



'EX USHIRIKIANO IMARA'

2016 FIELD TRAINING EXERCISE IN KWALE

By Spte Robert Ouko & Spte Alex Warui

Field Training Exercise (FTX) "Exercise Ushirikiano Imara 2016" was held in Kwale County between 11th and 18th November 2016 with an official opening by the Defence Cabinet Secretary Amb. Raychelle Omamo at the Kenya School of Government in Matuga, Kwale County.

This year's exercise saw close to 2000 personnel from Kenya, Rwanda, Tanzania, Burundi and Uganda militaries alongside other stakeholders converge in Kwale County for military exercise aimed at practicing the EAC Partner State planning and conduct of Peace Support Operations, Disaster Management, Counter Terrorism and Counter Piracy in order to enhance their capacity in combating complex security challenges, in line with the UN Charter.

Ushirikiano Imara was held Pursuant to the East African Community (EAC) Partner States Protocol on Cooperation in Defence Affairs to demonstrate EAC's commitment to the enhancement of regional peace and security through a Multinational, Multidisciplinary, Multidimensional and Multicultural exercise.

In this, a simulated mission headed by Madam Jennifer Njiru was conducted in Kwale, dubbed "Regional Mission in Mambo (REMIMA)" reflecting a real conflict scenario whereby the mandate of the EAC forces was to broker a lasting peace and security within "MAMBO REPUBLIC" (Kwale County) which was the mission troops' operation area. The Force Commander for the mission was Brigadier Joseph Semwanga from Uganda and the Exercise Director was Major General George Owinow from Kenya.

The opening ceremony Chief Guest Ambassador Raychelle Omamo said that peace, security and prosperity is kept alive with the excellent cooperation of the East African Community militaries.

"This avenue provides a perfect opportunity for the partner states' militaries to interact and exchange rare skills and knowledge that will eventually enhance capabilities of the forces." She said.

She was happy to note that the Corporate Social Responsibility (Humanitarian Civil Military Activities) activities carried out by the Kenya Defence Forces Engineers courtesy of the EAC, were key to enhancing civilian military relationship by improving the livelihood of the locals.

Some of the projects conducted included grading of roads within the Area of Operation, drilling of a borehole at Kwale Girls Secondary School, concrete post with barbed wire and wire mesh fence at Kwale School of Cerebral Palsy and Autism as well as renovation of an Early Childhood Development classroom and toilets for the pupils at Ningawa Primary School.

EAC militaries parade during the opening ceremony



Cabinet Secretary Amb. Raychelle Omamo Flags off contingent forces to their respective missions during the opening ceremony of the 'USHIRIKIANO IMARA' 2016

Security and prosperity is kept alive with the excellent cooperation of the East African Community militaries.

The Defence Cabinet Secretary thanked the EAC governments and military heads for facilitating their respective military contingents through initiating, coordinating and supporting such a noble exercise.

Vice Chief of the Defence Forces (VCDF) Lieutenant General Joseph Kasaon acknowledged the importance of the exercise in promoting continuous training of the East Africa Community militaries to enhance their inter-operability between the Forces and other stakeholders.

Giving examples of Missions in which the EAC forces are currently taking part such as AMISOM, the VCDF pointed out that the current complex security challenges the world is facing such as piracy and terrorism constitute the main reason that the East Africa Community Forces have to adequately prepare themselves to effectively counter these fast-emerging threats.

The exercise saw the five contingents perform various tasks accorded to them by the Mission Headquarters such as putting up of road blocks, performing search and rescue tasks among other activities around the Area of Operation.

The Cabinet Secretary for East African Community Affairs, Commerce and Tourism Ms Phyllis Kandie presided over the exercise closing ceremony on Friday 18th November, 2016 at Matuga Primary School.

Ms Kandie said that the exercise was important in strengthening the EAC cooperation in Defence as participants were better equipped with skills to plan and execute a mission in reaction to a crisis in the region when need arises. She encouraged participants to share the experience when they get back to their respective countries.

