



## 4TH AK CROSS COUNTRY WEEKED SERIES

HELD AT OLKALAU ON 26TH ONOVEMBER 2022

RESULTS - 2 KM SENIOR WOMEN				
POS	BIB	NAME	REGION/CLUB	TIME
1	521	BRENDA CHEBET	POLICE	6:19.4
2	516	JUDITH CHEPKOECH	KERINGET	6:21.3
3	515	LYDIA CHERUTO	KDF	6:28.7
4	519	DORCAS CHEPKEMOI	LEMOTIT	6:37.6
5	517	FLORENCE CHEPKOECH	LEMOTIT	6:38.3
6	523	BPENINAH WANGARE	PRISON	6:39.9
7	528	DORIS CHEPKOECH	ARSTON	6:45.9
8	531	WINFRED MBITHE	POLICE	6:46.8
9	537	LUCY KIGEN	ITEN	6:56.5
10	511	NAOMI CHELIMO	TORONGO	6:58.1
11	524	MARY MUNGA	ESMI	6:59.7
12	505	CHERIN CHEMUTAI	KDF	6:59.9
13	529	HANNA NJERI	RUN TOGETHER	7:01.5
14	512	NAOMI YATOR	TORONGO	7:11.6
15	518	VIVIAN CHEROTICH	LEMOTIT	7:15.9
16	526	MILLICENT WAFULA	MALA	7:18.3
17	513	MELON LANGAT	TORONGO	7:19.4
18	534	DIANA KIBET	NGONG	8:14.1
19	533	MARY MORAA	POLICE	8:16.1
20	522	AGNES NGUMBI	POLICE	9:13.9
21	536	MAUREEN CHEPKIRUI	LAIKIPIA	9:14.1
22	520	JANET CHELANGAT	POLICE	9:15.2
23	501	LOICE WAMBUI	MPESA FOUNDATION	9:17.2
24	530	EMERIDIAM MUTISYA	SOUTHERN	10:08.2
25	502	SARAFINA NAISIAE	MPESA FOUNDATION	10:12.2
26	504	JEMIMA NTINYARI	MPESA FOUNDATION	11:13.1
29	503	FAUZIA YUSUF	MPESA FOUNDATION	12:14.9
RESULTS - 2 KM SENIOR MEN				
POS	BIB	NAME	REGION/CLUB	TIME
1	421	DANIEL MUNGUTI	KDF	5:30.9
2	420	AMOS KIPROTICH	NAKURU	5:32.0
3	415	LUCAS KIPROP	TORONGO	5:37.7
4	419	LEONARD BETT	BOMET	5:38.1
5	426	ABEL KIPSANG	POLICE	5:38.8
6	416	VINCENT KOECH	KIPRONGO	5:39.5

