



**THE TRIALS FOR WORLD ATHLETICS CROSS COUNTRY CHAMPIONSHIP
KENYA PRISONS TRAINING COLLEGE RUIRU ON 10TH DECEMBER 2022
2 KM SENIOR WOMEN RESULTS**

POS	BIB NO	NAME	AFFILIATE	DOB	PERF
1	013	BRENDA CHEBET	POLICE	16/03/2004	06:04.4
2	027	MIRIAM CHEROP	KERICHO	25/06/1999	06:07.7
3	254	BEATRICE CHEPKOECH	POLICE	06/07/1991	06:11.1
4	210	BETTY CHELANGAT	WEST POKOT	07/04/2003	06:13.3
5	012	CELESTIN JEPKOSGEI	LSS NGONG	24/12/2003	06:18.2
6	015	LYDIA CHERUTO	KDF	23/11/2000	06:20.8
7	028	JOSEPHINE CHELAGAT	KERICHO	10/10/1998	06:21.2
8	023	JUDY CHEPKOECH	KERINGET	12/04/2001	06:22.6
9	022	VIRGINIA NYAMBURA	POLICE	20/07/1993	06:23.4
10	392	SYLVIA CHELELGO	0	11/10/2005	06:24.1
11	018	BPENINAH WANGARE	PRISON	12/03/1993	06:26.8
12	228	WINNIE BONET	KDF	04/10/2003	06:29.9
13	024	PURITY CHEROTICH	POLICE	13/08/1991	06:32.2
14	350	JARINTER MAWIA	KDF	30/12/1996	06:33.1
15	029	VIVIAN KOSGEI	KDF	12/12/1998	06:33.4
16	026	GLADYS CHEPNGETICH	ITEN	20/05/2001	06:36.0
17	025	GUALYLE CHEROP	TORONGO	01/05/1999	06:42.2
18	016	DORCAS CHEPKEMOI	LEMOTIT	23/01/2007	06:46.5
19	005	JANET CHEPKOECH	ELGON 4	18/10/2003	06:53.9
20	351	ROSE IHISAA UWARO	REFUGEE	01/01/1999	08:00.5

2 KM SENIOR MEN RESULTS

POS	BIB NO	NAME	AFFILIATE	DOB	PERF
1	050	EMMANUEL WANYONYI	NANDI	01/08/2004	05:23.8
2	042	DANIEL MUNGUTI	KDF	28/02/1995	05:24.6
3	053	MATTHEW KIPSANG	KDF	16/11/1995	05:25.2
4	055	NOAK KIBET	ESMI	12/04/2004	05:26.3
5	043	AMOS KIPROTICH	NAKURU	06/09/2007	05:26.9
6	046	ABEL KIPSANG	POLICE	22/11/1996	05:27.7
7	061	DENNIS RONO	KDF	15/10/2000	05:29.3
8	044	LUCAS KIPROP	TORONGO	06/04/2002	05:29.6
9	052	DANIEL KOSEN	IKAIKA	10/05/2003	05:32.0
10	045	LEONARD BETT	BOMET	03/11/2000	05:34.2
11	040	LAWI KOMEN	LSS NGONG	01/01/1998	05:34.5
12	030	WESLEY LANGAT	ISS NGONG	07/07/1994	05:35.2
13	032	VICTOR KIPKIRUI	KETINGET	06/05/2003	05:35.8
14	060	VINCENT KETER	PRISON	11/03/2002	05:36.8
15	056	EVANS KURUI	TORONGO	12/01/1999	05:37.9
16	054	GEOFFREY RONO	TORONGO	05/05/2000	05:38.2
17	057	CONSTANTINE CHERUIYOT	KERINGET	04/05/1999	05:38.6
18	047	VINCENT KOECH	KIPRONGO	05/04/2000	05:39.7
19	049	ELIJAH MANANGOI	POLICE	05/01/1993	05:41.2
20	268	NIXON CHEBII	ITEN	09/09/1999	05:43.2
21	398	CALISTERS NDIWA		0 13/03/2009	05:44.3
22	058	BOAZ KIPRUGUT	PRISON	18/05/1998	05:45.0
23	034	ALEX NGEYWO	ELGON 5	22/03/1996	05:45.6
24	048	COLLINS KIPROP	TORONGO	13/07/2000	05:46.9
25	036	ARON NDIWA	ELGON 2	21/06/1998	06:01.3
26	395	DOMINC LOKOLONG ATIOL		0 01/01/1999	06:04.6
27	037	KWEMOI MAYEBEI	ELGON 4	05/08/2001	06:23.2
28	399	ADRIAN MUTISYA MUTUI		0 05/04/2003	06:42.1

