



MT. KENYA MOUNTAIN RUNNING CHAMPIONSHIPS

3RD EDITION ON 26TH FEB 2023 AT KESAL IN MERU



RESULTS - 2 KM VIP & GUESTS

POS	NAME	GENDER	BIB NO	TIME
1	HON BISHOP KAWIRA MWANGAZA	F	1036	45:50.9
2	FIRST GENTMAN MUREGA BAICHU	M	1002	45:51.7
3	HON SPEAKER AYUB BUNDI	M	1137	45:51.9

RESULTS - 6 KM U20 WOMEN

POS	NAME	AFFILIATE	BIB NO	TIME
1	ANN NAERIKOP		884	34:33.4
2	CHRISTINE MUTUA		793	35:24.0
3	SUSAN WAHOME		783	38:16.5
4	PENINA MUKONENE		673	38:40.1
5	EVELYN MARABA		781	38:58.4
6	MAUREEN KATHURE		773	43:04.6
7	LINET KANANA		699	50:38.3
8	ALICE NDUTA		771	50:57.8
9	EVELYN MARABA		774	53:38.9
10	GLORY MWENDA		697	53:43.4
11	EMMACULATE NKIROTE		864	57:35.2
12	DORIS GAKII		874	57:35.6
13	BRENDA KINYA		877	1:01.25.1
14	GRACE WAIRIMU		785	1:01.44.3
15	VALENTINE NJERI		711	1:05.45.4
16	MARGARET NJOKI		775	1:05.46.2
17	JUDY WANGUI		784	1:06.47.7
18	LYDIA MUTHONI		794	1:06.51.1
19	GRACE WANJIKU		795	

RESULTS - 8 KM U20 MEN

POS	NAME	AFFILIATE	BIB NO	TIME
1	ELIAS KIPKOR		538	42:42.9
2	DANSON NDERITU		572	44:58.2



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3	PIUS MURIMI		567	47:03.2
4	SAIAH MUTEMTHIA		532	48:50.0
5	WYCLIFF MAWIRA		534	49:23.9
6	PETER MAINA		562	49:35.4
7	JOSEPH WACHIRA		592	50:10.4
8	BENARD MUTEMBEI		617	50:17.6
9	EVANS MURIUNGI		559	50:34.7
10	PAUL MUGUNA		599	0:52:15
11	LARRY MUTUMA		609	52:23.5
12	BONIFACE KINOTI		607	52:30.4
13	ERIC MWENDA		549	53:03.7
14	KELVIN MAWIRA		547	55:02.9
15	JOHN KIAGO		580	56:33.1
16	ELIJAH NDERITU		590	58:08.7
17	KENNETH KIRIMI		619	58:44.4
18	DENNIS MUNONO		733	1:00:21
19	MOSES KIRIINYA		557	1:04:35
20	STEVEN NDIRANGU		602	1:08:36
21	HASSAN KOOME		513	
22	VICTOR KINGORI		570	
23	DHRUV DODHIA		627	

RESULTS - 13KM SENIOR WOMEN

POS	NAME	AGE	BIB NO	TIME
1	VALENTINE JEPKOECH		467	50:37.4
2	PHILARIES JERUTO KIPSANG		433	51:43.9
3	BENCY CHERUIYOT		469	52:57.6
4	AGNES MWIKALI		326	53:03.9
5	SHEILA JEBUKATI		124	53:58.4
6	LYDIA NYASIKERA		449	54:04.9
7	CYNTHIA KEMUI		477	54:27.5



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8				54:50.3
9	JOYCE NJERU		457	55:33.8
10	EVANGELINE MAKENA		479	56:20.7
11	LUCY WAMBUI		424	56:26.9
12	ESTHER WANGUI WAWERU		369	57:17.6
13	CAROLINE GITONGA		424	59:06.5
14	RUTH CHEBET		437	01:01:22
15	CATHERINE WANJIRU		439	01:09:24
16	PURITY GATWIRI		488	01:12:55
17	DOREEEN KENDI		379	1:17:28
18	PENINA KAGENDO		407	1:18:29
19	JANE WAMBUI		045	1:25:11
20	FLORINE GATOBU		465	1:26:42
21	ESTHER EKAI		398	1:26:57
22	RUTH NKIROTE		378	1:27:19
23	JANISE MUKIRI		305	1:28:22
24	HETHA NYAGUTHIE		399	1:29:15
25	JANICE NTINYARI		317	1:30:06
26	CAROLINE KAGWIRIA		435	1:30:15
27	FIDES REMA		475	1:30:55
28	YVONE NGUGI		315	1:34:67
29	PURITY KATHAMBI		455	1:35:04
30	HILDA MIKIRI		141	1:36:35
31	FRIDA KAIMURI		359	1:36:50
32	PRICILAH BOWOTT		448	1:38:12
33	CHRISTINE KEBABE		346	1:38:35
34	WENDY MUTURI		363	1:38:39
35	CHRISTINE MWENI		375	1:38:41
36	MAGDALINE MARTIM		391	1:39:11
37	BRENDA CHELANGAT		403	1:39:52



