

UGANDA ATHLETICS FEDERATION

1st National Trials - March 4th, 2017 - Mandela National Stadium

Women

100m

Heat 1

Pos	Full Names	Affiliation	Time
1	Mukyala Zerida	Ndejje	13.0
2	Amoo Jackline	Gombe	13.7
3	Chelimo Patricia	Rock High	14.8
4	Acen Justine	Sheema	15.3
5	Farida Musa	Mandela	16.5
6	Sharon Asha	Mandela	16.9

Heat 2

Pos	Full Names	Affiliation	Time
1	Apolot Margaret	KCCA	12.6
2	Wonruku Stella	Prisons	12.9
3	Akol Scovia	Soroti	13.2
4	Adokorach Brenda	Gombe	13.6
5	Akullu Melisa	Gayaza	14.1
6	Nabuule Hajara	Airforce	15.0
	Aroma Emmanuella	UWA	DQ

200m

Heat 1

Pos	Full Names	Affiliation	Time
1	Apolot Margaret	KCCA	26.1
2	Mukyala Zerida	Ndejje	26.6
3	Oroma Emmanuella	UWA	26.8
4	Abuu Sandra	Ndejje	27.2
5	Apolot Ruth	Prisons	27.5

Heat 2

Pos	Full Names	Affiliation	Time
1	Awidi Victoria	Gombe ss	27.5
2	Adokorach Brenda	Gombe ss	28.0
3	Amoo Jackline	Gombe ss	28.5
4	Akullu Melisa	Gayaza	30.3
5	Nabuule Hajara	Airforce	30.4

**400m
Finals**

Pos	Full Names	Affiliation	Time
1	Nabirye Nasiba	KCCA	57.0
2	Abuu Sandra	Ndejje	61.2
3	Chelimo Patricia	Rock High	61.6
4	Aloyo Monica	Gombe ss	64.8
5	Aketch Nancy	Gombe ss	68.7
6	Acen Justine	Sheema	77.1
7	Nakalema Sharifa	Mandela	81.1

**800m
Finals**

Pos	Full Names	Affiliation	Time
1	Chebet Esther	Serere	2:03.2
2	Nishimwe Betty	Rwanda	2:10.2
3	Nabirye Nasiba	KCCA	2:11.4
4	Wonruku Stella	Prisons	2:20.7
5	Iribagra Honoline	Rwanda	2:21.8
6	Apio Angella	Olila High School	2:25.5
7	Amai Felistar	Tororo	2:28.2
8	Nabugosiri Martha	Airforce	2:57.6

**5000m
Finals**

Pos	Full Names	Affiliation	Time
1	Nantumbwe Cissy	Standard	17:51.2
2	Cherubet Juliet	Ndejje	18:02.2
3	Nagwandala Merab	MUBS	19:37.2
4	Nalagwa Moureen	UAFA	20:22.5
5	Siloam Rachael	UAFA	22:29.2

**Javelin
Finals**

Pos	Full Names	Affiliation	Distance
1	Lalam Josephine	Police	45.09
2	Awich Victoria	Gombe ss	42.34
3	Mirembe Peace	Airforce	41.92
4	Anek Winnie	Ndejje	41.87

**Long Jump
Finals**

Pos	Full Names	Affiliation	Distance
1	Mukyala Zerida	Ndejje	5.13
2	Awidi Victoria	Gombe ss	4.91
3	Nabassa Jane	Ndejje	4.88
4	Aketch Nancy	Gombe ss	4.33
5	Acheng Justine	Kyogera	3.53

Men

**100m
Heat 1**

Pos	Full Names	Affiliation	Time
1	Abdul Kadri	MUK	11.4
2	Sizza Rashid	Airforce	11.7
3	Manzi Pidson	Moyo	12.0
4	Deng Jacob	Mandela College	12.3
5	Oonyu Michael	Moyo	12.4
6	Kamya Sinani	Mandela College	12.6
7	Matte Maurice	MUK	13.9

Heat 2

Pos	Full Names	Affiliation	Time
1	Bahemuka Ronald	KCCA	11.2
2	Nkeshimana Prosper	UAFA	11.5
3	Ekea Michael	KCCA	11.9
4	Kivumbi Emmanuel	UAFA	12.2
	Biraga Bashir	UAFA	DQ
	Olibo John	Serere	DQ

Heat 3

Pos	Full Names	Affiliation	Time
1	Obua Jonathan	Kyambogo	11.1
2	Obura Rodgers	Tororo	11.5
3	Etumu Daniel	Kyambogo	11.8
4	Tumwesigye Tonny	UAFA	12.0
5	Matovu Jonathan	Airforce	12.2
6	Ochen Musa	Nampunge	12.8