She further expressed her admiration for the high professional standards displayed by the EAC militaries and urged them to keep improving their performance. On behalf of the Commander in Chief of the Kenya Defence Forces His Excellency President Uhuru Kenyatta, Ms Kandie thanked the people of Matuga for their hospitality towards the exercise participants.

Chief of the Defence Forces General Samson Mwathethe acknowledged that the Exercise was successful having keenly followed its planning and execution. He

said that it was a great moment to once again see all the five military components coming together to train as this is an essential aspect in building confidence that will help in countering emerging security threats.

The Chief of Defence Forces was also thankful to the locals for their cooperation during the exercise and assured them that the military was in talks with the Central and County Governments for a possible establishment of a military barracks in Kwale.

Present during the opening ceremony was the Uganda Defence Minister Adolf Mwesige, Tanzania Chief of Defence Force General Davis Mwamunyange, Burundi Chief of Staff Major General Prime Niyongabo, Uganda Defence Forces Representative Lieutenant General Jim Wasegiria, Representative of the EAC Deputy Secretary General (DSG) in charge of Political Federation, Rwanda Defence Forces Representative Major General Jack Musemakweli, Service Commanders, General Officers, Senior Military Officers, Officers, Police Representatives, Civilian Representatives, Contingent Forces, invited guests and Kwale County locals.



Exercise Director Major General George Owinow hands over the EAC flag to the Chief Guest Cabinet Secretary East African Community Affairs, Commerce and Tourism Ms Phyllis Kandie during the closing ceremony of the 'EXERCISE USHIRIKIANO IMARA 2016'.



Heads of Militaries salute the EAC anthem.



KDF Engineers Brigade soldiers putting up a fence at the Kwale School of Cerebral Palsy and Autism.

Servant Leadership:

Is this a contradiction?

By Col Eric Lusaala

Servant leadership as the name suggests portrays a contradiction in the sense that leaders in the traditional sense are those in charge of others and therefore have others serving them rather than the other way round. Servants on the other hand are meant to be subservient, subjugated and at the beck and call of the leader. The traditional sense of leadership entails hierarchies, high external control, top down management; all which are in contradiction of the very idea of a servant leader.

Developed by Robert Greenleaf, the concept of servant leadership has gained increased popularity with its unselfish ethical overtones, leader's empathy with followers and the need to take care of and nurture them (Greenleaf 1998). The role of the leader is to provide service to others, an activity that allows the leaders to develop nurture and help others become healthier wiser and become servant leaders themselves. Where inequalities and injustices exist, the servant leader tries to remove them (Graham 1991).

The idea of servant leadership has been posed as a moral principle. According to Greenfield it is

“A moral principle ... which holds that the only authority deserving one's allegiance is that which is freely and knowingly granted by the led to the leader in response to, and in proportion to, the clearly evident servant stature of the leader.”

