



**3<sup>RD</sup> NATIONAL TRACK AND FIELD TRIALS 1<sup>ST</sup> APRIL 2023**  
**MANDELA NATIONAL STADIUM (OUTSIDE TRACK)**

**WOMEN**

**100m Heat 1**

**Wind: -2.8 m/s**

Pos.	Bib	Name	Affiliation	Time
1.	605	Awelo Mukasa Fiona	Old Kampala S.S Athletics Club	13.98
2.	612	Nessia Aminah	Old Kampala S.S Athletics Club	14.07
3.	94	Mwaka Josephine Inde	Makerere University Athletics Club	14.41
4.	733	Amutuhaire Rashidah Favour	Boston High. Sch. Ath. Club	15.61
	730	Achen Gloria Mercy	Boston High. Sch. Ath. Club	DNS

**100m Heat 2**

**Wind: -2.3 m/s**

Pos.	Bib	Name	Affiliation	Time
1.	621	Atim Lydia	Standard High Zana Ath. Club	14.76
2.	619	Amony Sharon	Standard High Zana Ath. Club	14.94
3.	623	Bisirikorwa Joy	Standard High Zana Ath. Club	15.24
	783	Acayo Pauline	Ndejje University Athletics Club	DNS
	762	Nalule Kevin	Boston High. Sch. Ath. Club	DNS

**100m Heat 3**

**Wind: -2.2 m/s**

Pos.	Bib	Name	Affiliation	Time
1.	620	Atiang Charity Mercy	Standard High Zana Ath. Club	13.61
2.	266	Abuk Brenda	Uganda Prisons Athletics Club	14.22
3.	607	Basemera Daphine	Old Kampala S.S Athletics Club	15.56
	791	Awelo Fiona .Mukasa	Old Kampala S.S Athletics Club	DNS
	867	Nalubega Joanitah	UPDF Athletics Club	DNS

**100m Heat 4**

**Wind: -1.9 m/s**

Pos.	Bib	Name	Affiliation	Time
1.	796	Ayikoru Rita Favour	Ndejje University Athletics Club	14.01
2.	271	Akello Gloria Ocen	Uganda Prisons Athletics Club	14.19
3.	614	Abbo Sophia	Standard High Zana Ath. Club	14.91
4.	734	Apio Barbara Mercy	Boston High. Sch. Ath. Club	15.60
	877	Oroma Agnes	Ndejje University Athletics Club	16.10
	761	Nakimuli Whitney Racheal	Boston High. Sch. Ath. Club	DNS





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**MANDELA NATIONAL STADIUM (OUTSIDE TRACK)**

**100m Heat 5**

**Wind: -3.3 m/s**

Pos.	Bib	Name	Affiliation	Time
1.	248	Nyamahunge Jacent	Uganda Police Athletics Club	11.92
2.	332	Koli Evaline Ocen	Uganda Prisons Athletics Club	12.84
3.	674	Nyawere Christine	UPDF Athletics Club	12.97
4.	784	Acen Rose Mary	UPDF Athletics Club	13.07
5.	600	Abalo Sandra	Old Kampala S.S Athletics Club	13.26
6.	617	Akullu Monica	Standard High Zana Ath. Club	13.36

**200m Heat 1**

**Wind: -4.3 m/s**

Pos.	Bib	Name	Affiliation	Time
1.	617	Akullu Monica	Standard High Zana Ath. Club	26.80
2.	611	Mbabazi Peace Teopista	Old Kampala S.S Athletics Club	26.84
3.	620	Atiang Charity Mercy	Standard High Zana Ath. Club	28.15
4.	621	Atim Lydia	Standard High Zana Ath. Club	29.57
5.	607	Basemera Daphine	Old Kampala S.S Athletics Club	30.77
6.	614	Abbo Sophia	Standard High Zana Ath. Club	31.07

**200m Heat 2**

**Wind: -2.8 m/s**

Pos.	Bib	Name	Affiliation	Time
1.	609	Kaahwa Anna Mary	Old Kampala S.S Athletics Club	27.47
2.	605	Awelo Mukasa Fiona	Old Kampala S.S Athletics Club	28.03
3.	622	Atim Mercy	Standard High Zana Ath. Club	29.50
4.	730	Achen Gloria Mary	Boston High. Sch. Ath. Club	30.88
5.	623	Bisinkorwa Joy	Standard High Zana Ath. Club	31.57
6.	734	Apio Barbara Mercy	Boston High. Sch. Ath. Club	32.01

**200m Heat 3**

**Wind: -1.2 m/s**

Pos.	Bib	Name	Affiliation	Time
1.	627	Namuwonge Jennifer	Standard High Zana Ath. Club	28.26
2.	162	Draru Rose	Uganda Police Athletics Club	28.36
3.	612	Nessia Aminah	Old Kampala S.S Athletics Club	28.91
4.	601	Aciro Prossy	Old Kampala S.S Athletics Club	28.96
5.	603	Akongo Justine Joy	Old Kampala S.S Athletics Club	29.65
6.	877	Oroma Agnes	Ndejje University Athletics Club	33.17





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## 200m Heat 4

Wind: -3.9 m/s

Pos.	Bib	Name	Affiliation	Time
1.	248	Nyamahunge Jacent	Uganda Police Athletics Club	24.01
2.	674	Nyawere Christine	UPDF Athletics Club	25.68
3.	332	Koli Evaline Ocen	Uganda Prisons Athletics Club	25.76
4.	434	Acen Rose Mary	UPDF Athletics Club	26.17
5.	600	Abalo Sandra	Old Kampala S.S Athletics Club	26.20
6.	610	Katushabe Jacinta	Old Kampala S.S Athletics Club	28.02

