



Uganda Athletics Federation (UAF)
5th National Trials 2023 - April 29th, 2023
Mandela National Stadium - Warmup track

WOMEN

100m Heat 1

Wind: 1.0m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	3	620	Atiang Charity Mercy	Standard High Zana Ath.Club	13.38
2	7	975	Aciro Brenda	Uganda Para Athletics	13.53
3	2	426	Apolo Eunice	Uganda Prisons Athletics Club	13.80
4	4	695	Nabukenya Pervin	Nalinya Lwantale G. SS Ath. Club	15.12
5	6	796	Ayikoru Rita Favour	Ndejje University Athletics Club	16.42
6	1	183	Chekwemoi Charity	Old Kampala S.S Athletics Club	DNS

100m Heat 2

Wind: 0.3m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	2	275	Apio Agness	Uganda Prisons Athletics Club	12.53
2	4	689	Kobusingye Salaama	Nalinya Lwantale G. SS Ath. Club	13.60
3	5	714	Gutu Leah Hope	Tororo District Ath.Association	14.26
	1	943	Apuya Christabella	Makindye Municipal Ath. A	DNS
	3	521	Cheruto Asha	Nalinya Lwantale G. SS Ath. Club	DNS
	6	974	Ayiyorwoth Annita	UPDF Athletics Club	DNS

100m Heat 3

Wind: 0.4m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	3	605	Awelo Mukasa Fiona	Old Kampala S.S Athletics Club	13.75
2	5	271	Akello Gloria Ocen	Uganda Prisons Athletics Club	14.02
3	4	621	Atim Lidya	Standard High Zana Ath.Club	14.03
4	2	619	Amony Sharon	Standard High Zana Ath.Club	14.48
6	6	623	Bisirikorwa Joy	Standard High Zana Ath.Club	14.66
	1	607	Basemera Daphine	Old Kampala S.S Athletics Club	DQ

100m Heat 4

Wind: 0.3m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	3	248	Nyamahunge Jacent	Uganda Police Athletics Club	11.95
2	4	332	Koli Evaline Ocen	Uganda Prisons Athletics Club	12.67
3	6	617	Akullu Monica	Standard High Zana Ath.Club	12.71
4	5	784	Acen Rosemary	UPDF Athletics Club	12.74
5	2	614	Abbo Sophia	Standard High Zana Ath.Club	14.43
	1	674	Nyaweree Christine	UPDF Athletics Club	DNS

200m Heat 1

Wind: -1.8m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	2	737	Baboona Asha	Standard High Zana Ath.Club	28.48
2	3	976	Aber Patricia	Kampala Kids Academy Ath. Club	28.76
3	5	714	Gutu Leah Hope	Tororo District Ath.Association	29.87
4	1	623	Bisirikorwa Joy	Standard High Zana Ath.Club	32.73
5	6	975	Aciro Brenda	Uganda Para Athletics	34.15

200m Heat 2

Wind: -0.7m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	4	275	Apio Agness	Uganda Prisons Athletics Club	25.39
2	6	653	Wonruku Stella	Uganda Prisons Athletics Club	26.88
3	5	689	Kobusingye Salaama	Nalinya Lwantale G. SS Ath. Club	27.69
4	3	368	Anguparu Pamela	Uganda Wildlife Authority Ath. Club	28.45
5	1	607	Basemera Daphine	Old Kampala S.S Athletics Club	30.35
6	2	594	Gumoshabe Rebeccah	Ndejje University Athletics Club	31.36





200m Heat 3

Wind: 0.3m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	4	620	Atiang Charity Mercy	Standard High Zana Ath.Club	27.06
2	3	162	Draru Rose	Uganda Police Athletics Club	27.12
3	6	603	Akongo Justine Joy	Old Kampala S.S Athletics Club	28.28
4	2	621	Atim Lidya	Standard High Zana Ath.Club	28.94
5	1	614	Abbo Sophia	Standard High Zana Ath.Club	29.56
6	5	622	Atim Mercy	Standard High Zana Ath.Club	29.62

200m Heat 4

Wind: -1.5m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	3	248	Nyamahunge Jacent	Uganda Police Athletics Club	24.22
2	4	332	Koli Evaline Ocen	Uganda Prisons Athletics Club	25.77
3	6	617	Akullu Monica	Standard High Zana Ath.Club	25.89
4	5	784	Acen Rosemary	UPDF Athletics Club	26.18
5	2	611	Mbabazi Peace Teopista	Old Kampala S.S Athletics Club	26.51
6	1	605	Awelo Mukasa Fiona	Old Kampala SS Ath. Club	28.28

