1987

NAIROBI

(Ken)

The African Games were interrupted from 1978 to 1987. This edition saw the debut of the women's event with a 5.000 mt. track event.
The official rankings only show the top three finishers.

MEN

9 August

20 Km.

	Hassan Shemsu		*1:35:57*
	Sawe William		*1:42:30*
	Kilonzo Mutisya		*1:43:04*

WOMEN

9 August

5.000 mt. track

	Chelimo Agnetha		*25:38.91*
	Ndaliro Valeria		*25:41.15*
	Akoth Monica		*26:03.35*