## 400m Heat 1

Pos.	Bib	Name	Affiliation	Time
1.	275	Apio Agnes	Uganda Prisons Athletics Club	59.49
2.	610	Katushabe Jacinta	Old Kampala S.S Athletics Club	1:04.17
3.	601	Aciro Prossy	Old Kampala S.S Athletics Club	1:06.21
4.	606	Ayoo Esther	Old Kampala S.S Athletics Club	1:13.16
	760	Nagawa Marjorine Winnie	Boston High. Sch. Ath. Club	DNS
	733	Amutuhaire Rashidah Favour	Boston High. Sch. Ath. Club	DNS

## 400m Heat 2

Pos.	Bib	Name	Affiliation	Time
1.	611	Mbabazi Peace Teopista	Old Kampala S.S Athletics Club	1:01.03
2.	609	Kaahwa Anna Mary	Old Kampala S.S Athletics Club	1:01.45
3.	627	Namuwonge Jennifer	Standard High Zana Ath. Club	1:02.50
4.	618	Akullu Ruth	Standard High Zana Ath. Club	1:04.35
5.	603	Akongo Justine Joy	Old Kampala S.S Athletics Club	1:05.65
	479	Idwara Peninah	UPDF Athletics Club	DNS

## 800m Heat 1

Pos.	Bib	Name	Affiliation	Time
1.	629	Chemutai Teddy	Tororo District Ath. Association	2:19.4
2.	455	Chemusto Kerine	UPDF Athletics Club	2:23.4
3.	777	Tendo Georgina	Standard High Zana Ath. Club	2:24.7
4.	616	Akullu Juliet	Standard High Zana Ath. Club	2:28.5
5.	604	Amuge Sharon	Old Kampala S.S Athletics Club	2:32.9
6.	804	Chelangat Arisiki	UPDF Athletics Club	2:36.3
7.	751	Komujuni Racheal	Ntungamo Athletics Club	2:51.5
	745	Kesande Evalyne	Ntungamo Athletics Club	DNS





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**800m Heat 2**

Pos.	Bib	Name	Affiliation	Time
1.	802	Chebet Maureen	JOCDEF Athletics Club	2:11.2
2.	598	Orishaba Marvarous	Ndejje University Athletics Club	2:13.2
3.	719	Nabulo Sara	Tororo District Athletics Association	2:16.5
4.	615	Akello Priscilla	Standard High Zana Ath. Club	2:17.3
5.	628	Chebet Zumura	Tororo District Ath. Association	2:19.6
6.	618	Akullu Ruth	Standard High Zana Ath. Club	2:23.1
7.	653	Wonruku Stella Akullu	Uganda Prisons Athletics Club	2:31.4
8.	765	Nimusiima Naome	Ntungamo Athletics Club	2:50.0
	748	Kiconco Phionah	Ntungamo Athletics Club	DNS
	763	Namyenya Suzan Maria	Boston High. Sch. Ath. Club	DNS
	779	Wanyenze Joyce	Boston High. Sch. Ath. Club	DNS
	893	Shanice Ritah	Boston High. Sch. Ath. Club	DNS
	736	Ayebare Ritah	Ntungamo Athletics Club	DNS
	742	Kamatenedi Patience	Ntungamo Athletics Club	DNS
	781	Aber Patricia	UPDF Athletics Club	DNS
	624	Chepkwemai Vanjaline	Standard High Zana Ath. Club	DNS
	226	Nyadoi Matilda	Old Kampala S.S Athletics Club	DNS
	275	Apio Agnes	Tororo District Ath. Association	DNS

**1500m Final**

Pos.	Bib	Name	Affiliation	Time
1.	418	Nakaayi Halimah	Uganda Wildlife Auth. Ath. Club	4:15.19
2.	60	Chemutai Felister	JOCDEF Athletics Club	4:24.55
3.	52	Chekwemai Brenda	JOCDEF Athletics Club	4:27.16
4.	48	Chebet Edith	JOCDEF Athletics Club	4:44.72
5.	803	Chebet Nema	Uganda Police Athletics Club	4:50.90
6.	526	Yeko Isabel	UPDF Athletics Club	4:53.02
7.	815	Cheptegan Faith	Uganda Police Athletics Club	4:55.31
8.	592	Chekwemai Sandra	Ndejje University Athletics Club	4:56.02
9.	624	Chepkwemai Vanjaline	Standard High Zana Ath. Club	4:58.23
10.	469	Cherop Rebecca	UPDF Athletics Club	4:59.37
11.	490	Kissa Nasta	UPDF Athletics Club	5:00.69
12.	615	Akello Priscilla	Standard High Zana Ath. Club	5:01.04
13.	811	Chemutai Shendrine	Uganda Prisons Athletics Club	5:01.51
14.	739	Gimono Violet	Standard High Zana Ath. Club	5:06.10
15.	736	Ayebare Ritah	Ntungamo Athletics Club	5:09.09





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16.	616	Akullu Juliet	Standard High Zana Ath. Club	5:09.16
17.	604	Amuge Sharon	Old Kampala S.S Athletics Club	5:14.09
18.	735	Apong Semmy	Standard High Zana Ath. Club	5:16.52
19.	777	Tendo Georgina	Standard High Zana Ath. Club	5:22.16
20.	824	Evalyne Kesade	Katrico Athletics Club	5:30.17
	888	Ayebare Ritah	Katrico Athletics Club	DNF
	481	Kapchebasa Dorius	UPDF Athletics Club	DNF
	794	Atim Oliver	Entebbe Athletics Club	DNS
	865	Nafumba Florence	Entebbe Athletics Club	DNS
	765	Nimusiima Naome	Ntungamo Athletics Club	DNS

