



Uganda Athletics Federation (UAF)

Mandela National Stadium (Warm-up track)

6th National Trials - May 13th, 2023

WOMEN

100m Heat 1					
Pos	Lane	Bib	Name	Affiliation	Time
1	1	617	Akullu Monica	Standard High Zana Ath.Club	12.6
2	3	426	Apolo Eunice	Uganda Prisons Athletics Club	13.4
3	2	621	Atim Lidya	Standard High Zana Ath.Club	14.3
4	5	1034	Acayo Janet	Gulu Municipal Ath. Association	14.3
5	4	623	Bisirikorwa Joy	Standard High Zana Ath.Club	14.5

100m Heat 2					
Pos	Lane	Bib	Name	Affiliation	Time
1	1	332	Koli Evaline Ocen	Uganda Prisons Athletics Club	12.4
2	2	620	Atiang Charity Mercy	Standard High Zana Ath.Club	13.4
3	4	619	Amony Sharon	Standard High Zana Ath.Club	14.5
	3	689	Kobusingye Salaama	Nalinya Lwantale G. SS Ath. Club	DNS
	5	974	Ayiyorwoth Annita	UPDF Athletics Club	DNS





100m Heat 3					
Pos	Lane	Bib	Name	Affiliation	Time
1	1	275	Apio Agness	Uganda Prisons Athletics Club	12.6
2	5	578	Anamu Vicky	Nampunge C. H. SCH. ATH. CLUB	13.0
3	4	614	Abbo Sophia	Standard High Zana Ath.Club	14.6
4	3	975	Aciro Prisca	Uganda Para Athletics	16.3
	2	674	Nyawere Christine	UCU Athletics Club	DNS
	6	1037	Akanyo Gloria	Uganda Wildlife Authority Ath. Club	DNS

100m Heat 4					
Pos	Lane	Bib	Name	Affiliation	Time
1	1	248	Nyamahunge Jacent	Uganda Police Athletics Club	12.1
2	2	784	Acen Rosemary	UPDF Athletics Club	12.9
3	3	368	Anguparu Pamela	Uganda Wildlife Authority Ath. Club	13.6
	4	266	Abuk Brenda	Uganda Prisons Athletics Club	DQ
	5	521	Cheruto Asha	Nalinya Lwantale G. SS Ath. Club	DNS
	6	1035	Aciro Prisca	Uganda Para Athletics	DNS

100m Heat 5					
Pos	lane	Bib	Name	Affiliation	Time
1	1	1051	Karlo Lucia William Moris	South Sudan	12.3
2	2	543	Avako Joyce	Nampunge Com H S Athl Club	13.0
3	3	600	Abalo Sandra	Old Kampala SS Athletics Club	13.4
4	4	605	Awelo Fiona	Old Kampala SS Athletics Club	13.8
5	5	1042	Badaru Mercy	Mubs Athletics Club	15.0





100M Final					
Pos	Lane	Bib	Name	Affiliation	Time
1	1	248	Nyamahunge Jacent	Uganda Police Athletics Club	11.6
2	2	1051	Karlo Lucia William Moris	South Sudan	12.0
3	3	332	Koli Evaline Ocen	Uganda Prisons Athletics Club	12.2
4	4	275	Apio Agness	Uganda Prisons Athletics Club	12.5
5	5	784	Acen Rosemary	UPDF Athletics Club	12.6
6	6	617	Akullu Monica	Standard High Zana Ath.Club	12.9

400m Heat 1					
Pos	Lane	Bib	Name	Affiliation	Time
1	2	578	Anamu Vicky	Nampunge C. H. SCH. ATH. CLUB	57.7
2	3	622	Atim Mercy	Standard High Zana Ath.Club	1:06.9
3	4	975	Aciro Prisca	Uganda Para Athletics	1:16.1
	1	432	Oroma Peace	Uganda Para Athletics	DNS

400m Heat 2					
Pos	Lane	Bib	Name	Affiliation	Time
1	4	611	Mbabazi Peace Teopista	Old Kampala SS Athletics Club	58.0
2	5	479	Idwara Penina	UPDF Athletics Club	58.5
	1	1035	Aciro Prisca	Uganda Para Athletics	DNS
4	3	1042	Badaru Mercy	Mubs Athletics Club	1:09.9
5	2	594	Gumoshabe Rebecca	Ndejje University Athletics Club	1:11.6
3	6	610	Katushabe Jacinta	Old Kampala SS Athletics Club	1:01.0





