

UGANDA ATHLETICS FEDERATION (UGA)

5TH NATIONAL TRIALS

30th April, 2022 - Mandela National Stadium

Women

100m Women Heat 1

Wind: 0.8m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	5	166	Abalo Sandra	Old Kampala S.S Athletics Club	13.03
2	7	176	Akol Scovia	Soroti Municipal Athletics Association	13.37
3	2	133	Acen Dorine	Nalinya Lwantale G. Ss Ath. Club	13.59
4	4	151	Akanyo Theopista	Ndejje University Athletics Club	14.40
5	6	167	Aber Samsa	Old Kampala S.S Athletics Club	15.29
6	3	140	Akello Sarah	Nampunge C. H. Sch. Ath. Club	15.63
	1	128	Nadunga Morren	MUBS Athletics Club	DNS

100m Women Heat 2

Wind: 0.1m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	3	067	Anguparu Pamela	Kampala University Athletics Club	13.14
2	4	090	Luwedde Bridget	Lukungu Academy Ath. Club	13.85
3	2	029	Akello Sharafine	Inzikuru Sports Academy Ath. Club	14.07
4	5	091	Nakato Jemimah Mbabazi	Lukungu Academy Ath. Club	14.08
5	7	127	Badaru Mercy	MUBS Athletics Club	15.70
6	1	206	Adyero Christabella Hope	Tuku Afrika Athletics Club	17.40
	6	126	Annita Ayiyorwoth	MUBS Athletics Club	DNS

100m Women Heat 3

Wind: 0.2m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	1	008	Ayiorwoth Flavia	Gombe S.S Athletics Club	14.21
2	2	138	Namubiru Grace	Nalinya Lwantale G. Ss Ath. Club	14.49
3	3	110	Muhwezi Chelsea Michelle	Makerere University Athletics Club	15.23
4	7	325	Atim Deborah	Unity Athletics Club	15.45
5	6	330	Oroma Agness	Unity Athletics Club	15.46
6	5	222	Aciro Brenda	Uganda Para Athletics	15.95
	4	305	Cheruto Asha	Uganda Wildlife Authority Ath. Club	DNS



100m Women Heat 4**Wind: 0.3m/s**

Pos	Lane	Bib	Name	Affiliation	Time
1	6	144	Avako Joyce	Nampungwe C.H. Sch. Ath. Club	13.12
2	5	153	Ayikoru Rita Favour	Ndejje University Athletics Club	13.34
3	2	272	Adokorach Brenda	Uganda Prisons Athletics Club	13.37
4	3	170	Awelo Fiona Mukasa	Old Kampala S.S Athletics Club	13.44
5	1	136	Kobusingye Salaama	Nalinya Lwantale G. Ss Ath. Club	13.46
6	4	169	Akongga Justine Joy	Old Kampala S.S Athletics Club	13.65
7	7	011	Nyapolo Charity	Gombe S.S Athletics Club	13.87
8	8	139	Achola Vacity	Nampungwe C.H. Sch. Ath. Club	14.13

100m Women Heat 5**Wind: 0.1m/s**

Pos	Lane	Bib	Name	Affiliation	Time
1	3	302	Oroma Emmanuella	Uganda Wildlife Authority Ath. Club	12.82
2	1	277	Apio Agnes	Uganda Prisons Athletics Club	12.84
3	8	142	Anamu Vicky	Nampungwe C. H. Sch. Ath. Club	13.32
4	6	171	Mbabazi Peace Tepista	Old Kampala S.S Athletics Club	13.32
5	4	172	Nessia Aminah	Old Kampala S.S Athletics Club	13.70
6	7	230	Akumu Veronica Aguttu	Uganda Police Athletics Club	13.91
	2	173	Nyawere Christine	Old Kampala S.S Athletics Club	DQ
	5	006	Koranteng Aimee	Entebbe Athletics Club	DNS

200m Women Heat 1**Wind: 1.2m/s**

Pos	Lane	Bib	Name	Affiliation	Time
1	2	200	Runat Magret Hassan	Tela Field Athletics Club	26.89
2	3	272	Adokorach Brenda	Uganda Prisons Athletics Club	27.27
3	4	323	Abonyo Winny	Unity Athletics Club	28.14
4	5	324	Agwalo Fiona	Unity Athletics Club	28.89
	1	192	Janet Icazi	Standard High Zana Ath.Club	DNS
	6	128	Nadunga Morren	Mubs Athletics Club	DNS

200m Women Heat 2**Wind: 0.4m/s**

Pos	Lane	Bib	Name	Affiliation	Time
1	6	090	Luwedde Bridget	Lukungu Academy Ath. Club	28.37
2	5	029	Akello Sharafine	Inzikuru Sports Academy Ath. Club	28.62
3	7	091	Nakato Jemimah Mbabazi	Lukungu Academy Ath. Club	28.86
4	3	093	Okware Lilian	Lukungu Academy Ath. Club	29.17
	1	176	Akol Scovia	Soroti Municipal Athletics Association	DNS
	2	126	Annita Ayiyorwoth	MUBS Athletics Club	DNS
	4	127	Badaru Mercy	MUBS Athletics Club	DNS