7	418	COLLINS KIPROP	TORONGO	5:41.5
8	424	ELIJAH MANANGOI	POLICE	5:43.4
9	449	SIMON KIPKOSGEI	MARSABIT	5:44.1
10	447	GEOFFREY KIRUI	GSU	5:44.4
11	448	KAMAR ETIANG	MARSABIT	5:45.9
12	410	PATRICK RONO	KDF	5:47.4
13	461	PETER RONO	NAKURU	5:48.9
14	408	CHARLES SIMOTWO	KDF	5:50.0
15	450	ELIAS LIPRUTO	POLICE	5:50.5
16	460	VICTOR KIPKURUI	KENAIT	5:51.0
17	451	KEMOI MAYABEI	NGONG	5:51.8
18	552	HARUN KIEMEI	NGONG	5:53.9
19	116	WESLEY LANGAT	KDF	5:54.6
20	411	AMOS KANGEI	KDF	5:55.2
21	432	AMAZON KEREU	ESMI	5:57.7
22	446	EMERING GIDEON	NGONG	6:00.3
23	102	PATRICK ROTICH	KDF	6:00.7
24	433	JAMES GICHUKI	RUN TOGETHER	6:01.4
25	459	KELVIN KIPTOO		6:01.8
26	429	KEVIN KIPCHUMBA	POLICE	6:02.9
27	454	JOSHUA KOSGEI	NANDI	6:03.6
28	409	SAMUEL RUTO	KDF	6:04.3
29	445	LENNEY KOTIKASH	KDF	6:05.1
30	439	ROBIN KIPCHIRCHIR	KDF	6:07.4
31	425	COLLINS KIPCHUMBA	POLICE	6:09.3
32	465	EDWIN KIBOI	KDF	6:12.7
33	430	SAMUEL MUTISYA	MACHAKOS	6:14.4
34	443	LABAN KIPKOECH	KDF	6:15.5
35	423	KEREMIAH MUTAI	POLICE	6:18.1
36	441	MILDAN KIRWA	IND	6:19.4
37	407	ROBINSON MWAURA	KDF	6:20.2
38	467	JUSTUS IRINGWI	NGONG	6:25.7
39	463	PETER KIBOI	PRISON	6:26.8
40	464	ROBERT KIBET	MARSABIT	6:27.2
41	428	ROBERT KOLOMBOS	POLICE	6:31.8
42	436	FRANCKIN KIPLAGAT	POLICE	6:37.2
43	413	BENARD LELEITO	NYAHURURU	6:37.5
44	435	JOEL MWANGI	OLKALAU	6:38.1
45	431	ADRIAN MUTISYA	MACHAKOS	6:46.6
46	456	PETER JULIUS	MACHAKOS	6:51.1
47	427	AMOS NGANGA	KDF	6:51.7
48	434	WILFRED PASSIANY	OLKALAU	6:53.3

49	440	EMMANUEL KIPNGETICH	NGONG	7:38.7
50	453	DENNIS OMUSE	POLICE	7:54.1
51	406	DOUGLAS OBADIA	MPESA FOUNDATION	8:01.7
52	402	JOEL BIDEN	MPESA FOUNDATION	8:02.6
53	401	PETER KITAI	MPESA FOUNDATION	8:10.1
54	403	DAVID MUHIHU	MPESA FOUNDATION	8:10.1
55	404	ARON USHINDI	MPESA FOUNDATION	8:22.4
56	405	BRANUEL MATHENGE	MPESA FOUNDATION	8:28.4

### RESULTS - 6 Km U20 WOMEN

POS	BIB	NAME	REGION/CLUB	TIME
1	622	FAITH CHEROTICH	KAYLET	20:02.8
2	668	SHEILA JEBET	ELGEYO	20:22.2
3	612	MIRRIAM CHEPKIRUI	NAKURU	20:28.2
4	623	JOYLINE CHEPKEMOI	LEMOTIT	20:37.4
5	621	MIRRIAM CHEMTAI	LEMOTIT	20:43.7
6	667	NANCY CHEROP	ITEN	20:44.2
7	625	ISCA CHELANGAT	LEMOTIT	20:55.8
8	624	DIANA CHEPKEMOI	LEMOTIT	21:20.6
9	626	REGINAH NAISERIAN	NYAHURURU	21:42.6
10	633	LUCY REGINA	NYAHURURU	21:55.9
11	638	CHRISTINE NTHAMBI	MACHAKOS	22:02.5
12	647	ANN NAENKOP	RUN TOGETHER	22:12.7
13	648	RUTH MWIHAKI	RUN TOGETHER	22:19.2
14	646	NAMEIYAN SIMON	RUN TOGETHER	22:21.1
15	640	ODIWA JEPCHUMBA	UASIN GISHU	22:21.8
16	614	MONICAH WANJIRU	CHIMA	22:24.0
17	636	MONICAH NJERI	RUN TOGETHER	22:34.7
18	607	MERCY CHEPSOYA	TORONGO	22:35.1
19	615	ELIZABETH WANJIRU	CHIMA	22:39.9
20	631	MARY AKAI	CZ	22:41.4
21	608	EVERLYNE CHEPCHIRCHIR	TORONGO	22:54.3
22	641	DOREEN KWAMBOKA	NAKURU	22:54.9
23	670	ROYSLINE MUTHONI	ESMI	22:57.8
24	628	MARGARET NGOIRI	CZ	22:59.4
25	609	MERCY CHCHEMATIAN	TORONGO	23:13.0
26	627	FAITH CHEMTAI	ESMI	23:26.6
27	630	TERESIA WACHERA	CZ	23:35.2
28	632	MIRRIAM NJERI	ESMI	23:47.6
29	610	MERCY JEPKOECH	TORONGO	24:06.8
30	635	MARY NJOROGE	CHIMA	24:13.9
31	635	ESTHER AKIRU	ESMI	24:18.2
32	645	SUSAN MWENDIA	ESMI	24:44.7

