

UGANDA ATHLETICS FEDERATION (UGA)
2ND NATIONAL TRIALS
19TH MARCH, 2022 - MANDELA NATIONAL STADIUM

WOMEN

100m Heat 1

Wind: -0.3m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	132	Awelo Fiona Mukasa	Sprinters Sports Academy	13.94
2	2	195	Anamu Vicky	Nampunge C High School Athletics Club	14.09
3	1	202	Acen Dorine	Nalinya Lwantale Girls Ss	14.11
4	4	289	Cheruto Asha	Gulu University	15.81
	5	135	Mbabazi T M	Sprinters Sports Academy	DNS
	6	247	Mulonde Gift	Lukungu Academy.	DNS

100m Heat 2

Wind: -0.5m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	2	134	Mbabazi Peace T	Sprinters Sports Academy	13.93
2	6	185	Mukyala Zerida	Ndejje University Athletics Club	14.10
3	1	305	Acangome Peace	Gombe Athletics Club	14.76
	4	151	Chebet Zumura	Prisons Athletics Club	DNS
	7	224	Tikonu Hope Nancy	Mbarara Municipality	DNS
	3	196	Avako Joyce	Nampunge C High School Athletics Club	DNS
	5	306	Akao Juliet	Gombe Athletics Club	DQ

100m Heat 3

Wind: -1.3m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	2	022	Oroma Emmanuella	Uganda Wildlife Authority	13.21
2	3	318	Koranteng Aimee	Entebbe Ath.Club	13.82
3	6	131	Akong Justine Joy	Sprinters Sports Academy	13.95
4	1	129	Aber Samsa	Sprinters Sports Academy	15.45
	4	227	Muhwezi Chelse Michelle	Makerere University Athletics Club	DNS
	5	271	Talikaza Zubeda	Kampala Kids Academy (Kka)	DNS

100m Heat 4

Wind: -0.8m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	1	128	Abalo Sandra	Sprinters Sports Academy	13.29
2	5	136	Messia Aminah	Sprinters Sports Academy	13.30
3	3	207	Kobusingye Salaama	Nalinya Lwantale Girls Ss	13.66
4	2	016	Anena Scovia	Unity Athletics Club	14.38
5	7	108	Adoch Beatrice	Standard High Zana	14.45
6	6	307	Ayiorwoth Flavia	Gombe Athletics Club	14.59
7	4	211	Namubiru Grace	Nalinya Lwantale Girls Ss	14.70



100m Heat 5

Wind: 0.9m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	2	148	Apio Agnes	Prisons Athletics Club	12.48
2	5	181	Batyo Claire	Ndejje University Athletics Club	13.10
3	7	036	Acan Evaline Linda	Uganda Police	13.40
4	3	037	Akumu Veronica Aguttu	Uganda Police	13.68
5	4	156	Lanyero Lucy Apiyo	Prisons Athletics Club	14.53
6	6	111	Amony Sharon	Standard High Zana	14.71
	1	304	Aber Mercy	Gombe Athletics Club	DNS

200m Heat 1

Wind: 0.2m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	181	Batyo Claire	Ndejje University Athletics Club	27.32
2	2	207	Kobusingye Salaama	Nalinya Lwantale Girls Ss	28.09
3	6	079	Akello Ryaima Kella	UCU Athletics Club	28.33
4	3	195	Anamu Vicky	Nampunge C H School Athletics Club	28.62
5	1	129	Aber Samsa	Sprinters Sports Academy	30.98
6	8	290	Nakayega Irene Edinah	Gulu University	31.38
	5	196	Avako Joyce	Nampunge C H School Athletics Club	DNS
	7	135	Mbabazi T M	Sprinters Sports Academy	DNS

200m Heat 2

Wind: 2.4m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	136	Messia Aminah	Sprinters Sports Academy	27.00
2	6	229	Oroma Peace	Makerere University Athletics Club	27.14
3	4	251	Anguparu Pamela	Kyambogo University Athletics Club	27.41
4	2	202	Acen Dorine	Nalinya Lwantale Girls Ss	27.93
5	8	132	Awelo Fiona Mukasa	Sprinters Sports Academy	27.98
6	5	131	Akong Justine Joy	Sprinters Sports Academy	28.62
7	1	211	Namubiru Grace	Nalinya Lwantale Girls Ss	31.07
	7	151	Chebet Zumura	Prisons Athletics Club	DNS

200m Heat 3

Wind: 2.1m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	6	149	Apolot Ruth	Prisons Athletics Club	26.80
2	8	153	Koli Evaline Ocen	Prisons Athletics Club	26.82
3	1	130	Aciro Prossy	Sprinters Sports Academy	28.52
4	7	308	Nyapolo Charity	Gombe Athletics Club	28.56
5	3	307	Ayiorwoth Flavia	Gombe Athletics Club	30.46
6	5	289	Cheruto Asha	Gulu University	31.46
	2	134	Mbabazi Peace T	Sprinters Sports Academy	DNS
	4	247	Mulonde Gift	Lukungu Academy.	DNS