400m Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1	6	609	Kaahwa Anna Mary	Old Kampala S.S Athletics Club	59.34
2	2	616	Akullu Juliet	Standard High Zana Ath.Club	1:02.93
3	3	777	Tendo Georgina	Standard High Zana Ath.Club	1:05.52
4	1	594	Gumoshabe Rebeccah	Ndejje University Athletics Club	1:11.51
5	3	781	Kajumba Margret	Nampunge C. H. SCH. ATH. CLUB	1:14.96
6	4	867	Amongin Genevieve	Old Kampala S.S Athletics Club	1:23.83

400m Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1	1	276	Apolot Ruth	Uganda Prisons Athletics Club	1:01.01
4	2	603	Akongo Justine Joy	Old Kampala S.S Athletics Club	1:01.92
2	4	737	Baboona Asha	Standard High Zana Ath.Club	1:02.14
	5	618	Akullu Ruth	Standard High Zana Ath.Club	1:02.88
	3	640	Biryeri Evelyn	Uganda Prisons Athletics Club	1:03.32
	6	694	Muzaki Brenda	Nalinya Lwantale G. SS Ath. Club	1:06.16

400m Heat 4

Pos	Lane	Bib	Name	Affiliation	Time
1	4	148	Banura Mauren Akiiki	Uganda Police Athletics Club	54.51
2	5	611	Mbabazi Peace Teopista	Old Kampala S.S Athletics Club	57.75
3	1	152	Nanziri Emily	Uganda Police Athletics Club	57.84
4	2	615	Akello Priscilla	Standard High Zana Ath.Club	59.69
5	6	627	Namuwonge Jennifer	Standard High Zana Ath.Club	1:00.84
6	3	162	Draru Rose	Uganda Police Athletics Club	1:01.73

800m Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1	1	627	Namuwonge Jennifer	Standard High Zana Ath.Club	2:23.14
2	1	618	Akullu Ruth	Standard High Zana Ath.Club	2:24.95
3	6	457	Akong Nancy	Kampala Kids Academy Ath. Club	2:37.90
4	4	917	Kwagalakwe Jael	Entebbe Athletics Club	2:45.10
5	5	913	Agor Rour Rebecca	Entebbe Athletics Club	2:49.98
6	5	987	Nassimbwa Mwebe Ann	Makerere University Athletics Club	2:57.58
7	6	226	Nyadoi Matilda	Old Kampala S.S Athletics Club	3:02.51
	2	682	Chebet Lenny	Standard High Zana Ath.Club	DNS
	3	918	Nafumba Florence	Entebbe Athletics Club	DNS
	3	955	Acangome Peace	Standard High Zana Ath.Club	DNS





800m Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1	4	599	Ayozu Grace	Ndejje University Athletics Club	2:15.72
2	3	615	Akello Priscilla	Standard High Zana Ath.Club	2:17.80
3	3	616	Akullu Juliet	Standard High Zana Ath.Club	2:24.55
4	2	604	Amuge Sharon	Old Kampala S.S Athletics Club	2:26.03
5	5	777	Tendo Georgina	Standard High Zana Ath.Club	2:27.65
	1	606	Ayoo Esther	Old Kampala S.S Athletics Club	DNS
	4	142	Chemusto Janat	Uganda Police Athletics Club	DNS
	6	199	Chemutai Nelly	Uganda Wildlife Authority Ath. Club	DNS
	6	21	Chebet Linda	Uganda Prisons Athletics Club	DNS

1500m Final

Pos	Lane	Bib	Name	Affiliation	Time
1	11	330	Aciru Knight	Uganda Prisons Athletics Club	4:21.87
2	2	52	Chekwemai Brenda	JOCDEF ATHLETICS CLUB	4:22.09
3	3	67	Cherop Charity	JOCDEF ATHLETICS CLUB	4:22.59
4	12	63	Chemutai Peace Hope	JOCDEF ATHLETICS CLUB	4:25.71
5	13	50	Chebet Isalle	JOCDEF ATHLETICS CLUB	4:29.63
6	10	598	Orishaba Marvarous	Ndejje University Athletics Club	4:34.79
7	5	624	Chepkwemai Vanjaline	Standard High Zana Ath.Club	4:59.46
8	4	481	kapchebasa doricus	UPDF Athletics Club	5:06.21
9	6	916	Kisakye Prosperity	Entebbe Athletics Club	5:48.13
10	9	915	Ampurire Darcus	Entebbe Athletics Club	5:55.21
11	1	47	Chebet Bena	Uganda Para Athletics	6:44.55
12	8	999	Nasiyo Juliet	Uganda Para Athletics	7:47.86
	7	142	Chemusto Janat	Makerere University Athletics Club	DNS

