



UGANDA ATHLETICS FEDERATION (UGA)

3rd National Trials - March 13th, 2021

Results

Women

100m - Women Heat 1

Pos	Bib No.	Full Name	Affiliation	Time
1		Katushabe Jacinta	Sprinters Sports	13.2
2		Cheka Christine	Sprinters Sports	13.4
3		Draru Rose	Makerere	13.7
4		Nyapol Charity	Makerere	13.9
5		Nesia Amina	Kampala Kids Academy	14.1
6		Ayiruth Flavia	Makerere	14.6

100m - Women Heat 2

Pos	Bib No.	Full Name	Affiliation	Time
1	494	Nyamahunge Jacent	Police	12.1
2		Apio Agnes	Prisons	12.4
3	483	Banura Maureen Akiiki	Police	12.6
4		Auma Mary	Prisons	13.0
5		Achan Evelyn Linda	Police	13.4
6	489	Oroma Emmanuella	UWA	13.7

400m - Women Heat 1

Pos	Bib No.	Full Name	Affiliation	Time
1	484	Draru Rose	Makerere	1:05.3
2	486	Nyapolo Charity	Makerere	1:06.2
3	493	Adong Susan	ATL	1:09.8
4	485	Ayiorwoth Flavia	Makerere	1:11.8
5	491	Hassashya Peninah	ATL	1:16.4
6	492	Kyabe Kevin Josephine	ATL	1:21.3

400m - Women Heat 2

Pos	Bib No.	Full Name	Affiliation	Time
1	494	Nyamahunge Jacent	ATK	57.8
2	483	Banura Maureen Akiiki	Police	59.5
3	488	Atto Sidonia	UCU	1:01.2
4	490	Ajok Joyce	Prisons	1:03.6
5	487	Akol Scovia	Tuku Africa	1:05.5
6	489	Oroma Emmanuella	UWA	1:08.4





800m - Women

Pos	Bib No.	Full Name	Affiliation	Time
1		Akidi Betty Bigombe	Gombe S.S	2:31.5
2		Perina John Claudio	South Sudan	2:31.9
3		Nabulo Sarah	Old Kampala	2:36.4
4		Hikima Georgina	Kampala Kids Academy	2:44.7
5		Nafamba Florence	Kampala Kids Academy	DQ

1500m - Women

Pos	Bib No.	Full Name	Affiliation	Time
1	539			4:56.2
2	529	Kajumba Margaret	Nalinya Lwantale	5:54.5
3		Talikaza Zubeda	Nsambya	6:19.9
4	537			6:46.0
5	538			7:33.4

Javelin - Women

Pos	Bib No.	Full Name	Affiliation	Distance
1		Lalam J. Josephine	Police	52.31
2		Awidi Victoria	Prisons	48.20

Shot Put - Women

Pos	Bib No.	Full Name	Affiliation	Distance
1	505	Aber Caroline	Prisons	11.77
2	520	Aciro Rose Mary	Prisons	9.75
3	521	Lakereber M.	UPDF	9.65
4	540	Emrikia Christine	Prisons	9.65
5	519	Alanyo Catherine	Prisons	9.60

Long Jump - Women

Pos	Bib No.	Full Name	Affiliation	Distance
1	347	Lakot Scovia	Prisons	5.42
2	352	Lanyero L. Apiyo	Prisons	NM
3	452	Atoo Sidonia	UCU	NM





Men

100m - Men Heat 1

Pos	Bib No.	Full Name	Affiliation	Time
1		Olipa Sharif	Tuku Africa	11.4
2		Onyang Isaac	UPDF	11.5
3		Watmon Francis	Boston	11.7
4		Mayen Francis	South Sudan	11.9
5		Nkutu Ibrahim	Buikwe	12.0
6		Kivumbi Ripon	Police	12.2
7		Nuwaga Solomon	Makerere	12.9

100m - Men Heat 2

Pos	Bib No.	Full Name	Affiliation	Time
1		Gumperon Innocent	Boston	11.7
2	508	Ochen Francis	Hared Jinja	12.1
3	496	Ainembabazi Gerald	Makerere	12.8
4		Nsiro Edward	Wakiso	13.0
5	497	Ssesanga Hakim	Makerere	13.3

100m - Men Heat 3

Pos	Bib No.	Full Name	Affiliation	Time
1		Obuto Solomon	Police	10.7
2		Okwii Erick	UWA	10.9
3		Lomutho Rajab	UWA	11.2
4		Okello Darius	Tuku Africa	11.4
5		Ngobi Allan	Makerere	11.7
6	506	Ambajo Fred	Tuku Africa	11.7
7		Onyango Eric	Hared	13.9

400m - Men Heat 1

Pos	Bib No.	Full Name	Affiliation	Time
1	503	Okwir Erick	UWA	50.6
2	507	Kwemoi Caleb	Ndejje	51.2
3	509	Nyeko Johnson	Hared Jinja	52.2
4	508	Ochen Francis	Hared Jinja	52.6
5	499	Kivumbi Rippon Daniel	Police	57.3
6	496	Ainembabazi Gerald	Makerere	59.1
7	497	Ssesanga Hakim	Makerere	1:00.0





