



UGANDA ATHLETICS FEDERATION
8th National Trials
May 22nd, 2021
AT MANDELA NATIONAL STADIUM

Women

100m Women Heat 1

Wind: 0.3m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	5	1613	Leni Martha	TBAC	13.80
2	3	1597	Akullu Miriam	Kampala Kids	14.62
3	6	1645	Nyapala Anna Rakele	Kyambogo	14.84
4	2	1782	Kyabe Josephine Kevin	Kampala Kids	15.23
5	8	1669	Nambi Vivian	Lukungu	15.25
6	7	1734	Namubiru Grace	Nalinya Lwantale	15.33
7	1	1641	Namatovu Clare	Kyambogo	15.62
	4	1786	Anamo Vicky	Amuria	DQ

100m Women Heat 2

Wind: 0.6m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	1738	Margaret Hassan	UWA	13.19
2	3	1621	Nessia Aminah	Kampala Kids	13.46
3	5	1601	Anguparu Pamela	Kyambogo	13.47
4	6	1730	Oroma Peace	Makerere	13.86
5	2	1593	Akumu Veronica	Police	13.87
6	1	1617	Akong Justine	Kampala Kids	13.88
7	7	1726	Hasahya Penina	Kampala Kids	14.24
8	8	1742	Aguyo Judith	UPDF	14.26





100m Women Heat 3

Wind: 0.6m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	1665	Nyamuhange Jacent	Police	11.79
2	5	1581	Apio Agnes	Prisons	12.25
3	1	1605	Auma Mary	Prisons	12.28
4	6	1585	Acen Rosemary	Tuku Afrika	12.58
5	3	1754	Oroma Emmanuella	UWA	12.72
6	8	1846	Katushabe Jacinta	Sprinters Sports	12.81
7	2	1609	Cheka Christine	Sprinters Sports	12.88
8	7	1589	Adokorach Brenda	Prisons	13.10

200m Women Heat 1

Wind: 1.6m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	7	1773	Nyawere Christine	Old Kampala	27.08
2	5	1786	Anamo Vicky	Amuria	28.93
3	4	1726	Hasahya Penina	Kampala Kids	29.78
4	6	1750	Shamim Hassan	UPDF	30.27
5	2	1821	Achola Vasily	Amuria	30.70
6	3	1782	Kyabe Josephine Kevin	Kampala Kids	31.48

200m Women Heat 2

Wind: 2.2m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	5	1621	Nessia Aminah	Kampala Kids	27.71
2	3	1730	Oroma Peace	Makerere	27.77
3	6	1658	Akello Ryaima Keila	UCU	27.81
4	4	1838	Draru Rose	Makerere	28.04
5	7	1601	Anguparu Pamela	Kyambogo	28.11
6	2	1617	Akong Justine	Kampala Kids	29.45
7	1	1597	Akullu Miriam	Kampala Kids	30.75





200m Women Heat 3

Wind: 1.9m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	1665	Nyamuhange Jacent	Police	24.05
2	6	1842	Banura Moureen Akiki	Police	24.48
3	5	1581	Apio Agnes	Prisons	24.83
4	2	1605	Auma Mary	Prisons	25.00
5	7	1609	Cheka Christine	Sprinters Sports	25.81
6	3	1585	Acen Rosemary	Tuku Afrika	26.08
7	8	1754	Oroma Emmanuella	UWA	26.41

400m Women Heat 1

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	1842	Banura Moureen Akiki	Police	55.46
2	5	1846	Katushabe Jacinta	Sprinters Sports	57.89
3	6	1790	Naddunga Moureen	MUBS	59.46
4	7	1794	Bumanga Susan	UWA	1:02.75
5	3	1838	Draru Rose	Makerere	1:03.22

800m Women

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1		1719	Chemutai Febia	Police	2:12.64
2		1650	Nafamba Florence	Kampala Kids	2:17.68
3		1634	Perina Claudia John	Kla Univ	2:19.33
4		1626	Icazi Janet	Sprinters Sports	2:23.34
5		1723	Chelangat Ariziki	Tororo	2:24.70
6		1630	Mathiang Agor Celina	South Sudan	2:27.92
7		1658	Akello Ryaima Keila	UCU	2:28.64
8		1715	Amongin Susan	Nalinya Lwantale	2:33.60
9		1654	Akullu Ruth	Kampala Kids	2:39.70
10		1662	Cheptegei Hilda	Sprinters Sports	2:50.76