5000m Final

Pos	Lane	Bib	Name	Affiliation	Time
1	1	445	Chekwemai Vicky	UPDF Athletics Club	17:33.19
2	4	739	Gimono Violet	Standard High Zana Ath.Club	18:13.88
3	2	592	Chekwemai Sandrah	Ndejje University Athletics Club	18:29.18
4	3	735	Apong Semmy	Standard High Zana Ath.Club	19:13.59
5	5	748	Kiconco Phionah	Ntungamo Athletics Club	20:02.95
6	6	625	Cheptegei Hilda	Standard High Zana Ath.Club	22:06.91

Discus Final

Pos	Lane	Bib	Name	Affiliation	Distance
1	10	145	Lalam Josephine Joyce	Uganda Police Athletics Club	42.04
2	3	358	Aciro Rose Mary	Uganda Prisons Athletics Club	35.87
3	2	282	Aber Caroline Odwong	Uganda Prisons Athletics Club	34.31
4	4	589	Anek Scovia Olanya	Ndejje University Athletics Club	34.02
5	11	795	Atim Oliver	UCU Athletics Club	32.85
6	9	678	Oyella Kevin Alice	UPDF Athletics Club	32.58
7	1	281	Amaida Caroline	Uganda Prisons Athletics Club	31.48
8	8	789	Akello fiona	UPDF Athletics Club	28.60
9	5	696	Nakato Janel Namubiru	Nalinya Lwantale G. SS Ath. Club	21.74
10	7	753	Lakica Catherine	Standard High Zana Ath.Club	21.50
11	6	729	Acayo Esther Teddy	Standard High Zana Ath.Club	20.47
12	12	606	Ayoo Esther	Old Kampala S.S Athletics Club	18.40
	13	273	Alanyo Catherine	Uganda Prisons Athletics Club	DNS





Shot Put Final

Pos	Order	Bib	Name	Affiliation	Distance
1	2	282	Aber Caroline Odwong	Uganda Prisons Athletics Club	11.12
2	9	1001	Oyella Kevin Alice	UPDF Athletics Club	10.48
3	10	822	Driwaru Jackline	Ndejje University Athletics Club	10.26
4	8	789	Akello fiona	UPDF Athletics Club	10.07
5	4	589	Anek Scovia Olanya	Ndejje University Athletics Club	10.03
6	1	281	Amaido Caroline	Uganda Prisons Athletics Club	9.62
7	3	358	Aciro Rose Mary	Uganda Prisons Athletics Club	9.61
8	6	729	Acayo Esther Teddy	Standard High Zana Ath.Club	7.37
9	12	622	Atim Mercy	Standard High Zana Ath.Club	7.30
10	5	696	Nakato Janel Namubiru	Nalinya Lwantale G. SS Ath. Club	6.68
	7	753	Lakica Catherine	Standard High Zana Ath.Club	6.64
	11	914	Akankwasa Joan	Entebbe Athletics Club	4.63
	13	273	Alanyo Catherine	Uganda Prisons Athletics Club	DNS

Long Jump Final

Pos	Order	Bib	Name	Affiliation	Distance
1	8	363	Atimango Winnifred	UCU Athletics Club	5.62
2	5	339	Nabasa Jane	Uganda Prisons Athletics Club	5.16
3	2	619	Amony Sharon	Standard High Zana Ath.Club	4.63
4	4	337	Lanyero Lucy Apiyo	Uganda Prisons Athletics Club	4.52
5	7	788	Akanyo Theopista	Ndejje University Athletics Club	4.45
6	1	426	Apolo Eunice	Uganda Prisons Athletics Club	4.25
	3	276	Apolot Ruth	Uganda Prisons Athletics Club	DNS
	6	609	Kaahwa Anna Mary	Old Kampala S.S Athletics Club	DNS

MEN

100m Heat 1

Wind: -0.7m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	1	959	Okabo Santos	UCU Athletics Club	11.30
2	3	979	Mwesigwa Kevin	Kampala Kids Academy Ath. Club	12.94
3	5	798	Bamusubire Rogers	Kamuli District Ath. Association	13.40
4	4	995	owiny dollo james	UCU Athletics Club	13.47
	2	971	Sali Denis Arap sali	Standard High Zana Ath.Club	DNS
	6	1006	Riiny Riiny Agoth Ngot	South Sudan	DNS

100m Heat 2

Wind: 0.1m/s

	Lane	Bib	Name	Affiliation	Time
1	1	919	Akambona Ian	Entebbe Athletics Club	12.90
2	2	921	Kiyinji Joseph	Entebbe Athletics Club	13.72
3	3	922	Mugerwa Arafat	Entebbe Athletics Club	14.69
4	4	928	Okot Emmy Phillips	Gulu Municipal Ath. Association	16.12
	5	944	Mugaya Wickliffe	Makindye Municipal Ath. Association	DNS
	6	945	Warela Ferguson	Makindye Municipal Ath. Association	DNS