### 3000m U20 Final

Pos.	Bib	Name	Affiliation	Time
1.	50	Chebet Isella	JCDEF Athletics Club	9:20.16
2.	53	Chekwemai Financia	JOCDEF Athletics Club	9:20.65
3.	67	Cherop Charity	JOCDEF Athletics Club	9:23.25
4.	63	Chemutai Peace Hope	JOCDEF Athletics Club	9:24.26
5.	65	Chemutai Scarlet	JOCDEF Athletics Club	9:27.10
6.	562	Chemutai Martha	KCCA Athletics Club	9:38.15
7.	462	Chepkurui Nancy	UPDF Athletics Club	9:41.21
8.	180	Chebet Scarlet Patrick	Uganda Police Athletics Club	9:41.32
9.	211	Cherop Risper	Uganda Police Athletics Club	9:47.94
10.	89	Yeko Bantalin	JOCDEF Athletics Club	9:48.18
11.	107	Cheruto Nowel	Tuku AfriKa Athletics Club	9:57.56
12.	51	Chebet Peace	JOCDEF Athletics Club	10:06.75
13.	19	Kissa Lovisa	Arua District Athletics Association	10:10.44
14.	120	Yeko Grace	Tuku AfriKa Athletics Club	10:21.14
15.	592	Chekwemai Sandra	Ndejje University Athletics Club	10:41.95
16.	185	Chekwurui Faith	Talenta Athletics Club	10:58.64
17.	215	Cherotich Recho	Uganda Police Athletics Club	11:14.81
18.	739	Gimono Violet	Standard High Zana Ath. Club	11:29.08
19.	735	Apong Semmy	Standard High Zana Ath. Club	11:42.00
	179	Chebet Miracle	Talenta Athletics Club	DNS
	813	Chepkwemai Loice	Uganda Wildlife Auth. Ath. Club	DNS
	49	Chebet Gloria	KCCA Athletics Club	DNS





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### 5000m Final

Pos.	Bib	Name	Affiliation	Time
1.	817	Cheptoek Ruth	UPDF Athletics Club	17:05.4
2.	810	Chemutai Phanice	UPDF Athletics Club	17:27.8
3.	471	Cherop Rebecca	UPDF Athletics Club	17:40.8
4.	288	Chebet Risper	Uganda Prisons Athletics Club	17:44.2
5.	821	Clever Owembabazi	Katrico Athletics Club	18:23.4
6.	287	Chebet Joan	Uganda Prisons Athletics Club	18:39.9
7.	748	Kiconco Phionah	Ntungamo Athletics Club	19:48.3
8.	759	Nabimanya Penelope	Ntungamo Athletics Club	22:09.6
9.	557	Nanteza Allen Annet	Kampala Kids Academy Ath. Club	24:03.4
	49	Chebet Gloria	KCCA Athletics Club	DNS
	185	Chekwurui Faith	Talenta Athletics Club	DNS
	562	Chemutai Martha	KCCA Athletics Club	DNS
	558	Wanyenya Gift	Kamuli District Ath. Association	DNS

### Shot Put Final

Pos.	Bib	Name	Affiliation	Distance
1.	282	Aber Caroline Odwong	Uganda Prisons Athletics Club	10.78
2.	886	Oyella Alice kevin	UPDF Athletics Club	10.22
3.	789	Akello Fiona	UPDF Athletics Club	10.07
4.	822	Driwaru Jackline	Ndejje University Athletics Club	10.00
5.	589	Anek Scovia Olanya	Ndejje University Athletics Club	9.58
6.	281	Amaido Caroline	Uganda Prisons Athletics Club	9.36
7.	358	Aciro Rose Mary	Uganda Prisons Athletics Club	9.30
8.	795	Atim Olivia	UCU Athletics Club	9.09
9.	622	Atim Mercy	Standard High Zana Ath. Club	7.75
10.	729	Acayo Esther Teddy	Standard High Zana Ath. Club	7.70
11.	753	Lakica Catherine	Standard High Zana Ath. Club	6.92

### Long Jump Final

Pos.	Bib	Name	Affiliation	Distance
1.	276	Apolot Ruth	Uganda Prisons Athletics Club	5.19
2.	788	Akanyo Theopista	Ndejje University Athletics Club	4.97
3.	266	Abuk Brenda	Uganda Prisons Athletics Club	4.95
4.	619	Amony Sharon	Standard High Zana Ath. Club	4.62





**3<sup>RD</sup> NATIONAL TRACK AND FIELD TRIALS 1<sup>ST</sup> APRIL 2023**  
**MANDELA NATIONAL STADIUM (OUTSIDE TRACK)**

**MEN**

**100m Heat 1**

**Wind: -2.7m/s**

Pos.	Bib	Name	Affiliation	Time
1.	306	Ogal Amos	Kampala Kids Academy Ath. Club	12.57
2.	826	Godfrey Asega	Makerere University Athletics Club	12.58
3.	373	Masisa Fred	Uganda Para Athletics	12.81
4.	585	Ssenkungu Davis	Entebbe Athletics Club	12.82
	866	Nalongo Jam	Ndejje University Athletics Club	DNS

**100m Heat 2**

**Wind: -2.2m/s**

Pos.	Bib	Name	Affiliation	Time
1.	338	Komakech Moses	Uganda Prisons Athletics Club	11.72
2.	476	Esou Emmanuel	UPDF Athletics Club	11.78
	852	Masanya Bernard Buzu	KCCA Athletics Club	DSQ
	556	Musinguzi Davis	Ndejje University Athletics Club	DSQ
	801	Cankura Robert	Uganda Prisons Athletics Club	DNS