33	629	ABIGAE CHEPKOECH	CZ	25:01.7
34	644	LUCY WANJIKU	MAU CAMP	25:07.4
35	605	NANCY WANGECHI	NYERI	25:42.6
36	665	CAREN NALIAKA	NGONG	25:44.8
37	650	ELIZABETH MUTHONI	NDUNDORI	25:46.2
38	606	BELINDA WAMBUI	NYERI	25:51.6
39	613	NAOMI NJOKI	NDARAGWA	25:56.4
40	619	TERESIA WAITHERA	NDARAGWA	26:09.5
41	666	VIRGINIA NJERI	WANJOHI	26:12.7
42	642	ANN WANJIRA	MAU CAMP	26:20.3
43	637	JOYCE WANJIRU	CHIMA	26:38.6
44	651	ROSELINE NALIWAI	NGONG	27:09.4
45	643	BEATRICE NAMBASO	MAU CAMP	27:26.6
46	614	BETH WAITHERA	SILIBWET	27:48.5
47	643	MERCY CHEPKEMOI	MPESA FOUNDATION	27:54.6
48	659	MARY MUGURE	OLJOROROK	28:04.1
49	520	FRIDAH WAKUTHIE	CHIMA	28:15.1
50	660	ANA WAMBUI	OLJOROROK	28:25.5
51	664	PHYLIS NJOKI	OLJOROROK	28:26.6
52	661	ANN NJERI	OLJOROROK	28:27.1
53	601	DORIN CHEBET	MPESA FOUNDATION	28:44.1
54	671	ROSEMARY MUTHONI	NGONG	28:52.9
55	604	VERONICAH WANJIRU	MPESA FOUNDATION	29:03.1
56		SHRON WANJIRU	OLJOROROK	25:17.5
57	655	ESTHER KABERI	OLJOROROK	29:36.4
58	658	ESTHER KIRITE	OLJOROROK	29:54.9
59	509	ELIZABETH WANGARI	NYANDARUA	30:13.6
60	510	VIRGINIA WANGUI	NYANDARUA	30:14.9
61	653	MARGARET WAIRIMU	OLJOROROK	
62	652	EUNICE WANDAKA	OLJOROROK	
63	663	MERCY MAINA	OLJOROROK	
64	662	MARGARET MWANGI	OLJOROROK	
65	639	CYNTHIA WANJIKU	OLJOROROK	