400m Heat 3					
Pos	Lane	Bib	Name	Affiliation	Time
1	1	600	Abalo Sandra	Old Kampala SS Athletics Club	59.2
2	2	653	Wonruku Stella Akullu	Uganda Prisons Athletics Club	1:01.0
3	3	1050	Ijorea Margaret	Makerere University Athletics Club	1:01.2
4	4	162	Draru Rose	Uganda Police Athletics Club	1:01.5
5	5	406	Abeja Dorothy	Gulu University Athletics Club	1:01.7
6	6	618	Akullu Ruth	Standard High Zana Ath.Club	1:05.3

400m Heat 4					
Pos	Pos	Bib	Name	Affiliation	Time
1	1	1051	Karlo Lucia William Moris	South Sudan	56.2
2	2	627	Namuwonge Jennifer	Standard High Zana Ath.Club	59.5
3	3	605	Awelo Fiona Mukasa	Old Kampala SS Athletics Club	1:01.1
4	4	609	Kaahwa Annamary	Old Kampala SS Athletics Club	1:01.5
5	5	603	Akongo Justine Joy	Old Kampala SS Athletics Club	1:03.0
6	6	737	Baboona Asha	Standard High Zana Ath.Club	1:03.3





800m Heat 1					
Pos	Lane	Bib	Name	Affiliation	Time
1	3	435	Ajuko Babra	UPDF Athletics Club	2:15.9
2	6	1044	Chebet Loy	Uganda Police Athletics Club	2:21.1
3	1	735	Apong Semmy	Standard High Zana Ath.Club	2:23.7
4	4	437	Amongin Susan	UPDF Athletics Club	2:33.8
5	3	1032	Aber Patricia	Kampala Kids Academy Ath. Club	2:42.8
6	4	913	Agor Rour Rebecca	Entebbe Athletics Club	2:50.2
7	5	987	Nassimbwa Ann Mwebe	Makerere University Athletics Club	2:56.7
	1	918	Nafumba Florence	Entebbe Athletics Club	DNS
	2	562	Chemutai Martha	Entebbe Athletics Club	DNS
	6	199	Chemutai Nelly	Uganda Wildlife Authority Ath. Club	DNS

800m Heat 2					
Pos	Lane	Bib	Name	Affiliation	Time
1	4	628	Chebet Zumura	Tororo District Athletics Association	2:14.1
2	5	629	Chemutai Teddy	Tororo District Athletics Association	2:18.0
3	3	616	Akullu Juliet	Standard High Zana Ath.Club	2:20.2
4	2	627	Namuwonge Jennifer	Standard High Zana Ath.Club	2:21.6
5	5	618	Akullu Ruth	Standard High Zana Ath.Club	2:22.3
6	6	270	Akello Agness	Uganda Prisons Athletics Club	2:35.2
7	3	606	Ayoo Eshter	Old Kampala SS Athletics Club	2:46.0
8	1	917	Kwagalakwe Jael	Entebbe Athletics Club	2:47.0
	1	1050	Ijorea Margaret	Makerere University Athletics Club	DNS





1500m Final					
Pos	Lane	Bib	Name	Affiliation	Time
1	18	562	Chemutai Martha	Uganda Police Athletics Club	4:32.8
2	3	211	Cherop Risper	Uganda Police Athletics Club	4:34.8
3	9	803	Chebet Nema	Uganda Police Athletics Club	4:40.6
4	1	49	Chebet Gloria	Uganda Police Athletics Club	4:42.1
5	5	432	Oroma Peace	Uganda Para Athletics	4:51.7
6	7	616	Akullu Juliet	Standard High Zana Ath.Club	4:53.1
7	8	735	Apong Semmy	Standard High Zana Ath.Club	4:58.5
8	2	189	Chelangat Sylvia	Uganda Police Athletics Club	5:00.9
9	6	481	Kapchebasa Doricus	UPDF Athletics Club	5:03.9
10	4	215	Cherotich Recho	UPDF Athletics Club	5:13.1
11	17	604	Amuge Sharon	Old Kampala SS Athletics Club	5:23.9
12	14	1049	Gumbo Madinah	Kampala Kids Academy Ath. Club	5:43.6
13	10	916	Kisakye Prosperity	Entebbe Athletics Club	5:47.0
14	12	1040	Atwazagye Petience	Ntungamo Athletics Club	5:50.8
15	11	1036	Ainembabazi Pamela	Ntungamo Athletics Club	6:37.7
		1044	Chebet Loise	Uganda Police Athletics Club	DNS
		1057	Mande Rebecca	Uganda Wildlife AuthorityAth. Club	DNS
		1068	Nantume Sonia Anita	Wakiso District Athletics Ass	DNS