**100m Heat 3**

**Wind: -2.3m/s**

Pos.	Bib	Name	Affiliation	Time
1.	100	Masaba Peter	Kamuli District Ath. Association	11.57
2.	799	Barasa Kevin John	UCU Athletics Club	11.95
3.	670	Engadu Blessed Joshua	Standard High Zana Ath .Club	12.08
4.	429	Imalingat Charles	UPDF Athletics Club	12.70
5.	861	Mumbere Gideon	Boston High. Sch .Ath. Club	12.97
	833	Kipkorir Bismark	Makerere University Athletics Club	DNS
	536	Ssegawa Jasifa	Uganda Prisons Athletics Club	DNS

**100m Heat 4**

**Wind: -1.6m/s**

Pos.	Bib	Name	Affiliation	Time
1.	797	Ayup Khoak Khor	Ndejje University Athletics Club	11.44
2.	504	Obong Brian Bracford	UPDF Athletics Club	11.60
3.	97	Kibumba Semei Emmanuel	Makerere University Athletics Club	11.77
4.	724	Owori Diffasi	Ndejje University Athletics Club	12.20
5.	474	Emong John	UPDF Athletics Club	12.36
	850	Makubuya Kenneth	Boston High. Sch. Ath. Club	DNS





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## 100m Heat 5

Wind: -2.3m/s

Pos.	Bib	Name	Affiliation	Time
1.	860	Mukasa Vincent	Gombe S.S Athletics Club	11.65
2.	871	Nuwasasira Ivan	Mbarara Municipal Ath. Asso.	11.88
3.	823	Ekwaro Aaron	Kampala Kids Academy Ath. Club	12.24
4.	652	Wananda Earnest	Uganda Prisons Athletics Club	12.28
5.	591	Atwiine Mark	Ndejje University Athletics Club	13.83
	882	Otwal Mark	Gulu University Athletics Club	DNS

## 100m Heat 6

Wind: -2.8m/s

Pos.	Bib	Name	Affiliation	Time
1.	875	Opio Echeke Sam	UPDF Athletics Club	11.92
2.	849	Magero Buhayo	UPDF Athletics Club	12.38
3.	569	Jjunju Brian	Kamuli District Ath. Association	12.64
4.	673	Nsiiro Edward Ikonde	Wakiso District Athletics Association	13.15
5.	858	Muhwezi Abraham Lincoln	Makerere University Athletics Club	13.43
	523	Umar Joseph	Uganda Prisons Athletics Club	DNS

## 100m Heat 7

Pos.	Bib	Name	Affiliation	Time
1.	568	Hasahya Benard Bujju	KCCA Athletics Club	11.1
2.	854	Mbowa Reagan Kyeswa	Iganga Town View SS	11.6
3.	771	Ongaya Robinson Onapa	Boston High. Sch. Ath. Club	12.5
	530	Amale Fred Izama	Adjumani District Ath. Association	DNS
	593	Edube Tom	KCCA Athletics Club	DNS
	848	Madira Richard	Standard High Zana Ath. Club	DNS
	766	Niwamanya Derrick	Boston High. Sch. Ath. Club	DNS

## 100m Heat 8

Wind: -2.5m/s

Pos.	Bib	Name	Affiliation	Time
1.	656	Abura George	Uiahms - Mulago Athletics Club	12.08
2.	613	Guemperom Innocent	Standard High Zana Ath. Club	12.11
3.	769	Odong-too Isaac	Standard High Zana Ath. Club	12.50
4.	310	Leme Nelson	Old Kampala S.S Athletics Club	15.26
	633	Taremwa Edwin	Uiahms - Mulago Athletics Club	DNS
	209	Cherop Enock	Uganda Prisons Athletics Club	DNS







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### 100m Heat 9

Wind: -3.0m/s

Pos.	Bib	Name	Affiliation	Time
1.	505	Ocira John	UPDF Athletics Club	11.50
2.	514	Onyango Isaac	UPDF Athletics Club	11.57
3.	508	Odongo Denish	UPDF Athletics Club	11.84
4.	577	Ambayo Fred	Nampunge C. H. Sch. Ath. Club	12.01
5.	95	Omollo Innocent Lazzo	Makerere University Athletics Club	12.37
	772	Othieno Painato	Boston High. Sch. Ath. Club	DNS

### 100m Heat 10

Wind: -3.9m/s

Pos.	Bib	Name	Affiliation	Time
1.	401	Lomutho Rajab	Uganda Wildlife Auth. Ath. Club	10.98
2.	154	Ngobi Allan	Uganda Police Athletics Club	11.05
3.	111	Okello Darius	Tuku Afrika Athletics Club	11.80
4.	643	Diego Derrick	Kyambogo University Ath. Club	12.16
5.	316	Abila Henry	Uganda Prisons Athletics Club	12.24
	512	Olibo John	UPDF Athletics Club	DNS

### 200m Heat 1

Wind: -0.7m/s

Pos.	Bib	Name	Affiliation	Time
1.	438	Ariti James	UPDF Athletics Club	22.30
2.	568	Hasahya Bernard Bujju	KCCA Athletics Club	22.84
3.	828	Kalibata Brian	Makerere University Athletics Club	22.88
4.	556	Musinguzi Davis	Ndejje University Athletics Club	23.80
5.	852	Masanya Bernard Buzu	KCCA Athletics Club	24.18
6.	626	Otieno Glenn	Makerere University Athletics Club	25.48

### 200m Heat 2

Wind: -3.9m/s

Pos.	Bib	Name	Affiliation	Time
1.	555	Musenze Jr Christopher	Entebbe Athletics Club	23.55
2.	577	Ambayo Fred	Nampunge C. H. Sch. Ath. Club	23.82
3.	878	Oromait Martin	Mubs Athletics Club	25.00
4.	826	Godfrey Asega	Makerere University Athletics Club	25.14
5.	861	Mumbere Gideon	Boston High. Sch. Ath. Club	25.58
6.	851	Makuma T. Wakwabalai	Kabarole District Ath. Association	26.23





