



**UGANDA ATHLETICS FEDERATION**  
**6<sup>th</sup> National Trials & National U20 Champs**  
**April 24<sup>th</sup>, 2021**  
**AT MANDELA NATIONAL STADIUM**

**Women**

**100m Women Final**

Wind: 0.6m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	758	Apio Agnes	Prisons	12.48
2	5	762	Acen Rosemary	Tuku Africa	12.60
3	6	774	Oroma Emmanuella	UWA	12.96
4	1	766	Adokorach Brenda	Prisons	13.12
5	3	770	Acan Evaline Linda	Police	13.32
6	8	802	Nessia Aminah	Kampala Kids	13.56
7	7	754	Oroma Peace	Makerere	13.58
8	2	778	Akumu Veronica	Busia	13.88

**100m Women Prem. Heat 1**

Wind: 0.6m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	6	726	Hasahya Penina	Kampala Kids	13.86
2	7	730	Aguyo Judith	UPDF	14.10
3	3	734	Shamim Hassan	UPDF	14.32
4	4	718	Shumba Christine	UPDF	14.91
5	5	722	Namubiru Grace	Nalinya Lwantale	15.19
6	1	790	Fetaru Peace	UPDF	15.48
7	2	714	Kyabe Josephine Kevin	Kampala Kids	15.70





### 100m Women Prem. Heat 2

Wind: 0.4m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	8	770	Acan Evaline Linda	Police	13.05
2	2	778	Akumu Veronica	Busia	13.37
3	6	782	Avako Joyce	Nampunge	13.80
4	1	798	Akong Justine	Kampala Kids	14.08
5	4	786	Anamo Vicky	Amuria	14.37
6	5	742	Amongi Scovia	UPDF	14.59
7	3	738	Amony Sharon	Standard	14.81
8	7	794	Akullu Miriam	Kampala Kids	14.99

### 100m Women Prem. Heat 3

Wind: -0.3m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	758	Apio Agnes	Prisons	12.41
2	5	762	Acen Rosemary	Tuku Africa	12.53
3	7	774	Oroma Emmanuella	UWA	12.88
4	6	766	Adokorach Brenda	Prisons	12.96
5	2	754	Oroma Peace	Makerere	13.55
6	3	802	Nessia Aminah	Kampala Kids	13.69
7	8	746	Ayiorwoth Flavia	Makerere	14.12
8	1	750	Nyapolo Charity	Makerere	14.15

### 200m Women Heat 1

Wind: 2.0m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	1	1073	Auma Mary	Prisons	25.36
2	5	1235	Anguparu Pamela	Kyambogo	28.43
3	4	746	Ayiorwoth Flavia	Makerere	29.25
4	7	730	Aguyo Judith	UPDF	29.76
5	3	726	Hasahya Penina	Kampala Kids	30.02
6	6	714	Kyabe Josephine Kevin	Kampala Kids	31.48
7	2	790	Fetaru Peace	UPDF	36.69





## 200m Women Heat 2

Wind: 1.4m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	5	1075	Apolot Ruth	Prisons	26.32
2	4	1080	Katushabe Jacinta	Sprinters	26.53
3	6	770	Acan Evaline Linda	Police	27.18
4	7	1079	Akello Ryaima Keilla	UCU	27.98
5	3	802	Nessia Aminah	Kampala Kids	28.08
6	2	750	Nyapolo Charity	Makerere	28.58
7	8	742	Amongi Scovia	UPDF	30.83

## 200m Women Heat 3

Wind: 0.5m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	5	1072	Shida Leni	Police	23.60
2	4	1074	Nyamahuge Jacent	Police	23.90
3	6	758	Apio Agnes	Prisons	25.26
4	2	1071	Banura Moureen Akiiki	Police	25.32
5	3	762	Acen Rosemary	Tuku Africa	25.66
6	1	1078	Akidi Betty Bigombe	Gombe	25.67
7	8	1082	Cheka Christine	Sprinters	26.59
8	7	798	Akong Justine	Kampala Kids	29.24

## 400m Women Heat 1

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	1080	Katushabe Jacinta	Sprinters	58.59
2	5	1075	Apolot Ruth	Prisons	59.44
3	1	1079	Akello Ryaima Keilla	UCU	1:02.14
4	3	1081	Draru Rose	Makerere	1:03.54
5	2	1077	Acen Doreen	Nalinya Lwantale	1:04.87
6	6	1076	Shumba Christine	UPDF	1:14.19
7	7	1083	Talikaza Zubeda	Police	1:15.47