100m Heat 3

Wind: 1.2m/s

	Lane	Bib	Name	Affiliation	Time
1	6	883	Foach Emmanuel	Standard High Zana Ath.Club	11.92
2	4	857	Muheirwe Dick	Kamuli District Ath. Association	11.94
3	1	846	Laker Isaac	Tuku Afrika Athletics Club	11.99
4	5	858	Muhwezi Abraham Lincoln	Makerere University Athletics Club	13.02
	2	848	Madira Richard	Standard High Zana Ath.Club	DNS
	3	849	Magero Buhayo	UPDF Athletics Club	DNS
	7	897	Gawola Lucas	Standard High Zana Ath.Club	DNS





100m Heat 4

Wind: 0.3m/s

	Lane	Bib	Name	Affiliation	Time
1	1	514	Onyanga Isaac	UPDF Athletics Club	11.35
2	3	670	Engadu Blessed Joshua	Standard High Zana Ath.Club	11.57
3	2	652	Wananda Earnest	Uganda Prisons Athletics Club	12.06
4	5	769	Odong too Isaac	Standard High Zana Ath.Club	12.12
5	4	673	Nsiiro Edward Ikonde	Wakiso District Athletics Association	12.82
	6	785	Adriko James Obama	Uganda Prisons Athletics Club	DNS

100m Heat 5

Wind: -1.2m/s

	Lane	Bib	Name	Affiliation	Time
1	6	593	Edube Tom	KCCA Athletics Club	12.17
2	2	524	Wakilo Denis	UPDF Athletics Club	12.18
3	5	569	Junju Brian	Kamuli District Athletics Association	12.47
4	1	515	James Jackson Ambayo	Moyo District Athletics Association	12.74
5	4	554	Sserwada Poul	Entebbe Athletics Club	13.23
	3	536	Ssegawa Jasifa	Uganda Prisons Athletics Club	DNS
	7	643	Diego Derrick	Kyambogo University Athletics Club	DNS

100m Heat 6

Wind: 0.3m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	3	427	Ojok Justin	Tuku Afrika Athletics Club	11.52
2	1	312	Kidega Geoffrey	Uganda Para Athletics	11.61
3	5	503	Nokrach Stephen	UPDF Athletics Club	11.84
4	4	429	Imalingat Charles	UPDF Athletics Club	11.99

100m Heat 7

Wind: 0.4m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	3	250	obuto solomon	Uganda Prisons Athletics Club	11.98
2	5	298	Adome Gabriel	Standard High Zana Ath.Club	12.08
3	6	306	Ogal Amos Galaxy	Kampala Kids Academy Ath. Club	12.52
4	1	119	Otema Simon	Tuku Afrika Athletics Club	12.73
5	2	209	Cherop Enoch	Uganda Prisons Athletics Club	13.81
	4	261	Shedrick Modi	Makerere University Athletics Club	DNS
	7	310	Leme Nelson	Old Kampala S.S Athletics Club	DNS

100m Heat 8

Wind: -0.1m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	1	568	Hasahya benard Benard Bujju	KCCA Athletics Club	11.21
2	2	663	Omodo Denish Isaac	UCU Athletics Club	11.46
3	5	869	Opio Echeke Sam	UPDF Athletics Club	11.59
4	4	860	Mukasa Vincent	Gombe s.s Athletics Club	11.63
5	6	929	Opiyo Kenneth	Gulu Municipal Ath. Association	11.89

100m Heat 9

Wind: 0.2m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	2	100	Masaba Peter	Kamuli District Ath. Association	11.13
2	5	505	Ocira John	UPDF Athletics Club	11.33
3	4	504	Obong Brian Bracford	UPDF Athletics Club	11.40
4	3	476	Esou emmanuel	UPDF Athletics Club	11.41
5	1	97	Kibumba Semei Emmanuel	Makerere University Athletics Club	11.73
6	6	508	Odongo Denish	UPDF Athletics Club	12.07

100m Wheelchair

Wind: 1.1m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	1	644	Ocira Richard	Uganda Para Athletics	18.29
2	6	357	Kato Ronald	Uganda Para Athletics	21.30
3	2	998	Mugabe Brian	Uganda Para Athletics	21.50
	5	1000	Okwanga Charles	Uganda Para Athletics	DNS





200m Heat 1

Wind: -0.1m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	4	663	Omodo Denish Isaac	UCU Athletics Club	23.18
2	2	429	Imalingat Charles	UPDF Athletics Club	24.26
3	1	95	Omollo Innocent	Makerere University Athletics Club	24.41
4	6	995	Owiny Dollo James	UCU Athletics Club	25.83
	3	536	Ssegawa Jasifa	Uganda Prisons Athletics Club	DNS
	5	849	Magero Buhayo	UPDF Athletics Club	DNS