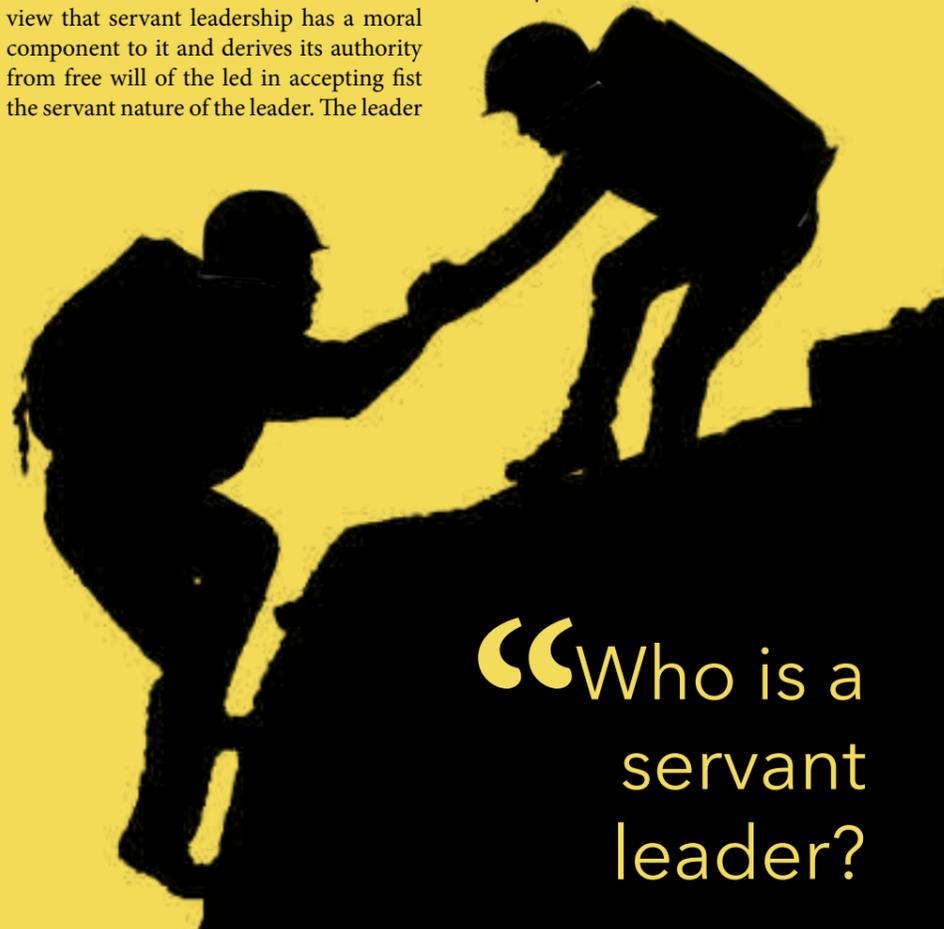
He further warns that those who choose to follow this principle will not casually accept the authority of existing institutions. “Rather they will freely respond only to individuals who are chosen as leaders because they are proven and trusted as servants.”

On the question “Who is a servant leader?” Greenfield has this to say: “The servant leader is a servant first... it begins with the natural feeling that one wants to serve first. Then the conscious choice brings one to aspire to lead”. It can then be deduced that he is not driven by power or the need to acquire material possessions, the servant-first leader makes sure that other people's highest priorities needs are being served. The best test for the servant leader according to Greenfield is in affirming to the questions: Do those served grow as persons? Do they while being served, become healthier, wiser, freer, more autonomous, more likely themselves to become servants? What is the effect on the least privileged in society?

From the above discourse one can hold the view that servant leadership has a moral component to it and derives its authority from free will of the led in accepting first the servant nature of the leader. The leader

further has the onus of ensuring that he transforms the led to better persons and inspires them to become servant the end being a transformed society sensitive to the needs of the least privileged.

Authenticity in leadership proposed by Avilio, Gardner, Walumbwa, Luthans (2004) bases its strength on follower perception of the leader. This imperative can only be served in an atmosphere of the follower expectancy of appreciation. One key to service these days is integrity and honesty towards stakeholders. By serving followers leaders help them develop and in turn serve their outside constituents and stakeholders in which case leaders must be willing to give up the traditional all powerful bosses and adopt servant leader style.



“Who is a servant leader?”



ON TIME ON TARGET





Service Beyond the call

With all proper considerations to security and in a bid to improve the relationship between the general populace of Hoosingo and for precedence, KDF troops have drilled boreholes, taught and continue to empower the Somali people.

By Maj Leonard Maina

The country of Somalia has been ripped down by a number of warring factions for the last two decades, each with a political agenda different from the other. But the greatest perpetrators of atrocities against humanity on the Somalia soil are the Al Shabaab Militia.

This is the enemy that the Kenya Defence Forces in aid of Somali National Army (SNA) under AMISOM are fighting to diminish and eliminate in an effort to restore Somalia's lost glory. In this combined effort, the officers and men of F Company 15KR were called to serve under AMISOM V in Hoosingo, taking over from B Company 7KR in December 2015. F Combat team comprise of 3 platoons each from 1KR, 7KR, 15KR respectively and supported by troop ARB, Sec Engrs, Elements of 75AD Arty, sec of drivers from TPT Bn. All have worked together with a coy motto "Fighters" being their backbone.