## 400m Women Heat 2

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	1072	Shida Leni	Police	52.17
2	5	1074	Nyamahuge Jacent	Police	55.09
3	3	1071	Banura Moureen Akiiki	Police	56.30
4	7	1078	Akidi Betty Bigombe	Gombe	58.83
5	2	1073	Auma Mary	Prisons	59.09
6	1	1082	Cheka Christine	Sprinters	1:01.73
7	6	754	Oroma Peace	Makerere	1:02.50

## 800m Women

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	7	1120	Nabirye Nasiba	UWA	2:11.94
2	8	1121	Perina Claudia John	Kla Univ	2:23.38
3	5	1114	Nafamba Florence	Kampala Kids	2:25.18
4	1	1115	Amongin Susan	Nalinya Lwantale	2:31.06
5	6	1145	Ndiwa Chesang Priscah	UWA	2:39.27
6	8	1119	Kajumba Margaret	Nalinya Lwantale	2:42.00
7	4	1117	Akullu Ruth	Kampala Kids	2:46.92
8	2	1116	Cheptegei Hilda	Sprinters	2:54.27
9	3	1118	Lakica Catherine	Standard	3:13.92

## 1500m Women

Pos		Bib No.	Full Names	Affiliation	Time
1		1185	Chesang Prisca Chemweno	UWA	4:11.31
2		1189	Chebet Esther	Prisons	4:12.07
3		1230	Chemusto Janat	Police	4:22.55
4		1186	Chemutai Belinda	Prisons	4:25.19
5		1219	Aciru Knight	Prisons	4:26.43
6		1231	Chekemboi Esther Yeko	Police	4:51.71
7		1213	Oroma Agnes	Gulu city	6:38.00
8		1212	Atuhairwe Justin	Airforce	7:15.59





### 3000m U20 Women

Pos	Bib No.	Full Names	Affiliation	Time
1	1190	Chebet Scarlett	Police	9:42.06
2	1193	Chelangat Leah	KCCA	9:49.10
3	1191	Chemutai Martha	KCCA	9:52.34
4	1194	Cherop Risper	Police	10:37.61
5	1198	Chepkwemoi Dorcus Selly	UWA	10:47.97
6	1196	Cherop Gloria	UWA	11:05.25
7	1195	Chebet Emma	Police	11:21.53
8	1197	Nakityo Maria	Wakiso	13:35.09
9	1209	Nassuna Jane	UPDF	15:41.72
		Chekwemoi Teddy	KCCA	DNF
		Hikima Gorgina	KCCA	DNF
		Chebet Brenda	KCCA	DNF
		Chelangat Sarah	UWA	DNF
	1192	Chepkwemoi Vanjalin	UWA	DNF

### 3000m SC Women

Pos	Bib No.	Full Names	Affiliation	Time
1	1065	Chemutai Peruth	Police	9:43.80
2	1066	Chekwemoi Loice	UWA	10:44.02
3	1068	Chebet Annet	Police	11:44.27
4	1069	Chelimo Melly	Prisons	11:57.42
5	1067	Cherukut Hellen	UPDF	12:27.66





### 10,000m Women

Pos	Bib No.	Full Names	Affiliation	Time
1	600	Chelangat Mercyline	Police	32:06.7
2	608	Chesang Doreen	UWA	32:14.7
3	616	Chemutai Doreen	Prisons	32:52.2
4	604	Chelangat Annet Chemengich	Arua	34:00.4
5	612	Chebet Rachael Zena	Prisons	34:44.7
6	596	Chebet Risper	Prisons	37:05.2
		Chekwemai Teddy	KCCA	DNS
		Chemutai Belinda	Prisons	DNS
		Cheptegei Rebecca	UPDF	DNS
		Cheptegei Nancy	UPDF	DNS
		Chemutai Martha	KCCA	DNS
		Chelangat Leah	KCCA	DNS
		Chepkwemai Esther	Police	DNS
		Chepkwemboi Patricia	Police	DNS
		Chemusto Janat	Police	DNS
		Chemutai Vanis	Prisons	DNS
		Nakityo Maria	Wakiso	DNS