3000m U20 Women

Pos	D.O.B	Bib No.	Full Names	Affiliation	Time
1	2003-08-07	1841	Chesang Prisca Chemweno	UWA	9:04.15
2	1996-02-19	1833	Chebet Esther	Prisons	9:04.96
3	1999-10-17	1577	Chemutai Peruth	Police	9:12.60
4	1993-07-29	1807	Chelangat Annet Chemengich	Arua	9:44.11
5	2003-05-10	1849	Chelangat Leah	KCCA	9:48.59
6	2006-12-12	1845	Chekwe moi Loice	UWA	10:14.09
7	2006-04-10	1837	Nagadya Christine	Buikwe	11:30.81

Shotput Women

Pos	Bib No.	Full Names	Affiliation	Distance
1	1795	Oyella Kevin Alice	UPDF	9.89
2	1803	Acayo Vivian	Ndejje	9.41
3	1799	Lakereber Monica	UPDF	9.36

Long Jump Women

Pos	Bib No.	Full Names	Affiliation	Distance
1	1778	Adong Domidy	Tuku Afrika	5.58
2	1770	Lakot Scovia	Prisons	5.38
3	1774	Apiyo Pauline	Gulu City	5.05

Discus Women

Pos	Bib No.	Full Names	Affiliation	Distance
1	1690	Lalam Josephine	Police	46.02
2	1795	Oyella Kevin Alice	UPDF	33.41
3	1707	Abedokena Leah	Ndejje	28.15
4	1711	Aber Lucy Okumu	Police	27.30
5	1614	Akello Fiona	UPDF	26.80
6	1666	Akot Regina	Nalinya Lwantale	26.70





Javelin Women

Pos	Bib No.	Full Names	Affiliation	Distance
1	1690	Lalam Josephine	Police	50.06
2	1711	Aber Lucy	Police	42.67
3	1686	Akot Regina	Nalinya Lwantale	36.69
4	1694	Akello Fiona	UPDF	36.17
5	1803	Acayo Vivian	Ndejje	33.48
6	1707	Abedokena Leah	Ndejje	27.50





Men

100m Men Heat 1

Wind: 2.1 m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	2	1727	Adupa Walter Ocen	Prisons	11.2
2	8	1681	Diego Derrick	Hared Jinja	11.4
3	3	1731	Abwola Mark	Gulu City	11.6
4	1	1787	Bongomin Fred	Police	11.9
5	4	1673	Nsiro Edward Ikonde	Wakiso	12.3
6	6	1677	Masanyu Ibrahim	Mbarara Municipal	12.7

100m Men Heat 2

Wind: -0.1 m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	5	1714	Katerega Godfrey	UAFA	11.59
2	2	1685	Oketayot Francis	Police	11.70
3	6	1689	Ekwaru Aaron	Kampala Kids	11.96
4	7	1693	Ainembabazi Gerald	Makerere	12.40
5	8	1697	Ogal Amos	Kampala Kids	12.66
	3	1843	Toorach Stephen	Gulu City	DQ

100m Men Heat 3

Wind: 1.6 m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	5	1718	Santini Daniel William	South Sudan	11.17
2	3	1706	Olipa Shariff	Tuku Afrika	11.17
3	2	1702	Oija Fred	Police	11.36
4	4	1710	Mayen Francis Kuol	South Sudan	11.43
5	1	1783	Geoffrey Onen	Police	11.46
6	6	1722	Roelf Munting	Entebbe	11.48
7	7	1649	Mukasa Vincent	Kampala Kids	11.67
8	8	1653	Nkutu Ibrahim	Buikwe	12.08





100m Men Heat 4

Wind: -0.8m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	5	1629	Aboda Emmanuel	Prisons	10.4
2	3	1625	Ojok Justin	Ndejje	10.7
3	6	1633	Isabirye Musa	Prisons	10.9
4	2	1661	Ocira John	Ndejje	11.2
5	1	1657	Onyango Isaac	UPDF	11.3
6	7	1637	Nyeko Geoffrey	Prisons	11.5
7	4	1775	Lumala Vincent Reagan	TBAC	12.0
8	8	1779	Wandera Dennis	UAFA	13.1