200m Women Heat 3**Wind: 1.9m/s**

Pos	Lane	Bib	Name	Affiliation	Time
1	6	144	Avako Joyce	Nampungwe C. H. Sch. Ath. Club	27.57
2	5	169	Akongga Justine Joy	Old Kampala S.S Athletics Club	28.01
3	4	011	Nyapolo Charity	Gombe S.S Athletics Club	28.25
4	3	139	Achola Vacity	Nampungwe C. H. Sch. Ath. Club	29.40
5	2	008	Ayiorwoth Flavia	Gombe S.S Athletics Club	29.43
6	7	167	Aber Samsa	Old Kampala S.S Athletics Club	31.42
	1	305	Cheruto Asha	Uganda Wildlife Authority Ath. Club	DNS

200m Women Heat 4**Wind: 1.2m/s**

Pos	Lane	Bib	Name	Affiliation	Time
1	6	142	Anamu Vicky	Nampungwe C. H. Sch. Ath. Club	26.85
2	5	171	Mbabazi Peace Tepista	Old Kampala S.S Athletics Club	26.86
3	4	067	Anguparu Pamela	Kampala University Athletics Club	27.10
4	2	170	Awelo Fiona Mukasa	Old Kampala S.S Athletics Club	27.91
5	3	099	Draru Rose	Makerere University Athletics Club	28.01
6	7	168	Aciro Prosy	Old Kampala S.S Athletics Club	28.16
	1	218	Akello Ryaima Kella	UCU Athletics Club	DNS

200m Women Heat 5**Wind: 1.4m/s**

Pos	Lane	Bib	Name	Affiliation	Time
1	4	173	Nyawere Christine	Old Kampala S.S Athletics Club	24.39
2	5	277	Apio Agnes	Uganda Prisons Athletics Club	25.31
3	6	190	Cheka Christine	Standard High Zana Ath.Club	25.43
4	3	289	Koli Evaline Ocen	Uganda Prisons Athletics Club	25.50
5	2	278	Apolot Ruth	Uganda Prisons Athletics Club	26.25
6	1	166	Abalo Sandra	Old Kampala S.S Athletics Club	26.85
7	7	172	Nessia Aminah	Old Kampala S.S Athletics Club	27.51
	8	230	Akumu Veronica Aguttu	Uganda Police Athletics Club	DNS

400m Women Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1	7	278	Apolot Ruth	Uganda Prisons Athletics Club	58.75
2	5	028	Aduru Sharon	Inzikuru Sports Academy Ath. Club	1:01.27
3	4	192	Janet Icazi	Standard High Zana Ath.Club	1:02.16
4	2	323	Abonyo Winny	Unity Athletics Club	1:03.62
5	1	324	Agwalo Fiona	Unity Athletics Club	1:05.93
6	3	314	Muzaki Brenda	Uganda Wildlife Authority Ath. Club	1:06.12
7	6	093	Okware Lilian	Lukungu Academy Ath. Club	1:06.59



400m Women Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1	5	232	Banura Maureen Akiiki	Uganda Police Athletics Club	55.19
2	4	253	Nanziri Emily	Uganda Police Athletics Club	55.47
3	6	190	Cheka Christine	Standard High Zana Ath.Club	57.80
4	1	168	Aciro Prosy	Old Kampala S.S Athletics Club	1:02.07
5	2	033	Ijorea Margret	Inzikuru Sports Academy Ath. Club	1:02.16
6	3	099	Draru Rose	Makerere University Athletics Club	1:02.71
7	7	012	Abeja Dorothy	Gulu University Athletics Club	1:02.75
8	8	034	Nahabwe Olivia	Inzikuru Sports Academy Ath. Club	1:05.57

800m Women Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1	4	283	Chemutai Belinda	Uganda Prisons Athletics Club	2:07.62
2	2	154	Ayozu Grace	Ndejje University Athletics Club	2:13.95
3	7	203	Nabuulo Sarah	Tororo District Ath.Association	2:15.93
4	6	280	Biryeri Evelyn	Uganda Prisons Athletics Club	2:25.64
5	1	135	Imalingat Everyline	Nalinya Lwantale G. Ss Ath. Club	2:25.80
6	8	147	Kobusinge Phiona	Nampunge C. H. Sch. Ath. Club	2:45.28
	5	314	Muzaki Brenda	Uganda Wildlife Authority Ath. Club	DQ
	3	239	Chemusto Janat	Uganda Police Athletics Club	DNS

800m Women Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1	3	040	Chebet Maureen	JOCDEF Athletics Club	2:09.18
2	8	028	Aduru Sharon	Inzikuru Sports Academy Ath. Club	2:28.67
3	5	143	Aneno Salume	Nampunge C. H. Sch. Ath. Club	2:32.80
4	2	058	Gimbo Madinah	Kampala Kids Academy Ath. Club	2:38.43
5	4	160	Kojoki Charity	Ndejje University Athletics Club	2:50.41
	1	097	Alanyo Catherine	Makerere University Athletics Club	DNS
	6	062	Ninsiima Kayla	Kampala Kids Academy Ath. Club	DNS
	7	034	Nahabweolivia	Inzikuru Sports Academy Ath. Club	DNS

800m Women Heat 3

Pos	Lane	Bib	Name	Affiliation	Time
1	4	271	Aciru Knight	Uganda Prisons Athletics Club	2:08.76
2	5	195	Nafumba Florence	Standard High Zana Ath.Club	2:19.91
3	6	134	Bala Annaucienta	Nalinya Lwantale G. Ss Ath. Club	2:22.05
4	3	033	Ijorea Margret	Inzikuru Sports Academy Ath. Club	2:26.10
5	8	229	Aguyo Judith	Uganda Police Athletics Club	2:32.08
6	7	137	Nakazzi Daizy	Nalinya Lwantale G. Ss Ath. Club	2:39.60
7	8	350	Nyamer Caroline	Denmark	2:57.28
8	1	122	Byabagambi Sharifa	Mbarara Municipal Ath.Association	3:08.41
	2	102	Kajumba Mugasa Margret	Makerere University Athletics Club	DNF