200m Heat 4

Wind: -1.1m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	038	Banura Mauren Akiiki	Uganda Police	25.13
2	5	148	Apio Agnes	Prisons Athletics Club	25.80
3	1	128	Abalo Sandra	Sprinters Sports Academy	27.42
4	7	146	Ajok Joyce	Prisons Athletics Club	28.05
5	8	002	Akullu Judith	UPDF	32.71
	2	022	Oroma Emmanuella	Uganda Wildlife Authority	DNS
	4	046	Shida Leni	Uganda Police	DNS
	6	133	Katushabe Jacinicta	Sprinters Sports Academy	DNS



400m Finals

Pos	Lane	Bib No.	Name	Affiliation	Time
1	5	038	Banura Mauren Akiiki	Uganda Police	56.06
2	6	127	Cheka Christine	Standard Athl.Club	58.22
3	3	133	Katushabe Jacinicta	Sprinters Sports Academy	1:00.61
4	1	287	Abeja Dorothy	Gulu University	1:02.08
5	7	130	Aciro Prossy	Sprinters Sports Academy	1:05.08
6	2	113	Auma Nancy Brenda	Standard High Zana	1:08.31
7	8	215	Ninsiima Kayler	Mbarara Municipality	1:31.09
	4	046	Shida Leni	Uganda Police	DNS

800m Heat 1

Pos	Lane	Bib No.	Name	Affiliation	Time
1	5	120	Nafumba Florence	Standard High Zana	2:17.45
2	2	204	Bala Annaucienta	Nalinya Lwantale Girls Ss	2:18.88
3	3	117	Hikima Georgina	Standard High Zana	2:19.06
4	4	206	Imalingat Everyline	Nalinya Lwantale Girls Ss	2:27.60
5	1	114	Babwona Asha	Standard High Zana	2:30.66
6	6	121	Namuwonge Jennifer	Standard High Zana	2:36.50
	7	074	Aciro Brenda	Uganda Paraolympic Athletics. Club	DNS

800m Heat 2

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	142	Aciru Knight	Prisons Athletics Club	2:09.51
2	3	228	Nyakato Jeniffer Abooki	Makerere University Athletics Club	2:13.29
3	2	180	Ayozu Grace	Ndejje University Athletics Club	2:21.94
4	8	118	Laker Lucky Okot	Standard High Zana	2:35.50
5	7	150	Biryeri Evelyn	Prisons Athletics Club	2:36.83
6	1	210	Nakazzi Daizy	Nalinya Lwantale Girls Ss	2:38.48
7	6	184	Kojoki Charity	Ndejje University Athletics Club	2:44.67
	5	001	Aguyo Judith	UPDF Athletics Club	DNS

1500m Finals

Pos	Lane	Bib No.	Name	Affiliation	Time
1	6	023	Chepkwemoi Loice	Uganda Wildlife Authority	4:30.11
2	8	042	Cherop Risper	Uganda Police	4:37.89
3	12	262	Chebet Gloria	Kcca Athletics Club	4:42.47
4	2	109	Akello Priscilla Onyanga	Standard High Zana	4:49.25
5	14	182	Chekwemoi Sandra	Ndejje University Athletics Club	4:56.70
6	9	208	Kusuro Mercyline	Nalinya Lwantale Girls Ss	4:56.80
7	7	115	Chepkwemoi Vanjaline	Standard High Zana	5:02.60
8	11	248	Okware Lilian	Lukungu Academy.	5:03.99
9	3	110	Akullu Ruth	Standard High Zana	5:04.01
10	4	112	Apong Semmy	Standard High Zana	5:09.69
	1	074	Aciro Brenda	Uganda Paraolympic Athletics. Club	DNS
	5	180	Ayozu Grace	Ndejje University Athletics Club	DNS
	10	017	Oroma Agness	Unity Athletics Club	DNS
	13	263	Chelangat Leah	Kcca Athletics Club	DNS



5000m Final

Pos	Lane	Bib No.	Name	Affiliation	Time
1	10	043	Chesang Prisca	Uganda Police	15:52.09
2	8	041	Chemusto Janat	Uganda Police	15:54.54
3	6	040	Chekwemai Esther	Uganda Police	16:26.63
4	3	152	Chemutai Belinda	Prisons Athletics Club	16:27.12
5	5	039	Chebet Scarlet	Uganda Police	16:57.58
6	11	082	Doreen Kibet	UAFA	17:00.49
7	7	263	Chelangat Leah	Kcca Athletics Club	17:14.94
8	2	081	Chemtai Eunice	UAFA	17:39.61
9	4	205	Chebet Lenny	Nalinya Lwantale Girls Ss	18:38.63
10	12	083	Mande Rebecca	UAFA	18:43.89
11	15	197	Kobusinge Phiona	Nampunge C High School Athletics Club	18:59.23
12	13	264	Nadungawinnie	Kcca Athletics Club	19:28.95
13	9	116	Cheptegei Hilda	Standard High Zana	19:33.95
	1	182	Chekwemai Sandra	Ndejje University Athletics Club	DNS
	14	262	Chebet Gloria	KCCA Athletics Club	DNS
	16	007	Cheptegei Rebecca	UPDF	DNS