200m Heat 2

Wind: -0.5m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	5	872	Olanya Reagan	Ndejje University Athletics Club	23.34
2	2	467	Isamuk Thomas	Katakwi District Athletics Association	23.47
3	4	670	Engadu Blessed Joshua	Standard High Zana Ath.Club	23.92
4	3	554	Sserwada Poul	Entebbe Athletics Club	26.51
	1	114	Ojok Isaac Byarafu	Tuku Afrika Athletics Club	DNS
	6	945	Warela Ferguson	Makindye Municipal Ath. Association	DNS

200m Heat 3

Wind: -0.5m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	5	894	Ssajjabbi Christopher	Makindye Municipal Ath. Association	25.20
2	1	119	Otema Simon	Tuku Afrika Athletics Club	25.22
3	3	569	Junju Brian	Kamuli District Athletics Association	25.23
	6	978	Okello Matayo	Iganga Town View SS	DQ
	2	479	Idwara Penina	UPDF Athletics Club	DNS
	4	799	Barasa Kevin John	UCU Athletics Club	DNS

200m Heat 4

Wind: 0.6m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	6	986	Opwonya Resty Sunday	Kyambogo University Athletics Club	24.66
2	3	593	Edube Tom	KCCA Athletics Club	24.71
3	5	897	Gawola Lucas	Standard High Zana Ath.Club	24.93
4	2	515	James Jackson Ambayo	Moyo District Athletics Association	25.97
	1	209	Cherop Enock	Uganda Prisons Athletics Club	DNS
	4	833	Kipkorir Bismark	Makerere University Athletics Club	DNS

200m Heat 5

Wind: 0.7m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	2	927	Oyet Patrick	Gulu City Athletics Promotion Club	23.44
2	3	312	Kidega Geoffrey	Uganda Para Athletics	23.84
3	1	643	Diego Derrick	Kyambogo University Athletics Club	24.13
4	4	652	Wananda Earnest	Uganda Prisons Athletics Club	24.58
5	5	936	Olwenyi Michael	Lukungu Academy Ath. Club	24.72
6	6	992	Muhwezi Wilson	Ntungamo Athletics Club	29.60

200m Heat 6

Wind: -1.2m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	1	111	Okello Darius	Tuku Afrika Athletics Club	22.67
2	3	96	Omuka Kenneth	Makerere University Athletics Club	22.90
3	5	476	Esou emmanuel	UPDF Athletics Club	23.26
4	2	97	Kibumba Semei Emmanuel	Makerere University Athletics Club	23.86
	4	869	Opio Echekeu Sam	UPDF Athletics Club	DNS
	6	306	Ogal Amos Galaxy	Kampala Kids Academy Ath. Club	DNS

200m Heat 7

Wind: 0.3m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	4	577	Ambayo Fred	Nampunge C. H. SCH. ATH. CLUB	22.70
2	6	514	Onyanga Isaac	UPDF Athletics Club	22.83
3	1	504	Obong Brian Bracford	UPDF Athletics Club	23.08
4	5	768	Odong Innocent	Gulu City Athletics Promotion Club	23.46
5	2	860	Mukasa Vincent	Gombe s.s Athletics Club	23.71





200m Heat 8

Wind: -0.1m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	3	544	Isabiry Musa	Uganda Prisons Athletics Club	22.08
2	4	675	Nyeko Johnson	Layibi college Athletics Club	22.09
3	2	100	Masaba Peter	Kamuli District Ath. Association	22.38
4	5	505	Ocira John	UPDF Athletics Club	22.39
5	1	159	Oroma Williamson	Uganda Police Athletics Club	22.44
6	6	568	Hasahya benard Benard Bujju	KCCA Athletics Club	23.32

400m Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1	3	875	Ongee felix Ouna	Uganda Prisons Athletics Club	49.40
2	2	927	Oyet Patrick	Gulu City Athletics Promotion Club	51.45
3	4	957	Luteezo Geoffrey	Unity Athletics Club	53.07
4	1	894	Ssajjabbi Christopher	Makindye Municipal Ath. Association	55.60
	5	467	Isumuk Thomas	Katakwi District Athletics Association	DNS
	6	381	Kapsaali David	Uganda Para Athletics	DNS
	7	595	Kiguli Trevor Understone	UPDF Athletics Club	DNS

400m Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1	4	929	Opiyo Kenneth	Gulu Municipal Ath. Association	51.31
2	1	861	Cheptoyek Nicholas Soyet	JOCDEF ATHLETICS CLUB	51.75
3	6	373	MASISA FRED	Uganda Para Athletics	56.31
4	2	928	Okot Emmy Phillips	Gulu Municipal Ath. Association	1:01.72
	3	507	Solomon Akodi	Makerere University Athletics Club	DNS
	5	111	Okello Darius	Tuku Afrika Athletics Club	DNS