1500m Women

Pos	Lane	Bib	Name	Affiliation	Time
1		041	Chekwe moi Brenda	JOCDEF Athletics Club	4:30.50
2		045	Cherop Patience	JOCDEF Athletics Club	4:31.02
3		077	Chemutai Martha	KCCA Athletics Club	4:33.65
4		089	Kope Janet	Lukungu Academy Ath. Club	4:47.35
5		202	Chebet Zumura	Tororo District Ath.Association	4:51.59
6		333	Chebet Joy	UPDF Athletics Club	4:52.57
7		191	Hikima Georgina	Standard High Zana Ath.Club	4:53.96
8		188	Akullu Ruth	Standard High Zana Ath.Club	5:06.77
9		143	Aneno Salume	Nampunge C.H Sch. Ath.Club	5:15.46
10		147	Kobusinge Phiona	Nampunge C.H Sch. Ath.Club	5:28.29
11		073	Chelangat Elizabeth	Kapchorwa District Ath.Association	5:34.49
12		229	Aguyo Judith	Uganda Police Athletics Club	5:37.58
		031	Apio Eunice	Inzikuru Sports Academy Ath. Club	DQ
		234	Chebet Miracle	Uganda Police Athletics Club	DQ
		001	Grace Ayaa	Adjumani District Ath. Association	DNS
		097	Alanyo Catherine	Makerere University Athletics Club	DNS
		125	Akong Nancy	MUBS Athletics Club	DNS
		222	Aciro Brenda	Uganda Para Athletics	DNS
		290	Lakot Nancy	Uganda Prisons Athletics Club	DNS
		347	Cheptegei Nancy	Arua District Athletics Association	DNS

5000m Women

Pos	Lane	Bib	Name	Affiliation	Time
1		236	Chekwe moi Patricia	Uganda Police Athletics Club	16:12.77
2		235	Chebet Scarlet Patrick	Uganda Police Athletics Club	16:19.19
3		347	Cheptegei Nancy	Arua District Athletics Association	16:35.97
4		076	Chelangat Leah	KCCA Athletics Club	16:46.76
5		156	Chekwe moi Sandra	Ndejje University Athletics Club	16:48.66
6		274	Akiror Sarah	Uganda Prisons Athletics Club	16:53.28
7		208	Cheruto Nowel	Tuku Afrika Athletics Club	17:49.82
8		111	Nasasira Evas	Makerere University Athletics Club	18:56.52
9		212	Yeko Grace	Tuku Afrika Athletics Club	19:27.00
10		189	Apong Semmy	Standard High Zana Ath.Club	20:03.91
		077	Chemutai Martha	KCCA Athletics Club	DNS
		227	Acan Evaline Linda	Uganda Police Athletics Club	DNS
		001	Grace Ayaa	Adjumani District Ath. Association	DNS
		005	Chemos Viola	Arua District Athletics Association	DNS
		051	Kakyo Daphine	Kabarole District Ath.Association	DNS
		052	Kansiime Zenia	Kabarole District Ath.Association	DNS



Long Jump Women

Pos	Flight	Bib	Name	Affiliation	Distance
1	4	291	Lakot Scovia	Uganda Prisons Athletics Club	5.73
2	3	273	Adongo Domidy	Uganda Prisons Athletics Club	5.26
3	1	012	Abeja Dorothy	Gulu University Athletics Club	5.07
4	2	179	Acen Sharon	Soroti Municipal Athletics Association	4.89
5	6	294	Nabasa Jane	Uganda Prisons Athletics Club	4.65
6	8	151	Akanyo Theopista	Ndejje University Athletics Club	4.42
7	5	292	Lanyero Lucy Apiyo	Uganda Prisons Athletics Club	4.37
8	7	332	Akullu Judith	UPDF Athletics Club	3.96

Shotput Women

Pos	Lane	Bib	Name	Affiliation	Distance
1	8	228	Acan Janneth	Uganda Police Athletics Club	10.83
2	9	250	Laker Mercy	Uganda Police Athletics Club	10.81
3	3	159	Drwaru Jackline	Ndejje University Athletics Club	9.53
4	2	152	Anek Scovia Olanya	Ndejje University Athletics Club	9.43
5	4	177	Acen Dinah	Soroti Municipal Athletics Association	9.39
6	11	276	Amaido Caroline	Uganda Prisons Athletics Club	9.08
7	7	219	Atim Oliver	UCU Athletics Club	8.13
8	5	207	Alubu Nancy Lydia	Tuku Afrika Athletics Club	6.86
9	12	206	Adyero Christabella Hope	Tuku Afrika Athletics Club	6.40
	1	030	Akonjo Gloria	Inzikuru Sports Academy Ath. Club	DNS
	6	214	Doreen Kibet	UAFA Athletics Club	DNS
	10	269	Aber Caroline Odwong	Uganda Prisons Athletics Club	DNS