4x100m Relays

Pos	Lane	Bib No.	Affiliation	Full Names	Time
1	5		Prisons	Adokorach Brenda	50.67
				Koli Evelyn Ocen	
				Apolot Ruth	
				Apton Agnes	
2	1		Sprinters	Katushabe Jacinta	53.02
				Nyakato Lydia	
				Mbabazi Peace	
				Abalo Sandra	
3	4		Tela Field	Anguparu Pamela	54.72
				Akong Joy Justin	
				Abbo Sophie	
				Messiah Aminah	
4	2		Standard High	Awelo Fiona Mukasa	56.09
				Aciro Prossy	
				Adoch Beatrice	
				Amony Sharon	
5	3		Nalinya Lwantale	Kobusingye Salama	56.59
				Namubiru Grace	
				Nakazzi Daisy	
				Achen Doreen	



Discus Finals

Pos	Flight	Bib No.	Name	Affiliation	Distance
1	10	045	Lalam Josephine Joyce	Uganda Police	44.24
2	5	141	Aciro Rose Mary	Prisons Athletics Club	38.65
3	4	179	Anek Scovia Olanya	Ndejje University Athletics Club	33.33
4	7	183	Driwaru Jackline	Ndejje University Athletics Club	31.20
5	9	154	Lakot Nancy	Prisons Athletics Club	30.03
6	2	147	Amaido Caroline	Prisons Athletics Club	23.80
7	6	-	Acayo Esther Teddy	Standard Athl. Club	23.15
8	8	-	Lakica Catherine	Standard Athl. Club	18.21
9	1	288	Abeja Susan	Gulu University	15.20
	3	203	Aluku Sarah	Nalinya Lwantale Girls Ss	NM

Javelin Finals

Pos	Flight	Bib No.	Name	Affiliation	Distance
1	3	045	Lalam Josephine Joyce	Uganda Police	52.55
2	2	183	Driwaru Jackline	Ndejje University Athletics Club	39.92
3	7	179	Anek Scovia Olanya	Ndejje University Athletics Club	32.67
4	1	203	Aluku Sarah	Nalinya Lwantale Girls Ss	25.45
5	6	119	Lakica Catherine	Standard High Zana	22.75
6	5	209	Nakato Janel Namubiru	Nalinya Lwantale Girls Ss	19.55
7	4	107	Acayo Esther Teddy	Standard High Zana	16.36
	8	328	Mirembe Peace	Airforce	DNS

Long Jump Finals

Pos	Flight	Bib No.	Name	Affiliation	Distance
1	7	155	Lakot Scovia	Prisons Athletics Club	5.42
2	4	145	Adongo Domidy	Prisons Athletics Club	5.23
3	2	036	Acan Evaline Linda	Uganda Police	5.16
4	1	287	Abeja Dorothy	Gulu University	4.94
5	9	157	Nabasa Jane	Prisons Athletics Club	4.81
6	10	306	Akao Juliet	Gombe Athletics Club	4.77
7	8	185	Mukyala Zerida	Ndejje University Athletics Club	4.56
8	3	143	Adokorach Brenda	Prisons Athletics Club	4.44
9	11	002	Akullu Judith	UPDF	3.74
	5	111	Amomy Sharon	Standard High Zana	DNS
	6	016	Anena Scovia	Unity Athletics Club	DNS

Shotput Finals

Pos	Flight	Bib No.	Name	Affiliation	Distance
1	2	044	Laker Mercy	Uganda Police	10.52
2	5	141	Aciro Rose Mary	Prisons Athletics Club	9.35
3	3	154	Lakot Nancy	Prisons Athletics Club	9.00
4	6	147	Amaido Caroline	Prisons Athletics Club	8.44
5	9	288	Abeja Susan	Gulu University	6.66
6	1	099	Adongo Carolyne Joanne	Tela Field Club	6.50
	4	328	Mirembe Peace	Airforce	DNS
	7	119	Lakica Catherine	Standard High Zana	DNS
	8	107	Acayo Esther Teddy	Standard High Zana	DNS



MEN

100m Heat 1

Wind: 0.3m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	266	Kiguli Flybwoy Trevor	KCCA Athletics Club	11.61
2	8	320	Wakabi Lawrence	Entebbe Ath.Club	11.76
3	7	336	Sam Kakaira	Airforce	11.88
4	1	122	Adome Gabriel	Standard High Zana	11.90
5	3	234	Godfrey Asega	Makerere University Athletics Club	12.69
	2	301	Daniel Okello Comboni	Gulu City Athletics Promotion Club	DNS
	5	011	Naulele Nathan	UPDF	DNS
	6	073	Ojara Dennis	Uganda Paraolympic Athletics. Club	DNS