5000m Final					
Pos	Lane	Bib	Name	Affiliation	Time
1	11	446	Chekwemai Teddy Simon	UPDF Athletics Club	16:58.3
2	2	107	Cheruto Nowel	Tuku AfriKa Athletics Club	17:39.3
3	3	120	Yeko Grace	Tuku AfriKa Athletics Club	18:47.1
4	6	739	Gimono Violet	Standard High Zana Ath.Club	19:18.2
5	12	1091	Nasasira Evas	Evzin Athletics Club	20:09.4
6	1	106	Cherotich Abigail	Tuku AfriKa Athletics Club	21:23.7
7	7	930	Koech Maurine	Kampala Kids Academy Ath. Club	22:34.6
	4	502	Nadunga Winny	Tuku AfriKa Athletics Club	DNS
	5	557	Nanteza Allen Annet	Kampala Kids Academy Ath. Club	DNS
	8	1057	Mande Rebecca	Uganda Wildlife Authority Ath. Club	DNS
	9	1066	Nakawesa Teddy	Wakiso District Athletics Ass	DNS
	10	1068	Nantume Sonia Anita	Wakiso District Athletics Ass	DNS





4x100m Relays					
Pos	Lane	Bib No	Full Name	Affiliation	Time
		148	Banura Maureen Akiiki		
1	1	154	Nanziri Emily	Police	47.0
		162	Draru Rose		
		248	Nyamahunge Jacent		
		653	Wonruku Stella		
2	2	275	Apio Agnes	Prisons	49.01
		426	Apolo Eunice		
		332	Koli Evaline		
		605	Awelo Phiona Mukasa		
3	6	611	Mbabazi Peace Teopista	Old Kampala	51.0
		609	Kaahwa Anna Mary		
		600	Abalo Sandra		
		437	Amongin Susan		
4	4	479	Idwara Penina	UPDF	52.0
		435	Adipu Barbra		
		784	Acen Rose Mary		
		618	Akullu Ruth		
5	3	620	Atyang Charity Mercy	Standard High	52.07
		619	Among Sharon		
		617	Akullu Monica		
		1042	Badaru Mercy		
6	5	1051	Lucia William	Makerere	1:00.4
		1050	Ijorea Margret		
		987	Mwebe Anne		





Shot Put Final					
Pos	Order	Bib	Name	Affiliation	Distance
1	1	282	Aber Caroline Odwong	Uganda Prisons Athletics Club	11.13
2	9	1041	Auma Mary Onapa	Uganda Prisons Athletics Club	10.85
3	4	678	Oyella Alice Kevin	UPDF Athletics Club	10.39
4	2	334	Lakot Nancy	Uganda Prisons Athletics Club	10.36
5	6	789	Akello Fiona	UPDF Athletics Club	10.25
6	10	281	Amaido Caroline	Uganda Prisons Athletics Club	9.94
7	7	795	Atim Oliver	UCU Athletics Club	8.92
8	3	622	Atim Mercy	Standard High Zana Ath.Club	7.50
9	5	696	Nakato Janel Namubiru	Nalinya Lwantale G. SS Ath. Club	6.95
10	8	914	Akankwasa Joan	Entebbe Athletics Club	5.55

Discus Final					
Pos	Order	Bib	Name	Affiliation	Distance
1	1	145	Lalam Josephine Joyce	Uganda Police Athletics Club	41.96
2	2	282	Aber Caroline Odwong	Uganda Prisons Athletics Club	32.60
3	4	678	Oyella Alice Kevin	UPDF Athletics Club	32.47
4	8	281	Amaido Caroline	Uganda Prisons Athletics Club	31.46
5	7	795	Atim Oliver	UCU Athletics Club	29.43
6	6	789	Akello Fiona	UPDF Athletics Club	27.69
7	5	696	Nakato Janel Namubiru	Nalinya Lwantale G. SS Ath. Club	23.00
	3	543	Avako Joyce	Gombe s.s Athletics Club	DNS





Long Jump Final					
Pos	Order	Bib	Name	Affiliation	Distance
1	3	363	Atimango Winnifred	UCU Athletics Club	5.54
2	7	1087	AmaroRwot	Gulu University Athletics Club	5.48
3	6	617	Akullu Monica	Standard High Zana Ath.Club	5.43
4	4	406	Abeja Dorothy	Gulu university Athletics Club	5.19
5	1	266	Abuk Brenda	Uganda Prisons Athletics Club	5.13
6	2	276	Apolot Ruth	Uganda Prisons Athletics Club	4.94
	5	426	Apolo Eunice	Uganda Prisons Athletics Club	DNS
	8	337	Lanyero Lucy Apio	uganda Prisons Athletics Club	DNS





