



# 1<sup>st</sup> African Mountain Running Championships 2009

28<sup>th</sup> November 2009  
Obudu Ranch Park,  
Cross River State (Nigeria)



## RESULTS

MEN – Course 11 km			
1	<b>Habamu FIKADU AWASH</b>	<b>ETH</b>	<b>42:03</b>
2	Geoffrey KUSURO	UGA	42:11
3	Abebe DINKESA	ETH	42:35
4	Martin TOROITICH	UGA	43:45
5	Halilu MEKONNEN	ETH	44:30
6	Worku BEYI	ETH	45:10
7	Aliwa MOSES	UGA	45:28
8	James KIBET	UGA	46:32
9	Mohammed OUMAROU	CAM	47:54
10	Daniel KIPLIMO BETT	KEN	48:22
11	Danjuma GYANG	NGR	48:57
12	Emmanuel GYANG	NGR	49:22
13	Dessaleng Biru GEMECHUM	ETH	49:29
14	Danjuma KOPKUDDI	NGR	49:55
15	Mbacha Eric MANGEH	CAM	50:03
16	Muhammed Rabeiel HUSSEINY	EGY	50:09
17	Hassan MARZOUQ ESSA	EGY	50:09
18	Douglas MWANGI GWANDARU	KEN	52:22
19	Joshua GOWOK	NGR	52:35
20	Harris ISMAILA	NGR	53:04
21	Ernest VOFFO MOMO	CAM	53:14
22	Mati Nzui KAWNDI	KEN	52:32
23	Eid Amer AIYAD	EGY	56:04
24	Lawan OUMAROU	CAM	56:04

TEAMS		
MEN		
1.	<b>ETH</b>	<b>9</b>
2.	UGA	13
3.	NGR	37
4.	CAM	45
5.	KEN	50
6.	EGY	56