The little remote town of Hoosingo has a deep history engraved on the plaques of war; written in bold letters, depicting the greatest acts of bravery in the face of overwhelming enemy force. This history cannot be written entirely without a recognition of the officers and men of Bravo Company 1KR, who fought and captured Hoosingo town from Alshabaab and established the defense and protected it to near last breath. We do not know the dignity of their birth, but we all know the glory of their victory. They fought unquestioning, uncomplaining, with faith in their hearts and determination that comes with knowing that there is no substitute for victory.

It is the same legacy; the same mantle that F Combat team 15KR took on their shoulders to uphold. With the expectations too high, it was imperative that F Company under the command of Major Leonard K Maina of 15KR, goes an extra mile to make a difference. This was however not a mean feat because when you meet a people deprived of hope and political stability, a people not certain of their next meal, a people who have no idea of what education is or what it can do for them; their faces betray a deep mistrust for anything foreign. Those are the people we met in Hoosingo. Men, women and children who have no idea of the basic luxuries of life like education, proper medication, sanitation, a stable livelihood or a balanced diet. The best gift to such a people is a good deed, a reason to restore their hope in the future, a reason to have a smile on their faces.

With all proper considerations to security and in a bid to improve the relationship between the general populace of Hoosingo and for precedence, F Combat team thought it wise to engage in various Civil Military Cooperation (CIMIC) programs. Aside from improving the livelihood of the locals through these programs, we saw a window of opportunity to

boost our relationship with the local populace and winning their hearts and minds. This has seen a significant reduction in attacks by the enemy on our defence and along our Main Supply Route (MSR) and increased our intelligence collection about the enemy's movement, activities and future intentions.

In March 2016, the Combat team contributed through the church and the mosque and procured drugs mostly for women and children to compliment those supplied through Sector Head Quarters, to facilitate a medical camp for the locals. Three days were set aside in a week to treat the locals and this has greatly improved our relationship with the community. The drug stock has been replenished once since then and the initiative has been a great success.

The Company has also provided professional mechanical support and maintenance to the Hoosingo town water pump, which has ensured a continuous water supply especially during the recent long drought period without any major breakdown. The area is generally semi-arid and therefore water is an invaluable requirement to both the locals and us. This corporation has nonetheless borne an unprecedented mutual trust between us and the locals, without complacency on our part.

The CIMIC committee under the leadership of this writer, saw it fit to extend the support to a more significant pillar of human development and wellbeing- education. The team visited the local primary school and identified a glaring need for proper sanitation. The school lacked a toilet and a water storage facility. An estimate was taken and the Company contributed to cover the expenses. A pit latrine was constructed to serve both the teachers and pupils. A water tank with a capacity of 2,500 litres was also bought and installed in the school, strategically to collect rain water.

Most recently, due to the prolonged famine, we took part in distributing foodstuffs to the school children and the school's management committee. The event was scheduled to coincide with the official opening of the latrines and commissioning of the water tank, graced by the KDF soldiers and other CIMIC committee members. This was hailed by the elders, teachers, parents, pupils and all the locals of Hoosingo town, beaming with excitement.

F Company undertook the projects with no intent of recognition for a personality but to symbolize a great moral code- the code of conduct and chivalry of the men and women of KDF that we represent out here in our tour of duty. For all eyes and for all times, it is an expression of the ethics of the Kenyan soldier. Long live the "Fighters".



KENYA NAVY Provides MEDICAL AID

By Spte Dennis Mutuku

On the 6th Oct 2016, Kenya Navy donated free medical facilities and medication to pupils with cerebral palsy at Mtongwe Primary School in Mombasa as part of KDF Day celebration. KDF gave the learning institution thirteen (13) wheelchairs, several multi-vitamins and antiseptics, sanitary pads, methylated spirit cotton wools, examination gloves, medicines, among other equipment.

Speaking during the event, Kenya Navy Mtongwe Base Commander Brigadier Loonena Naisho on behalf of Commander Kenya Navy said it was an act of giving back to the society, just like soldiers have done.

“We have realized the need for this school, in terms of the handicapped children and we believe they are equal heroes and hopefully by this act we hope the society will come together just like we have done and contributed wheelchairs to help the identified children.

