERT MUSEVENI	KDF	52.92
3		ALFRED LANGAT	KDF	48.29
4		BOAZ MONYANCHA	KDF	46.94
5		REAGAN OKETCH	NANYUKI	46.59
6		ANDREW LOKUK	NANYUKI	45.20
TRIPPLE JUMP WOMEN FINAL				
POSITION	BIB	NAME	AFFILIATE	DIST.
1		GLORIA MULEI	IND	12.25
2		IVYNE JEPKEMOI	PRISONS	12.10
3		REGINA MULATYA	PRISONS	11.80
4		VERA ROREY	POSTA	11.50
5		JANET JEPKEMOI	POLICE	10.85
TRIPPLE JUMP MEN FINAL				
POSITION	BIB	NAME	AFFILIATE	DIST.
1		ISAAC KIRWA	POLICE	15.50
2		GILBERT PKEMOI	KDF	15.45
3		BETHWEL LAGAT	KDF	15.25
4		VINCENT KILEL	SIGOWET	14.90
5		VICTOR KIPKAZI	KDF	14.65
6		ELIJAH KIMITEI	KDF	14.20
7		EDWARD CHIRCHIR	MPESA FOUNDATION	14.09
8		SHADRACH CHOMBOI	POLICE	13.81
DISCUSS WOMEN FINAL				
POSITION	BIB	NAME	AFFILIATE	DIST.
1		ROSE RAKAMBA	NPS	40.20
2		IRENE AKIFUMA	PRISONS	39.45
3		MONICA LANGAT	KDF	34.87
4		EVERLINE BOSIBORI	PRISONS	33.60
5				
DISCUSS MEN FINAL				
POSITION	BIB	NAME	AFFILIATE	DIST.
1		BENSON MAINA	NANYUKI	45.31
2		KELVIN KIMUTAI	IND	44.00
3		EDWIN KERING	EMBAKASI	40.70
4		DAVID TERER	POLICE	40.15
5		TYSON MALEL	NPS	39.90
6		NICHOLAS KERING	NANYUKI	39.90
7		RICHARD METIET	MAB	39.31
5				
100M WOMEN FINAL				
POSITION	BIB	NAME	AFFILIATE	TIME
1	188	MAXIMILLA IMALI	POLICE	11.9
2	387	EUNICE KADIGO	POLICE	11.9
3	751	JOAN CHERONO	POLICE	12.2
4	750	MAUREEN THOMAS	KEROKA	12.2
5	749	QUENECTOR NAWAI KISEMBE	MSD	12.8
6	387	CAROLINE MWENDA	KDF	12.8
7	312	SUSAN NYAMBURA	PRISONS	13.0
8	121	DAMARIS AKOTH	PRISONS	13.2
9	159	MERCY CHEBET	SIGOWET	13.2
10	177	MONICA ZAPHANIA	POLICE	13.3
100M MEN FINAL				
POSITION	BIB	NAME	AFFILIATE	TIME
1	759	MENTA SAMUEL	NANYUKI	10.7
2	712	STEVE ONYANGO	NAIROBI	10.9
3	183	HESBON OCHIENG	PRISON	10.9
4	176	MUTHAR BROWN	MSD	11.1
5	719	KYALO KIOKO	KAHAWA	11.1
6	133	MICHAEL NGUGI	PRISON	11.2
7	179	JOSEPH ONDUTO	MSD	11.4
8	325	DENNIS NYONGESA	UNIVERSITY	11.5
9	584	STEPHEN THETERE	KASARANI	11.5
10	770	BOAZ ARAKA	KDF	11.6
100MH WOMEN FINAL				
POSITION	BIB	NAME	AFFILIATE	TIME
1	174	VERONICA JEBET	POLICE	15.5
2	044	BRIGID CHELAGAT	KDF	15.9
3	036	CAROLINE WAIGANJO	POSTA	16.6
4	028	ANN WAIRIMU	NAIROBI	17.2

5	025	VANICE KERUBO	NGONG	17.8
6	481	ELIZABETH KIMUYU	MAB	18.8
