



4th African Mountain Running Championships

17th November 2012

Obudu Ranch Park,
Cross River State (NIGERIA)



RESULTS

		bib	MEN Course 12,6km			time
1.	1.	42	ABEBE DINKESA	Team	ETH	1:01:58
2.		489	MACDONARD ONDARA		KEN	1:02:28
3.		487	CHEMOSIN Robert		KEN	1:03:24
4.	2.	496	KIPLOMO Philip	Team	UGA	1:04:19
5.	3.	41	ATALAY YIRSAW TENEGENE	Team	ETH	1:04:50
6.	4.	497	KURONG MOSES Martin	Team	UGA	1:05:22
7.	5.	43	BONSA Dida	Team	ETH	1:05:52
8.	6.	495	CHEROP Michael	Team	UGA	1:06:21
9.	7.	39	TEBALU ZAWUDE Heyi	Team	ETH	1:06:35
10.	8.	447	DOU OUMAROU Mohammed		CMR	1:10:06
11.	9.	11	GYANG Emmanuel	Team	NGR	1:11:22
12.	10.	10	GOYET Gideon	Team	NGR	1:11:28
13.		488	KANGOGO KILPLEWON James		KEN	1:13:08
14.	11.	9	DANJUMA Gyang	Team	NGR	1:14:11
15.		457	ZUMKUDANG Rotben		NGR	1:14:43
16.		453	OTIVA Edwin		NGR	1:15:01
17.	12.	12	BULUS JAH John	Team	NGR	1:15:23
18.	13.	8	EYO Cletus	Team	NGR	1:16:42
19.		421	GWOM Markus		NGR	1:17:13
20.		460	SUNDAY James		NGR	1:18:08
21.		445	UNDIE John		NGR	1:19:05
22.		450	OKANG Felix		NGR	1:19:07
23.		451	ONYULU Eric		NGR	1:20:02
24.		430	AKPO Edwin		NGR	1:20:27
25.		429	DANJUMA KOPKUDI		NGR	1:21:35
26.		436	ESHALA Fidelis		NGR	1:23:17
27.		425	APAH OGBALA Joseph		NGR	1:23:40
28.	14.	470	NZODE Ernest		CMR	1:23:53
29.		440	HILARY Akpen		NGR	1:26:45
30.		432	ENDARE Emmanuel		NGR	1:27:37
31.		435	ESANG Lawrence		NGR	1:29:59
32.		424	ARUNA Ali		NGR	1:30:12
33.		449	OGBALA Raphael		NGR	1:32:28
34.		458	USHIE Simon		NGR	1:32:39
35.		426	BIYAKU Isa		NGR	1:35:11
36.		423	AKEM Raphael		NGR	1:35:17
37.		400	MCONVILLE Ian		AUS	1:35:34
38.		452	OSONG Joseph		NGR	1:36:07
39.		443	IWEDE Census		NGR	1:37:57
40.		427	MONDAY Coluice		NGR	1:40:22
41.		441	HILARY ABANG Felix		NGR	1:41:58
42.		431	EKPENYONG Okon		NGR	1:42:10
43.		455	RAPAHIL A. Pius		NGR	1:53:44
44.		454	INGWU Peter		NGR	2:03:53
45.		446	AZEMBE Nicolas		NGR	2:06:30
46.		433	ASHINDOITIANG Emmanuel		NGR	2:07:05
47.		456	EBEBE Richard		NGR	2:13:41

		bib	WOMEN Course 8,6km	country		time
1.	1.	45	ETENESH Diro Neda	Team	ETH	1:00:03
2.		483	BISUENEI Rita Jeptoo		KEN	1:02:45
3.		484	KIPOECH Paskalia		KEN	1:04:02
4.		485	MURUIKI WANGARI Margaret		KEN	1:05:14
5.	2.	44	AFERA Behra	Team	ETH	1:06:08
6.	3.	47	YIMER WUDE Ayelew	Team	ETH	1:08:18
7.	4.	46	HAGOS GEBRU Azemra	Team	ETH	1:10:07
8.	5.	6	PAM Deborah	Team	NGR	1:12:49
9.	6.	7	DUNG Janet	Team	NGR	1:13:15
10.		414	MACHU Jacinta		NGR	1:15:15
11.		409	DORCAS Akawe		NGR	1:17:12
12.		467	NGWAYA Yvone		CMR	1:17:42
13.		420	OWENGANI Victoria		NGR	1:17:52
14.		466	NGALIM Lisette		CMR	1:19:55
15.		464	CEZONO MELI Angele		CMR	1:21:02
16.		465	MISSIMA MOUTANGO Florence		CMR	1:21:23
17.	7.	3	ADERONKE Olumudi	Team	NGR	1:21:46
18.		413	ICHULL Vivian		NGR	1:24:03
19.	8.	4	NJOKU Genevive	Team	NGR	1:26:59
20.	9.	5	DIMTOK Esther	Team	NGR	1:27:51
21.		419	NGODO Ngozi		NGR	1:28:07
22.		406	ATUOAMA Chidima		NGR	1:28:20
23.		412	HUDUNG GYANG Stephen		NGR	1:29:13
24.		418	AKPUO Monica		NGR	1:30:39
25.		404	AZILIPONG Esther		NGR	1:34:27
26.		422	ROTKANG James		NGR	1:42:50
27.		498	CONLEY Heather		USA	1:43:17

TEAMS			
MEN			
1.	ETH	1+3+5; (7)	9
2.	UGA	2+4+6	12
3.	NGR	9+10+11; (12, 13)	30
-	CMR	(8+14)	-
WOMEN			
1.	ETH	1+2+3; (4)	6
2.	UGA	4+5+6; (7,8)	18