### Shotput Women

Pos	Bib No.	Full Names	Affiliation	Distance
1	1070	Mirembe Peace	Airforce	10.43
2	636	Lakareber Monica	UPDF	9.60
3	624	Acayo Vivian	Ndejje	8.56
4	628	Akech Vivian	Ndejje	7.50

### Long Jump Women

Pos	Bib No.	Full Names	Affiliation	Distance
1	1062	Lakot Scovia	Prisons	5.59
2	1064	Atto Sidonia	UCU	5.46
3	1063	Adongo Domidy	Tuku Africa	5.29

### Discus Women

Pos	Bib No.	Full Names	Affiliation	Distance
1	620	Lalam Josephine Joyce	Police	43.66
2	632	Aciro Rosemary	Prisons	34.15
3	636	Lakereber Monica	UPDF	30.17
4	624	Acayo Vivian	Ndejje	27.57
5	628	Anek Winnie	Ndejje	26.69





## Men

### 100m Men Final

Wind: 0.1m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	674	Odhiambo Mark Otieno	Kenya	10.17
2	3	1056	Okot Benson	UCU	10.50
3	5	662	Orogot Tarsis	Soroti	10.57
4	2	654	Aboda Emmanuel	Prisons	10.85
5	8	642	Isabirye Musa	Prisons	10.93
6	6	1060	Okwir Erick	UWA	10.99
	1	694	Maliamungu Yahaya	Police	DNS
	7		Byamukama Godwin Araali	Police	DNS

### 100m Men Prem. Heat 1

Wind: 0.1m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	7	810	Santini Daniel William	South Sudan	11.27
2	6	566	Roelf Munting	Entebbe	11.38
3	1	676	Torach Stephen	Gulu city	11.93
4	3	622	Ochola Peter	Entebbe	12.64
5	4	586	Opio Brian	UPDF	13.39
6	2	590	Okoth Willy	Mukono	14.45
	5	578	Opuno Daniel	UPDF	DQ

### 100m Men Prem. Heat 2

Wind: 0.8m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	6	638	Oija Fred	Police	11.72
2	4	562	Musenze Christopher	Entebbe	11.91
3	1	838	Mubajje Sam	UPDF	12.39
4	5	614	Odongo Vincent	UPDF	12.52
5	2	570	Mulondo Collines	UPDF	12.82
6	7	650	Ojwang Ander Chyff	Makerere	13.00
7	3	618	Mumbya Michael Andrea	Wakiso	14.39

### 100m Men Prem. Heat 3

Wind: 0.1m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	394	Hasahya Benard	Alpha	11.36
2	5	610	Acelun Kokas	UPDF	12.16
3	1	826	Ogal Amos	Kampala Kids	12.61
4	2	658	Niwagaba Solomon	Makerere	12.68
5	3	814	Nsiro Edward Ikonde	Wakiso	12.77
6	6	574	Anyanzo Amos	UPDF	13.14
	7	582	Bwire Elvis	UPDF	





### 100m Men Prem. Heat 4

Wind: 0.8m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	5	656	Odongo Denish	UPDF	11.51
2	1	830	Ojirot James	Prisons	11.58
3	7	806	Ekwaru Aaron	Kampala Kids	11.82
4	3	606	Obaren Aaron	Amuria	11.85
5	8	634	Epau Phillip	Hared Jinja	11.98
6	6	818	Okello Ceasor	Kampala Kids	12.24
7	4	558	Jain Kartikey	TBAC	12.29
8	2	646	Nkuutu Ibrahimovic Kirunda	Kyambogo	12.32

### 100m Men Prem. Heat 5

Wind: 0.7m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	2	630	Ocira John	Ndejje	11.17
2	5	602	Onyango Isaac	UPDF	11.22
3	4	626	Nyeko Geoffrey	Prisons	11.32
4	8	1057	Ongom Richard David	TBAC	11.42
5	7	834	Mukasa Vincent	Kampala Kids	11.58
6	1	822	Kule Richard	Kampala Kids	12.36
	3	678	Okello Darius	Tuku Africa	DQ

### 100m Men Prem. Heat 6

Wind: 0.8m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	1058	Byamukama Godwin Araali	Police	10.95
2	1	598	Ojok Justin	Ndejje	10.96
3	5	694	Maliamongu Yahaya	Police	11.05
4	3	554	Ngobi Allan	Makerere	11.06
5	2	666	Lumutho Rajab Ibrahim	UWA	11.13
6	6	1059	Ngaimoko Alli	Police	11.14
	7	670	Nuwagaba Emmanuel	Police	DQ