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**MANDELA NATIONAL STADIUM (OUTSIDE TRACK)**

**200m Heat 3**

Wind: -0.7m/s

Pos.	Bib	Name	Affiliation	Time
1.	860	Mukasa Vincent	Gombe S.S Athletics Club	23.17
2.	768	Odong Innocent	Gulu City Athletics Promotion Club	23.18
3.	504	Obong Brian Bracford	UPDF Athletics Club	23.25
4.	476	Esou Emmanuel	UPDF Athletics Club	23.41
5.	576	Ajalu Joshual Otim	Nampunge C. H. Sch. Ath. Club	23.75
6.	652	Wananda Earnest	Uganda Prisons Athletics Club	24.57

**200m Heat 4**

Wind: -2.2m/s

Pos.	Bib	Name	Affiliation	Time
1.	675	Nyeko Johnson	Layibi College Athletics Club	22.62
2.	514	Onyango Isaac	UPDF Athletics Club	23.03
3.	602	Ainembabazi Gerald	Old Kampala S.S Athletics Club	24.94
4.	585	Ssenkungu Davis	Entebbe Athletics Club	25.42
5.	858	Muhwezi Abraham Lincoln	Makerere University Athletics Club	27.17
6.	310	Leme Nelson	Old Kampala S.S Athletics Club	31.04

**200m Heat 5**

Pos.	Bib	Name	Affiliation	Time
1.	96	Omuka Kenneth	Makerere University Athletics Club	21.2
2.	871	Nuwasasira Ivan	Mbarara Municipal Ath. Ass	21.4
3.	656	ABURA George	Uiahms - Mulago Athletics Club	22.4
4.	771	Ongaya Robinson Onapa	Boston High. Sch. Ath. Club	22.9
5.	894	Ssajjabbi Christopher	Makindye Division Ath. Association	23.7
6.	597	Muhashani Dieuvi	Old Kampala S.S Athletics Club	30.3

**200m Heat 6**

Pos.	Bib	Name	Affiliation	Time
1.	505	Ocira John	UPDF Athletics Club	22.6
2.	114	Ojok Isaac Byarufu	MUBS Athletics Club	23.4
3.	755	Mbowa Reagan Kyeswa	Iganga Town View S.S	23.5
4.	97	Kibumba Semei Emmanuel	Makerere University Athletics Club	23.6
5.	799	Barasa Kevin John	UCU Athletics Club	24.0





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**MANDELA NATIONAL STADIUM (OUTSIDE TRACK)**

**200m Heat 7**

Wind: -2.4m/s

Pos.	Bib	Name	Affiliation	Time
1.	401	Lomutho Rajab	Uganda Wildlife Auth. Ath. Club	22.08
2.	159	Oroma Williamson	Uganda Police Athletics Club	22.67
3.	100	Masaba Peter	Kamuli District Ath. Association	22.77
4.	111	Okello Darius	Tuku Afrika Athletics Club	23.08
5.	643	Diego Derrick	Kyambogo University Ath. Club	24.15

**400m Men Heat 1**

Pos.	Bib	Name	Affiliation	Time
1.	576	Ajalu Joshual Otim	Nampunge C. H. SCH. ATH. CLUB	51.55
2.	93	Odupa Daniel	Makerere University Athletics Club	51.77
3.	787	Ainembabazi Gerald	Old Kampala S.S Athletics Club	54.97
4	677	Okullo Jacob	Standard High Zana Ath. Club	55.73
5.	851	Makuma Timothy Wakwabalai	Kabarole District Ath. Association	1:03.06
	373	Masisa Fred	Uganda Para Athletics	DNS

**400m Heat 2**

Pos.	Bib	Name	Affiliation	Time
1.	438	Ariti James	UPDF Athletics Club	50.53
2.	828	Kalibala Brian	Makerere University Athletics Club	51.39
3.	95	Omollo Innocent Lazzo	Makerere University Athletics Club	56.62
4.	38	Kiwanyizi Alex	Old Kampala S.S Athletics Club	1:03.64
	855	Milla Tadeo	Kiboga District Athletics Association	DNS

**400m Heat 3**

Pos.	Bib	Name	Affiliation	Time
1.	768	Odong Innocent	Gulu City Athletics Promotion Club	51.49
2.	894	Ssajjabbi Christopher	Makindye Division Ath. Association	57.78
3.	303	Mizero Celeste	Makindye Division Ath. Association	1:18.20
	836	Kipngeno Vincent	UPDF Athletics Club	DNS
	868	Naulika Richard	Uiahms - Mulago Athletics Club	DNS





# 3<sup>RD</sup> NATIONAL TRACK AND FIELD TRIALS 1<sup>ST</sup> APRIL 2023 MANDELA NATIONAL STADIUM (OUTSIDE TRACK)

## 400m Heat 4

Pos.	Bib	Name	Affiliation	Time
1.	675	Nyeko Johnson	Layibi college Athletics Club	49.43
2.	518	Oweka Sadam	UPDF Athletics Club	49.86
3.	872	Olanya Reagan	Ndejje University Athletics Club	50.73
4.	555	Musenze Jr Christopher	Entebbe Athletics Club	50.83
5.	876	Opio Vincent	Nebbi District Athletics Association	55.36
	806	Chelimo Aron K	Ndejje University Athletics Club	DNS

## 400m Heat 5

Pos.	Bib	Name	Affiliation	Time
1.	159	Oroma Williamson	Uganda Police Athletics Club	50.05
2.	141	Jagalo Joshua	Uganda Police Athletics Club	51.10
3.	96	Omuka Kenneth	Makerere University Athletics Club	51.99
4.	820	Chuol John Kuer	Ndejje University Athletics Club	52.79
5.	667	Acelun kokas	UPDF Athletics Club	1:07.60
	475	Eragu joseph	UPDF Athletics Club	DNS