200m Men Heat 1

Wind: 1.6m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	6	1783	Geoffrey Onen	Police	22.82
2	1	1731	Abwola Mark	Gulu City	23.58
3	2	1802	Adupa Daniel	Makerere	23.70
4	5	1798	Ambayo Fred	Tuku Afrika	23.89
5	4	1681	Diego Derrick	Hared Jinja	24.28
6	7	1810	Abein John	Makerere	24.92
7	3	1693	Ainembabazi Gerald	Makerere	25.30
8	8	1806	Ssesanga Hakim	Makerere	26.83

200m Men Heat 2

Wind: 2.1m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	1	1822	Goni Emmanuel	Gulu City	23.10
2	2	1766	Obaren Aaron	Amuria	23.36
3	5	1818	Kivumbi Rippon Daniel	Police	23.67
4	7	1829	Mdrimana Ahmed Inzoudine	Makerere	24.16
5	3	1757	Kiiza Ernest Amooti	St. Mary's College, Kisubi	24.34
6	4	1775	Lumala Vincent Reagan	TBAC	24.41
7	8	1653	Nkutu Ibrahim	Baikwe	24.81

200m Men Heat 3

Wind: 0.9m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	5	1761	Deng Thiel Thiel	South Sudan	21.69
2	3	1769	Ngobi Allan	Makerere	21.97
3	6	1625	Ojok Justin	Ndejje	22.12
4	8	1825	Okello Darius	Tuku Afrika	22.39
5	7	1777	Lumutho Rajab	UWA	22.44
6	4	1706	Olipa Shariff	Tuku Afrika	22.74
7	1	1637	Nyeko Geoffrey	Prisons	22.92
	2	1765	Aboda Emmanuel	Prisons	DNS





400m Men Heat 1

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	6	1762	Komakech Sunday	Tuku Afrika	50.16
2	1	1802	Adupa Daniel	Makerere	51.50
3	2	1798	Ambayo Fred	Tuku Afrika	53.03
4	4	1810	Abiem John AJ	Makerere	53.43
5	7	1814	Wokorach Geoffrey Oloya	Gulu Univ	56.19
6	3	1806	Ssesanga Hakim	Makerere	1:01.63

400m Men Heat 2

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	1826	Opiny Leonard	UWA	47.31
2	3	1835	Onen Kennedy	Gulu City	47.95
3	6	1830	Eragu Joseph	UPDF	48.13
4	2	1822	Goni Emmanuel	Gulu City	49.24
5	7	1758	Makori Patrick	UPDF	50.47
6	5	1766	Obaren Aaron	Amuria	52.17
7	1	1818	Kivumbi Rippon Daniel	Police	52.56

800m Men Heat 1

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	7	1578	Akoon Abeich Wol	Kampala Univ	1:55.59
2	1	1642	Ochieng Joseph	Tororo	2:04.94
3	4	1834	Sserwadda Sam	UAFA	2:07.20
4	2	1614	Acelun Kokas	UPDF	2:11.34
5	3	1618	Niyonzima Augustine	Makerere	2:12.63
6	6	1598	Dingle Evans	Central Park - Tracksmith	2:20.35
7	8	1850	Abdallah Byabagambi Kadiri	Mbarara	2:56.10
	5	1622	Kinyoni Emmanuel	Kampala Kids	DQ





800m Men Heat 2

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	3	1646	Erimu Kokas	Prisons	1:54.60
2	2	1606	Turihohabwe Fortunata	Kikooko	1:55.93
3	5	1610	Omara Raymond	Kampala Kids	1:59.94
4	8	1586	Ndibailawa Jamiru	Lukungu	2:00.69
5	4	1562	Okwera Francisco	UPDF	2:00.77
6	1	1602	Fadhil Jaffar	Kampala Kids	2:02.36
7	7	1582	Labeja Patrick	Kampala Kids	2:09.69
8	6	1638	Opio William	Kampala Kids	2:28.85