### 100m Men Prem. Heat 7

Wind: 2.5m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	6	674	Odhiambo Mark Otieno	Kenya	10.25
2	4	662	Orogot Tarsis	Soroti	10.49
3	7	1056	Okot Benson	UCU	10.58
4	1	1060	Okwir Erick	UWA	10.73
5	3	654	Aboda Emmanuel	Prisons	10.86
6	2	642	Isabirye Musa	Prisons	10.98
7	8	682	Muhereza Davis	Mbarara Municipal	11.19
8	5	690	Ibrahim Checkron Tembe	Kenya	11.35







### 200m Men Heat 1

Wind: 1.5m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	7	1099	Ongee Felix Ouma	Prisons	22.52
2	3	810	Ojok Justin	Ndejje	22.88
3	5	678	Okello Darius	Tuku Africa	23.12
4	6	640	Olipa Sharif	Tuku Africa	23.36
5	2	638	Oija Fred	Police	23.92
6	1	614	Odongo Vincent	UPDF	25.56
7	4	650	Ojwang Ander Chyff	Makerere	27.92

### 200m Men Heat 2

Wind: 0.8m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	5	1084	Mweresa Boniface Onfuga	Kenya	21.85
2	7	626	Nyeko Geoffrey	Prisons	22.85
3	6	562	Musenze Christopher	Entebbe	23.76
4	1	834	Mukasa Vincent	Kampala Kids	23.83
5	2	570	Mulondo Collines	UPDF	26.64

### 200m Men Heat 3

Wind: 1.4m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	7	1106	Guot Thon Abraham	Kla Univ	22.66
2	2	-	Ayo Jacob	Ndejje	22.76
3	8	594	Hasahya Benard	Alpha	23.54
4	6	806	Ekwaru Aaron	Kampala Kids	24.21
5	3	1102	Abein John	Makerere	24.79
6	5	822	Kule Richard	Kampala Kids	25.09
7	1	558	Jain Kartikey	TBAC	25.32
8	4	852	Bwire Elvis	UPDF	31.17

### 200m Men Heat 4

Wind: 0.4m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	7	1090	Aliakai Pitiki	TBAC	23.67
2	1	1095	Kivumbi Rippon Daniel	Police	24.25
3	2	818	Okello Ceasor	Kampala Kids	24.89
4	6	610	Acelun Kokas	UPDF	25.18
5	3	1086	Ainembabazi Gerald	Makerere	25.24
6	4	658	Niwagaba Solomon	Makerere	26.38
7	5	1089	Ssesanga Hakim	Makerere	26.44
8	8	574	Anyanzo Amos	UPDF	26.53





### 200m Men Heat 5

Wind: 0.5m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	1	1057	Ongom Richard David	TBAC	22.70
2	4	672	Malimbasa Sajars Wepukhulu	Makerere	23.42
3	5	830	Ojirot James	Prisons	23.55
4	6	606	Obaren Aaron	Amuria	23.89
5	7	634	Apau Phillip	Hared Jinja	24.30
6	3	338	Mubajje Sam	UPDF	24.96

### 200m Men Heat 6

Wind: 0.9m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	5	654	Aboda Emmanuel	Prisons	21.81
2	7	554	Ngobi Allan	Makerere	22.15
3	8	630	Ociria John	Ndejje	22.47
4	6	1108	Onen Geoffrey	Police	22.79
5	3	682	Muhereza Davis	Mbarara Municipal	22.94

### 200m Men Heat 7

Wind: 1.8m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	6	674	Odhiambo Mark Otieno	Kenya	20.67
2	4	662	Orogot Tarsis	Soroti	20.71
3	3	1056	Okot Benson	UCU	21.07
4	5	-	Njoroge Mark Kangethe	Kenya	21.41
5	2	1103	Obuto Solomon	Police	21.68
6	8	-	Jagalo Joshua	Police	21.79
7	7	1098	Deng Thiel	South Sudan	21.86
8	1	-	Ogal Amos	Kampala Kids	26.72