100m Heat 2

Wind: 0.8m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	6	071	Shedrick Modi	Uganda Police	11.28
2	5	096	Okello Darius	Tuku Afrika	11.38
3	3	093	Laker Isaac	Tuku Afrika	11.72
4	4	323	Nkutu Ibahimovic Kirundans	Buikwe District	12.15
5	1	231	Ainembabazi Gerald	Makerere University Athletics Club	12.29
6	2	302	Denish Okot	Gulu City Athletics Promotion Club	12.63
7	8	078	Wokorach Geoffrey Oloya	Uganda Paraolympic Athletics. Club	12.92
	7	277	Mukasa Vincent	Kampala Kids Athletics Club	DNS

100m Heat 3

Wind: -0.2m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	1	198	Ambayo Fred	Nampunge C High School Athletics Club	11.50
2	7	024	Ajalu Joshua	Uganda Wildlife Authority	11.51
3	2	252	Diego Derrick	Kyambogo University Athletics Club	11.63
4	8	310	Gumperom Innocent Exodus	Gombe Athletics Club	12.04
5	4	089	Nsiiro Edward	UAFA	12.64
	3	258	Lulenzi Henry	Kiboga District Athletics Association	DNS
	5	077	Okwanga Charles	Uganda Paraolympic Athletics. Club	DNS
	6	250	Sserembe Vincent	Lukungu Academy.	DNS

100m Heat 4

Wind: 0.6m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	084	Kansiime Joseph Mwesigwa	UAFA	11.85
2	2	272	Ekwaro Haron Bullet	Kampala Kids Academy (Kka)	11.91
3	1	232	Bwaga Al- Bashir	Makerere University Athletics Club	12.11
4	8	296	Okumu Micheal	Gulu University	12.27
5	6	243	Omollo Innocent Lazzo	Makerere University Athletics Club	12.45
6	5	075	Ocen Wilfred	Uganda Paraolympic Athletics. Club	14.82
	4	259	Luzze Hashim Isac	Kiboga District Athletics Association	DNS
	7	224	Tikonu Hope Nancy	Mbarara Municipality	DNS



100m Heat 5

Wind: 1.9m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	6	299	Oyel Joel Timothy	Gulu University	12.00
2	7	021	Torach Stephen	Unity Athletics Club	12.03
3	4	335	Mubongi Wilbrod	Airforce	13.07
4	3	237	Kayondo Arnold	Makerere University Athletics Club	13.25
	1	300	Christopher Alema Gia	Gulu City Athletics Promotion Club	DNS
	2	233	Glenn Otieno	Makerere University Athletics Club	DNS
	5	076	Ocira Richard	Uganda Paraolympic Athletics. Club	DNS
	8	055	Geoffrey Onen	Uganda Police	DNS

100m Heat 6

Wind: 2.0m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	2	047	Adome Pius	Uganda Police	10.53
2	3	166	Isabirye Musa	Prisons Athletics Club	10.71
3	1	159	Aboda Emmanuel	Prisons Athletics Club	10.72
4	4	030	Lomutho Rajab	Uganda Wildlife Authority	10.83
5	7	191	Odikor Andrew	Ndejje University Athletics Club	11.71
	5	238	Muhwezi Abraham Lincoln	Makerere University Athletics Club	DNS
	6	171	Nyeko Geofrey	Prisons Athletics Club	DNS
	8	095	Ojok Justin	Tuku Afrika	DNS

200m Heat 1

Wind: 0.7m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	2	198	Ambayo Fred	Nampunge C High School Athletics Club	22.96
2	5	103	Mugabe Robert	Tela Field Club	23.85
3	1	158	Abila Henry	Prisons Athletics Club	23.95
4	7	014	Omeri Boniface	UPDF	23.99
5	6	254	Ocira Daniel	Kyambogo University Athletics Club	26.34
	3	010	Etiang Robert	UPDF	DNS
	4	273	Ignatius Baryaguma	Kampala Kids Academy (Kka)	DQ

200m Heat 2

Wind: 2.3m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	5	340	Obaren Aaron	Amuria District Athletics Association	23.64
2	4	193	Taremwa Moris	Ndejje University Athletics Club	24.66
3	1	212	Ssajjabbi Christopher	Mukono District	25.04
4	6	278	Ogal Amos Galaxy	Kampala Kids Athletics Association	25.30
5	2	244	Ssenyonjo Ibrahim N/A	Makerere University Athletics Club	25.95
6	3	245	Ssesanga Hakim	Makerere University Athletics Club	26.83
	7	024	Ajalu Joshua	Uganda Wildlife Authority	DNS

200m Heat 3

Wind: -0.4m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	6	090	Okabo Santos	UAFA	22.28
2	2	080	Cankura Robert	Ucu Athletics Club	22.82
3	1	321	Abwola Mark	Bull Athletics Club	24.07
4	7	243	Omollo Innocent Lazzo	Makerere University Athletics Club	25.25
5	5	238	Muhwezi Abraham Lincoln	Makerere University Athletics Club	28.66
	3	233	Glenn Otieno	Makerere University Athletics Club	DNS
	4	303	Innocent Rackara Otim	Gulu City Athletics Promotion Club	DNS