6 KM U20 WOMEN RESULTS

POS	BIB NO	NAME	AFFILIATE	DOB	PERF
1	098	FAITH CHEROTICH	KAYLET	13/07/2004	19:16.0
2	085	SHEILA CHEBET	ITEN	31/12/2005	19:32.8
3	068	JOYLINE CHEPKEMOI	LEMOTIT	07/01/2007	19:35.5
4	094	NANCY CHEROP	ELGEYO MARAKWET	06/04/2006	19:39.0
5	090	MARION CHEPNGETICH	ELGEYO MARAKWET	04/09/2005	19:48.1
6	088	DIANA CHEROTICH	ELGEYO MARAKWET	24/12/2005	19:57.5
7	096	PAMELA KOSGEI	ELGEYO MARAKWET	05/07/2004	20:00.2
8	087	DIANA CHEPKEMOI	LEMOTIT	25/01/2007	20:02.3
9	113	YVONNE JEPCHIRCHIR	MFEA	01/01/2008	20:06.7
10	091	MAUREEN CHEPKOECH	ELGEYO MARAKWET	28/05/2004	20:14.4
11	077	FAITH CHEPCHUMBA	ANDERSEL	02/02/2006	20:17.3
12	089	DOROTHY KIMUTAI	ELGEYO MARAKWET	15/12/2003	20:24.2
13	075	DEBBORAH CHEMUTAI	NANDI	25/07/2005	20:32.3
14	092	MERCY CHEPKEMOI	NAKURU	19/10/2005	20:34.8
15	065	FLORENCE CHEPKOECH	LEMOTIT	28/07/2006	20:35.3
16	093	MIRRIAM CHEPKIRUI	NAKURU	15/08/2006	20:47.0
17	122	JUDYITH KEMUNTO		09/09/2005	20:54.2
18	067	JANET CHEPKOECH	ITEN	22/06/2004	21:00.8
19	100	LUCY REGINA	NYAHURURU	28/11/2005	21:13.8
20	106	MARGARET NGOIRI	CZ	14/05/2006	21:16.2
21	066	ISCAH CHELANGAT	LEMOTIT	20/04/2004	21:21.2
22	063	CHRISTINE KIOKO	MKS	09/08/2007	21:27.4
23	072	RUTH MWIHAKI	RUN TOGETHER	12/02/2006	21:28.8
24	104	DOREEN KWAMBOKA	NAKURU	12/07/2007	21:40.6
25	071	MIRRIAM CHEMUTAI	LEMOTIT	21/02/2007	21:41.3
26	078	JUDY CHEPKOECH	NANDI	01/08/2006	21:47.1
27	112	VIOLA CHELANGA	2 RUNNING	09/10/2005	21:52.3
28	070	MARY AKAI	COAST	20/01/2004	21:54.6
29	082	NAOMI YATOR	TORONGO	10/12/2006	21:55.4
30	120	DORCAS CHESIRO	COMPLETE SPORT	08/09/2006	22:03.7
31	102	NAMEIYAN SIMON	RUN TOGETHER	09/09/2006	22:11.5
32	103	EVERLYNE CHEPCHIRCHIR	TORONGO	23/06/2004	22:13.2
33	108	MERCY CHEPSOYA	TORONGO	26/04/2006	22:36.6
34	121	FAITH MWENDE KYALO		19/04/2005	22:56.5
35	062	ANN NAEPERIAN	RUN TOGETHER	09/05/2004	23:45.6
36	397	ANN WANJIRA		07/07/2004	26:35.3