400m Heat 3

Pos	Lane	Bib	Name	Affiliation	Time
1	6	159	Oroma Williamson	Uganda Police Athletics Club	48.93
2	5	986	Opwonya Resty Sunday	Kyambogo University Athletics Club	53.52
3	4	442	Wafula Joseph	Entebbe Municipal Ath. Association	56.85
4	1	833	Kipkorir Bismark	Makerere University Athletics Club	58.34
5	2	883	Foach Emmanuel	Standard High Zana Ath.Club	58.69
	3	521	Sande Fred	UPDF Athletics Club	DNS
	7	982	Otim Innocent	Kampala Kids Academy Ath. Club	DNS

400m Heat 4

Pos	Lane	Bib	Name	Affiliation	Time
1	1	390	Onen Kennedy	Unity Athletics Club	48.90
2	4	937	Abiem AJ John	Makerere University Athletics Club	52.99
3	2	842	Komakech Regan Semei	Ndejje University Athletics Club	53.59
4	5	577	Ambayo Fred	Nampunge C. H. SCH. ATH. CLUB	54.46
5	6	477	Baita Job	Lukungu Academy Ath. Club	56.80
	3	479	Idwara Penina	UPDF Athletics Club	DNS
	7	978	Okello Matayo	Iganga Town View SS	DNS

400m Heat 5

Pos	Lane	Bib	Name	Affiliation	Time
1	3	768	Odong Innocent	Gulu City Athletics Promotion Club	50.10
2	4	503	Nokrach Stephen	UPDF Athletics Club	51.78
3	2	520	Oyuku Benson Leo	UPDF Athletics Club	52.40
4	5	936	Olwenyi Michael	Lukungu Academy Ath. Club	53.58
5	1	667	Acelun kokas	UPDF Athletics Club	54.83
6	6	95	Omollo Innocent Lazzo	Makerere University Athletics Club	55.89





400m Heat 6

Pos	Lane	Bib	Name	Affiliation	Time
1	3	675	Nyeko Johnson	Layibi college Athletics Club	48.31
2	5	820	Chuo John Kuer	Ndejje University Athletics Club	49.27
3	6	518	Oweka Samuel Sadam	UPDF Athletics Club	49.64
4	4	96	Omuka Kenneth	Makerere University Athletics Club	49.71
	1	555	Musenze Jr Christopher	Entebbe Athletics Club	DNS
	2	791	Goni Emmanuel	Unity Athletics Club	DNS

800m Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1	6	741	Papa Etabu Simon	Ndejje University Athletics Club	2:01.00
2	6	677	Okullo Jacob	Standard High Zana Ath.Club	2:03.20
3	5	510	Okwera Francisco	UPDF Athletics Club	2:05.38
4	1	665	Ssemakula Reagan	Entebbe Athletics Club	2:12.69
5	2	423	Kirabo Cedric	Entebbe Municipal Ath. Association	2:38.97
6	1	938	Agumenaitwe Ambrose	Makerere University Athletics Club	2:42.96
7	6	923	Ssemakula Abasi	Entebbe Athletics Club	2:42.97
	4	787	Ogenwot Daniel	Layibi college Athletics Club	DQ
	6	982	Otim Innocent	Kampala Kids Academy Ath. Club	DNS
	3	980	Nsubuga Julius	Kampala Kids Academy Ath. Club	DNF

800m Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1	4	417	Kirano Shafiq	Uganda Wildlife Authority Ath. Club	1:49.18
2	3	160	Osuje Emmanuel	Uganda Police Athletics Club	1:49.30
3	5	588	Akemkwene Peter	Ndejje University Athletics Club	1:50.35
4	5	836	Apenyo Bekele	Ndejje University Athletics Club	1:50.75
5	2	430	Otim Emmanuel	Makerere University Athletics Club	1:51.20
6	1	477	Cheptoyek Nicholas Soyet	JOCDEF ATHLETICS CLUB	1:51.94
7	6	348	Oketch John	Uganda Prisons Athletics Club	1:55.61
8	2	752	Labeja Patrick	Standard High Zana Ath.Club	2:00.85
	6	667	Acelun kokas	UPDF Athletics Club	DNS

