



# 5<sup>th</sup> African Mountain Running Championships

23<sup>rd</sup> November 2013

Obudu Ranch Park,  
Cross River State (NIGERIA)



## RESULTS

	African Champ.	bib	WOMEN Course 8,6km	country	time	
1.		48	YALEW Genet	ETH	58:55	
2.		46	SELAM Aberé	ETH	59:46	
3.		72	BERHA Afera	ETH	1:00:00	
4.		73	NEDA Etenesh	ETH	1:02:36	
<b>5.</b>	<b>1.</b>	<b>59</b>	<b>OLTARUESH Perine</b>	<b>team</b>	<b>KEN</b>	<b>1:04:29</b>
6.	<b>2.</b>	56	MUTHEU Angelina	team	KEN	1:05:50
7.	<b>3.</b>	58	CHEBOSIS Mildred	team	KEN	1:07:07
8.	<b>4.</b>	6	PAM Deborah	team	NGR	1:08:53
9.	<b>5.</b>	9	NUHU Elizabeth	team	NGR	1:09:32
10.	<b>6.</b>	57	CHELIMO Joan	team	KEN	1:13:48
11.	<b>7.</b>	19	NGWAYA Yvonne	team	CMR	1:14:27
12.	<b>8.</b>	18	NGALIM Lisette	team	CMR	1:14:48
13.	<b>9.</b>	10	OLUMUDI Aderonke	team	NGR	1:16:22
14.		142	MACHU Jacenta		NGR	1:16:40
15.		127	AKAWA Dorcas		NGR	1:18:33
16.	<b>10.</b>	8	MICHAEL Lydia	team	NGR	1:20:20
17.		137	IPUOLE Elizabeth		NGR	1:21:20
18.		148	OWENGANI Victoria		NGR	1:22:13
19.	<b>11.</b>	17	MOUNTANGO Missima	team	CMR	1:22:34
20.	<b>12.</b>	16	CEZONA Meli Angele	team	CMR	1:22:53
21.	<b>13.</b>	20	TATA Carine	team	CMR	1:22:56
22.		140	JATTO Loveline		NGR	1:23:28
23.	<b>14.</b>	7	ICHULL Vivian	team	NGR	1:23:47
24.		147	ONAH Angela		NGR	1:25:60
25.		126	AKAHA Iwanger		NGR	1:26:31
26.		139	MNGUHENEN Ishor		NGR	1:26:35
27.		144	NKECHI Felix		NGR	1:31:08
28.		151	UGBONG Esther		NGR	1:46:40
29.		135	IKPA Felicia		NGR	1:54:29
30.		130	AWHUWHE Catherine		NGR	1:55:57
31.		129	ATSU Philomena		NGR	2:03:00
32.		150	UGBE Lucy Agbo		NGR	2:03:32

TEAMS			
MEN			
<b>1.</b>	<b>UGA</b>	1+2+4; (5)	<b>7</b>
2.	KEN	3+6+7; (8,9)	16
3.	NGR	11+12+13; (14,15)	36
4.	CMR	10+16+17; (18)	43
WOMEN			
1.	KEN	1+2+3; (6)	<b>6</b>
2.	NGR	4+5+9; (10,14)	<b>18</b>
3.	CMR	7+8+11; (12,13)	<b>26</b>

	African Champ.	bib	MEN Course 12,6km	country	time
1.		80	RONO Philemon	KEN	1:00:43
2.		41	ABEBE Dinkesa	ETH	1:00:57
3.	1.	31	<b>KUSURO Geoffrey</b>	team UGA	<b>1:02:08</b>
4.		42	ATALAY Yirsaw	ETH	1:02:27
5.		78	KWEMOI David	KEN	1:03:32
6.	2.	33	KIPLIMO Philip	team UGA	1:03:56
7.		44	DIDA Bonsa	ETH	1:04:04
8.	3.	55	MACDONARD Ondara	team KEN	1:04:05
9.	4.	34	MURAI Solomon	team UGA	1:04:27
10.	5.	32	AYEKO Nathan	team UGA	1:05:15
11.		68	GOSA Bogale	ETH	1:05:34
12.		43	DEKSISA Solomon	ETH	1:06:12
13.		45	LAGASA Biranu	ETH	1:06:54
14.	6.	51	MASAS Charles	team KEN	1:06:57
15.	7.	54	MUGIRE Justus	team KEN	1:08:07
16.	8.	53	OKARI Gilbert	team KEN	1:08:26
17.		67	GADEFA Tolossa	ETH	1:09:03
18.	9.	52	WAINAINA David	team KEN	1:09:15
19.	10.	13	MOHAMMADU Oumarou	team CMR	1:10:29
20.		93	CLETUS Eyo	NGR	1:11:02
21.	11.	2	GOYET Gideon	team NGR	1:11:03
22.	12.	1	EMMANUEL Gyang	team NGR	1:11:11
23.		120	ROTBEN Zumkudang	NGR	1:11:58
24.	13.	3	SADJO Ismael	team NGR	1:13:03
25.	14.	4	WILLIAMAS Kefas	team NGR	1:13:04
26.		117	OTIVA Edwin	NGR	1:13:04
27.	15.	5	TOKBE Gwet	team NGR	1:15:25
28.		104	BULUS JAH John	NGR	1:15:45
29.	16.	14	NJOSSIE Victor	team CMR	1:17:42
30.		119	ROGER Ehumo	NGR	1:19:26
31.		102	ITEM Isaiah	NGR	1:19:50
32.		106	D. HASSAN Josuha	NGR	1:20:06
33.		95	EDWIN Akpo	NGR	1:20:13
34.	17.	11	BONGKIYUNG Januarius	team CMR	1:20:19
35.		100	I.YILA Reuben	NGR	1:20:44
36.		103	JIGAK Monday	NGR	1:21:32
37.	18.	15	Bi KADIRI Seni	team CMR	1:22:40
38.		96	OKANG Felix	NGR	1:24:34
39.		107	MATHEW Joshua	NGR	1:24:34
40.		111	GWOM Markus	NGR	1:25:29
41.		110	KWAGHA Akpagher	NGR	1:28:16
42.		118	OGBALA Raphael	NGR	1:27:29
43.		105	APAH Joseph	NGR	1:37:33
44.		109	KELE Stanley	NGR	1:38:48
45.	19.	12	MBATCHA Eric	team CMR	1:40:01
46.		99	GODDAY Kechie	NGR	1:40:45
47.		157	PEARCE-HIGGINS Alfie	GBR	1:40:53
48.		88	ANTHONY Sunday	NGR	1:52:01
49.		89	ASHAKA Sandy	NGR	1:53:55
50.		116	ONWUKA Peter	NGR	1:54:02
51.		98	FRIDAY Item	NGR	1:54:32
52.		87	ANIAH Emmanuel	NGR	1:55:28
53.		159	GILES Lever	GBR	1:57:39
54.		86	AKPANKE Joseph	NGR	1:58:26
55.		121	SAMUEL Moses	NGR	1:58:58
56.		75	MASSETTI Luca	ITA	2:01:32
57.		101	IDRIS Zack	NGR	2:04:39
58.		158	DEAN Stevens	GBR	2:07:03
59.		123	UKANWA Daniel	NGR	2:09:03
60.		112	NJOCK Samuel	NGR	2:21:34
61.		114	OGON Grandville	NGR	2:21:34