8 KM U20 MEN RESULTS					
POS	BIB NO	NAME	AFFILIATE	DOB	PERF
1	123	ISMAEL KIRUI	TORONGO	10/02/2005	23:02.9
2	149	REYNOLD KIPKORIR	BOMET	30/07/2004	23:06.7
3	156	DENNIS KIPKURUI	KIRENGET	02/11/2004	23:12.5
4	124	RAPHAEL DABASH	NJORO	03/04/2004	23:16.7
5	148	GIDEON KIPNGETICH	NAKURU	06/05/2006	23:22.9
6	135	CHARLES ROTICH	WEST POKOT	14/05/2005	23:28.7
7	140	FELIX KIBET	MT ELGON	17/12/2005	23:33.6
8	131	DENNIS MUTUKU	NDUMBI	30/09/2005	23:38.2
9	347	RAPHAEL KOLIAN		02/02/2003	23:38.8
10	158	STEPHEN MASINGET	NGONG	23/02/2004	23:42.7
11	132	NDIWA KIBET	WESTERN	05/08/2004	23:43.7
12	146	SHADRACK RONO	BOMET	14/03/2006	23:49.7
13	151	DANIEL KINYAJUI	NAKURU	15/01/2005	23:52.5
14	160	RAPHAEL LONGISA	CHIMA	08/12/2004	23:54.1
15	161	VINCENT KIMAE	ITEN	20/08/2004	23:54.4
16	128	STEPHEN MUTHINI	NDUMBI	20/07/2005	23:54.7
17	153	ENOCK KIPKORIR	KCO	21/12/2004	23:58.3
18	142	JOEL NASHAKOL	TORONGO	02/04/2004	24:00.6
19	178	TIMOTHY KIPRONO	ELGEYO MARAKWET	05/11/2002	24:01.8
20	162	JAMES KARURI	ESMI	20/10/2007	24:09.9
21	168	DANIEL KIMAIYO	KAPSABET	10/08/2004	24:14.3
22	163	SHADRACK KENDIYWO	INDIVIDUAL	18/02/2004	24:17.1
23	159	NICHOLAS KIPCHUMBA	CHIMA	24/09/2006	24:19.0
24	133	FRANCIS LANGAT	SOUTH RIFT	01/04/2003	24:19.9
25	169	EMMANUEL WAFULA	BUNGOMA	08/02/2005	24:22.9
26	157	EVANS KIPKOSGEI	TORONGO	08/10/2006	24:25.2
27	129	JUSTAS MWASIA	NDUMBI	15/05/2004	24:25.8
28	126	CLINTON KIMUTAI	KERINGET	12/06/2006	24:29.3
29	134	SHADRAK KIPTOO	TORONGO	03/12/2004	24:30.0
30	165	STEPHEN LEMAIYAN	CENTRAL	27/12/2004	24:30.1
31	155	KENNEDY KIPTOO	BOMET	16/04/2005	24:35.0
32	154	HARON KIBET CHEPKWONY	BMT	24/01/2003	24:41.3
33	180	BENARD LAGAT		30/12/2004	24:43.0
34	179	EDWIN KISALSA		16/03/2005	24:56.7
35	137	AMOS KIPKIRUI	NIKE	05/05/2005	25:00.1
36	185	BRIAN KIPYEGO		10/10/2024	25:02.1

37	173	YONAH BELIO	BUNGOMA	11/08/2004	25:05.6
38	145	EZEKIEL KEMOI	MT ELGON	10/11/2004	25:08.1
39	136	ANDREW AKOLI	TRANS NZOIA	13/05/2006	25:21.6
40	164	FESTUS KIMURUA	TORONGO	06/07/2006	25:45.6

10 KM SENIOR WOMEN RESULTS					
POS	BIB NO	NAME	AFFILIATE	DOB	PERF
1	212	GRACE LOIBACH	ELGEYO MARAKWET	10/11/2003	32:32.3
2	214	EDINA JEBITOK	NANDI	10/11/2001	32:37.1
3	236	IRENE CHEPTAI	ELGEYO MARAKWET	04/02/1992	32:53.1
4	213	AGNES JEBET	ELGEYO MARAKWET	23/01/2001	32:59.2
5	260	VIOLA CHEPNGENO		03/02/1998	33:13.2
6	215	EMILY CHEBET	BOMET	18/02/1986	33:16.7
7	186	CYNTHIA CHEPNGENO	KDF	03/06/2000	33:27.4
8	187	ESTHER BORURA	KDF	05/01/2000	33:32.9
9	222	NELLY JEPTOO	POLICE	21/08/1992	33:48.0
10	229	GLADYS KWAMBOKA	POLICE	14/03/1996	33:49.6
11	230	CAROLINE NYAGA	POLICE	00/01/1900	33:51.1
12	200	JACKLINE CHELAL	ITEN	01/01/1995	33:55.0
13	245	BRENDA TUWEI	ELGEYO MARAKWET	04/04/2000	33:59.3
14	225	DORIS CHEROP	ITEN	00/01/1900	34:04.0
15	203	BETTY CHEPKWEMOI	POLICE	00/01/1900	34:05.1
16	226	VIRGINIA NYAMBURA	POLICE	00/01/1900	34:06.8
17	216	CAROLINE CHEPKEMOI	KDF	01/09/1993	34:09.5
18	248	PURITY CHEPKIRUI		14/02/2003	34:10.8
19	220	JANETH CHEPNGETICH	BOMET	03/07/1998	34:11.6
20	255	JACKLINE CHEPKOECH		00/01/1900	34:19.1
21	202	LILIAN CHEBII	POLICE	02/06/1994	34:21.6
22	227	LYDIAH CHERUIYOT	ITEN	00/01/1900	34:23.3
23	188	TERESA CHEROTICH	LEMOTIT	18/01/2002	34:49.1
24	204	MILLICENT KEMBOI	ITEN	12/04/1998	34:50.1
25	239	JUDY KIYENG	KDF	00/01/1900	34:50.4
26	261	EVA CHERONO	CENTRAL RIFT	00/01/1900	35:01.8
27	201	MIRRIAM CHEBET	ITEN	18/09/2002	35:05.4
28	232	SANDRA CHEBET	POLICE	00/01/1900	35:11.3
29	192	JOSEPHINE WANJIKU	TORONGO	29/09/2001	35:33.1
30	246	CHEPNGETICH LANGAT	POLICE	01/07/1993	35:43.6
31	189	ANJELINA NADAI	REFUGEE	01/01/1995	35:54.6
32	190	JUDY KEMBOI	ITEN	26/06/1999	36:06.7
33	191	LECER KEMUNTO	KDF	12/07/1989	38:02.7
34	223	ODILIA JEPCHUMBA	UASIN GISHU	28/07/2000	39:00.3
35	205	DAMARIS JEROP	NGONG	24/06/2000	42:18.8
36	257	SYLVIA MORAA		00/01/1900	49:26.6