## 800m Heat 1

Pos.	Bib	Name	Affiliation	Time
1.	588	Akemkwene Peter	Ndejje University Athletics Club	1:52.5
2.	152	Labeja Patrick	Standard High Zana Ath. Club	1:54.0
3.	104	Agong Mike Ebong	Tuku AfriKa Athletics Club	1:59.7
4.	764	Ndibailawa Jamiru	Lukungu Academy Ath. Club	2:00.6
5.	809	Chemutai Allan	Talenta Athletics Club	2:07.7
	785	Adriko James Obama	Uganda Prisons Athletics Club	DSQ
	329	Kiprotich Sam Kapkureny	Uganda Prisons Athletics Club	DSQ

## 800m Heat 2

Pos.	Bib	Name	Affiliation	Time
1.	728	Omara Raymond	Kampala Kids Academy Ath. Club	1:52.4
2.	800	Barnabas Mugume	Katrico Athletics Club	1:54.0
3.	738	Farahan Issa	Gulu City Athletics Promotion Club	1:59.0
4.	72	Cherotich Abraham	JOCDEF Athletics Club	1:59.3
5.	496	Kwemoi Felix	UPDF Athletics Club	2:02.6
6.	732	Amanya Lymon	Ntungamo Athletics Club	2:03.1
7.	896	Yeko Godwin	KCCA Athletics Club	2:06.0
8.	573	Bizimana Prosper	UNHCR Mirror Grp Athletics Club	2:08.2
	814	Chepotyek Nicholas	JOCDEF Athletics Club	DSQ





**3<sup>RD</sup> NATIONAL TRACK AND FIELD TRIALS 1<sup>ST</sup> APRIL 2023**  
**MANDELA NATIONAL STADIUM (OUTSIDE TRACK)**

**1500m Heat 1**

Pos.	Bib	Name	Affiliation	Time
1.	430	Otim Emmanuel	Makerere University Athletics Club	3:48.14
2.	118	Omara Tonny	Tuku AfriKa Athletics Club	3:48.46
3.	112	Ocen Robin	Tuku AfriKa Athletics Club	4:16.81
4.	870	Niwemusinguzi Daniel	Uganda Prisons Athletics Club	4:27.59
5.	778	Tumukunde Denis	Ntungamo Athletics Club	4:29.56
6.	881	Otucu Emmanuel	Uganda Prisons Athletics Club	4:29.88
7.	573	Bizimana Prosper	UNHCR Mirror Grp Athletics Club	4:35.22
8.	249	Nyogo Adam	Uganda Police Athletics Club	4:36.38
9.	665	Ssemakula Reagan	Entebbe Athletics Club	4:36.83
10.	798	Bamusubire Rogers	Kamuli District Ath. Association	4:39.12
11.	98	Tolit Cliff Godfrey	Makerere University Athletics Club	4:39.38
	731	Akatwijuka Emanuel	Ntungamo Athletics Club	DNS
	307	Ssetyabule Gabriel	Entebbe Athletics Club	DNS
	297	Kusiima Ronald	Makindye Division Ath. Association	DNS
	302	Matovu Antonio	UNHCR Mirror Grp Athletics Club	DNS
	477	Etiang Robert	UPDF Athletics Club	DNS
	530	Amale Fred Izama	Adjumani District Ath. Association	DNS
	547	Nifu Ndiwoloey	Kampala Kids Academy Ath. Club	DNS
	564	Biryomumesho Alex	Kikooko Athletics Club	DNS
	565	Subira Vincente	Uiahms - Mulago Athletics Club	DNS
	743	Kamukama Denis	Ntungamo Athletics Club	DNS
	744	Kankwasa Emanuel	Ntungamo Athletics Club	DNS
	746	Khemis Samir	Soroti Municipal Ath. Association	DNS
	800	Barnabas Mugume	Katrico Athletics Club	DNS
	831	Kibet Jonah	Boston High. Sch. Ath. Club	DNS
	846	Laker Isaac	Uganda Wildlife Auth. Ath. Club	DNS
	855	Milla Tadeo	Kiboga District Athletics Association	DNS
	859	Mujuni Kenneth	Ntungamo Athletics Club	DNS
	892	Sawani Brighton Rotich	Boston High. Sch. Ath. Club	DNS