MEN					
100m Heat 1					
Pos	Lane	Bib	Name	Affiliation	Time
1	1	961	olipa Sharif	UCU Athletics Club	11.4
2	5	1062	Mukwya Marvin Lee	Makindye Municipal Ath. Association	13.8
3	3	921	Kiyinji Joseph	Entebbe Athletics Club	14.0
4	4	922	Mugerwa Arafat	Entebbe Athletics Club	15.0
5	2	919	Akambona Ian	Entebbe Athletics Club	16.6

100m Heat 2					
Pos	Lane	Bib	Name	Affiliation	Time
1	4	1075	Okwir Erick	Uganda Wildlife Authority Ath. Club	11.0
2	2	373	Diego Derick		11.7
3	5	373	Masisa Fred	Uganda Para Athletics	12.2
4	3	633	Taremwa Darren	TBAC Athletics Club	12.5
		1055	Koki Reuben	Kampala Kids Academy Ath. Club	DNS
		1046	Ddumba Sadala	Mubs Athletics Club	DNS

100m Heat 3					
Pos	Lane	Bib	Name	Affiliation	Time
1	1	860	Mukasa Vincent	Gombe s.s Athletics Club	11.4
2	5	111	Okello Darius	Tuku AfriKa Athletics Club	11.6
3	4	897	Gawola Lucas	Standard High Zana Ath.Club	11.8
4	5	652	Wananda Earnest	Uganda Prisons Athletics Club	12.0
5	6	931	Koki Ruben	Kampala Kids Academy Ath. Club	13.3
	3	781	Niwasasira Ivan	Mbarara Municipal Ath.Association	DNS





100m Heat 4					
Pos	Lane	Bib	Name	Affiliation	Time
1	4	883	Foach Emmanuel	Standard High Zana Ath.Club	11.9
2	2	823	Ekwaro Aaron	Kampala Kids Academy Ath. Club	12.1
3	3	1082	Ssebakaki Abdul	Makindye Municipal Ath. Association	12.4
4	6	554	Sserwada Poul	Entebbe Athletics Club	13.0
	1	929	Opiyo Kenneth	Gulu Municipal Athletics Association	DNS
	5	536	Ssegawa Jasifa	Uganda Prisons Athletics Club	DNS

100m Heat 5					
Pos	Lane	Bib	Name	Affiliation	Time
1	3	154	Ngobi Allan	Uganda Police Athletics Club	10.7
2	4	115	Ojok Justine	Tuku Afrika Athletics Club	11.2
3	5	1065	Mwesigwa Kevin	Kampala Kids Academy Ath. Club	13.0
	1	298	Adome Gabriel	UNHCR Mirror Grp .N.Athletics Club	DNS
	1	724	Owor Difas	Tororo District Athletics Association	DNS
	6	1085	Wasike Daniel Simiyu	KENYA	DNS

100m Heat 6					
Pos	Lane	Bib	Name	Affiliation	Time
1	3	100	Masaba Peter	YMCA	11.1
2	2	261	Shedrick Modi	Uganda Police Athletics Club	11.4
3	1	250	Obuto Solomon	Uganda Prisons Athletics Club	11.5
4	5	960	Okolimo Joseph	UCU Athletics Club	11.7
5	4	934	Ocira Daniel	Kyambogo University Athletics Club	11.9
6	6	306	Ogal Amos Galaxy	UPDF Athletics Club	12.3





100m Heat 7					
Pos	Lane	Bib	Name	Affiliation	Time
1	6	476	Esou Emmanuel	UPDF Athletics Club	11.3
2	3	569	Jjunju Brian	Kamuli District Ath. Association	12.4
3	5	377	Wokorach Geoffrey Oloya	Uganda Para Athletics	13.5
	1	959	Okabo Santos	UCU Athletics Club	DNS
	2	1033	Abwol Mark	Bull Athletics Club	DNS
	4	1078	Opwonya Resty Sunday	Kyambogo University Athletics Club	DNS
100m Heat 8					
Pos	Lane	Bib	Name	Affiliation	Time
1	1	544	Isabirye Musa	Uganda Prisons Athletics Club	11.1
2	2	114	Ojok Isaac Byarufu	Mubs Athletics Club	11.6
3	5	429	Imalingat Charles	UPDF Athletics Club	11.8
4	3	1072	Okello Situ	Kampala Kids Academy Ath. Club	14.6
	4	1086	Wasike Moses Onyango	KENYA	DNS