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38	DIANA CHEBET		388	1:40:15
39	SHARON TERESIAH		384	1:41:08
40	MALIT BEATRICE		351	
41	PURITY MAKENA		589	
42	EVENGELINE NYOMO		494	
43	HELLEN BAHATI		329	
44	CHRISTINE PETER		445	
45	SALINA NAISHORUA		336	

RESULTS - 13KM SENIOR MEN

POS	NAME	AGE	BIB NO	TIME
1	JOSEPHAT KIPROTICH		252	44:07.4
2	PATRICK KIPNGENO		170	44:31.3
3	MICHAEL SAOLY		114	45:06.7
4	KELVIN KIBET		224	45:32.0
5	ELVIS KIPKOECH		168	45:47.7
6	BENARD KIBET		062	46:14.9
7	ALFRED NGENO		197	46:17.9
8	ALFRED CHERUIYOT		074	46:46.8
9	KENNEDY NJOQU		231	46:50.5
10	KENNETH KIMATHI		216	47:05.4
11	ELEXANDER NJAI		242	47:09.6
12	PHILEMON KIRIAGO		122	47:16.5
13	MICAH CHESEREK		064	47:27.4
14	PASANCHO KITONGA		084	47:31.5
15	SAMMY ROTICH		222	47:34.9
16	JAPHETH MUTWIRI		135	47:46.7
17	WILLY CHEMTAI		072	48:21.9
18	ERICK KIPTOO		019	48:55.3
19	EPHANTUS MWANGI		132	49:17.1
20	TIMOTHY KINOTI		230	49:27.6
21	STEPHEN MUNGATHIA		013	49:31.4
22	JULIUS KARIBA		144	49:36.5
23	DUNCAN MUGENDI		238	51:24.5
24	DOUGLAS KIRANYA		009	52:05.1
25	TITUS KEINO		257	52:14.1
26	NEHEMIAH KIPRUTO		202	52:23.9
27	KENNETH MUGIRA		228	55:44.9
28	PETER WANYOIKE		212	56:04.7



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29	BONFACE BAITARU		255	56:54.1
30	JOHN MARK MUNENE		235	57:24.3
31	DAVID KAMAU		234	59:10.9
32	JOSEPH MUGEKENYI		007	59:26.0
33	NICHOLAS KIMATHI		293	59:46.0
34	SAMUEL MWANGI		112	1:00:13
35	CHRIS MUTHOMI		110	1:00:26
36	TONNY MWENDA		245	1:00:41
37	SHADRACK MUGARIA		065	1:01:13
38	PETER KIRIMI		025	1:01:45
39	TITUS MWENDA		015	1:02:34
40	DANIEL LOSIKE		390	1:03:01
41	CHARLES MUTHEE		251	1:03:28
42	BONFACE WEKESA		022	1:03:38
43	SIMON KAVIVU		102	1:03:39
44	PETER NGANGA		044	1:03:40
45	DANIEL KIPLETING		045	1:04:22
46	NICHOLAS MUTHETHYA		046	1:04:28
47	ADAN GALGALO		047	1:06:48
48	GIDEON NGALUO		048	1:07:12
49	PHINEAS MURIUKI		032	1:08:44
50	JAPHET THURANIRA		283	1:09:43
51	PATRICK MURIUNGI		054	
52	NICHOLAS MUREGA		017	
53	JOSEPH KURIA		275	
54	VICTOR KIMATHI		243	
55	ERICK MUTUA		011	
56	CRISPIN KIPROTICH		227	
57	ENDRARD KOECH		292	
58	SYLVESTER KUKUTONI		237	
59	STEPHEN KARANJA		055	
60	DAVID KIPROP		200	
61	VICTOR RUGANU		037	

RESULTS - 6 KM MASTERS - 50 YEARS & ABOVE WOMEN

POS	NAME	YOB	BIB NO	TIME
1	SHEILA MBAKU	1971	869	43:02.9
2	MARIGUETA NTHINGA	1972	870	44:23.7
3	ANGELINA KAJUJU	1970	890	45:28.3
4	PENINA MUGURE	1970	860	52:12.4



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5	BEATRICE MWAKITHI	1974	883	52:25.3
6	ROSEMARY MURINGI	1970	886	52:25.7
7	ZIPPORAH KANYIRI		895	53:43.2
8	SELINA NKOYAVI	1972	875	1:04:5
9	CATHERINE NKIROTE	1969	892	1:08:4