800m Men Heat 3

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	1594	Osuje Emmanuel	Police	1:47.61
2	3	1570	Dradiga Tom	UWA	1:49.84
3	8	1566	Otim Emmanuel	Makerere	1:51.35
4	2	1554	Koon Wol Yach Majok	South Sudan	1:52.49
5	7	1558	Ogwok Daniel	Prisons	1:54.19
6	1	1590	Jamonu Edmond	Prisons	1:54.78
	5	1574	Musagala Ronald	UWA	DNF

1500m Men - Heat 1

Pos		Bib No.	Full Names	Affiliation	Time
1		1797	Chebures Ali	UWA	3:48.46
2		1801	Kiplangat Joel	Police	3:49.36
3		1805	Wabutwa Farid	UWA	3:50.13
4		1565	Nasasira Leonard	Kikooko	3:52.19
5		1566	Otim Emmanuel	Makerere	3:52.86
6		1578	Akoon Abeich Wol	Kampala Univ	3:56.07
7		1813	Kirano Patrick	UWA	3:58.15
8		1809	Ocen Robine	UWA	3:58.50
9		1793	Amandu Richard	UPDF	4:00.08
10		1817	Chemutai Mudashiru	UPDF	4:02.20
11		1789	Kasuk Peter Otimore	Kampala Univ	4:08.57
12		1569	Kulang Gonji Taban	South Sudan	4:09.34
13		1557	Lubega Abdulkarim	Kikooko	4:24.06
14		1561	Tolit Cliff Godfrey	UCU	4:30.86
15		1618	Niyonzima Augustine	Makerere	4:55.56
		1573	Marop Marial Mabok	Kampala Univ	DNF





5000m Men Heat 1

Pos	Bib No.	Full Names	Affiliation	Time
1	1815	Kiprotich Levi	Alpha	14:04.74
2	1823	Ajan Jacob Chol	Kampala Univ	14:09.12
3	1819	Arapchemo Alex	Arua	14:34.78
4	1831	Kamutwire Gilbert	Kikooko	14:50.56
5	1827	Wangwe Brian William	Makerere	15:40.42
6	1763	Lukwago Brian	Bombo Army	16:38.56
7	1771	Agaba Deo	Kabale Pacers	18:22.85
8	1759	Lugumya Kenneth Kenny	Kikooko	18:53.17
9	1767	Okoth Eldad	Tuku Afrika	19:36.27

Long Jump Men

Pos	Bib No.	Full Names	Affiliation	Distance
1	1839	Odong Denish	UPDF	7.10
2	1743	Komakech Moses	Prisons	7.08
3	1874	Okello Charles	Prisons	6.94
4	1735	Watmon Geoffrey	UPDF	6.63
5	1835	Onen Kennedy	Gulu City	6.28
6	1739	Odong J. Baya	Police	6.25
7	1843	Toorach Stephen	Gulu City	5.89
8	1791	Bahmaba Juma	South Sudan	5.87

Discus Men

Pos	Bib No.	Full Names	Affiliation	Distance
1	1682	Wokorach Jacob	Police	40.43
2	1739	Odong J. Baya	Police	37.43
3	1674	Nyekolobo Gilbert	UPDF	36.55
4	1751	Opiyo Oscar	Prisons	36.37
5	1666	Okello Robert	Prisons	35.30
6	1678	Odongokara Patrick	Prisons	34.77
7	1747	Ojara Jackson	Ndejje	33.60
8	1670	Mwaka Johnson	Prisons	31.98





Javelin Men

Pos	Bib No.	Full Names	Affiliation	Distance
1	1670	Mwaka Johnson	Prisons	61.01
2	1755	Oceng Moses	Prisons	57.90
3	1666	Okello Robert	Prisons	56.24
4	1682	Wokorach Jacob	Police	51.77
5	1751	Opiyo Oscar	Prisons	51.32
6	1739	Odong Baya	Police	50.63
7	1747	Ojara Jackson	Ndejje	45.33
8	1678	Odongkara Patrick	Ndejje	41.48
9	1674	Nyekolobo Gilbert	UPDF	39.84

Triple Jump Men

Pos	Bib No.	Full Names	Affiliation	Distance
1	1839	Odong Denish	UPDF	14.58
2	1553	Tabu Richard Nixon	Prisons	13.96
3	1847	Okello Charles	Prisons	13.96
4	1735	Onyango Christopher	Gulu Univ	13.45