100m Heat 9					
Pos	Lane	Bib	Name	Affiliation	Time
1	4	675	Nyeko Johnson	Layibi college Athletics Club	11.0
2	1	505	Ocira John	UPDF Athletics Club	11.2
3	6	508	Odongo Denish	UPDF Athletics Club	11.3
4	2	1083	Ssentamu Godfrey	Entebbe Municipal Ath. Association	11.9
5	5	382	Ocen Wilfred	Uganda Para Athletics	15.7
	3	933	Oketayot Donald Marley Tebere	KCCA Athletics Club	DNS





100m Heat 10					
Pos	Lane	Bib	Name	Affiliation	Time
1	1	514	Onyanga Isaac	UPDF Athletics Club	11.2
2	2	768	Odong Innocent	Gulu City Athletics Promotion Club	11.5
3	4	577	Ambayo Fred	Nampunge C. H. SCH. ATH. CLUB	11.7
4	5	654	Komakech Samuel	Uganda Police Athletics Club	12.0
5	3	566	Kabuye Akiiram	Makerere University Athletics Club	13.2
		849	Magero Buhayo	UPDF Athletics Club	DNS

100m Heat 11					
Pos	Lane	Bib	Name	Affiliation	Time
1	1	504	Obong Brian Bracford	UPDF Athletics Club	11.1
2	6	1077	Opio Echeke Sam	UPDF Athletics Club	11.4
3	2	927	Oyet Patrick	Gulu City Athletics Promotion Club	11.6
4	3	1060	Mugisha Frank	Makindye Municipal Ath. Association	12.6
	4	1084	Thiel Deng Thiel	South Sudan	DNS
	5	209	Cherop Enock	Uganda Prisons Athletics Club	DNS

100M Final					
Pos	Lane	Bib	Name	Affiliation	Time
1	4	154	Ngobi Allan	Uganda Police Athletics Club	10.5
2	6	544	Isabiryee Musa	Uganda Prisons Athletics Club	10.7
3	5	1075	Okwir Erick	Uganda Wildlife Authority Ath. Club	10.9
4	3	675	Nyeko Johnson	Layibi college Athletics Club	11.0
5	2	100	Masaba Peter	YMCA	11.2
6	1	504	Obong Brian Bracford	UPDF Athletics Club	11.3





100m Wheel Chair Race					
Pos	Lane	Bib	Name	Affiliation	Time
1	6	1000	Okwang Charles	Uganda Para Athletics	25.8
	2	644	Ocira Richard	Uganda Para Athletics	DNF
	4	998	Mugabe Brian	Uganda Para Athletics	DNS

400m Heat 1					
Pos	Lane	Bib	Name	Affiliation	Time
1	5	95	Omollo Innocent Lazzo	Makerere University Athletics Club	53.7
2	2	373	Masisa Fred	Uganda Para Athletics	56.3
3	4	931	Koki Ruben	Kampala Kids Academy Ath. Club	1:00.5
4	6	1065	Mwesigwa Kevin	Kampala Kids Academy Ath. Club	1:02.8
	3	577	Ambayo Fred	Nampunge C. H. Sch. Ath. Club	DNS

400m Heat 2					
Pos	Lane	Bib	Name	Affiliation	Time
1	5	927	Oyet Patrick	Gulu City Athletics Promotion Club	50.5
2	2	602	Ainembabazi Gerald	Old Kampala Athletics Club	53.7
3	1	651	Wafula Benja	Torororo District Athletics Association	56.9
4	6	377	Wokorach Geoffrey Oloya	Uganda Para Athletics	1:00.0
	3	298	Adome Gabriel	UNHCR Mirror Grp .N.Athletics Club	DNS
	4	520	Oyuku Benson Leo	UPDF Athletics Club	DNS





400m Heat 3					
Pos	Lane	Bib	Name	Affiliation	Time
1	4	96	Omuka Kenneth	Makerere University Athletics Club	50.1
2	5	503	Nokrach Stephen	UPDF Athletics Club	50:3
3	3	111	Okello Darius	Tuku AfriKa Athletics Club	51.4
4	1	1082	Ssebakaki Abdul	Makindye Municipal Ath. Association	56.5
	2	1078	Opwonya Resty Sunday	Kyambogo University Athletics Club	DNS

400m Heat 4					
Pos	Lane	Bib	Name	Affiliation	Time
1	6	768	Odong Innocent	Gulu City Athletics Promotion Club	48.7
2	5	438	Ariti James	UPDF Athletics Club	50.5
3	3	1073	Okol Daniel	Kumi University Athletics Club	52.7
4	4	97	Kibumba Semei Emmanuel	Makerere University Athletics Club	54.7
5	1	667	Acelun Kokas	UPDF Athletics Club	54.9
	2	602	Ainembabazi Gerald	Old Kampala SS Athletics Club	DNS