Men

100m Men Heat 1 Wind: 2.2m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	3	215	Lawrence Oringa	UAFA Athletics Club	11.64
2	6	224	Masisa Fred	Uganda Para Athletics	12.25
3	4	216	Nsiiro Edward	UAFA Athletics Club	12.76
4	5	223	Kato Ronald	Uganda Para Athletics	13.37
5	8	109	Muhwezi Abraham Lincoln	Makerere University Athletics Club	13.57
	1	210	Olal Douglas	Tuku Afrika Athletics Club	DNS
	2	213	Batte Keith	UAFA Athletics Club	DNS
	7	225	Mugabe Brian	Uganda Para Athletics	DNS

100m Men Heat 2 Wind: 1.1m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	4	204	Owori Diffasi	Tororo District Ath.Association	11.67
2	2	038	Okwanga Timothy	Inzikuru Sports Academy Ath. Club	11.91
3	3	113	Omollo Innocent Lazzo	Makerere University Athletics Club	11.93
4	5	146	Juuko Brian	Nampunge C. H. Sch. Ath. Club	12.82
5	7	198	Masanyu Ibrahim	Tela Field Athletics Club	12.93
	4	124	Muwonge Swaibu	Mbarara Municipal Ath.Association	DNS
	6	197	Yeko Godwin	Talenta Athletics Club	DNS
	1	329	Opiyo Kenneth	Unity Athletics Club	DQ
	8	201	Wandera Denis	Tela Field Athletics Club	DQ

100m Men Heat 3 Wind: 0.1m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	7	299	Okello Charles	Uganda Prisons Athletics Club	11.63
2	2	096	Ainembabazi Gerald	Makerere University Athletics Club	12.27
3	5	107	Lumala Fahad	Makerere University Athletics Club	12.96
4	6	108	Madira Richard	Makerere University Athletics Club	13.23
5	4	032	Fayad Juma	Inzikuru Sports Academy Ath. Club	13.88
	1	087	Odokonyero Paul	Kyambogo University Athletics Club	DNS
	3	098	Bwanswa Joseph	Makerere University Athletics Club	DNS
	8	319	Sande Denis	Uganda Wildlife Authority Ath. Club	DNS

100m Men Heat 4 Wind: 1.1m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	3	070	Mutagira Fred	Kamuli District Ath. Association	11.91
2	1	063	Ogal Amos	Kampala Kids Academy Ath. Club	12.16
3	4	071	Mutibwa Denis	Kamuli District Ath. Association	12.40
4	2	068	Bwire Kevin	Kampala University Athletics Club	12.45
5	6	104	Kayondo Arnold	Makerere University Athletics Club	12.89
	5	075	Tumwesigye Malon Peter	Kapchorwa District Ath.Association	DNS
	7	081	Luzze Hashim Isac	Kiboga District Ath. Association	DNS
	8	082	Milla Tadeo	Kiboga District Ath. Association	DNS



100m Men Heat 5 **Wind: -0.7m/s**

Pos	Lane	Bib	Name	Affiliation	Time
1	5	026	Mugisha Frank	Iganga District Ath. Association	11.77
2	1	057	Ekwaro Haron Bullet	Kampala Kids Academy Ath. Club	12.00
3	6	331	Torach Stephen	Unity Athletics Club	12.19
4	3	014	Otwal Mark	Gulu University Athletics Club	13.27
5	4	024	Drapali Coline	Iganga District Ath. Association	13.63
	2	013	Awoi Dickens	Gulu University Athletics Club	DNS
	7	036	Odyek Patrick	Inzikuru Sports Academy Ath. Club	DNS
	8	017	Nkutu Ibahimovic Kirundans	Hared Jinja Athletics Club	DNS

100m Men Heat 6 **Wind: -0.8m/s**

Pos	Lane	Bib	Name	Affiliation	Time
1	1	258	Oija Fred	Uganda Police Athletics Club	11.43
2	2	141	Ambayo Fred	Nampunge C. H. SCH. ATH. CLUB	11.58
3	3	003	Ajalu Joshua	Amuria District Athletics Association	11.61
4	8	162	Odikor Andrew	Ndejje University Athletics Club	11.65
5	6	061	Mukasa Vincent	Kampala Kids Academy Ath. Club	11.69
6	7	193	Kiguli Trevor Understone	Standard High Zana Ath.Club	11.70
7	4	187	Adome Gabriel	Standard High Zana Ath.Club	11.77
	5	085	Diego Derrick	Kyambogo University Athletics Club	DQ

100m Men Heat 7 **Wind: 2.0m/s**

Pos	Lane	Bib	Name	Affiliation	Time
1	2	270	Aboda Emmanuel	Uganda Prisons Athletics Club	10.59
2	1	286	Isabirye Musa	Uganda Prisons Athletics Club	10.72
3	4	112	Ngobi Allan	Makerere University Athletics Club	10.76
4	3	311	Lomutho Rajab	Uganda Wildlife Authority Ath. Club	10.77
5	8	256	Obuto Solomon	Uganda Police Athletics Club	10.98
6	5	155	Ayup Khoak Khor	Ndejje University Athletics Club	11.00
7	6	254	Nuwagaba Emmanuel	Uganda Police Athletics Club	11.06
	7	079	Ibrahim Checkron Tembe	Kenya	DNS