**RESULTS - 8 Km U20 MEN**

POS	BIB	NAME	REGION/CLUB	TIME
1	706	ISHMAEL KIRUI	TORONGO	23:46.6
2	789	REYNOLD KIPKORIR	BOMET	23:55.1
3	738	DENNIS KIPKURUI	KIRENGET	23:59.8
4	786	GIDEON KIPNGETICH	KIRENGET	24:10.7
5	759	RAPHAEL DAPASH	NJORO	24:21.0
6	708	EVANS KIPKOSGEI	TORONGO	24:31.0
7	718	FRANCIS LANGAT	BOMET	24:35.3
8	749	STEPHEN MASINGET	NGONG	24:41.2
9	727	NICHOLAS KIPCHUMBA	CHIMA	24:45.2
10	724	RAPHAEL LONGISA	CHIMA	24:46.4
11	740	VINCENT KIMAE	ITEN	24:47.4
12	774	JAMES KARURI	ESMI	24:48.5
13	791	CLUEETON KIPTAI	KIRENGET	24:50.8
14	798	ENOCK KIPKORIR	KERICHO	24:53.5
15	755	DENNIS MUTUKU	NDUMBI	24:54.0
16		VICTOR KIPMOSOT	MUFAE	24:56.1
17	771	SHADRACK KENDIYWO	INDIVIDUAL	25:02.2
18	770	KIMTAI RONO	INDIVIDUAL	25:03.3
19	704	FESTUS KIMURUA	TORONGO	25:04.8
20	721	STEPHEN LEMAIYAN	CENTRAL	25:06.0
21	735	PETER KAMAU	RUN TOGETHER	25:09.7
22	787	GILBERT RONO	NYAHURURU	25:13.4
23	760	JUSTUC MWASIA	NDUMBI	25:14.7
24	705	KELVIN KIPROP	TORONGO	25:23.0
25	798	FRAKLIN SAITOTI	NGONG	25:28.0
26	720	MOSES TANUI	KERENGIT	25:30.2
27	538	ZEBENDAYO LENAWARE	ESMI	25:31.8
28	719	JOASH KIPROTICH RUTO	KERENGIT	25:34.3
29	753	EDWARD MUKUNGA	NDUMBI	25:35.0
30	739	ANDERSON KIBEI	CZ	25:36.8
31	599	LABAN KIPKEMBOI	ITEN	25:37.8
32	595	MATHEW KIPKOECH	ITEN	25:38.7
33	722	SHADRACK TUITOEK	CENTRAL	25:39.8
34	756	DANIEL KIOKO	NDUMBI	25:41.0
35	752	SOLOMON MUTIKO	NDUMBI	25:42.1
36	767	ANTHONY ITAH	NDARO	25:44.6
37	714	KELVIN MUTHII	CHIMA	25:45.0
38	769	MAMELA MAICHO	NYAHURURU	25:49.0
39	745	DENNIS KIPRUTO	NYAHURURU	25:50.4
40	734	RAMOS NDERITU	RUN TOGETHER	25:51.0

41	547	SYLVESTER KIPROP	IND	25:52.3
42	547	EVANS RAIMOT	MFAE	25:58.6
43	754	DENNIS MWENDWO	MAKUENI	25:59.0
44	764	NELSON PARKEN	NDUBI	26:00.3
45	465	JOSEPH KARANJA	NGONG	26:01.1
46	757	FELIX MUTHINI	MACHAKOS	26:01.3
47	707	RODGERS CHELAL	TORONGO	26:08.0
48	596	BRIAN TUYA	TORONGO	26:11.0
49	730	SAMUEL KAMAU	MFAE	26:13.4
50	555	DIVID MWANGI	NYAHURURU	26:17.2
51	741	NICHOLAS KOECH	NYAHURURU	26:19.0
52	797	VINCENT MUMANYU	NGONG	26:25.4
53	717	ROBEKI ECURON	CHIMA	26:28.0
54	736	CHRIS WANYOIKE	CZ	26:29.0
55	799	EMMNUEL KOISEYIE	NGONG	26:29.3
56	723	DENNIS KOSGEI	KERINGET	26:29.7
57	773	ERICK MWANGI	ESMI	26:37.1
58	766	ERUSTUS MAINA	ESMI	26:41.3
59	746	TITUS KIPCHUMBA	NYAHURURU	26:45.5
60	729	JOSEPH INDIMAMA	CHIMA	26:48.0
61	541	SAMUEL MENGICH	MFAE	26:48.3
62	556	FRANCIS MWAIROA	MFAE	26:54.5
63	462	KELVIN KIPYEGON	NGONG	26:59.4
64	552	MICAH KIMANI	OLKALAU	27:01.1
65	540	SYLVESTER KIPKEMBOI	MFAE	27:02.4
66	737	JOSEPH NJOROGE	CZ	27:08.7
67				27:12.7
68				27:15.0
69	785	BENEDICK NJOROGE	NAKURU	27:18.5
70	750	ANTHONY KIBIWOTT	KAJIADO	27:20.6
71	768	JOSEPH GITAE	ESMI	27:22.0
72	733	TITUS MAINA	ESMI	27:36.6
73	788	AMOS KIPRUTO	NYAHURURU	27:43.3
74	713	KENNEDY KINYANJUI	CHIMA	27:57.4
75	796	JOSEPH ONSONGO	NGONG	28:04.5
76	549	JOHN GITHINJI	ESMI	28:04.8
77	548	LEVIS KURIA	THIKA	28:11.3
78	779	DAVID WAHOME	OLKALAU	28:16.6
79	710	ANDREW NDEGRWA	NYERI	28:20.2
80	758	GEORGE NDUNGU	GILGIL	28:24.0
81	797	BRANDON KIBIWOTT	NGONG	28:30.0
82	711	MARTIN MURITHI	NJORO	28:30.2