400m Heat 5					
Pos	Lane	Bib	Name	Affiliation	Time
1	6	1084	Thiel Deng Thiel	South Sudan	47.0
2	4	675	Nyeko Johnson	Layibi college Athletics Club	48.4
3	1	1076	Ongee Felix Ouma	Uganda Prisons Athletics Club	49.3
4	3	93	Adupa Daniel	Makerere University Athletics Club	51.7
	2	791	Goni Emmanuel	Unity Athletics Club	DQ
	5	1086	Wasike Moses Onyango	KENYA	DNS





400m Heat 6					
Pos	Lane	Bib	Name	Affiliation	Time
1	1	1038	Akumai Felix	Moyo District Athletics Association	54.3
2	4	665	Ssemakula Reagan	Entebbe Athletics Club	55.5
3	5	593	Edube Tom	KCCA Athletics Club	59.1
	2	738	Farahan Issa	Gulu City Athletics Promotion Club	DQ
	3	442	Wafula Joseph	Entebbe Municipal Ath. Association	DNS
	6	1072	Okello Situ	Kampala Kids Academy Ath. Club	DNS

800m Heat 1					
Pos	Lane	Bib	Name	Affiliation	Time
1	6	786	Agong Mike Ebong	Tuku AfriKa Athletics Club	2:00.0
2	1	1073	Okol Daniel	Kumi University Athletics Club	2:00.7
3	7	869	Nifu Ngiwolye	Kyambogo University Athletics Club	2:05.6
4	3	357	Kato Ronald	Kabale District Athletics Association	2:16.7
5	1	1080	Otim Innocent	Kampala Kids Academy Ath. Club	2:17.9
6	4	423	Kirabo Cedric	Entebbe Municipal Ath. Association	2:41.4
7	7	923	Ssemakula Abasi	Entebbe Athletics Club	2:47.1
	2	447	Rubangakene Ronald	Gulu City Athletics Promotion Club	DNS
	5	780	Wosukila James Nickolas	Makerere University Athletics Club	DNS





800m Heat 2					
Pos	Lane	Bib	Name	Affiliation	Time
1	6	967	Erimu Kokas	Uganda Prisons Athletics Club	1:51.9
2	6	836	Apenyo Bekele	Ndejje University Athletics Club	1:52.3
3	3	563	Guot Thon Abraham	South Sudan	1:53.2
4	4	752	Labeja Patrick	Standard High Zana Ath.Club	1:56.2
5	3	677	Okullo Jacob	Standard High Zana Ath.Club	2:01.4
6	5	889	Mugarura Barnabas	Mbarara Municipal Athletics Association	2:23.4
	1	1048	Etabu Simon Peter	Ndejje University Athletics Club	DNF
	2	1079	Osoro Dancan Dancan Osoro	KENYA	DNS
	5	801	Cankura Robert	Entebbe Municipal Ath. Association	DNS





1500m Heat 1					
Pos	Lane	Bib	Name	Affiliation	Time
1	10	1031	Abdalla Ismail Mohamed Mustafa	South Sudan	4:00.6
2	5	447	Rubangakene Ronald	Gulu City Athletics Promotion Club	4:03.7
3	17	277	Asingura Oscar	Uganda Prisons Athletics Club	4:10.1
4	4	376	Kaddu Venswa	Uganda Para Athletics	4:11.1
5	7	738	Farahan Issa	Gulu City Athletics Promotion Club	4:11.6
6	6	548	Obedi Jacob	Gombe s.s Athletics Club	4:13.9
7	1	743	Kamukama Denis	Ntungamo Athletics Club	4:19.9
8	2	98	Tolit Cliff Godfrey	Makerere University Athletics Club	4:33.6
9	9	939	Birungi Derrick	Makerere University Athletics Club	4:40.6
10	16	573	Bizimana Prosper	Refugees Team	4:42.5
11	3	374	Tumusiime Gad Rauben	Uganda Para Athletics	4:46.6
	12	1060	Mugisha Frank	Makindye Municipal Ath. Association	DNF
	15	1071	Okello Frank	UCU Athletics Club	DNF
	8	1058	Manige Onesmus	Ntungamo Athletics Club	DNS
	11	1064	Muwhezi Wilson	Ntungamo Athletics Club	DNS
	13	1070	Nsubuga Julius Hosea	Wakiso District Athletics Association	DNS
	14	744	Kankwasa Emanuel	Ntungamo Athletics Club	DNS