200m Men Heat 1 **Wind: 3.8m/s**

Pos	Lane	Bib	Name	Affiliation	Time
1	1	003	Ajalu Joshua	Amuria District Athletics Association	23.20
2	5	036	Odyek Patrick	Inzikuru Sports Academy Ath. Club	24.23
3	6	038	Okwanga Timoth	Inzikuru Sports Academy Ath. Club	24.99
4	3	024	Drapali Coline	Iganga District Ath. Association	26.41
5	4	032	Fayad Juma	Inzikuru Sports Academy Ath. Club	26.56
	2	013	Awoi Dickens	Gulu University Athletics Club	DNS
	7	057	Ekwaro Haron Bullet	Kampala Kids Academy Ath. Club	DNS
	8	063	Ogal Amos	Kampala Kids Academy Ath. Club	DNS



200m Men Heat 2**Wind: 2.7m/s**

Pos	Lane	Bib	Name	Affiliation	Time
1	3	085	Diego Derrick	Kyambogo University Athletics Club	23.32
2	1	193	Kiguli Trevor Understone	Standard High Zana Ath.Club	23.38
3	2	069	Masaba Peter	Kamuli District Ath. Association	24.51
4	6	107	Lumala Fahad	Makerere University Athletics Club	25.53
5	7	059	Koki Kaweesa Reuben A	Kampala Kids Academy Ath. Club	27.74
	4	197	Yeko Godwin	Talenta Athletics Club	DNS
	5	120	Kiiza Ernest Junior	Masindi District Athl. Association	DNS
	8	217	Obbo Zakaria	UAFA Athletics Club	DNS

200m Men Heat 3**Wind: 1.1m/s**

Pos	Lane	Bib	Name	Affiliation	Time
1	7	329	Opiyo Kenneth	Unity Athletics Club	23.44
2	4	187	Adome Gabriel	Standard High Zana Ath.Club	23.61
3	3	246	Kivumbi Rippon Daniel	Uganda Police Athletics Club	24.08
4	5	088	Opwonya Resty Sunday	Kyambogo University Athletics Club	24.24
5	1	108	Madira Richard	Makerere University Athletics Club	26.21
	2	004	Obaren Aaron	Amuria District Athletics Association	DNS
	6	087	Odokonyero Paul	Kyambogo University Athletics Club	DNS
	8	163	Tarembwa Moris	Ndejje University Athletics Club	DNS

200m Men Heat 4**Wind: 0.6m/s**

Pos	Lane	Bib	Name	Affiliation	Time
1	6	315	Okwii Erick	Uganda Wildlife Authority Ath. Club	21.88
2	5	007	Musenze Jr Christopher	Entebbe Athletics Club	22.95
3	3	178	Oparo Peter	Soroti Municipal Athletics Association	23.22
4	1	096	Ainembabazi Gerald	Makerere University Athletics Club	24.25
5	7	198	Masanyu Ibrahim	Tela Field Athletics Club	27.00
	2	213	Batte Keith	UAFA Athletics Club	DNS
	4	109	Muhwezi Abraham Lincoln	Makerere University Athletics Club	DNS
	8	117	Tibyasa Phabang Phabang	Makerere University Athletics Club	DNS

200m Men Heat 5**Wind: 1.3m/s**

Pos	Lane	Bib	Name	Affiliation	Time
1	8	115	Riiny Riiny Agoth Ngot	Makerere University Athletics Club	22.19
2	5	215	Lawrence Oringa	Uafa Athletics Club	23.08
3	2	204	Owori Diffasi	Tororo District Ath.Association	23.69
4	6	205	Wafula Be On Benja	Tororo District Ath.Association	23.97
5	1	070	Mutagira Fred	Kamuli District Ath. Association	24.39
6	3	119	Ssajjabbi Christopher	Makindye Municipal Ath. Association	25.08
	4	098	Bwanswa Joseph	Makerere University Athletics Club	DNS
	7	113	Omollo Innocent Lazzo	Makerere University Athletics Club	DNS



200m Men Heat 6

Wind: -0.8m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	5	270	Aboda Emmanuel	Uganda Prisons Athletics Club	21.27
2	6	112	Ngobi Allan	Makerere University Athletics Club	21.33
3	2	243	Jagalo Joshua	Uganda Police Athletics Club	21.55
4	4	286	Isabirye Musa	Uganda Prisons Athletics Club	21.63
5	1	260	Oroma Williamson	Uganda Police Athletics Club	22.56
	7	256	Obuto Solomon	Uganda Police Athletics Club	DQ
	3	079	Ibrahim Checkron Tembe	Kenya	DNS
	8	141	Ambayo Fred	Nampunge C. H. Sch. Ath. Club	DNS

400m Men Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1	7	178	Oparo Peter	Soroti Municipal Athletics Association	50.73
2	6	007	Musenze Jr Christopher	Entebbe Athletics Club	50.85
3	3	246	Kivumbi Rippon Daniel	Uganda Police Athletics Club	53.15
4	4	094	Abiem Aj John	Makerere University Athletics Club	53.77
	1	217	Obbo Zakaria	UAFA Athletics Club	DNS
	2	004	Obaren Aaron	Amuria District Athletics Association	DNS
	5	319	Sande Denis	Uganda Wildlife Authority Ath. Club	DNS

400m Men Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1	2	205	Wafula Be On Benja	Tororo District Ath.Association	51.80
2	1	327	Komakech Regan Semei	Unity Athletics Club	52.20
3	5	069	Masaba Peter	Kamuli District Ath. Association	52.86
4	3	035	Ocom Maxwell	Inzikuru Sports Academy Ath. Club	53.64
5	7	119	Ssajjabbi Christopher	Makindye Municipal Ath. Association	59.36
6	4	037	Okello Patrick	Inzikuru Sports Academy Ath. Club	59.46
	6	117	Tibyasa Phabang Phabang	Makerere University Athletics Club	DNS

