

SAMMY NYAMONGO, DECEMBER 5TH 1975 (31 YRS OLD)

Event Venue	Time Year	Meeting Position	
1500m U.S.A	3:40 1998	Alabama Relays 1st	
1500m Fukuoka	3:41 1995	World University Games 4th	
1500m Poland	3.41 1999	Grand Sopotu Grand Prix 2nd	
1 mile USA	3:58 1998	Life University Track Meet 1st	
3000m flat Greece	7:51 1999	Athens IAAF meeting 9th	
3000m S/C Sicily	8:27 1997	World University Games 4th	
3000m S/C USA	8:40 1998	N.A.I.A Athletics Championships 1st	
5000m Fukuoka	13:55 1995	World University Games 4th	
5000m Mombasa	14:05 1992	Triangular Games 3rd	
8 km 2002 1st	22:30	Dallas 8km Road Race	USA
8 km 1999 1st	22:50	N.A.I.A. Cross Country Championships	USA
10 km Japan	29:00 1992	Chino Junior Championships 4th	
12 km 1993 3rd	35:10	South Africa National Cross Country	Cape Town
12 km Portugal	34:45 1994	Algarve Cross Country 8th	
15km French Island	46:45 2001	Martinique 7th	
21km England	1:04 1997	Hastings Half Marathon 2nd	

Marathon	2:20	St. Jude Memphis Marathon
USA	2004	1st

Marathon	2:23	Rocket City Marathon
USA	2006	1st

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