1500m Heat 2					
Pos	Lane	Bib	Name	Affiliation	Time
1	11	837	Kiprop Daniel	Uganda Prisons Athletics Club	3:54.3
2	6	403	Wabutwa Farid	Uganda Wildlife Authority Ath. Club	3:54.8
3	10	827	Kaberwa Ivan	Uganda Police Athletics Club	4:05.1
4	2	228	Komom Chrispus	Uganda Police Athletics Club	4:05.1
5	14	1048	Etabu Simon Peter	Ndejje University Athletics Club	4:05.9
6	4	234	Kwemoi Abraham	Uganda Police Athletics Club	4:08.6
7	2	224	Kiprop Samuel	Uganda Police Athletics Club	4:08.9
8	5	236	Kwemoi Enos	Uganda Police Athletics Club	4:10.2
9	7	473	Cherukut Milton	UPDF Athletics Club	4:12.9
10	19	246	Mutai Levi	Uganda Police Athletics Club	4:15.9
11	13	1045	Chemos Jokdan	Uganda Police Athletics Club	4:16.7
12	12	881	Otucu Emmanuel	Uganda Prisons Athletics Club	4:18.3
13	15	1052	Kipsang Joseph	Uganda Police Athletics Club	4:20.6
14	20	992	muhwezi Wilson	Ntungamo Athletics Club	4:28.4
15	9	807	Chemayek Solomon	Uganda Police Athletics Club	4:31.8
16	16	1053	Kipsuro Jacob	Uganda Police Athletics Club	4:35.7
	1	195	Chemusto Messack	Uganda Police Athletics Club	DNS
	8	747	Kibet Joshua	Uganda Prisons Athletics Club	DNS
	17	1063	Mutai Levi	Uganda Police Athletics Club	DNS
	18	1079	Osoro Dancan Dancan Osoro	KENYA	DNS





1500m Wheel Chair					
Pos	Lane	Bib	Name	Affiliation	Time
1	3	1000	Okwang Charles	Uganda Para Athletics	4:24.8
2	1	644	Ocira Richard	Uganda Para Athletics	6:35.2
	2	1059	Mugabe Brian	Uganda Para Athletics	DNS

5000m Final					
Pos	Lane	Bib	Name	Affiliation	Time
1	20	422	Yeko Dismas	Uganda Wildlife Authority Ath. Club	13:53.1
2	40	835	Abu Mayanja	Uganda Wildlife Authority Ath. Club	14:01.0
3	27	1009	Rubayita Siragi	RWANDA	14:04.4
4	19	408	Chebure Ali	Uganada Wildlife Authority Ath. Club	14:11.7
5	8	196	Chemutai Elisha	Uganda Police Athletics Club	14:19.6
6	1	7	Cheptoyek Elijah	Arua District Athletics Association	14:26.8
7	10	206	Cheptoyek Enock	Uganda Police Athletics Club	14:33.8
8	2	8	Cherop Dominic	Arua District Athletics Association	14:37.2
9	39	1088	Ategeka Brain Adams	Evizin Athletics Club	14:39.3
10	14	258	Rotich Silas	Uganda Police Athletics Club	14:46.6
11	29	1043	Chebet Laban	Uganda Police Athletics Club	14:48.0
12	11	208	Cherop Alex	Uganda Police Athletics Club	14:54.4
13	15	292	Chelimo Isaac	Uganda Prisons Athletics Club	14:58.0
14	4	132	Wangwe Brian William	Uganda Police Athletics Club	14:59.4
15	21	728	Omara Raymond	Kampala Kids Academy Ath. Club	15:07.0
16	9	205	Cheptoyek Boaz	Uganda Police Athletics Club	15:18.1
17	18	352	Omara Patrick	Uganda Prisons Athletics Club	15:21.1
18	33	1071	Okello Frank	UCU Athletics Club	16:06.1
		296	Dushime Nervy Kent	UNHCR Mirror Grp .N.Athletics Club	DNF