83	742	STEPHEN MWANGI	NYAHURURU	28:38.4
84	175	JOSEPH WANJIRU	NYAHURURU	29:30.0
85	731	BILITH OMAMU	MFAE	29:43.8
86	778	JOSEPH KIMANI	OLJOROROK	29:48.2
87	748	SAMSON WANYOKIE	MAWINGO	29:59.0
88	600	JOHN MWANKIKI	OLKALAU	30:00.0
89	544	NELSON KIMELGUT	NYANDARUA	30:10.4
90	701	CLINTON LEMASHON	MPESA FOUNDATION	30:11.3
91	456	PETER JULIUS	MACHAKOS	30:17.3
92	747	VICTOR KAGIKA	NYAHURURU	30:33.0
93	782	PAUL NDIRANGU	OLJOROROK	30:45.0
94	800	VINCE MWANGI	ITEN	31:01.0
95	795	ERICK KARIMI	NGONG	31:02.2
96	702	NELSON LEPAKYON	MPESA FOUNDATION	31:25.0
97	763	ELIJAH MAINA	NYAHURURU	31:38.4
98	706	MUHAMMED MUKTAN	MPESA FOUNDATION	32:03.6
99	780	PHIILIP GICHENGO	MADARAKA	32:17.7
100	414	JOHN MURIUKI	NYAHURURU	32:38.6

## RESULTS - 10 Km SENIOR WOMEN

POS	BIB	NAME	REGION/CLUB	TIME
1	34	BEATRICE CHEBET	NPS	34:23.3
2	48	CYNTHIA CHEPKENO	KDF	34:24.7
3	8	NAOMI CHEPNGENO	NAKURU	34:27.5
4	28	ESTHER MBORURA	KDF	34:29.0
5	42	PURITY KOMEN	KDF	34:42.5
6	390	DORIS CHEROP	ITEN	35:17.7
7	535	VIRGINIA NYAMBURA	NPS	35:23.3
8	39	LYDIAH CHERUIYOT	ITEN	35:31.2
9	64	TERESAH CHEROTICH	LEMOTIT	35:34.8
10	47	WINNIE BONET	KDF	35:39.4
11	79	MIRIAM CHEROP	KERECHO	35:44.3
12	81	GLADYS KWAMBOKA	NPS	35:49.8
13	2	CAROLINE NYAGA	NPS	35:54.0
14	51	QUAILYNE KIPROP	KDF	35:54.4
15	91	SANDRA CHEBET	NPS	35:58.0
16	59	GLADYS KIMAINA	KDF	36:02.3
17	67	ANN NAASISHO	LEMOTIT	36:09.6
18	506	MERCY CHEPKURU	KDF	36:11.0
19	43	NESPHINE CHEPLING	KDF	36:13.7
20	56	CATHERINE CHEROTICH	KDF	36:14.2
21	383	EDNA KIBIWOT	KDF	36:19.4
22	677	YVONNE KEPCHIRCHIR	MFAE	36:22.0
23	53	BEATRICE CHEROP	KDF	36:24.4
24	58	BOYANI LINET	KDF	36:28.2
25	73	EMILY CHEBET	KERICHO	36:32.6
26	679	PENINAH KANDIE	KDF	36:34.7
27	69	DIANA CHEPKORIR	KDF	36:44.8
28	72	CAREN CHEBET	PRISON	36:52.0
29	32	TEKRA KAKOKO	INDIVIDUAL	36:58.3
30	52	EUNICE CHEPTOO	KDF	37:01.2
31	70	BRIDGET JERIMO	KERENGET	37:17.5
32	395	MARY NYARUAI	NYANDARUA	37:18.8
33	66	MERCY CHEPKORIR	LEMOTIT	37:22.3
34	386	JOYCE WANJUGU	ESMI	37:23.5
35	037	CHRISTINE KOMEN	NYAHURURU	37:24.3
36	089	SHEILA CHESANG	POLICE	37:24.4
37	050	VIVIAN KOSGEI	KDF	37:26.8
38	021	GLADYS SONGOK	KDF	37:35.8
39	030	MERCY CHEMUTAI	NGONG	37:36.8
40	003	DAISY CHEPNGENO	POLICE	37:49.2