# 3<sup>RD</sup> NATIONAL TRACK AND FIELD TRIALS 1<sup>ST</sup> APRIL 2023 MANDELA NATIONAL STADIUM (OUTSIDE TRACK)

## 1500m Heat 2

Pos.	Bib	Name	Affiliation	Time
1.	326	Kiprop Hosea	Uganda Prisons Athletics Club	3:47.14
2.	359	Rotich Gideon	Uganda Prisons Athletics Club	3:49.32
3.	371	Boch Silus	Uganda Wildlife Auth. Ath. Club	3:50.39
4.	74	Cherotwo Calvin	JOCDEF Athletics Club	3:50.87
5.	329	Kiprotich Sam Kapkureny	Uganda Prisons Athletics Club	3:54.43
6.	672	Krop Dominic	Uganda Prisons Athletics Club	3:54.81
7.	638	Jamonu Edmond	Uganda Prisons Athletics Club	3:55.93
8.	834	Kiplangat Kirinda Denis	Uganda Prisons Athletics Club	3:57.80
9.	267	Ogwal Samuel	JOCDEF Athletics Club	3:58.46
10.	528	Yesho Kevin	UPDF Athletics Club	3:58.57
11.	563	Guot Thon Abraham	South Sudan	3:59.04
12.	219	Kiberwa Ivan	Uganda Police Athletics Club	3:59.72
13.	712	Chelangat Mahdi	Tororo District Ath. Association	4:05.63
14.	572	Okwit Denis	Nampunge Athletics Club	4:05.66
15.	654	Komakech Samuel	Uganda Police Athletics Club	4:11.30
16.	889	Mugarura Bernabas	Mbarara Municipal Ath. Ass.	4:30.95
17.	451	Chelimo Calvin	UPDF Athletics Club	4:52.86
18.	374	Tumusiime Gad	Uganda Para-athletics Association	4:53.66
19.	750	Kiprotich Obed Muneria	Boston High Sch. Ath. Club	4:55.80
	279	Bua Julius Peter	Uganda Prisons Athletics Club	DNS
	280	Chelangat Caleb	Uganda Prisons Athletics Club	DNS
	422	Yeko Dismas	Uganda Prisons Athletics Club	DNS
	485	Kiplimo Isaac	Uganda Wildlife Auth. Ath. Club	DNS
	803	Chebet Nema	Uganda Police Athletics Club	DNS
	808	Chemusto Timothy	Talenta Athletics Club	DNS
	809	Chemutai Allan	Talenta Athletics Club	DNS
	815	Cheptengan Faith	Uganda Police Athletics Club	DNS
	835	Kiplimo Aron	Uganda Wildlife Auth. Ath. Club	DNS
	837	Kiprop Daniel	Uganda Prisons Athletics Club	DNS
	863	Musobo Deo	JOCDEF Athletics Club	DNS
	896	Yeko Godwin	KCCA Athletics Club	DNS





## 3<sup>RD</sup> NATIONAL TRACK AND FIELD TRIALS 1<sup>ST</sup> APRIL 2023 MANDELA NATIONAL STADIUM (OUTSIDE TRACK)

### 3000m U20 Final

Pos.	Bib	Name	Affiliation	Time
1.	79	Kibet Emmanuel	JOCDEF Athletics Club	8:00.6
2.	73	Cherotich Victor	JOCDEF Athletics Club	8:03.8
3.	359	Rotich Gideon	Uganda Prisons Athletics Club	8:09.8
4.	669	Chemutai Jacob	Uganda Prisons Athletics Club	8:10.3
5.	567	Cherotich Ivan	Uganda Prisons Athletics Club	8:19.7
6.	278	Chebet Aziz	Uganda Prisons Athletics Club	8:22.4
7.	133	Chebet Abel	Uganda Police Athletics Club	8:24.8
8.	839	Kipyeko Naman	KCCA Athletics Club	8:25.0
9.	808	Chemusto Timothy	Talenta Athletics Club	8:27.9
10.	8	Cherop Dominic	Arua District Athletics Association	8:37.4
11.	892	Kwemboi Davis	Bukwo Athletics Club	8:38.7
12.	488	Kipsakit Elisha	UPDF Athletics Club	8:40.2
13.	891	Kipyeko Dillon	Bukwo Athletics Club	8:52.4
14.	473	Cherukut Milton	UPDF Athletics Club	8:55.8
15.	224	Kiprop Samuel	Uganda Police Athletics Club	9:00.3
16.	835	Kiplimo Aron	Uganda Wildlife Auth. Ath. Club	9:06.9
	807	Chemayek Solomon	Uganda Police Athletics Club	DQ
	240	Kwerit Leonard	Uganda Police Athletics Club	DQ
	455	Chemusto Kevin	JOCDEF Athletics Club	DNS
	816	Cheptoek Israel	Talenta Athletics Club	DNS
	819	Cherotich Jacob	Uganda Police Athletics Club	DNS
	320	Kibet Dan	Uganda Prisons Athletics Club	DNS
	323	Kiplangat Denis	Uganda Prisons Athletics Club	DNS

### 5000m Final

Pos.	Bib	Name	Affiliation	Time
1.	320	Kibet Dan	Uganda Prisons Athletics Club	13:45.26
2.	81	Kiprop Keneth	JOCDEF Athletics Club	13:46.43
3.	891	Kipyeko Dillon	Bukwo Athletics Club	13:47.38
4.	55	Chelimo Dolophin	JOCDEF Athletics Club	13:58.20
5.	323	Kiplangat Denis	Uganda Prisons Athletics Club	14:01.86
6.	364	Yeko Sam	Uganda Prisons Athletics Club	14:02.87
7.	483	Kiplangat Alex	UPDF Athletics Club	14:08.94
8.	110	Kwemoi Vitalis	Tuku AfriKa Athletics Club	14:14.54
9.	75	Chesang Mikail	JOCDEF Athletics Club	14:33.81
10.	292	Chelimo Isaac	Uganda Prisons Athletics Club	14:33.87