Brigadier Loonena said that the number of the children with disabilities is quite high but hopefully over time the community shall come together and address these issues adding that this is part of our community and that the

soldiers belonged to the community before joining the force.

The School's Principal Sarah Mungai said the donations came at an opportune time, since the number of pupils with the condition has grown to sixty (60) from three (3) since 2014 when the unit for the special pupils was opened.

“We normally have a big challenge especially with children in need of special care, and now that the KDF has provided the needed equipment we are grateful.

Ms. Mungai said that the school is divided into three sections, the regular wing, cerebral palsy wing (60 pupils) and the mentally handicapped wing (20 pupils), totaling to eight hundred and ninety seven (897) children.

Meanwhile, on the 7th October 2016, Kenya Navy medical personnel visited Shimoni Dispensary in Kwale, where they offered their services to the locals, treating residents of all ages, from children to the elderly, who turned up in large numbers after learning the soldiers were around their area. The team was led by Lieutenant Colonel Peter Mashep, a senior medical officer.

FOR ME AND MY COUNTRY

Service is never a simple act; It's about sacrifice for others;
Accomplishment for ourselves; About reaching out;
One person to another,
Gathered together as a country to reach across all our
divides.

For me and my Country

Every man who shoulders a gun,
Risks his all for his Country.
What are you sacrificing to back him up?
For me and my Country.

If I have to sacrifice my life;
for the sake of my family and my Country,
Other Countries and the entire world that need freedom;
I will do that.
For your tomorrow we give our today.
For me and my Country.

The willingness of our soldiers to sacrifice for our Country;
Pay the ultimate sacrifice for our beloved Nation;
When our parents, brothers, sisters, wives and children
Are crying and mourning!
For me and my Country.

I will serve, protect and sacrifice my life for this Country;
Because the only easy day was yesterday;
There's only two ways and man will quit;
He either gives up or dies.
For me and my Country.

I want to show those who deprive people; right to love our
Country. That when we know how to sacrifice ourselves;
for our duties and convictions; Death does not matter;
if one dies for the loved ones and Country.
For me and my Country.

Our debt to the heroic men; and valiant women;
In the service of our Country can never be repaid.
They have earned our undying gratitude;
Kenya will never forget their sacrifice.
For me and my Country.

By Maj Mutabari
Base Adjutant
Kenya Navy Base, Mtongwe

SALUTI

Salamu za mwanajeshi, tujuavyo ni saluti,
Ishara ya utumishi, heshima na uthabiti,
Saluti si matamshi, ni kitendo cha shuruti,
Nalijuza lote jeshi, askari ni saluti.

Askari ni saluti, kwa luteni na kanali,
Kapteni hampiti, kadhalika jenerali,
Hata kama wameketi, huku wanakula wali,
Huwapigia saluti, luteni asimfwate.

Luteni asimfwate, kumwaribia rekodi,
Akimbizwe kotekote, kosa tena lisirudi,
Takataka aokote, adhabu ya kusawidi,
Somo kamili apate, ufidhuli umtoke.

Ufidhuli umtoke, avae tena bereti,
Mara moja ainuke, na kusimama tisti,
Itoke amri kwake, apige moja saluti,
Kuomba asameheke, tambiko la askari.

Tambiko la askari, ni saluti kwa kamanda,
Yatuliza sana mori, makamanda huipenda,
Leo ninawapa siri, ya hata cheo kupanda,
Ni saluti ninakiri, ipige kwa maarifa.

Ipige kwa maarifa, pengine kwa majivuno,
Itakupa sana sifa, tumia wako mkono,
Nakamilisha masafa, kamata yangu maneno,
Saluti yaziba nyufa, ipige kila kuchao.

Kapteni D M Njeru
Kikosi cha 17
Jeshi la Nchi Kavu



KDF

shines at the

FAIR
TRADE
INTERNATIONAL
NAIROBI

2016

The President commended KDF for the outstanding display and encouraged them to continue embarking on the efforts of securing the country bravely and diligently.