RESULTS - 6 KM MASTERS - 50 YEARS & ABOVE MEN

POS	NAME	YOB	BIB NO	TIME
1	DICKSON ESEKON	1973	819	36:26.9
2	ANDREW MUTUA	1974	842	37:54.9
3	EERIC MURAGE KARURI	1972	856	37:55.7
4	DOMIANO EMBUTHANIA	1968	820	40:17.6
5	JOHN KITHINJI MUGAMBI	1959	812	42:59.3
6	JOHN MUGAMBI	1973	840	43:09.7
7	DAVID KARINGURI	1962	836	44:14.1
8	STEVEN KAMANDE	1952	845	44:39.2
9	SIMEON KATHURIMA	1964	816	44:48.2
10	JOTHAM KITHINJI	1963	802	47:03.6
11	LOWRENCE RURI	1951	830	50:14.4
12	HENERY GITONGA	1968	837	50:40.1
13	RUMANOMUTUMA	1958	805	51:57.7
14	GERALD MUTWIRI	1955	818	52:18.0
15	JOHNSON MURIUKI	1969	835	52:56.6
16	POROTASIO MUTUMA	1973	810	53:23.7
17	SIMEON MACHARIA NJAU	1954	858	59:39.6
18	JAMES KIBITI MWORIA	1957	855	
19	FRANCIS KABIA	1957	852	
20	BENARDMIKWA	1954	832	

RESULTS - 8KM MEN CORPORATE

POS	NAME	CORPORATE	BIB NO	TIME
1	WILSON MUNGAI	MERU UNIV	C071	47:56.9
2	SIMON WACHIRA	TIMAFLO	C229	47:58.1
3	HEBSON OUKO	LOLOMARIC		47:59.9



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4	PETER EKAI	TIMAFLO	C197	48:02.4
5	PAYTRICK MUTEMBEI	TIMAFLO	C227	48:10.6
6	SILAS NDIWA	LOLOMARIC	C120	48:22.1
7	JEREMIAH NDUKU	TIMAFLOW	C199	48:30.3
8	ELIJAH SIMIYU	LOLOMARIC	C130	48:41.4
9	GEOFFREY KINOTI	TIMAFLO	C209	48:53.6
10	NICHOLAS KINOTI	TIMAFLOW	C189	49:01.5
11	SIMUEL MURAGE	MERU UNIV	C103	49:15.5
12	JOHN MUTEMBEI	MERU DAILY	C225	49:21.6
13	FORTUNE KATURI	MERU UNIV		49:33.2
14	MOSES GITHINJI	TIMAFLO	C207	49:42.7
15	MARAIYA MARISHOI		C199	49:44.5
16	JOHN LENGURIA		C086	
17	BENARD KIPCHUMBA		C217	
18	EZEKIEL KIPYEGO		C219	
19	KIPRUTO YEGON		C083	
20	RAYAN MALONZA		C073	
21	JOHN LAMAT		C066	
22	JARED NYANGAU		C138	
23	ASHA OTIENO		C091	
24	MORRIS NYABONDA		C170	
25	WESLEY CHERUIYOT		C208	
26	GEOFFREY KIPKORIR		C178	
27	ERICK MWENDA		C245	
28	NOAH YANO		C226	
29	IAN KIPKEMOI		C236	
30	ANDREW WEKESA		C187	
31	KENNETH MUTWIRI		C011	
32	LEONARD NYANGWESO		C265	
33	TIMOTHY KINYAU		C070	



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34	DUGLOUS MUTIE		C235
35	JAMES THIANGIRI		C168
36	BOAX BARSIMO		C036
37	BENSON SHIASHA		C129
38	JOHANA LEKONA		C128
39	JAMES GITHINJI		C188
40	BENJAMIN KABERIA		C206
41	ALFRED MWANDIKI		C195
42	JASPA MUGUNA		C205
43	MARTIN KIMATHI		C255
44	ANTHONY KIRIMI		C216
45	GALGALO BAGAJO		C202
46	PAUL MUNTOMORI		C076
47	JOEL KIPKEMOI		C286
48	ERICK MUTURI MURIUNGI		C003
49	OKOTH ODUOR		C275
50	JOEL LURABA		C296
51	FESTUS LOROQOI		C190
	DOUGLAS KAUME	WIND LAB	C300
	MUREITHI MUTUERANDU	WIND LAB	C099
	HARON MBAI	WIND LAB	C019

RESULTS - 8KM WOMEN CORPORATE

POS	NAME	CORPORATE	BIB NO	TIME
1	JANE KAURIA		C150	
2	GLADYS CHELANGAT		C118	
3	FAITH KINANU		C140	