		309	Yoacel Rogers	Mubs Athletics Club	DNF
		744	Kankwasa Emanuel	Ntungamo Athletics Club	DNF
		889	Mugabe Brian	Mbarara Municipal Ath.Association	DNF
		1039	Ateke Andrew	Kampala Kids Academy Ath. Club	DNF
		1061	Mugoda James	Mukono High sch. Athletics Club	DNF
		302	Matovu Antonio	Refugees Team	DNF
		992	Muhwezi Wilson	Ntungamo Athletics Club	DNF
		195	Chemusto mesach	Uganda Police Athletics Club	DNF
		1089	Crash Micheal	Evzin Athletics Club	DNF
		1090	Adimo Sunday	Uganda Police Athletics Club	DNF
		110	Kwemoi Vitalis	Tuku AfriKa Athletics Club	DNS
		190	Chelimo Ronald	Uganda Police Athletics Club	DNS
		192	Chemonges Leonard	Uganda Police Athletics Club	DNS
		194	Chemusto Martin	Uganda Police Athletics Club	DNS
		239	Kwemoi Victor	Uganda Police Athletics Club	DNS
		240	Kwerit Leonard	Uganda Police Athletics Club	DNS
		743	Kamukama Denis	Ntungamo Athletics Club	DNS
		950	Akampa Seth	Mbarara Municipal Ath.Association	DNS
		951	Bagatuzayo Lucieno	Mbarara Municipal Ath.Association	DNS
		1058	Manige Onesmus	Ntungamo Athletics Club	DNS
		1064	Muwhezi Wilson	Ntungamo Athletics Club	DNS
		297	Kusiima Roald	Refugees Team	DNS
		969	Sekaana Moses	Refugees Team	DNS





4X100m Relay Final					
Pos	Lane	Bib	Name	Affiliation	Time
		283	Chanwengo Godfrey		
1	5	250	Obuto Solomon	Prisons	42.0
		544	Isabirye Musa		
				Ongee Felix Ouma	
		138	Oija Fred		
3	4	154	Ngobi Allan	Police	42.05
		141	Jagalo Joshua		
			166	Mugabe Robert	
		504	Obong Brian B.		
3	3	514	Onyanga Isaac	UPDF	42.07
		476	Esou Emmanuel		
		505	Achira John		
		100	Masaba Peter		
4	1	1006	Ring Ring	Makerere	43.0
		93	Adupa Daniel		
		97	Kibumba Semei		
		663	Omodo Denis Isaac		
5	6	961	Olipa Sharif	UCU	43.03
		357	Okolimo Joseph		
		959	Okabo Santos		
		568	Kasakya Benard		
		593	Ebude Tom	KCCA	48.02
6	2	933	Oketayot Donald		
		651	Wafula Benon Benja		





Discus					
Pos	Order	Bib	Name	Affiliation	Distance
1	1	346	Odong Martin	Uganda Prisons Athletics Club	38.25
2	2	393	Odongkara Patrick	Uganda Wildlife Authority Ath. Club	36.57
3	4	634	Okumu Junior	Gombe s.s Athletics Club	34.63
4	5		Okwir Daniel		26.17
	3	553	Rubagakene Kennedy	Standard High Zana Ath.Club	DNS

Long Jump					
Pos	Order	Bib	Name	Affiliation	Distance
1	5	338	Komakech Moses	Uganda Prisons Athletics Club	7.32
2	7	749	Kideganono Lawrence	Boston High. Sch.Ath. Club	6.20
3	2	654	Komakech Samuel	Uganda Police Athletics Club	6.13
	1	114	Ojok Isaac Byarufu	Mubs Athletics Club	DNS
	3	1046	Ddumba Sadala	Mubs Athletics Club	DNS
	4	158	Oketayot Francis	Uganda Police Athletics Club	DNS
	6	454	Chemonges Linus	UCU Athletics Club	DNS
	8	165	Watmon Felix	Uganda Police Athletics Club	DNS





Shot Put					
Pos	Order	Bib	Name	Affiliation	Distance
1	2	346	Odong Martin	Uganda Prisons Athletics Club	12.64
2	5	634	Okumu Junior	Gombe s.s Athletics Club	12.14
3	7	508	Odongo Denish	UPDF Athletics Club	11.77
4	3	393	Odongkara Patrick	Uganda Wildlife Authority Ath. Club	11.70
5	1	161	Oyet Richard	Uganda Police Athletics Club	11.25
6	4		Okwir Denis		9.49
	6	1054	Koki Kawesa Simon Curtis	UPDF Athletics Club	DNF

4x400m Mixed Relays					
Pos	Lane	Bib No	Full Name	Affiliation	Time
		191	Jagalo Joshua		
1	4	154	Ngobi Allan	Police	3:27.3
		148	Banura Maureen Akiiki		
		154	Nanziri Emily		
		1076	Ongee Felix Ouma		
2	2	275	Apio Agnes	Prisons	3:30.6
		332	Koli Evaline		
		283	Chanwengo Godfrey		
		1006	Ring Ring Agoth Ngot		
3	3	1051	Lucia William	Makerere	3:34.0
		96	Omuka Kenneth		
		432	Oroma Peace		