### 3<sup>RD</sup> NATIONAL TRACK AND FIELD TRIALS 1<sup>ST</sup> APRIL 2023 MANDELA NATIONAL STADIUM (OUTSIDE TRACK)

11.	890	Sande Fred	UPDF Athletics Club	14:34.93
12.	452	Chelimo Dismas Kituri	UPDF Athletics Club	14:38.41
14.	293	Chemonges Abraham	Uganda Prisons Athletics Club	14:53.78
15.	132	Wangwe Brian William	Uganda Police Athletics Club	14:56.09
16.	439	Ayeko Caleb Sabila	UPDF Athletics Club	14:56.32
17.	895	Wanok Morrison	Zombo District Ath. Association	15:22.65
18.	732	Amanya Lymon	Ntungamo Athletics Club	15:23.16
19.	297	Kusiima Ronald	Makindye Division Ath. Association	15:45.47
	195	Chemusto Messack	Uganda Police Athletics Club	DNF
	296	Dushime Nery Kent	Makindye Division Ath. Association	DNF
	299	Niyongendako Thierry	Makindye Division Ath. Association	DNF
	560	Kule Jockus	Ndejje University Athletics Club	DNF
	564	Biryomumesho Alex	Kikooko Athletics Club	DNF
	608	Edweu Gideon	Ndejje University Athletics Club	DNF
	649	Tukamushaba Ronald	Uganda Prisons Athletics Club	DNF
	661	Kiplangat Esau	Ndejje University Athletics Club	DNF
	798	Bamusubire Rogers	Kamuli District Ath. Association	DNF
	818	Cherotich Collins	Kyambogo University Ath. Club	DNF
	862	Mungusine Julius	Kiboga District Athletics Association	DNF
	746	Khamis Samir	Soroti Municipal Ath. Association	DNF
	778	Tumukunde Denis	Ntungamo Athletics Association	DNF
	792	Amagoro Robert	Uganda Prisons Athletics Club	DNS
	8	Cherop Dominic	Arua District Athletics Association	DNS
	133	Chebet Abel	Uganda Police Athletics Club	DNS
	207	Cheptoyek Kevin	Kamuli District Ath. Association	DNS
	278	Chebet Aziz	Uganda Prisons Athletics Club	DNS
	299	Niyongendako Thierry	Makindye Division Ath. Association	DNS
	422	Yeko Dismas	Uganda Prisons Athletics Club	DNS
	500	Mutai Kenneth	UPDF Athletics Club	DNS
	567	Cherotich Ivan	Uganda Prisons Athletics Club	DNS
	669	Chemutai Jacob	Uganda Prisons Athletics Club	DNS
	830	Keberwa Leonard	JOCDEF Athletics Club	DNS
	831	Kibet Jonah	Boston High. Sch. Ath. Club	DNS
	838	Kipsang David	JOCDEF Athletics Club	DNS
	839	Kipyeko Naman	KCCA Athletics Club	DNS
	843	Kwemboi Titus Chemonges	JOCDEF Athletics Club	DNS
	864	Mutai Ezekiel	Uganda Prisons Athletics Club	DNS
	879	Otieno Glenn	Makerere University Athletics Club	DNS







### 3<sup>RD</sup> NATIONAL TRACK AND FIELD TRIALS 1<sup>ST</sup> APRIL 2023 MANDELA NATIONAL STADIUM (OUTSIDE TRACK)

892	Sawani Brighton Rotich	Boston High. Sch. Ath. Club	DNS
176	Chebets Joshua	Uganda Police Athletics Club	DNS

#### Long Jump Final

Pos.	Bib	Name	Affiliation	Distance
1.	338	Komakech Moses	Uganda Prisons Athletics Club	7.22
2.	284	Okello Charles	Uganda Prisons Athletics Club	7.21
3.	797	Ayup Khoak Khor	Ndejje University Athletics Club	7.06
4.	508	Odongo Denish	UPDF Athletics Club	6.99
5.	635	Emojong Solomon Franklyn	Tororo District Ath. Association	6.83
6.	898	Yikii Jimmy	Ndejje University Athletics Club	6.81
7.	654	Komakech Samuel	Uganda Police Athletics Club	6.79
8.	842	Komakech Regan Semei	Ndejje University Athletics Club	6.58
9.	749	Kideganono Lawrence	Boston High. Sch. Ath. Club	6.06
10.	503	Nokorach Stephen	UPDF Athletics Club	6.01
11.	114	Ojok Isaac Byarufu	MUBS Athletics Club	5.95
12.	769	Odongtoo Isaac	Standard High Zana Ath. Club	5.86
	878	Oromait Martin	MUBS Athletics Club	DNS
	513	Omino Stephen	UPDF Athletics Club	DNS
	857	Muheirwe Dick	Uganda Prisons Athletics Club	DNS
	832	Kibet Laban	Coach To Coach Athletics Club	DNS
	352	Omara Patrick	Uganda Prisons Athletics Club	DNS
	346	Odong Martin	Uganda Prisons Athletics Club	DNS
	344	Ocheng Moses Ginaro	Uganda Prisons Athletics Club	DNS
	586	Turihohabwe Fortunate	Uganda Wildlife Auth. Ath. Club	DNS
	509	Ojara Jackson Pope	UPDF Athletics Club	DNS
	882	Otwal Mark	Gulu University Athletics Club	DNS
	793	Tukamherwa Anthony	Uganda Wildlife Auth. Ath. Club	DNS
	874	Onyango Derick Reagan	Ndejje University Athletics Club	DNS
	590	Apangu Job	Ndejje University Athletics Club	DNS
	740	Jacob Ociti	Agago District Ath. Association	DNS
	889	Rubagakene Kennedy	Standard High Zana Ath. Club	DNS
	767	Ochola Bob Erick	Boston High. Sch. Ath. Club	DNS





### 3<sup>RD</sup> NATIONAL TRACK AND FIELD TRIALS 1<sup>ST</sup> APRIL 2023 MANDELA NATIONAL STADIUM (OUTSIDE TRACK)

#### Shot Put Final

Pos.	Bib	Name	Affiliation	Distance
1.	344	Ocheng Moses	Uganda Prisons Athletics Club	12.94
2.	441	Odong Martin	Uganda Prisons Athletics Club	12.73
3.	10	Wokorach Jacob	Uganda Police Athletics Club	12.51
4.	509	Ojara Jackson	UPDF Athletics Club	12.31
5.	393	Odonkara Patrick	Uganda Wildlife Auth. Ath. Club	11.95
6.	842	Komakech Regan	Ndejje University Athletics Club	11.81
7.	740	Ociti Jacob	Agago District Ath. Association	10.43
8.	782	Abong Denisco	UPDF Athletics Club	9.88
9.	793	Tukamuhebwa Anthony	Uganda Wildlife Auth. Ath. Club	9.33
10.	590	Apangu Job	Ndejje University Athletics Club	8.33