400m Men Heat 3

Pos	Lane	Bib	Name	Affiliation	Time
1	8	311	Lomutho Rajab	Uganda Wildlife Authority Ath. Club	48.49
2	1	095	Adupa Daniel	Makerere University Athletics Club	49.42
3	3	161	Layeng Erick Sibryanda	Ndejje University Athletics Club	50.06
4	2	158	Chuol John Kuer	Ndejje University Athletics Club	50.32
5	5	267	Wanume Yahaya	Uganda Police Athletics Club	51.07
6	7	088	Opwonya Resty Sunday	Kyambogo University Athletics Club	52.00
	4	336	Ekaju Sam	UPDF Athletics Club	DNS
	6	340	Nokrach Stephen	UPDF Athletics Club	DNS



400m Men Heat 4

Pos	Lane	Bib	Name	Affiliation	Time
1	7	315	Okwii Erick	Uganda Wildlife Authority Ath. Club	47.33
2	4	281	Chan Wengo Godfrey	Uganda Prisons Athletics Club	47.41
3	8	328	Onen Kennedy	Unity Athletics Club	47.73
4	5	326	Goni Emmanuel	Unity Athletics Club	47.97
5	2	316	Opiny Leonard	Uganda Wildlife Authority Ath. Club	48.57
6	8	260	Oroma Williamson	Uganda Police Athletics Club	48.94
7	6	285	Erimu Kokas	Uganda Prisons Athletics Club	49.11
8	3	243	Jagalo Joshua	Uganda Police Athletics Club	49.31

800m Men Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1	2	279	Arop Michael Oweka	Uganda Prisons Athletics Club	1:59.38
2	7	039	Opio Justine	Inzikuru Sports Academy Ath. Club	2:01.12
3	4	072	Namansa Ambrose	Kamuli District Ath. Association	2:02.24
4	5	092	Ndibailawa Jamiru	Lukungu Academy Ath. Club	2:02.71
5	8	116	Sunday David	Makerere University Athletics Club	2:05.10
6	1	150	Ainomuhangi Grace	Ndejje University Athletics Club	2:06.02
7	6	196	Ocan Noah	Standard High Zana Ath.Club	2:12.83
8	8	065	Otim Innocent	Kampala Kids Academy Ath. Club	2:13.01
	3	106	Lubega Abdulkarim	Makerere University Athletics Club	DNS

800m Men Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1	7	310	Kirano Shafiq	Uganda Wildlife Authority Ath. Club	1:54.18
2	3	105	Kivumbi Emmanuel	Makerere University Athletics Club	2:01.29
3	7	148	Okwit Denish Steward	Nampunge C.H. Sch. Ath. Club	2:03.81
4	2	101	Ishimwe Grace	Makerere University Athletics Club	2:05.69
5	8	265	Sempijja Cyrus	Uganda Police Athletics Club	2:10.37
6	8	118	Niyonziima Augustine	Makerere University Athletics Club	2:13.68
7	1	066	Sande Herbert Lema	Kampala Kids Academy Ath. Club	2:35.09
	4	075	Tumwesigye Malon Peter	Kapchorwa District Ath.Association	DNF
	6	301	Owor Charles Tonny	Uganda Prisons Athletics Club	DNF
	5	010	Kolobe Darius Mulungi	Gombe S.S Athletics Club	DNS



800m Men Heat 3

Pos	Lane	Bib	Name	Affiliation	Time
1	3	145	Comboni Daniel	Nampungwe C. H. Sch. Ath. Club	1:52.81
2	1	064	Omara Raymond	Kampala Kids Academy Ath. Club	1:52.93
3	2	048	Kiprotich Sam Kapkureny	JOCDEF Athletics Club	1:53.11
4	6	194	Krube Fadhil Jaffer	Standard High Zana Ath.Club	1:56.53
5	4	060	Labeja Patrick	Kampala Kids Academy Ath. Club	1:59.75
6	5	149	Tenywa Edreen	Nampungwe C. H. Sch. Ath. Club	2:00.47
	7	180	Akoon Joseph Akoon	South Sudan	DQ
	8	186	Matukur James Deng	South Sudan	DNF

800m Men Heat 4

Pos	Lane	Bib	Name	Affiliation	Time
1	2	322	Mayanja Salim Abu	Uganda Wildlife Authority Ath. Club	1:47.84
2	3	261	Osuje Emmanuel	Uganda Police Athletics Club	1:48.28
3	9	306	Etiaw Rashid	Uganda Wildlife Authority Ath. Club	1:49.80
4	4	183	Guot Thon Abraham	South Sudan	1:50.64
5	5	165	Apenyo Bekele	Ndejje Universityathletics Club	1:51.46
6	6	284	Edimon Jamonu	Uganda Prisons Athletics Club	1:52.62
7	7	242	Cherotich Dan	Uganda Police Athletics Club	1:54.08
8	8	044	Cheptoyek Nicholas	JOCDEF Athletics Club	1:56.17
	1	313	Musagala Ronald	Uganda Wildlife Authority Ath. Club	DNF
	10	316	Opiny Leonard	Uganda Wildlife Authority Ath. Club	DNF