41	006	ANN WANJIKU	POLICE	38:03.8
42	385	EVALINE WANJIKU	NYAHURURU	38:12.2
43	491	MERCY CHERUIYOT	KDF	38:17.8
44	388	MERCY WANJIRU	NYAHURURU	38:22.2
45	033	MILLICENT NYABERI	RUIRU	38:36.0
46	074	VIOLA YATOR	KDF	38:43'3
47	095	MARGARET NJERIMA	NGONG	38:53.1
48	035	CAROLINE CHEPKORIR	POLICE	39:01.8
49	399	SARAI NYAMBURA	MOFANYU	39:06.6
50	040	GLADYS CHEPCHUMBA	KDF	39:16.3
51	020	DOLPHINE NYARAKA	NGONG	39:29.1
52	005	MARY KURIA	POLICE	39:41.7
53	062	VIONA CHEROP	ESMI	39:51.6
54	397	TABITHA NGAU	NGONG	39:57.1
55	044	AGNES MUENI	KDF	40:15.0
56	004	ANN MWONGELI	MACHAKOS	40:17.1
57	023	JACKLINE CHERONO	NGONG	40:21.2
58	387	DORCAS CHEPTOO	ESTROBA	40:32.7
59	676	GLADYS CHEBIWOTT	NYANDARUA	40:33.5
60	389	ANASTACIA CHEPKORIR	ITEN	40:34.5
61	084	TABITHA WAMAITHA	ESMI	40:36.6
62	096	FESLISTER MAINA	CHIMA	40:45.3
63	675	AGNES WANJIKU	MFAE	40:48.6
64	075	MERCY CHEPKEMOI	KDF	40:53.1
65	027	DOREEN CHEPKIRUI	KDF	40:55.4
66	077	CAROLINE CHEPCHIRCHIR	NYAHURURU	40:56.6
67	088	MARY WANGECHI	NYAHURURU	40:59.5
68	046	EMMY CHEMUTAI	KDF	41:08.1
69	068	MERCY CHEROP	KDF	41:17.6
70	054	ANN NYAGUTHI	KDF	41:24.6
71	038	MERCY KIPYEGO	NYAHURURU	41:40.3
72	007	PAULINE NJRI	POLICE	41:50.6
73	099	MONICAH KANYATTA	POLICE	42:18.6
74	678	RUTH GACHERU	NYANDARUA	42:29.4
75	057	BETTY KIPNGOK	KDF	42:33.3
76	017	LINNET JOSHUA	NYS	42:44.6
77	087	JOSEPHINE NJERI	ESMI	42:50.3
78	384	ANN NZIZA	KDF	42:56.4
79	013	GLADYS CHEPTUM	NYS	42:58.7
80	036	AGNES CHELAGAT	KDF	43:01.8
81	080	PHILIS CHEPKESIK	ESMI	43:07.1
82	022	IRENE KOIMA	NJORO	43:14.8