400m - Men Heat 2

Pos	Bib No.	Full Name	Affiliation	Time
1	501	Deng Kuol Peter	South Sudan	52.1
2	506	Ambajo Fred	Tuku Africa	53.5
3	495	Omoding James	Prisons	54.9
4	500	Owor Charles	Gombe S.S	55.1
5	511	Acidiri Geoffrey	UPDF	55.5
6	516	Onyoko Issa	Makerere	55.8
7	515	Kiiza Ronald	Kiboga	1:03.9

400m - Men Heat 3

Pos	Bib No.	Full Name	Affiliation	Time
1	502	Opio Denis	UWA	49.3
2	514	Obuto Solomon	Police	49.7
3	413	Oroma Williamson	UCU	50.0
4	504	Deng Thiel Thiel	South Sudan	50.6
5	510	Makoi Patrick	UPDF	52.1
6	512	Odokonyero Allan	Boston	58.1
7	498	Abiem Abiemaj Andrea	Makerere	1:01.0

800m - Men

Pos	Bib No.	Full Name	Affiliation	Time
1	543	Osuje Emmanuel	Police	1:54.0
2		Apenyo Bekele	Prisons	1:56.1
3	545	Guot Thon Abraham	Kampala University	1:56.9
4	546	Dot Snatos Chimam	Kampala University	2:00.0
5		Arop Micheal Oweka	Prisons	2:01.3
6	547	Kivumbi Emmanuel	Makerere	2:01.9
7	544	Bemba Ibrahim	Wakiso	2:04.2
8	542	Maubanya Shafik Seth	Kyambogo	2:04.6
9		Ndibawa Jamil		2:05.2
10	549	Limo Fred	updf	2:07.1
11	548	Dingle Evans	Central Park/Tracksmith	2:14.5
12		Onen Geoffrey	Police	2:15.7
13	338	Bizimana Prosper	Nakivale	2:34.8
14		Anagabilla Victor		2:46.6





1500m - Men

Pos	Bib No.	Full Name	Affiliation	Time
1	528	Wabutwa Farid	UWA	3:54.9
2	522	Koon Wol Yach Majok	Kampala University	3:55.5
3	524	Chemonges Monday	Tuku Africa	4:07.0
4	525	Kipsakit Elisha	Tuku Africa	4:11.3
5	527	Sisey Abraham Karameka	Kapchorwa	4:14.6
6	526	Amandu Richard	UPDF	4:15.9
7	523	Okello Ivan	Kampala Kids Academy	4:26.8
8	337	Chemutai Haron	Bukwo	4:58.6
9	338	Bizimana Prosper	Nakivale	4:59.5

5000m - Men

Pos	Bib No.	Full Name	Affiliation	Time
1	340	Chemutai Leonard	Tuku Africa	14:26.1
2	80	Yeko Dismas	Ndejje	14:27.1
3	336	Akwech Peter	Prisons	14:27.7
4	331	Kiplangat Joel	Police	14:29.6
5	339	Kiplangat Denish	Tuku Africa	14:46.7
6	343	Ajan Jacob Chol	Kampala University	14:48.6
7	329	Akoon Abeich Wol	Kampala University	14:50.0
8	345	Kipenicot Benson	Police	15:14.6
9	344	onday Stephen	Tuku Africa	15:18.9
10	342	Kasuk Peter timore	Kampala University	15:26.1
11	351	Opio Gusber	Mbarara Municipality	15:33.4
12	332	Luteeso Geoffrey	UWA	15:37.9
13	330	Musani B. Francis	UPDF	15:44.0
14	350	Chemonges Fredrick	UPDF	15:47.5
15	346	Ndihaba John	UWA	15:54.6
16	335	Cheptegei Sam Kiptala	Kapchorwa	16:36.6
17	333	Maseruka Hamuza	Kiboga	DNF
18	226	Mawel Gabriel Magot	Kampala University	DNF
19	334	Mongishi Ronald	Kiboga	DNF
20	337	Chemutai Haron	Bukwo	DNF
21	338	Bizimana Prosper	Nakivale	DNF
22	341	Niyonzima Augustine	Makerere	DNF
23	348	Munange Ramathan	ATL	DNF
24	349	Mbabazi Christopher	UCU	DNF





Long Jump - Men

Pos	Bib No.	Full Name	Affiliation	Distance
1	531	Komakech Moses	Prisons	7.10
2	535	Odongo Denish	UPDF	7.10
3	530	Okello Charles	Prisons	7.03
4	533	Juma Barnabas	Gulu	6.24
5	532	Odong Denis	Prisons	6.09
6	534	Mumanye Faisal	Makerere	NM

Shot Put - Men

Pos	Bib No.	Full Name	Affiliation	Distance
1	481	Opiyo Oscar	Prisons	13.20
2	482	Odong Martin	Prisons	12.15
3	517	Odokonyero Francis	UPDF	11.65

Javelin - Men

Pos	Bib No.	Full Name	Affiliation	Distance
1	477	Mwaka Johnson	Prisons	59.04
2	473	Ochen M. Jinaro	Prisons	56.90
3		Ojara Denis	Prisons	56.30
4		Okello Robert	Prisons	56.27
5		Nyeko Lobo Gilbert	Prisons	36.27