1500m Men Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1		211	Omara Tony	Tuku Afrika Athletics Club	3:50.96
2		343	Odongkara Richard	Updf Athletics Club	4:03.93
3		148	Okwit Denish Steward	Nampungwe C.H. Sch Ath. Club	4:08.30
4		252	Mbabazi Christopher	Uganda Police Athletics Club	4:09.13
5		317	Ruka Essan	Uganda Wildlife Authority Ath. Club	4:20.91
6		116	Sunday David	Makerere University Athletics Club	4:24.74
7		223	Kato Ronald	Uganda Para Athletics	4:48.79
8		026	Mugisha Frank	Iganga District Ath. Association	5:10.52
		209	Ocen Robin	Tuku Afrika Athletics Club	DQ
		300	Oketcho John	Uganda Prisons Athletics Club	DQ
		132	Matovu Antonio	Nakawa Municipal Ath. Association	DNF
		199	Mumbya Michael Andre	Tela Field Athletics Club	DNF
		015	Kibidde Muhamood	Hared Jinja Athletics Club	DNS
		019	Ainomugisha Joshua	Iganga District Ath. Association	DNS
		039	Opio Justine	Inzikuru Sports Academy Ath. Club	DNS
		072	Namansa Ambrose	Kamuli District Ath. Association	DNS
		081	Luzze Hashim Isac	Kiboga District Ath. Association	DNS
		226	Ociria Richard	Uganda Para Athletics	DNS
		255	Nyogo Adam	Uganda Police Athletics Club	DNS
		265	Sempijja Cyrus	Uganda Police Athletics Club	DNS
		020	Alepere Emmy	Iganga District Ath. Association	DNS
		025	Hcaita Epharaim	Iganga District Ath. Association	DNS
		083	Mungusine Julius	Kiboga District Ath. Association	DNS



1500m Men Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1		264	Rotich Silas	Uganda Police Athletics Club	3:55.37
2		145	Comboni Daniel	Nampunge C.H. Sch. Ath. Club	3:56.05
3		303	Boch Silus	Uganda Wildlife Authority Ath. Club	3:56.10
4		021	Chemonges Elijah	Iganga District Ath. Association	3:57.62
5		309	Kiprop Leonard Leonard	Uganda Wildlife Authority Ath. Club	3:59.00
6		338	Kiplimo Isaac	Updf Athletics Club	4:06.02
7		245	Kissa Alex	Uganda Police Athletics Club	4:08.72
8		174	Kiprotich Allan	Rise And Shine Ath. Club	4:09.81
9		046	Cherotwo Solomon	JOCDEF Athletics Club	4:13.28
10		149	Tenywa Edreen	Nampunge C. H. SCH. ATH. CLUB	4:13.99
11		106	Lubega Abdulkarim	Makerere University Athletics Club	4:22.03
		086	Maubanya Shafik Seth	Kyambogo University Athletics Club	DNS
		320	Siwa Eliot	Uganda Wildlife Authority Ath. Club	DNS
		337	Etiang Robert	UPDF Athletics Club	DNS
		078	Kiplangat Denis	KCCA Athletics Club	DNS

1500m Men Heat 3

Pos	Lane	Bib	Name	Affiliation	Time
1		322	Mayanja Salim Abu	Uganda Wildlife Authority Ath. Club	3:38.52
2		114	Otim Emmanuel	Makerere University Athletics Club	3:41.86
3		313	Musagala Ronald	Uganda Wildlife Authority Ath. Club	3:46.50
4		288	Kiprop Daniel	Uganda Prisons Athletics Club	3:47.43
5		275	Akwech Peter	Uganda Prisons Athletics Club	3:48.03
6		348	Kiplimo Aron	Arua District Athletics Association	3:48.13
7		165	Apenyo Bekele	Ndejje University Athletics Club	3:50.58
8		184	Koon Wol Yach Majok	South Sudan	3:54.80
9		240	Chepkurui Joshua	Uganda Police Athletics Club	3:59.40
10		284	Edimon Jamonu	Uganda Prisons Athletics Club	4:09.72
		306	Etiou Rashid	Uganda Wildlife Authority Ath. Club	DNF
		047	Kiprop Hosea	JOCDEF Athletics Club	DNS
		182	Guem Abraham Majok Matet	South Sudan	DNS
		183	Guot Thon Abraham	South Sudan	DNS