83	094	PENINAH WANJIRU	NYAHURURU	43:17.6
84	082	RAHAB WAITHERA		43:19.3
85	394	CHRISTINE WAIHUINI	ESMI	43:24.6
86	012	STELLAH KIMUTAI	NYS	43:31.8
87	013	ESTHER KALIMI	NYS	43:33.2
88	014	MILLICENT CHURUATI	NYS	43:47.8
89	010	CYNTHIA CHEMETI	NYS	44:01.4
90	026	DIANA OUNDE	KDF	44:09.6
91	083	GRACE MWITHI	POLICE	44:22.6
92	004	MARY MUKAMI	NYS	44:37.8
93	021	ELIZABETH MORAA	POLICE	44:53.6
94	018	DAMARIS CHEPKAZI	NYS	45:08.9
95	100	ELIZABETH SABINA	PRISONS	47:03.6
96	016	IRENE MELIMA	NYS	48:04.7

## RESULTS - 10 Km SENIOR MEN

POS	BIB	NAME	REGION/CLUB	TIME
1	254	DANIEL SIMIYU	NPS	29:29.1
2	209	KIBIWOT KANDIE	KDF	29:35.2
3	683	CORNELIS KIMBOI	ST. PATRICK	29:36.4
4	285	EMMANUEL KIPROP	ESMIC	30:06.4
5	223	WILDONE LANGAT	ITEN	30:14.4
6	471	BRIAN KIPTOO	NAIROBI	30:18.0
7	210	EMMAUL BETT	NPS	30:18.5
8	164	KOROS COLLINS	KDF	30:23.0
9	330	NICHOLAS KIPRIMO	MFAE	30:29.0
10	684	FELIX KOIRIR	ST.PATRICK	30:34.3
11	231	ROBERT KIPROP	NPS	30:29.1
12	138	BENSON MOSHON	TORONGO	30:43.5
13	263	BETHEUL CHUMBA	KN	30:44.0
14	354	FRAKLINE NGELEL	KDF	30:50.0
15	172	VINCENT KIPROTICH	INDIVIDUAL	30:51.7
16	276	GEOFREY KOECH	KERICHO	30:52.8
17	272	ISAIAH LASOI	KERICHO	30:53.6
18	590	JOHN MWANGI	NYAHURURU	30:55.1
19	709	HOSEA KIPMOSOP	NPS	30:56.0
20	156	EMMANUEL KIPCHUMBA	KAHAWA KDF	30:58.4
21	162	WILSON TOO	KDF	30:59.2
22	353	FESTUS RONO	NYERI	31:02.0
23	162	VINCENT MUTAI	KAHAWA KDF	31:02.6
24	160	VICTOR SAWE	KDF	31:03.0
25	200	PATRICK KIPNGENO	RUN TOGETHER	31:04.3
26	360	WESLEY LEMDAMA	NAROK	31:06.6
27	265	BRAVIN KIPTOO	ST.PATRICK	31:11.5
28	117	RICHARD NDEGWA	LANET	31:16.8
29	698	FREDRICK MWINGIRWA	ESMIC	31:17.2
30	269	LABAN KIPLIMO	KDF	31:20.4
31	287	FRANCIS BONG	ESMIC	31:21.7
32	193	HILLARY KERING	KDF	31:23.2
33	558	CASIUS MASINDE	NPS	31:25.0
34				31:27.4
35	700	ISAAC MUKUNDI	MIRANGINE	31:32.2
36	267	HILLARY KIPKOECH	KDF	31:33.5
37	726	EVANS KANGI	CHIMA	31:34.8
38	251	MESHACK NDERITU	KDF	31:35.2
39	357	BONIFCE KIMUTAI	ITEN	31:35.6
40	279	TENAI KIPRUTO	NGONG	31:35.7