1500m Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1	14	839	Kipyeko Naman	KCCA Athletics Club	3:52.59
2	21	741	Papa Etabu Simon	Ndejje University Athletics Club	4:12.44
3	10	477	Etiang robert	UPDF Athletics Club	4:30.82
4	8	380	Musau Nasur	Uganda Para Athletics	4:32.98
5	1	549	Onencan Abdul Rashid	Nebbi District Athletics Association	4:33.36
6	6	308	Chebet Musam	Uganda Para Athletics	4:51.65
7	17	981	Obura Richard	Kampala Kids Academy Ath. Club	5:01.80
8	5	92	Abdalla Abdulkadir Ahmed	Makerere University Athletics Club	5:02.41
9	7	378	Cherop Ivan	Uganda Para Athletics	6:12.43
	2	895	Wanok Morrison	Zombo District Ath. Association	DNS
	3	950	Akampa Seth	Mbarara Municipal Ath.Association	DNS
	4	983	Omaa William	Katakwi District Athletics A.	DNS
	9	415	Kipsang Jacob	Makerere University Athletics Club	DNS
	11	587	Ainomuhangi Grace Abaasa	Uganda Prisons Athletics Club	DNS
	13	743	Kamukama Denis	Ntungamo Athletics Club	DNS
	15	890	Musoke Derrick Muwonge	Uganda Wildlife Authority Ath. Club	DNS
	16	954	Kizza Alex	Ntungamo Athletics Club	DNS
	18	989	Muwonge Bright	Makindye Municipal Ath. Association	DNS
	19	996	mande martin	Uganda Para Athletics	DNS
	22	980	Nsubuga Julius	Kampala Kids Academy Ath. Club	DNS
	23	988	Niwamanya Derrick	Makerere University Athletics Club	DNS





1500m Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1	1	447	Rubangakene Ronald	Gulu City Athletics Promotion Club	3:57.84
2	8	638	Jamonu Edmone	Uganda Prisons Athletics Club	3:59.18
3	13	787	Ogenwot Daniel	Layibi college Athletics Club	4:09.83
4	10	881	Otucu Emmanuel	Uganda Prisons Athletics Club	4:25.98
5	3	249	Nyago Adam	Uganda Police Athletics Club	4:34.24
6	7	573	Bizimana Prosper	UNHCR Mirror Grp .N.Athletics Club	4:36.47
7	12	798	Bamusubire Rogers	Kamuli District Ath. Association	4:42.48
	4	302	Matovu Antonio	UNHCR Mirror Grp .N.Athletics Club	DNF
	5	376	kaddu venswa	Uganda Para Athletics	DNF
	2	187	Chelangat Mahdi	Tororo District Ath.Association	DNS
	6	428	Chemutai Vincent	Uganda Prisons Athletics Club	DNS
	9	778	Tumukunde Denis	Ntungamo Athletics Club	DNS
	11	985	Kipyeko Naman	KCCA Athletics Club	DNS
	14	857	Muheirwe Dick	Kamuli District Ath. Association	DNS

1500m Heat 3

Pos	Lane	Bib	Name	Affiliation	Time
1	8	385	Mayanja Salim Abu	Uganda Wildlife Authority Ath. Club	3:40.77
2	13	394	Musagala Ronald	Uganda Wildlife Authority Ath. Club	3:42.47
3	2	55	Chelimo Dolphine	JOCDEF ATHLETICS CLUB	3:42.75
4	12	430	Otim Emmanuel	Makerere University Athletics Club	3:43.15
5	11	993	Koon Wol Yach Majok	South Sudan	3:44.74
6	3	74	Cherotwo Calvin	JOCDEF ATHLETICS CLUB	3:44.75
7	4	79	Kibet Emmanuel	JOCDEF ATHLETICS CLUB	3:45.77
8	1	56	Chelogoi Feb	JOCDEF ATHLETICS CLUB	3:46.08
9	7	329	Kiprotich Sam Kapkureny	Uganda Prisons Athletics Club	3:46.28
10	5	88	Sande Jacob	JOCDEF ATHLETICS CLUB	3:48.87
11	10	834	Kiplangat Kirinda Denis	Uganda Prisons Athletics Club	3:49.14
	6	326	kiprop hosea	Uganda Prisons Athletics Club	DNF
	9	403	Wabutwa Farid	Uganda Wildlife Authority Ath. Club	DNF