10 KM SENIOR MEN RESULTS

POS	BIB NO	NAME	AFFILIATE	DOB	PERF
1	310	SEBATIAN KIMARU	KAPSABET	00/01/1900	28:22.5
2	288	DANIEL EBENYO SIMIU	POLICE	00/01/1900	28:28.0
3	299	KIBIWOT KANDIE	KDF	20/06/1996	28:30.3
4	301	EMMANUEL KIPROP	GOLAZO	00/01/1900	28:31.8
5	336	NICHOLAS KIPKORIR		0 00/01/1900	28:34.2
6	331	GEOFFREY KAMWOROR		0 00/01/1900	28:34.6
7	305	KOROS COLLINS	KDF	00/01/1900	28:45.1
8	314	HILLARY KIPCHIRCHIR	KAPTAGAT	00/01/1900	28:55.2
9	293	CHARLES LOKIR KATUL	WEST POKOT	06/06/2000	29:04.7
10	290	ASBEL KIPROP	ELGEYO MARAKWET	00/01/1900	29:11.0
11	302	WELDON LANGAT	ITEN	00/01/1900	29:11.3
12	267		0	0 00/01/1900	29:18.8
13	313	DENNIS KIPNGETICH	NEWTON	00/01/1900	29:20.4
14	271	NICHOLAS KIPLIMO	MFAE	1998	29:22.7
15	291	FREDRICK DOMONGOLE	WEST POKOT	03/10/2002	29:25.3
16	287	EDWIN BETT	POLICE	09/04/2000	29:26.1
17	303	BRIAN KIPTOO	NAIROBI	00/01/1900	29:29.3
18	307	FELIX KOIRIR	ST.PATRICK	00/01/1900	29:33.2
19	262	ISAAC KIBET NDIEMA	MT ELGON	1999	29:33.6
20	316	DANIEL MATEIKO	UG	00/01/1900	29:35.7
21	309	VINCENT KIPROTICH	INDIVIDUAL	00/01/1900	29:36.6
22	311	GEOFFREY KEOCH	KERICHO	00/01/1900	29:39.8
23	285	VINCENT MUTAI	NGONG	1996	29:43.2
24	296	ISAACK KIPKEMBOI	KCO	00/01/1900	29:44.6
25	274	BENSON MOSHOL	TORONGO	1996	29:46.1
26	315	ALFRED BARKACH	KDF	00/01/1900	29:48.6
27	056		0	0 00/01/1900	29:54.2
28	297	ISAACK LASOI	KCO	00/01/1900	29:57.5
29	323	LEVY KIBET		0 00/01/1900	29:58.5
30	339	AMOS SEREM		0 00/01/1900	30:00.4
31	263	WESLEY LEDAMA	NAROK	1999	30:08.6
32	306	ROBERT KIPROP	POLICE	00/01/1900	30:10.7
33	337	CORNELIUS KEMBOI		0 00/01/1900	30:12.9
34	319	EMMANUEL KIPCHUMBA	KDF	00/01/1900	30:14.4
35	335	LABAN KIPLIMO		0 00/01/1900	30:25.4
36	321	AMOS BIRGEN	KDF	00/01/1900	30:34.2

37	348	WESLEY KIMUTAI	UASIN GISHU	18/12/1995	30:46.2
38	150		0	00/01/1900	30:47.7
39	338	SOLOMON BOIT		00/01/1900	30:50.8
40	052		0	00/01/1900	31:00.9
41	292	SHADRACK KIPCHIRCHIR	ELGEYO MARAKWET	00/01/1900	31:03.7
42	283	CLINTON KIPTUM	KAPTAGAT	23/01/2002	32:29.5
43	394		0	00/01/1900	34:43.4
44	396		0	00/01/1900	13:00.0