Kenya Defence Forces (KDF) outclassed other participants to top performance at the Nairobi International Trade Fair (NITF) 2016, which ran between 3rd and 9th October 2016 at the Jamhuri Park, Nairobi.

KDF emerged an exemplary organization in performance and display, taking home the enviable Branch Chairperson's Commendation trophy, which is awarded by the NITF Chairperson on his own analysis of merit.

KDF won a total of eight trophies, including the Best Stand in Innovation and Invention. The Defence Forces Technical College (DEFTEC) showcased three innovations: The GSM-Based Electronic Display, Robotic Apparatus for Explosive Detector and Jammer and Intelligent City Traffic Control Unit. The GSM (Global System for Mobile) Based Electronic Display can be used as a remote evacuation unit as it has smoke and LPG sensors. In case there is a fire or gas leakage in a house or a building, one will receive an SMS and reply to it and activate the alarms. The Robotic Apparatus can detect explosives within a certain frequency and jam all network signals, electronics and power lines. The Intelligent City Traffic Control Unit can scan and give priority to where traffic is congested if placed at a roundabout. The two innovations were presented by Cpl Faith Muteti and Cpl Ishmael Owino.

Kenya Ordnance Factories Corporation (KOFC) presented the Mobile Computer Laboratory (KOFCLAB) which is aimed at supporting the government's initiative for the one tablet per child programme. The laboratory is meant to facilitate people in areas with no electricity, no

good storage capacity and no security. The KOFCLAB is solar powered, reinforced for security and insulated for air conditioning to make it favorable in all weather conditions. The tablets are also installed with alarm system to secure them from theft.

KDF stand also emerged the Best Organisation in Community Projects/Service for the Defence Forces Kitchen, Disaster Response Unit, the International Peace Support Training Centre and the KOFC.

At the arena, KDF won the Best Military Events; Actor/Actress Trophy, Best Overall Arena Event, Best Military Day Events Trophy, and the Overall Winners at the arena. Kenya Air Force won a trophy for the amazing fireworks display.

KDF too emerged the Second Best Stand in Manufacture Goods (non-consumable production), Second Best Large Government Stand, Second Best in Interpreting the Show Theme and the Third Best in Promoting National Cohesion and Integration Development.

His Excellency President Uhuru Kenyatta on Wednesday 5th October visited the KDF Stand, where he in particular took much interest in the amazing innovations that KDF soldiers displayed, which he promised to fully support. The President commended KDF for the outstanding display and encouraged them to continue embarking on the efforts of securing the country bravely and diligently. At the stand, the Commander-in-Chief was received by the Defence Cabinet Secretary Ambassador Raychelle Omamo accompanied by the Chief of the Defence Forces General Samson Mwathethe, the Vice Chief of the Defence Forces Lieutenant General Joseph Kasaon, the Defence Principal Secretary Ambassador Kirimi Kaberia and service commanders.

The one-week NITF attracted thousands of local and international exhibitors, government departments and small and medium enterprises. KDF made various presentations including the Ministry of Defence Public Affairs Office, the Environmental Soldier Programme, Kenya Army, Kenya Air Force, Kenya Navy, Defence Forces Technical College, Defence Forces Memorial Hospital, International Peace Support Training School, Defence Forces Insurance Scheme, Defence Forces Comrades Association, Defence Forces Canteen Organization and KOFC.

During the closing ceremony, the KDF Chief of Research and Development and Chairman of KDF NITF Committee, Brigadier Dennis Kamuri, commended the KDF outstanding performance and encouraged members to work hard and maintain the team spirit in order to win more trophies in future shows. At the same time he noted on the importance of taking serious the recommendations from the judges and general visitors to ensure an even better display in future.





KDF

TOPS AT THE EAC

MILITARY GAMES

By Capt Aquinas Nyakundi

The Kenya Defence Forces took part in the 10th East African Community Military Games and Cultural Events held in Kigali, Rwanda, for two weeks commencing on 5th August to 18th August 2016.

Kenya's general performance throughout the event was excellent with the Kenyan contingent returning home with six trophies. Ulinzi Football team defeated the defending champions, Rwanda 1-0 on the opening day of the games and emerged the eventual winners. The Handball and Cross Country teams also bagged gold medals with Basketball and Netball settling for Silver and Bronze respectively.