### 400m Men Heat 1

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	1	660	Onen Kennedy	Gulu city	49.55
2	3	1109	Makori Patrick	UPDF	51.41
3	7	1110	Onoka Isaac	Makerere	53.91
4	2	1094	Opwonya Resty	Kyambogo	54.57
5	4	1088	Mukiibi Paul	UAFA	56.59
6	6	1085	Wokorach Geoffrey Oloya	Gulu Univ	57.29
7	5	1104	Tibyasa Phabang	Makerere	59.94





### 400m Men Heat 2

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	5	1087	Nkobulu Benson	Amuria	48.76
2	6	1093	Goni Emmanuel	Gulu city	50.56
3	1	1090	Aliakai Pitiki	TBAC	53.59
4	7	690	Ibrahim Checkron Tembe	Kenya	53.93
5	2	1092	Lwanga Edward	UAFA	55.08
6	3	1107	Bahmaba Juma	South Sudan	57.67
7	4	1091	Mutanda Brian	Wakiso	1:01.62

### 400m Men Heat 3

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	8	1084	Mweresa Boniface	Kenya	48.32
2	2	1108	Onen Geoffrey	Police	49.29
3	1	1105	Deng Kuol Peter	South Sudan	50.35
4	3	1095	Kivumbi Rippon Daniel	Police	53.62
5	5	1086	Ainembabazi Gerald	Makerere	55.28
6	4	1096	Owor Charles	Gombe	55.33
7	6	1102	Abiem John	Makerere	55.70
8	7	1089	Ssesanga Hakim	Makerere	1:01.09

### 400m Men Heat 4

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	1	1100	Chanwengo Godfrey	Prisons	47.71
2	8	1060	Okwir Erick	UWA	47.92
3	2	1098	Deng Thiel	South Sudan	48.26
4	7	1099	Ongee Felix Ouma	Prisons	48.41
5	5	1101	Oroma Williamson	Police	48.57
6	6	1103	Obuto Solomon	Police	48.81
7	3	1097	Erimu Kokas	Prisons	49.26
8	4	1106	Guot Thon Abraham	Kla Univ	49.29





### 800m Men Heat 1

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	7	1123	Chuout Abraham	Standard	1:50.73
2	1	1126	Omara Raymond	Kampala Kids	1:55.29
3	8	1127	Natwijuka Innocent	Mbarara Municipal	1:57.23
4	6	1140	Sserwadda Samuel	UAFA	1:58.07
5	4	1113	Turihohabwe Fortunat	Kikooko	1:59.78
6	8	1122	Walusimbi Emmanuel	Makerere	2:05.60
7	5	1149	Adome Gabriel	Standard	2:21.20
8	3	1133	Omega Daniel	Kampala Kids	2:29.41
	2	1111	Chelimo Calvin	UWA	DQ

### 800m Men Heat 2

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	5	1141	Koon Wol Yach Majok	South Sudan	1:51.29
2	3	1146	Kibet Joshua	Prisons	1:55.66
3	8	1112	Sisey Abraham Karameka	Kapchorwa	1:58.47
4	6	1130	Labeja Patrick	Kampala Kids	1:59.92
5	4	1131	Kaddu Venswa	UPDF	2:04.16
6	8	1153	Wafula Benon Benja	Tororo	2:04.71
7	1	1132	Ndibailawa Jamiru	Standard	2:13.80
8	7	1125	Bizimana Prosper	Lions Athletics	2:23.96
9	2	1134	Khalid Byabagambi	Mbarara Municipal	2:54.68

### 800m Men Heat 3

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	7	1128	Tenywa Edreen	Nampunge	1:58.70
2	8	1154	Wanume Yahaya	Kololo S.S	2:00.04
3	6	1124	Ndibailawa Jamiru	Lukungu	2:04.13
4	1	1136	Dingle Evans	Central Park - Tracksmith	2:09.07
5	3	1129	Fadhil Jaffar	Kampala Kids	2:09.69
6	5	1135	Uyikuru Alfred	UAFA	2:10.28
7	8	1139	Niyonziima Augustine	Makerere	2:11.29
8	2	1137	Sempujja Cyrus	Kyambogo	2:14.38
9	4	1138	Vubbya Moses Bagaga	UCU	2:20.58