5000m Finals

Pos	Lane	Bib	Name	Affiliation	Time
1	5	950	Akampa Seth	Mbarara Municipal Ath.Association	14:28.12
2	10	492	Cheptegei Sam Kiptala	Makerere University Athletics Club	14:33.04
3	19	1002	Chol Jacob	South Sudan	14:43.98
4	2	447	Rubangakene Ronald	Gulu City Athletics Promotion Club	15:13.16
5	12	732	Amanya Lymon	Ntungamo Athletics Club	15:23.21
6	18	994	Machol Marko Piyien	South Sudan	15:28.18
7	4	895	Wanok Morrison	Zombo District Ath. Association	15:32.30
8	15	956	Niyongendako Thierry	UNHCR Mirror Grp .N.Athletics Club	15:58.21
9	14	941	Lubega Abdakarim	Makerere University Athletics Club	16:05.89
10	3	549	Onenanc Abdul Rashid	Nebbi District Athletics Association	16:58.35
11	7	98	Tolit Cliff Godfrey	Makerere University Athletics Club	17:58.83
	8	277	Asingura oscar	Uganda Prisons Athletics Club	DNF
	16	969	Ssekaana Moses	UNHCR Mirror Grp .N.Athletics Club	DNF
	17	991	Kunywana Abel	Ntungamo Athletics Club	DNF
	21	89	Mugarura Barnabas	Mbarara Municipal Ath.Association	DNF
	1	56	Chelogoi Feb	JOCDEF ATHLETICS CLUB	DNS
	6	983	Omaa William	Katakwi District Athletics A.	DNS
	9	296	Dushime Neryv Kent	UNHCR Mirror Grp .N.Athletics Club	DNS
	11	668	Tibyasa Phabang	UNHCR Mirror Grp .N.Athletics Club	DNS
	13	876	Opio Vincent	Nebbi District Athletics Association	DNS
	20	321	Kibet Kevin	Uganda Prisons Athletics Club	DNS





Discus Finals

Pos	Order	Bib	Name	Affiliation	Distance
1	4	393	Odongkara Patrick	Uganda Wildlife Authority Ath. Club	39.55
2	13	793	Tukamuhwa Anthony	Uganda Wildlife Authority Ath. Club	36.40
3	2	346	Odong Martin	Uganda Prisons Athletics Club	36.28
4	15	782	Abonga Denisco	UPDF Athletics Club	35.79
5	1	344	Ocheng Moses Ginaro	Uganda Prisons Athletics Club	35.60
6	5	509	Ojara Jackson Pope	UPDF Athletics Club	34.93
7	7	590	Apangu Job	Ndejje University Athletics Club	28.30
	3	352	Omara Patrick	Uganda Prisons Athletics Club	DNS
	6	553	Rubagakene Kennedy	Standard High Zana Ath.Club	DNS
	8	806	Okello Frank	UPDF Athletics Club	DNS
	9	874	Onyango Derick Reaghan	Ndejje University Athletics Club	DNS
	10	958	Koki Kawesa Simon Curtis	UPDF Athletics Club	DNS
	11	961	Olipa Sharif	Uganda Prisons Athletics Club	DNS
	12	973	Okello Simon Okee	UPDF Athletics Club	DNS
	14	859	Anthony Tukamuhwa	Uganda Wildlife Authority Ath. Club	DNS

Long Jump Finals

Pos	Order	Bib	Name	Affiliation	Distance
1	1	508	Odongo Denish	UPDF Athletics Club	7.00
2	8	898	Yikii Jimmy	Ndejje University Athletics Club	6.68
3	2	769	Odong too Isaac	Standard High Zana Ath.Club	6.29
4	9	984	Omoding Joseph	Katakwi District Athletics Ass.	5.26
	3	971	Sali Denis Arap sali	Standard High Zana Ath.Club	DNS
	4	442	Wafula Joseph	Entebbe Municipal Ath. Association	DNS
	5	454	Chemonges Linus	UCU Athletics Club	DNS
	6	790	Akung Ambrose	UPDF Athletics Club	DNS
	7	602	Ainembabazi Gerald	Uganda Prisons Athletics Club	DNS

Shot Put Finals

Pos	Order	Bib	Name	Affiliation	Distance
1	2	346	Odong Martin	Uganda Prisons Athletics Club	13.13
2	1	344	Ocheng Moses Ginaro	Uganda Prisons Athletics Club	12.86
3	5	509	Ojara Jackson Pope	UPDF Athletics Club	12.01
4	4	393	Odongkara Patrick	Uganda Wildlife Authority Ath. Club	11.90
5	15	782	Abonga Denisco	UPDF Athletics Club	10.36
6	13	740	Ociti Jacob	Agago District Ath. Association	10.25
	3	352	Omara Patrick	Uganda Prisons Athletics Club	DNS
	6	553	Rubagakene Kennedy	Standard High Zana Ath.Club	DNS
	7	590	Apangu Job	Ndejje University Athletics Club	DNS
	8	806	Okello Frank	UPDF Athletics Club	DNS
	9	874	Onyango Derick Reaghan	Ndejje University Athletics Club	DNS
	10	958	Koki Kawesa Simon Curtis	UPDF Athletics Club	DNS
	11	961	Olipa Sharif	Uganda Prisons Athletics Club	DNS
	12	973	Okello Simon Okee	UPDF Athletics Club	DNS
	14	977	Ociti Jacob	Agago District Ath. Association	DNS