Kenya emerged the best participant receiving six medals and other commensurate trophies; three (3) gold medals, two (2) silver medals and one (1) bronze medal.

Kenya's individual trophies included the best goalkeeper in handball and football as well as best goal and basket scorer in handball and basketball respectively. Rwanda was second with Tanzania taking the third position in overall rankings.

Speaking during the closing ceremony, the Rwanda Minister of Defence General James Kabarebe said each event during the competition was spectacular and entertaining.

EAC Deputy Secretary in charge of Political Federation Mr. Charles Njoroge said that the event affirmed partner countries' resolve to work together to bolster security within the East African Community. He commended and congratulated the people of Rwanda for the hospitality and effort put forward to successfully host the tournament.

The Assistant Chief of the Defence Forces Personnel and Logistics

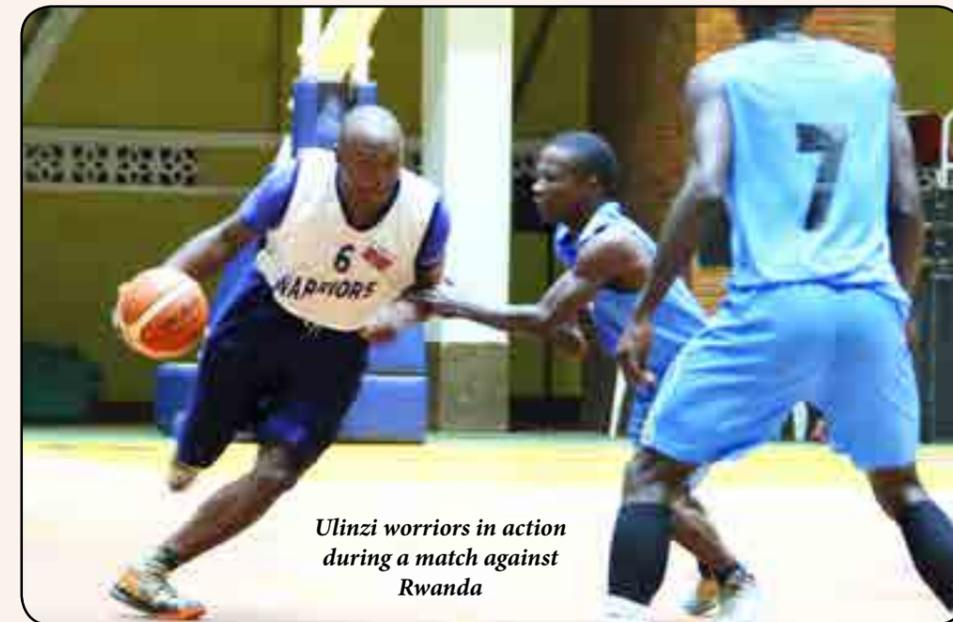
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(ACDF P&L) Major General Samuel Nandwa received the trophies on behalf of the Chief of the Defence Forces (CDF) General Samsom Mwathethe in a flag handback ceremony that was held at the Defence Headquarters.

The ACDF P&L recognised the cross country team both men and women who maintained their glory of being the champions since the 1st edition of the EAC Games. He too lauded the football and handball for reclaiming gold medals for their country for this year's edition and bringing back the trophies.

The team was treated to a grand celebration at Kahawa Garrison sponsored by the CDF and the ACDF P&L to thank all participants for a great display of their prowess in the various games the players took part in. The objective of the Military Games is to contribute in building confidence, friendship, cooperation and esprit de corps among the EAC Partner States' Defence Forces under the EAC Memorandum of Understanding (MoU) on co-operation in Defence, signed in 1998 and revised in 2001.

The tournament is held on rotational basis in Burundi, Kenya, Rwanda, Tanzania and Uganda in accordance with Article two of the Memorandum of Understanding on Defence Cooperation aimed at fostering friendship and cooperation among Partner States.



Ulinzi warriors in action during a match against Rwanda



Ulinzi Swords scores against Tanzania



Kenyan Contingent pose for a group photo after the official closing of the EAC military games and cultural events.