### 800m Men Heat 4

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	5	1152	Biwott Hillary	Kenya	1:46.26
2	4	1151	Osuje Emmanuel	Police	1:47.97
3	6	1147	Dradiga Tom	UWA	1:50.37
4	5	1144	Apenyo Bekele	Prisons	1:50.64
5	2	1152	Jamonu Edmond	Prisons	1:54.54
6	3	1142	Ocen Robin	UWA	1:55.05
7	1	1143	Kivumbi Emmanuel	Makerere	2:01.51
	7	1150	Etiau Rashid	UWA	DNF

### 1500m Men - Heat 1

Pos		Bib No.	Full Names	Affiliation	Time
1		1229	Maru Peter	Arua	3:44.55
2		1218	Akwech Peter	Prisons	3:51.42
3		1111	Chelimo Calvin	UWA	3:55.23
4		1208	Kwemoi Salim	UWA	3:58.19
5		1189	Amandu Richard	UPDF	4:00.08
6		1202	Kusiimwa Deo Sewante	Airforce	4:00.98
7		1217	Gwido Okadapawo	Prisons	4:01.54
8		1201	Gusberito Opio	Mbarara Municipal	4:04.12
9		1207	Chemutai Mudashiru	UPDF	4:06.84
10		1199	Comboni Daniel	Nampunge	4:09.29
11		1210	Kankiriho Joseph	Kikooko	4:13.70
12		1200	Ayuku Felix	Airforce	4:14.44
14		1205	Ntwari Stephen	Mbarara Municipal	4:15.79
15		1214	Maubanya Shafik Seth	Kyambogo	4:17.40
16		1131	Kaddu Venswa	UPDF	4:19.84
17		1226	Lubega Abdulkarim	Kikooko	4:21.39
18		1223	Musana Ezekiel	Mbarara Municipal	4:22.83
19		1203	Opiyo Felix Tabiya	Gulu Univ	4:23.80
20		1139	Niyonziima Augustine	Makerere	4:32.44
21		1125	Bizimana Prosper	Lions Athletics	4:39.09
22		1211	Oseku Tom Brian	Kyambogo	4:39.85
23		1204	Buguma Michael	Airforce	4:44.20





## 1500m Men - Heat 2

Pos	Bib No.	Full Names	Affiliation	Time
1	1228	Musagala Ronald	UWA	3:36.63
2	1215	Etiang Kamar	Kenya	3:36.80
3	1216	Cheptegei Joshua Kiprui	Police	3:37.36
4	1225	Wabutwa Farid	UWA	3:47.42
5	1222	Nasasira Leonard	Kikooko	3:49.54
6	1188	Kibui Peter	Kenya	3:49.99
7	1151	Osuje Emmanuel	Police	3:51.26
8	1221	Otim Emmanuel	Makerere	3:52.63
9	1227	Cherop Alex	Police	3:53.58
10	1224	Ochieng Julius	Prisons	3:53.83
11	1232	Kipsisey David	UPDF	3:58.67
12	1206	Siwa Eliot	UWA	4:02.47
13	1113	Turihohabwe Fortunate	Kikooko	4:04.88
14	1220	Kwemoi Isaac	Police	4:15.46

## 3000m Men U20

Pos	Bib No.	Full Names	Affiliation	Time
1	1245	Yeko Dismas	UAFA	8:06.03
2	1250	Kiprotich Martin	Police	8:06.08
3	1240	Kibet Rogers	KCCA	8:06.10
4	1247	Kibet Dan	Kapchorwa	8:06.12
5	-	Ajan Jacob Chol	Kla Univ	8:15.91
6	1236	Kiplangat Joel	Police	8:22.95
7	1244	Akoon Abeich Wol	Kla Univ	8:32.58
8	1246	Chemutai Jacob	Prisons	8:36.44
9	1242	Cherukut Milton	KCCA	8:37.41
10	1238	Cheptoek Aziz	UAFA	8:40.31
11	1248	Sande Silas	Police	8:42.40
12	-	Kibet Solomon	Prisons	8:50.13
13	-	Kasuk Peter Otimore	Kla Univ	8:52.49
14	1249	Cheptoek Enock	Police	8:58.67
15	1234	Wangwe Brian William	Makerere	8:58.68
16	1243	Chelangat Caleb	Prisons	9:09.86
17	-	Cheptorus Dan	Police	9:11.13
18	-	Okello Frank	UCU	9:21.87
19	-	Musau Clinton	Police	9:35.00
20	-	Kwemoi Enos	Police	9:37.20
21	-	Kabagambe Julius	UAFA	9:58.83
	1237	Limo Alex	UAFA	DNF
	1239	Chebet Marajan	UAFA	DNF
	1241	Kiplangat Denis	KCCA	DNF