41	154	CYRUS KIRUI	KDF	31:37.4
42	348	MOSES KOIYAKI	KDF	31:38.2
43	109	DISMUS LOKIRA	KDF	31:39.0
44	333	ZACHARIA KIRIGA	THIKA	31:39.5
45	255	MESHACK LETTING	KDF	31:41.3
46	561	KIPSANG TEMOI	POLICE	31:42.5
47	244	PETER RUTO	KDF	31:42.8
48	238	ABEL MUTAI	KDF	31:46.3
49	113	ELKANA CHEROP	KDF	31:48.0
50	368	KIPLIMO NAIBEI	POLICE	31:49.0
51	286	JUSTINE SOSION	ESMI	31:51.5
52	356	TIMOTHY KATTAM	POLICE	31:52.2
53	262	VEDICK KOECH	ITEN	31:52.3
54	137	EDWIN KIPRUTO	KDF	31:56.5
55	116	WESLEY LAGAT	KDF	31:58.6
56	101	TIMOTYH LEDAMA	KDF	32:02.8
57	689	JAIRO SONGOK	KDF	32:03.3
58	345	COSMAS KIPLIMO	KDF	32:04.2
59	125	ALFRED KIMANI	NYAHURURU	32:05.5
60	207	ERICK KIPKURUI	POLICE	32:08.1
61	366	DOMINC MUTUKU	POLICE	32:10.5
62	158	SIMON MUCHAI	KDF	32:11.5
63	685	LEONARD LAGAT	KDF	32:12.0
64	111	VINCENT LETTING	NYAHURURU	32:14.7
65	166	ERNEST KIPROTICH	KERICHO	32:15.5
66	380	JOEL MUTURI	NGONG	32:16.4
67	363	SOEKWO SOMIKIWO	POLICE	32:16.7
68	177	ELIJAH KIBET	POLICE	32:17.2
69	325	PATRICK MUTURI	NYAHURURU	32:17.5
70	203	JACKSON MAGUT	NANYUKI	32:18.2
71	731	JOSEPH MWANGI	MFAE	32:21.5
72	574	SILAS LAIKONI	MFAE	32:23.4
73	346	ERICK TIROP	ITEN	32:25.2
74	146	HILLARY KEMBOI	KDF	32:26.2
75	681	GEOFFREY KIMOL	KERICHO	32:26.8
76	592	ISAAC KIHARA	POLICE	32:27.4
77	576	KIPKOESGEI SANG	ESMI	32:27.8
78	112	DAUGLAS KIPSEREM	KDF	32:28.2
79	198	ISAAC KILAGAT	POLICE	32:29.7
80	221	PHILEMON BETT	POLICE	32:31.1
81	480	LINUS KIPRUTO	ITEN	32:31.7
82	573	GIDEON KIMELI	KDF	32:32.2

83	246	ELIAS KIBET	KDF	32:32.7
84	147	WILSON MARABA	KDF	32:34.2
85	179	GABRIEL SARERI	KDF	32:36.1
86	153	STEVE RASWAY	KDF	32:36.8
87	102	PATRCK ROTICH	KDF	32:37.1
88	580	PATRICK KOSGEI	POLICE	32:37.5
89	194	OSCAH OKAPIET	KDF	32:40.7
90	110	ENOCK ANGISI	KDF	32:41.7
91	260	DANIEL ROP	POLICE	32:42.7
92	167	ERNEST KIMUTAI	POLICE	32:43.4
93	248	MATTHEW KIPLIMO	KDF	32:43.8
94	200	EVANS KIPCHUMBA	KDF	32:45.6
95	173	BENARD KIPKOECH	POLICE	32:46.4
96	370	JONATHAN KORIR	POLICE	32:47.8
97	152	JAMES KARIUKI	CHIMA	32:49.2
98	495	CORNELIOUS KANGOGO	KDF	32:51.1
99	403	CIOLLINS KIPSINGEI	KDF	32:54.2
100	130	CORNESIOUS KIPLAGAT	KDF	32:55.8