7	478	ABIGAE CHEPKIRUI	BOMET	19.4
8	024	JANE NJOKI	IND	20.8
110MH MEN FINAL				
POSITION	BIB	NAME	AFFILIATE	TIME
1	038	ROTIK KIPKORIR	POLICE	14.5
2	033	WISEMAN WERE	ELD.	14.9
3	788	VINCENT TARUS	KDF	15.3
4	944	ELIJAH CHESOYAN	KAHAWA	16.0
5	475	WILSON WAHOME	KDF	16.2
6	031	SAMMY RUGUT	NGONG	17.1
7	466	KIPCHIRCHIR MELLY	NPS	17.1
8	472	FRED KILONZI	IND.	18.3
800M WOMEN FINAL				
POSITION	BIB	NAME	AFFILIATE	TIME
1	468	CHEPCHUMBA NAUMGLORIOUS	POLICE	2:07.8
2	826	JUDY JEPKOECH	TORONGO	2:08.4
3	374	JOSEPHINE NYAKORA	PRISON	2:09.1
4	151	NAOMI KORIR	IND	2:09.7
5	323	BETTY CHEPKEMOI	NAKURU	2:09.9
6	373	CHRISTINE NDANU	MACHAKOS	2:11.6
7	371	PAULINE MBITHE	IND.	2:14.5
8	735	NAUME CHELANGAT	KAPSABET	2:15.3
800M MEN FINAL				
POSITION	BIB	NAME	AFFILIATE	TIME
1	144	MOSES KIPKEMBOI	THIKA	1:48.1
2	310	EVANS BIWOTT	ESMI	1:48.4
3	469	KUMARI TAKI	NAIROBI	1:48.7
4	182	TONY KEMBOI	NYAHURURU	1:49.3
5	467	DUNCAN OLOIROSHA	PRISONS	1:49.9
6	161	JACKSON KIVUVA	KDF	1:50.3
7	329	ABEL KIPSANG	GOLAZO	1:50.7
8	057	PETER LANGAT	NANYUKI	1:51.2
9	367	DICKSON SAITOTI	KDF	1:51.5
10	357	PETER KIPRUTO	KERICHO	1:51.8
11	142	ISAACK KIPKOGEI	GOLAZO	1:51.9
12	361	ALEX SAMPAAO	KAJIADO	1:52.0
13	905	MACDONALD KIPRUTO	COMPLETE SPORTS	1:52.2
14	366	EDWARD KABAZO	NAROK	1:52.2
15	322	JONATHAN KIPKORIR	IND.	1:52.5
16	460	CONSTANT CHERUIYOT	IND	1:52.6
4X100M RELAY WOMEN				
POSITION	BIB	NAME	AFFILIATE	TIME
1	188	POLICE A		47.1
2	425	POLICE B		47.2
3	166	MSD		48.9
4	312	PRISONS		49.2
5	749	KDF		50.3
6	639	KU		54.8
4X100M RELAY MEN				
POSITION	BIB	NAME	AFFILIATE	TIME
1	270	PRISONS		40.9
2	196	MSD		41.1
3	719	KAHAWA		41.5
4		NANYUKI		41.7
5	281	MKU		41.9
6	343	POLICE		42.4
7	033	GSU		42.6
8	379	NAVY		42.9
9	171	MSD 1		43.4
10		ASTU		44.2
11	273	PRISONS		46.3
4X400M RELAY WOMEN				
POSITION	BIB	NAME	AFFILIATE	TIME
1	804	POLICE		3:45.0
2	054	TORONGO		3:49.3
3	835	LINDA KAGEHA	TEAM	3:53.9
4	828	PRISONS		3:57.8
4X400M RELAY MEN				
POSITION	BIB	NAME	AFFILIATE	TIME
1	857	TORONGO		3:12.0
2	836	SOUTHERN		3:12.7
3	361	NANYUKI 1		3:12.9
4		NANYUKI 2		3:17.1
5	845	PRISONS		3:18.7
6	534	GSU		3:23.3
7	471	ASTU		3:27.7
8	900	NAROK		3:36.1