### 3000m SC Men

Pos	Bib No.	Full Names	Affiliation	Time
1	698	Sikowo Boniface Abel	Police	8:38.5
2	846	Mutai Ezekiel	Prisons	8:38.7
3	842	Cherotich Denis	UPDF	8:43.3
4	850	Wakana Nelson	Prisons	8:47.0
5	706	Kiprotich Levi	Alpha	8:55.0
6	664	Chemutai Vincent	Police	9:02.0
7	702	Chemonges Martin	Prisons	9:04.5
8	710	Kimtai Anthony	Arua	9:20.3

### 10,000m Men Finals

Pos	Bib No.	Full Names	Affiliation	Time
1	1162	Chekurui Mathew	Police	29:01.09
2	1163	Musau Martin	Police	29:07.78
3	1167	Kibet Oscar	KCCA	29:20.72
4	1160	Kurong Moses	Police	29:35.38
5	1168	Kibet Isaac	Prisons	29:45.38
6	1161	Chebures Ali	UWA	30:07.72
7	1158	Boshi Silas	Police	30:33.41
8	1182	Cheptoyek Patrick	UPDF	30:37.06
9	1177	Chemonges Leonard	Police	30:53.25
10	1159	Jesang Alex	UAFA	30:58.59
11	1166	Solimo David	UWA	31:17.87
12	1179	Chemutai Elisha	Police	31:40.30
13	1156	Karameka Benson	Police	32:02.52
14	1173	Chebet Alex	Police	32:48.01
	1155	Rogers Rogers	Bukwo	DNF
	1164	Chelangat Levi	UIAHMS	DNF
	1174	Kiptoo Victor	UAFA	DNF
	1181	Gusberito Opio	Mbarara Municipal	DNF
	1183	Kiisa Stephen	Prisons	DNF
	1171	Kwemoi Milton	Police	DNF
	1176	Chemusto Martin	Police	DNF
	1172	Byarhanga Brian	Police	DNF
	1180	Cherop Sam Moi	Police	DNF
	1178	Tusingwire Peter	Mbarara Municipal	DNF
	1170	Limo Ronald	Police	DNF
	1169	Tungwet Caleb	Arua	DNF
	1165	Afoyrwoth Joshua	UPDF	DNF
	1184	Agaba Deo	Kabale Pacers	DNF
	1175	Kabagambe Julius	UAFA	DNF





### Long Jump Men

Pos	Bib No.	Full Names	Affiliation	Distance
1	656	Odongo Denish	UPDF	7.22
2	648	Okello Charles	Prisons	7.10
3	652	Komakech Moses	Prisons	6.71
4	660	Onen Kennedy	Gulu city	6.46
5	676	Torach Stephen	Gulu city	6.24
6	672	Mahimba Sajars	Makerere	5.88

### Discus Men

Pos	Bib No.	Full Names	Affiliation	Distance
1	576	Odong Bayason	Police	37.38
2	584	Akena Moses	UWA	37.13
3	588	Opiyo Oscar	Prisons	36.32
4	568	Odongkara Patrick	Ndejje	35.50
5	1061	Tukamuheerwa A	UWA	34.99
6	580	Ojara Jackson	Ndejje	34.38
7	572	Odokonyero Francis	UPDF	32.02
8	680	Mwaka Johnson	Prisons	31.15
9	690	Ibrahim Checkron Tembe	Kenya	28.63

### Shotput Men

Pos	Bib No.	Full Names	Affiliation	Distance
1	588	Opiyo Oscar	Prisons	12.98
2	576	Odong Baya	Police	12.22
3	572	Odokonyero Francis	UPDF	11.54
4	580	Ojara Jackson	Ndejje	11.26
5	568	Odongkara Patrick	Ndejje	11.04
6	584	Akena Moses	UWA	10.68

### Javelin Men

Pos	Bib No.	Full Names	Affiliation	Distance
1	680	Mwaka Johnson	Prisons	61.87
2	644	Nyekolodi Gilbert	UPDF	43.74
3	690	Ibrahim Checkron Tembe	Kenya	39.40
4	686	Ocaya Brian	Police	25.05