5000m Men

Pos	Lane	Bib	Name	Affiliation	Time
1		263	Rotich Martin Magengo	Uganda Police Athletics Club	13:51.27
2		233	Boshi Silas	Uganda Police Athletics Club	14:04.00
3		078	Kiplangat Denis	KCCA Athletics Club	14:09.09
4		287	Kibet Kevin	Uganda Prisons Athletics Club	14:20.07
5		238	Chelimo Ronald	Uganda Police Athletics Club	14:24.38
6		241	Cherop Alex	Uganda Police Athletics Club	14:24.44
7		184	Koon Wol Yach Majok	South Sudan	14:28.31
8		344	Kwemoi Victor	Uganda Police Athletics Club	14:29.18
9		244	Kiplangat Joel	Uganda Police Athletics Club	14:31.02
10		055	Ategeka Brian Adams	Kabowa Dream T. Ah. Club	14:45.06
11		346	Kipsang Jacob	Uganda Police Athletics Club	14:46.68
12		345	Cherotich Victor	Uganda Police Athletics Club	14:46.95
13		307	Kiplagat Kelvin	Uganda Wildlife Authority Ath. Club	14:47.53
14		181	Ayion Simon	South Sudan	14:48.84
15		295	Ochieng Julius	Uganda Prisons Athletics Club	14:48.91
16		335	Cheptoek Patrick	UPDF Athletics Club	14:49.57
17		157	Chelimo Isaac	Ndejje University Athletics Club	14:59.70
18		050	Byamugisa Focus	Kabarole District Ath.Association	15:01.33
19		251	Mande Benjamin	Uganda Police Athletics Club	15:02.87
20		248	Kusuro Fred	Uganda Police Athletics Club	15:04.23
21		249	Kwemboi Ezekiel	Uganda Police Athletics Club	15:12.84
22		021	Chemonges Elijah	Iganga District Ath. Association	15:15.59
23		266	Wangwe Brian William	Uganda Police Athletics Club	15:19.48
24		312	Luteso Geoffrey	Uganda Wildlife Authority Ath. Club	15:19.71
25		231	Araptany Jacob	Uganda Police Athletics Club	15:22.63
		016	Muwanguzi Peter	Hared Jinja Athletics Club	DNF
		018	Aguma Abraham	Iganga District Ath. Association	DNF
		053	Kiiza Edson	Kabarole District Ath.Association	DNF
		056	Opio James	Kabowa Dream T. Ah. Club	DNF
		121	Binemukama Joseph	Mbarara District Ath.Association	DNF
		175	Kakooza Isaac	Serere District Athletics Association	DNF
		268	Limo Alex	Uganda Police Athletics Club	DNF
		339	Kwemboi Caleb	UPDF Athletics Club	DNF
		123	Murungi Deo	Mbarara Municipal Ath.Association	DNF
		334	Chemutai Vincent	Updf Athletics Club	DNF



		082	Milla Tadeo	Kiboga District Ath. Association	DNS
		022	Dan Opio	Iganga District Ath. Association	DNS
		027	Muwaya Peter	Iganga Town View Ss	DNS
		042	Chemos Ezekiel	Jocdef Athletics Club	DNS
		054	Tumusiime Ronald	Kabarole District Ath.Association	DNS
		074	Kiprotich Hosea	Kapchorwa District Ath.Association	DNS
		084	Weere Godfrey	Kiboga District Ath. Association	DNS
		185	Machol Marko Piyien	South Sudan	DNS
		237	Chelangat Leonard	Uganda Police Athletics Club	DNS
		083	Mungusine Julius	Kiboga District Ath. Association	DNS
		174	Kiprotich Allan	Rise And Shine Ath. Club	DNS
		020	Alepere Emmy	Iganga District Ath. Association	DNS
		025	Hcaita Epharaim	Iganga District Ath. Association	DNS
		043	Cheptoek Cedric Masai	Jocdef Athletics Club	DNF
		049	Alituha Vincent	Kabarole District Ath.Association	DNS
		348	Kiplimo Aron	Arua District Athletics Association	DNF

Long Jump Men

Pos	Flight	Bib	Name	Affiliation	Distance
1	3	299	Okello Charles	Uganda Prisons Athletics Club	7.18
2	8	220	Cankurarobert	UCU Athletics Club	6.60
3	9	259	Oketayot Francis	Uganda Police Athletics Club	6.51
4	5	009	Kideganono Lawrence	Gombe S.S Athletics Club	6.36
5	10	297	Odongo Denis	Uganda Prisons Athletics Club	6.26
7	7	164	Yikii Jimmy	Ndejje University Athletics Club	6.19
8	4	331	Torach Stephen	Unity Athletics Club	6.04
9	11	257	Odong J.Baya	Uganda Police Athletics Club	5.89
10	1	068	Bwire Kevin	Kampala University Athletics Club	4.50
11	2	210	Olal Douglas	Tuku Afrika Athletics Club	4.41
	6	080	Kipkorir Bismark	Kenya	DNS
	12	120	Kiiza Ernest Junior	Masindi District Athl. Association	DNS
	13	340	Nokrach Stephen	UPDF Athletics Club	DNS



Shotput Men

Pos	Flight	Bib	Name	Affiliation	Distance
1	1	257	Odong J.Baya	Uganda Police Athletics Club	12.71
2	15	342	Odokonyero Francis	UPDF Athletics Club	12.27
3	17	296	Odong Martin	Uganda Prisons Athletics Club	12.26
4	9	221	Rubangakene Gaspher	UCU Athletics Club	11.72
5	7	130	Odongkara Patrick	MUBS Athletics Club	11.62
6	11	262	Oyet Richard	Uganda Police Athletics Club	11.27
7	12	293	Mwaka Johnson	Uganda Prisons Athletics Club	10.83
8	13	298	Ojara Denis	Uganda Prisons Athletics Club	10.78
9	14	341	Ocoma Alex	UPDF Athletics Club	9.96
10	5	103	Katooro Paul Keith	Makerere University Athletics Club	8.39
	2	014	Otwal Mark	Gulu University Athletics Club	DNS
	3	023	Dillan Andrew	Iganga District Ath. Association	DNS
	4	100	Glenn Otieno	Makerere University Athletics Club	DNS
	6	129	Odong Zakayo Baya	MUBS Athletics Club	DNS
	8	131	Ondong Kara Patrick	MUBS Athletics Club	DNS
	10	247	Komom Chrispus	Uganda Police Athletics Club	DNS
	16	002	Mubongi Wilbrod	Airforce	DNS

Triple Jump Men

Pos	Flight	Bib	Name	Affiliation	Distance
	1	155	Ayup Khoak Khor	Ndejje University Athletics Club	DNS
	2	327	Komakech Regan Semei	Unity Athletics Club	DNS