200m Heat 4

Wind: -0.6m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	7	299	Oyel Joel Timothy	Gulu University	23.52
2	4	088	Lwarence Oringa	UAFA	23.61
3	1	122	Adome Gabriel	Standard High Zana	24.05
4	3	234	Godfrey Asega	Makerere University Athletics Club	25.81
	5	319	Musenze Jr Christopher	Entebbe Athletics Club	DQ
	2	301	Daniel Okello Comboni	Gulu City Athletics Promotion Club	DNS
	6	096	Okello Darius	Tuku Afrika	DNS

200m Heat 5

Wind: 1.4m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	2	252	Diego Derrick	Kyambogo University Athletics Club	23.66
2	5	011	Naulele Nathan	UPDF	23.95
3	6	296	Okumu Micheal	Gulu University	24.30
4	7	336	Sam Kakaira	Airforce	24.33
5	1	231	Ainembabazi Gerald	Makerere University Athletics Club	24.73
	3	310	Gumperom Innocent Exodus	Gombe Athletics Club	DNS
	4	335	Mubongi Wilbrod	Airforce	DNS

200m Heat 6

Wind: 1.4m/s

Pos	Lane	Bib No.	Name	Affiliation	Time
1	5	047	Adome Pius	Uganda Police	21.22
2	6	166	Isabirye Musa	Prisons Athletics Club	21.38
3	7	159	Aboda Emmanuel	Prisons Athletics Club	21.49
4	4	240	Ngobi Allan	Makerere University Athletics Club	21.64
5	2	018	Goni Emmanuel	Unity Athletics Club	22.08
6	1	230	Adupa Daniel	Makerere University Athletics Club	23.29
	3	302	Denish Okot	Gulu City Athletics Promotion Club	DNS
	8	055	Geoffrey Onen	Uganda Police	DNS

400m Heat 1

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	173	Ogee Felix Ouma	Prisons Athletics Club	49.28
2	1	230	Adupa Daniel	Makerere University Athletics Club	50.85
3	7	-	Komakech Regan Semei	Unity Athletics Club	53.18
4	8	321	Abwola Mark	Bull Athletics Association	54.91
5	4	295	Ojok Isaac	Gulu university	55.58
6	6	193	Taremwa Moris	Ndejje University Athletics Club	56.03
7	5	212	Ssajjabbi Christopher	Mukono District	56.34
8	2	275	Kyaligonza Vincent	Kampala Kids Academy (KKA)	57.12

400m Heat 2

Pos	Lane	Bib No.	Name	Affiliation	Time
1	6	189	Chuol John Kuer	Ndejje University Athletics Club	51.47
2	3	009	Musenze jr Christopher	Entebbe Athletics Club	52.73
3	7	058	Kivumbi Rippon Daniel	Uganda Police	55.28
4	8	010	Etiang Robert	UPDF	55.84
5	5	245	Ssesanga Hakim	Makerere University Athletics Club	58.44
6	2	274	Koki Kaweesa Reuben Athan	Kampala Kids Academy (KKA)	1:07.60
	1	273	Ignatius Baryaguma	Kampala Kids Academy (KKA)	DNS
	4	255	Opeonya Resty Sunday	Kyambogo University Athletics Club	DNS



400mHeat 3

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	144	Adoli Haron	Uganda Prisons	46.59
2	6	160	Chan wengo Godfrey	Prisons Athletics Club	47.78
3	1	020	Onen Kennedy	Unity Athletics Club	47.81
4	2	018	Goni Emmanuel	Unity Athletics Club	48.27
5	3	066	Oroma Williamson	Uganda Police	48.29
6	5	033	Opio Denis	Uganda Wildlife Authority	51.00
	7	092	Kwemoi Caleb	Tuku AfriKa	DNS
	8	009	Ekaju Sam	UPDF	DQ

800m Heat 1

Pos	Lane	Bib No.	Name	Affiliation	Time
1	7	276	Labeja Patrick	Kampala Kids Academy (Kka)	1:57.77
2	8	201	Tenywa Edreen	Nampunge C High School Athletics Club	1:59.13
3	6	293	Jakisa Fred	Gulu University	2:02.18
4	2	123	Krube Fadhil Jaffer	Standard High Zana	2:02.62
5	5	330	Baguma Brain	Airforce	2:04.91
6	4	256	Sempijja Cyrus	Kyambogo University Athletics Club	2:11.53
7	8	295	Ojok Isaac	Gulu University	2:15.07
8	1	220	Cheptoek Onesimus	Mbarara Municipality	2:21.53
	3	094	Ocen Robin	Tuku Afrika	DNS

800m Heat 2

Pos	Lane	Bib No.	Name	Affiliation	Time
1	8	279	Omara Raymond	Kampala Kids Athletics Club	1:55.55
2	6	199	Comboni Daniel	Nampunge C High School Athletics Club	1:58.23
3	4	177	Omoding James	Prisons Athletics Club	2:04.80
4	8	297	Osman Gira	Gulu University	2:14.66
5	1	218	Byabagambi Karid	Mbarara Municipality	2:41.77
	2	140	Kiprotich Allan	Rise And Shine M Athletics Club	DNS
	3	241	Niyonziima Augustine	Makerere University Athletics Club	DNS
	5	216	Abitekaniza Rodgers	Mbarara Municipality	DNS
	7	242	Nshuti Richard	Makerere University Athletics Club	DNS

