



2nd African Mountain Running Championships

28th November 2010
Obudu Ranch Park,
Cross River State (Nigeria)



RESULTS

MEN – Course 11 km				
1.	Abebe DINKESA	84	ETH	42:21
2.	Fikadu AWASH	88	ETH	42:47
3.	John Sompol MNANGAT	88	KEN	42:58
4.	Stephen KIPROTICH	89	UGA	43:23
5.	Geoffrey KUSORO	89	UGA	43:44
6.	Macdonald ONDARA	84	KEN	43:55
7.	Martin TOROTICH	77	UGA	44:27
8.	Johnstone Kibet MAIYO	88	KEN	44:32
9.	Dickson HURU	90	UGA	46:07
10.	Tokbe C. GWET	91	NGR	48:30
11.	John BULUS	80	NGR	48:43
12.	Daniel K. RONO	78	KEN	48:58
13.	Yaser Mostaea A. RAHMEN	83	EGY	49:12
14.	Ezkyas SISAY	88	ETH	49:57
15.	Danjuma GYANG	84	NGR	50:20
16.	Jurbe STEPHEN	81	NGR	50:46
17.	Mathew Kipkorir SIGEI	83	KEN	51:00
18.	Ernest VOFFOMOMO	88	CMR	51:25
19.	Gowock K. JOSHUA	87	NGR	51:26
20.	Lehka JUDE	82	CMR	52:49
21.	Denis Malle BARBAIDU	79	TAN	52:50
22.	Moharm Hamadam AHMAD	83	EGY	54:06
23.	Umarou LAWAN	75	CMR	58:57

WOMEN – Course 11 km				
1.	Meselech M. HAILEYESUS	85	ETH	48:57
2.	Daska MAMITU	83	ETH	49:04
3.	Belainesh GEBRE	88	ETH	50:37
4.	Koren Jelela YAL	87	ETH	52:49
5.	Mary Xwaymay NAALI	92	TAN	53:28
6.	Relima KEDIR	86	ETH	55:04
7.	Angelina MUTUKU	82	KEN	56:05
8.	Emily Chepkemoi SAMOEI	92	KEN	57:54
9.	Janet DUNG	87	NGR	1:00:40
10.	Dinatu YOHANNA	88	NGR	1:04:01
11.	Genevieve NJOKU	84	NGR	1:04:53
12.	Angele CEZONO MELI	80	CMR	1:07:11
13.	Nency MATHEW	87	NGR	1:09:48
14.	Deborah PAM	90	NGR	1:10:53

TEAMS			
MEN			
1.	UGA	4+5+7 (9)	16
2.	<i>KEN</i>	3+6+8 (12,17)	17
3.	<i>ETH</i>	1+2+14	17
4.	<i>NGR</i>	10+11+15 (16,19)	36
5.	<i>CAM</i>	18+2+23	61
6.	<i>EGY</i>	13,22	
WOMEN			
1.	ETH	1+2+3 (4,6)	6
2.	<i>NGR</i>	9+10+11 (13,14)	30
3.	<i>CAM</i>	12	
4.	<i>KEN</i>	7,8	
5.	<i>TAN</i>	5	