KDF'S RIO OLYMPIC CHAMPIONS

By Spte Dennis Mutuku & Spte Elizabeth Murugi

GOLD

CORPORAL JEMMIMAH SUMGONG

Kenya Defence Forces Cpl Jemima Jelagat Sumgong was born on 21st December 1984 hailing from the Nandi District in Kenya. She is wife to Noah Talam and a mother of one. Cpl Sumgong is a soldier from Moi Air Base.

Discipline motivated her into joining the Kenya Defence Forces and was impressed by how the KDF soldiers conducted themselves. She decided to join the Military in the year 2009 where she graduated from the Recruits Training School, Eldoret in 2009.

Cpl Sumngong honed her athletic skills in her early years as a young soldier under the watch of the KDF coaching staff. She appreciates the Kenya Defence Forces for according sportsmen and women ample time to prepare for competitions.

The Kenya Defence Forces athletics team is now focusing on future competitions where they are all eyeing better performances. The next event that the athletes will compete soon will be the KDF Cross-country in January, And London Marathon which will be held on 23rd of April 2017.

Cpl Sumgong is a long-distance runner and Olympic champion who compete in marathon races having competed abroad since 2004. Taking place on 24th April; Cpl Sumgong won the London Marathon with the time of 2:22:58. The event was outstanding as she fell during the run, but still managed to finish ahead of the rest of the field. On 14th August 2016, she won a gold medal in the Rio Olympics with a time of 2:24:04, winning the first gold medal in the women's Olympic marathon in Kenya.

Cpl Sumgong aspires to become the KDF's coach for the athletics team in the future. She encourages all Military soldiers to participate in other programs like sports in addition to their core duties of Defending the Country.



SILVER

CORPORAL HELLEN OBIRI

Cpl Hellen Obiri was born on the 13th of December, 1989 in Kisii County. Obiri, wife and a mother of one kid, based at Laikipia AirBase (LAB) is a middle-distance runner.

Before starting athletics she used to play netball where she presented her school in sports. She is a Silver medalist from 2016 Summer Olympics in the 5000M event where she set a time of 14:29:77 setting a new personal record.

Cpl Obiri was 11th in 1500M at 2011 World Championships in Daegu, South Korea. She also won 3000 metres distance at 2012 IAAF World indoor 2013 and 3rd in World Championships in Moscow, Russia.

Obiri attributed her success to discipline training, support from the family, KDF, and the famous Kenyan athlete Vivian Cheruiyot who she looks up to.



SILVER

CORPORAL BONIFACE MUCHERU

Cpl Mucheru a Kenyan soldier was born in 2nd May 1992 in Laikipia District. He is a husband and a father of two kids.

The soldier from the 1st Battalion Kenya Rifles (1 KR) is a short distance runner and an Olympic Silver medalist. Mucheru's glide to the top has been gradual as he won bronze in 400m and 4x400m at 2010 Africa Championships before getting another bronze in 400m hurdles and 4x400m at 2014 Africa Championships.

The athlete who went into the race with personal best 48.89, becomes the third Kenyan to win an Olympic medal in sprints after Julius Sang, who won bronze in 400m at the 1972 Munich Olympics and Samson Kitur, who also won bronze in 400m at 1992 Barcelona.

He finished 35th in 400m hurdles at 2012 London Olympics and 15th in 4x400m at 2014 world relays before settling sixth in 400m hurdles at 2014 Commonwealth Games. He claimed fifth place in 400m hurdles at the 2015 World Championships before winning 400m hurdles gold at the 2016 Africa Championships.

Cpl Mucheru made history as the first Kenyan to win an Olympic Medal in 400m hurdles when he claimed silver at the Rio Olympic Games. He did not only post a personal best 47.78 seconds, he also broke the national record of 47.79 set by Nicholas Bett when winning the world title in Beijing last year.

The silver medalist, started athletics when he was still a civilian where by his father a former Kenyan soldier gave him morale of doing exploit in athletics and became his personal coach until his son successfully joined the military. Mucheru looks forward to being an athlete until he retires.