800m Heat 3

Pos	Lane	Bib No.	Name	Affiliation	Time
1	5	097	Okello Simon Peter	Tuku Afrika	1:58.06
2	8	249	Ndibailawa Jamiru	Lukungu Academy.	2:05.86
3	3	235	Ishimwe Grace	Makerere University Athletics Club	2:07.71
4	7	106	Chelimo Samuel	Talenta Athletics Club	2:11.29
5	8	200	Okwiti Denish	Nampunge C High School Athletics Club	2:15.72
	1	029	Kirano Shafiq	Uganda Wildlife Authority	DNS
	2	217	Akera David	Mbarara Municipality	DNS
	4	223	Muyanja Isaac	Mbarara Municipality	DNS
	6	225	Twinamasiko Innocent	Mbarara Municipality	DNS



800m Heat 4

Pos	Lane	Bib No.	Name	Affiliation	Time
1	7	138	Guot Thon Abraham	South Sudan	1:52.15
2	1	186	Apenyo Bekele	Ndejje University Athletics Club	1:52.75
3	6	165	Erimu Kokas	Prisons Athletics Club	1:53.67
4	4	164	Edimon Jamonu	Prisons Athletics Club	1:56.46
5	2	189	Chuol John Kuer	Ndejje University Athletics Club	2:05.71
	3	137	Deng Kuol Deng	South Sudan	DNS
	8	028	Kiprop Leonard	Uganda Wildlife Authority	DNS
	5	009	Ekaju Sam	UPDF	DQ

1500m Heat 1

Pos	Lane	Bib No.	Name	Affiliation	Time
1		139	Wol Yach Majok Kon	South Sudan	3:52.2
2		186	Apenyo Bekele	Ndejje University Athletics Club	3:57.1
3		069	Rotich Silas	Uganda Police	4:00.0
4		161	Chebet Aziz	Prisons Athletics Club	4:01.5
5		176	Oketch John	Prisons Athletics Club	4:04.0
6		334	Kusiima Deo Sewante	Airforce	4:06.3
7		253	Maubanya Shafik Seth	Kyambogo University Athletics Club	4:15.6
8		333	Chesulwa Aziz	Airforce	4:19.3
9		292	Cheptoyek Ronic	Gulu university	4:28.0
10		330	Baguma Micheal	Airforce	4:38.0
11		223	Muyanja Isaac	Mbarara Municipality	4:39.1
12		332	Chepkwui Iddi	Airforce	4:46.2
13		124	Mulindangabo Prince	Standard High Zana	4:57.9
		291	Awoi Dickens	Gulu University	DNF
		126	Ojale Aaron	Standard High Zana	DQ
		294	Kidega Jimmy	Gulu University	DNS
		242	Nshuti Richard	Makerere University Athletics Club	DNS
		285	Obura Richard	Inzikuru Sports Academy Limited	DNS
		073	Ojara Dennis	Uganda Paraolympic Athletics. Club	DNS
		098	Omar Tony	Tuku Afrika	DNS
		256	Sempijja Cyrus	Kyambogo University Athletics Club	DNS
		213	Ssekandi Ashiraf	Mukono District	DNS
		140	Kiprotich Allan	Rise And Shine M Athletics Club	DNS



1500m Heat 2

Pos	Lane	Bib No.	Name	Affiliation	Time
1		057	Kiplangat Joel	Uganda Police	3:51.91
2		032	Ndiwa Toroitich	Uganda Wildlife Authority	3:52.30
3		280	Ategeka Brian Adams	Kabowa Dream Team Athletics Club	3:55.64
4		199	Comboni Daniel	Nampunge C High School Athletics Club	4:07.12
5		201	Tenywa Edreen	Nampunge C High School Athletics Club	4:14.05
6		068	Rotich Isaac	Uganda Police	4:16.86
7		200	Okwiti Denish	Nampunge C High School Athletics Club	4:24.72
8		293	Jakisa Fred	Gulu University	4:27.59
9		241	Niyonziima Augustine	Makerere University Athletics Club	4:32.88
10		221	Cherop Obadiah	Mbarara Municipality	4:37.98
		217	Akera David	Mbarara Municipality	DNS
		220	Cheptoeck Onesimus	Mbarara Municipality	DNS
		104	Mumbya Michael Andre	Tela Field Club	DNS
		026	Boch Silus	Uganda Wildlife Authority	DNS
		190	Mugoda James	Ndejje University Athletics Club	DNS
		094	Ocen Robin	Tuku Afrika	DNS
		076	Ocira Richard	Uganda Paraolympic Athletics. Club	DNS
		077	Okwanga Charles	Uganda Paraolympic Athletics. Club	DNS
		192	Rutaro Mathias	Ndejje University Athletics Club	DNS
		265	Kibet Oscar	Kcca Athletics Club	DNS

1500m Heat 3

Pos	Lane	Bib No.	Name	Affiliation	Time
1		327	Maru Peter	Arua Athletics Club	3:45.65
2		283	Kiprop Hosea	Jocdef Athletics Club	3:48.34
3		125	Naido Dominic Krop	Standard High Zana	3:55.59
4		269	Chebet Marajan	Kapchorwa	3:57.64
5		170	Niwesinguzi Daniel	Prisons Athletics Club	3:59.22
6		324	Chemutai Hosea	Arua Athletics Assoc	4:01.26
7		164	Edimon Jamonu	Prisons Athletics Club	4:01.97
8		163	Chemonges Abraham	Prisons Athletics Club	4:02.90
9		284	Kiprotich Sam Kapkureny	Jocdef Athletics Club	4:03.09
10		162	Chelangat Caleb	Prisons Athletics Club	4:06.57
11		050	Cheptoyek Boaz	Uganda Police	4:07.52
12		061	Kusuro Fred	Uganda Police	4:09.88
13		059	Kizza Alex	Uganda Police	4:14.84
14		051	Cheptoyek Enock	Uganda Police	4:17.26
15		053	Cherop Enock	Uganda Police	4:18.49
16		219	Chelangati Eliud	Mbarara Municipality	4:19.87
17		062	Kwemoi Enos	Uganda Police	4:21.17
18		270	Kwemboi Peter	Kapchorwa	4:26.17
19		054	Cherotich Jacob	Uganda Police	4:35.64
20		031	Muheirwe Dick	Uganda Wildlife Authority	5:00.80
		004	Chemonges Fredrick	UPDF	DNS
		138	Guot Thon Abraham	South Sudan	DNS
		322	Haron Chemutai	Bukwo	DNS
		028	Kiprop Leonard	Uganda Wildlife Authority	DNS
		035	Siwa Eliot	Uganda Wildlife Authority	DNS



3000m SC Finals

Pos	Lane	Bib No.	Name	Affiliation	Time
1		168	Mutai Ezekiel	Prisons Athletics Club	8:41.12
2		032	Ndiwa Toroitich	Uganda Wildlife Authority	9:04.47
3		281	Rotich Gideon	Jocdef Athleticsclub	9:18.40
5		064	Kwemoi Ezekiel	Uganda Police	10:08.45
6		338	Wanok Morrison	Zombo District	10:20.87
7		060	Komom Chrispus	Uganda Police	10:36.24
8		213	Ssekandi Ashiraf	Mukono District	12:37.10
		049	Cheptoris Dan	Uganda Police	DQ
		190	Mugoda James	Ndejje University Athletics Club	DQ
		267	Kiplangat Denis	Kcca Athletics Club	DNS
		188	Chelimo Isaac	Ndejje University Athletics Club	DNS
		268	Kipyeko Laban	Kcca Athletics Club	DNS
		003	Ayeko Simon	UPDF	DNS

10,000m Finals

Pos	Lane	Bib No.	Name	Affiliation	Time
1		282	Chelangam Abraham	Jocdef Athletics Club	29:23.41
2		267	Kiplangat Denis	Kcca Athletics Club	29:24.53
3		325	Tungwet Caleb	Arua Athletics Assoc	29:40.36
4		006	Chepkorom Ezekiel	UPDF	29:53.44
5		052	Cherop Alex	Uganda Police	30:15.74
6		015	Sande Fred	UPDF	30:20.48
7		268	Kipyeko Laban	KCCA Athletics Club	30:20.54
8		072	Wangwe Brian William	Uganda Police	31:12.62
9		008	Cheptoek Patrick	UPDF	31:21.34
10		091	Simon Pulo	UAFA	31:23.93
11		086	Kiprop Solomon	UAFA	31:26.53
12		163	Chemonges Abraham	Prisons Athletics Club	31:27.65
13		085	Kimtai Joshua	UAFA	31:39.07
14		188	Chelimo Isaac	Ndejje University Athletics Club	31:56.93
15		087	Kiptoo Victor	UAFA	32:10.74
16		070	Sande Denis	Uganda Police	32:10.98
17		286	Omusugu Nathan	Hared Jinja	32:18.23
		005	Chemutai Fred	UPDF	DNF
		329	Agotrey Primo	Airforce	DNF
		065	Nyogo Adam	Uganda Police	DNF
		297	Osman Gira	Gulu University	DNF
		214	Yoacel Rogers	Mubs Athletics Club	DNF
		219	Chelangati Eliud	Mbarara Municipality	DNS
		326	Cheptot Daglas	Amuria Athletics Club	DNS
		167	Kiplimo Philip	Prisons Athletics Club	DNS
		048	Chemutai Elisha	Uganda Police	DNS
		221	Cherop Obadiah	Mbarara Municipality	DNS
		226	Ddumba Sadala	Makindye Athl. Club	DNS
		027	Kateregga John	Uganda Wildlife Authority	DNS
		265	Kibet Oscar	Kcca Athletics Club	DNS
		063	Kwemoi Victor	Uganda Police	DNS
		260	Milla Tadeo	Kiboga District Athletics Association	DNS
		261	Mungusine Julius	Kiboga District Athletics Association	DNS
		222	Murungi Deo	Mbarara Municipality	DNS
		034	Sali Denis Arap Sali	Uganda Wildlife Authority	DNS
		337	Twikirize Francis	Airforce	DNS
		338	Wanok Morrison	Zombo District	DNS
		291	Awoi Dickens	Gulu University	DNS
		292	Cheptoyek Ronic	Gulu University	DNS



4x400m Mixed relays

Pos	Lane	Bib No.	Affiliation	Full Names	Time
1	1		Uganda D	Banura Moureen	3:29.80
				Ongee Felix	
				Apio Agnes	
				Oroma Williamson	
2	5		Uganda A	Nafamba Florence	3:37.23
				Cheka Christine	
				Erimu Kokas	
				Adupa Daniel	
3	4		Uganda B	Babwuno Asha	3:42.84
				Nyawere Christine	
				Oringa Lawrence	
				Okabo Santos	
4	2		Uganda E	Mugabe Robert	3:49.88
				Anguparu Pamela	
				Ocilaje Pius	
				Adokorach	
5	3		Uganda C	Apenyo Bekele	3:57.76
				Chuol John Keer	
				Ayuru Grace	
				Kujoki Charity	

Discus Finals

Pos	Flight	Bib No.	Name	Affiliation	Distance
1	6	246	Tukamuheerwa Anthony	Makerere University Athletics Club	36.87
2	1	025	Akena Moses	Uganda Wildlife Authority	36.43
3	2	172	Odong Martin	Prisons Athletics Club	35.96
4	4	178	Opiyo Oscar	Prisons Athletics Club	35.70
5	5	067	Oyet Richard	Uganda Police	30.84
6	3	175	Okello Robert	Prisons Athletics Club	30.67
7	7	169	Mwaka Johnson	Prisons Athletics Club	29.96
	8	236	Katooro Paul Keith	Makerere University Athletics Club	DNS

Triple Jump Finals

Pos	Flight	Bib No.	Name	Affiliation	Distance
1	5	187	Ayup Khoak Khor	Ndejje University Athletics Club	14.87
2	1	013	Odokonyero Francis	UPDF	14.04
3	4	019	Komakech Regan Semei	Unity Athletics Club	13.95
4	2	314	Odongtoo Isaac	Gombe Athletics Club	13.18
	3	065	Nyogo Adam	Uganda Police	DNS
	6	239	Murungi Ronald	Makerere University Athletics Club	NM

Javelin Finals

Pos	Flight	Bib No.	Name	Affiliation	Distance
1	3	169	Mwaka Johnson	Prisons Athletics Club	59.41
2	2	294	Kidega Jimmy	Gulu university	54.59
3	5	298	Otwal Mark	Gulu university	54.15
4	4	012	Ocoma Alex	UPDF	45.62
5	6	105	Ssenyonga Asuman	Tela Field Club	34.55
6	8	065	Nyogo Adam	Uganda Police	33.46
	1	300	Christopher Alema Gia	Gulu City Athletics Promotion Club	DNS
	7	314	Odongtoo Isaac	Gombe Athletics Club	DNS



Shotput Finals

Pos	Flight	Bib No.	Name	Affiliation	Distance
1	9	172	Odong Martin	Prisons Athletics Club	12.67
2	10	178	Opiyo Oscar	Prisons Athletics Club	12.61
3	7	013	odokonyero francis	UPDF	11.58
4	12	067	Oyet Richard	Uganda Police	10.84
5	3	102	Kayo Kenneth	Tela Field Club	10.63
6	5	025	Akena Moses	Uganda Wildlife Authority	10.10
7	4	012	Ocoma Alex	UPDF	9.09
8	2	101	Bakanzewa Joel	Tela Field Club	9.00
9	1	100	Babumba Babu	Tela Field Club	6.14
	6	236	Katooro Paul Keith	Makerere University Athletics Club	DNS
	8	294	Kidega Jimmy	Gulu university	DNS
	11	298	Otwal Mark	Gulu university	DNS

Long Jump Finals

Pos	Flight	Bib No.	Name	Affiliation	Distance
1	3	174	okello Charles	Prisons Athletics Club	7.28
2	8	187	Ayup Khoak Khor	Ndejje University Athletics Club	6.74
3	1	080	Cankura Robert	UCU Athletics Club	6.74
4	7	194	Yikii Jimmy	Ndejje University Athletics Club	6.65
5	6	020	Onen Kennedy	Unity Athletics Club	6.51
6	4	257	Omara Joe Makim	KIU AHLETICS CLUB	6.41
7	2	314	Odongtoo Isaac	Gombe Athletics Club	6.11
8	10	021	Torach Stephen	Unity Athletics Club	5.61
9	5	014	Omeri Boniface	UPDF	5.51
	9	303	Innocent Rackara Otim	Gulu City Athletics Promotion Club	DNS