Heat 4

Pos	Full Names	Affiliation	Time
1	Hasahya Bernard	Tororo	11.2
2	Oyuku Benson	Prisons	11.5
3	Oleng Maxwell	UPDF	11.9
4	Manzi Solomon	MUK	12.1
5	Onyango Derrick	UAFA	12.3
6	Kalinda Dennis	Airforce	12.5
7	Matadi Richard	UAFA	12.7
	Oija Fred	KCCA	DQ

Heat 5

Pos	Full Names	Affiliation	Time
1	Isabirye Musa	Prisons	10.5
2	Adome Pius	Police	10.7
3	Nyeko Geoffrey	Prisons	11.1
4	Ochira John	UAFA	11.3
5	Kakaire Sam	Airforce	11.5
6	Inebulwa Denis	UPDF	11.7
	Tooroma Gerald	Ndejje	DQ
	Apollo Yaeri	UAFA	DQ

200m

Heat 1

Pos	Full Names	Affiliation	Time
1	Erimu Kokas	Nampunge	23.0
2	Etumu Daniel	Kyambogo	23.5
3	Sizza Rashid	Airforce	23.8
4	Tumwesigye Tonny	UAFA	24.0
5	Bwagga Bashir	UAFA - Paralympics	24.2
6	Manzi Pidson	Moyo	24.6
7	Deng Jacob	Mandela	24.8
8	Oonyu Michael	Moyo	25.1

Heat 2

Pos	Full Names	Affiliation	Time
1	Bahemuka Ronald	KCCA	22.7
2	Oija Fred	KCCA	23.4
3	Ekea Michael	KCCA	24.0
4	Kivumbi Emmanuel	UAFA	24.6
5	Matovu Jonathan	Airforce	24.8
6	Epoit Nathan	Airforce	25.1
7	Kamya Sinani	Mandela	29.2

Heat 3

Pos	Full Names	Affiliation	Time
1	Nuwagaba Emmanuel	Mbarara	22.4
2	Asasha Bernard	Tororo	22.6
3	Ochira John	UAFA	22.9
4	Asiimwe Patrick	KCCA	23.1
5	Ezadi Gilbert	Kakira	23.7
6	Kalinda Denis	Airforce	23.8

Heat 4

Pos	Full Names	Affiliation	Time
1	Nyeko Geofrey	Prisons	23.1
2	Olibo John	Serere	23.2
3	Apollo Yayeri	UAFA	23.4
4	Oleng Maxwell	UPDF	23.7
5	Odong Emmanuel Kiff	KIU	23.9
6	Manzi Solomon	MUK	24.1
7	Tibyasa Phabelf	MUK	24.6
8	Ochen Musa	Nampunge	26.6

Heat 5

Pos	Full Names	Affiliation	Time
1	Adome Pius	Police	21.5
2	Isabirye Musa	Prisons	21.8
3	Obonyo Alex	Serere	22.4
4	Ogwok Daniel	Prisons	22.6
5	Nkeshimana Prosper	UAFA	22.8
6	Abdul Kadri	MUK	23.1
7	Kakaire Sam	Airforce	23.6

400m

Heat 1

Pos	Full Names	Affiliation	Time
1	Obonyo Alex	Serere	49.4
2	Okoth Robert	Tororo	52.3
3	Osuge Emmanuel	Serere	52.3
4	Ayo Jacob	Gombe ss	52.7
5	Bayitta Job	Kakira	54.1
6	Epoit Nathan	Airforce	56.6
7	Musisi Abbey	Mandela College	65.2
8	Bwire Alex	Mandela College	66.9

Heat 2

Pos	Full Names	Affiliation	Time
1	Ongee Simon Peter	Ndejje	48.8
2	Anywar Johnson	Ndejje	49.3
3	Layeng Eric	Gombe ss	49.6
4	Obuto Solomon	KU	50.1
5	Erimu Kokas	Nampunge	50.5
6	Dradiga Tom	Kakira	51.3
7	Jamono Edmond	Ndejje	51.6
8	Ezadi Gilbert	Kakira	52.0

1500m

Heat 1

Pos	Full Names	Affiliation	Time
1	Omusugu Nathan	Jinja	4:07.4
2	Egonu Moses	Serere	4:10.7
3	Ayoo Jacob	Gombe ss	4:11.2
4	Byamugisha Justus	Prisons	4:12.6
5	Chelangat Rajab	Police	4:14.9
6	Nuwamanya Edmond	UWA	4:20.6
7	Ssenfuma Godfrey	Nampunge	4:23.9
8	Kimbowa Isaac	Nampunge	4:29.2
9	Omoding James	Prisons	4:31.6
10	Ayebale Benjamin	Kyambogo	4:34.5
11	Okello Julius	Kakira	4:34.7
12	Byaruhanga Brian	UAFA	4:37.1
13	Tamale Joseph	Mandela College	5:06.9
14	Byakutega Mahad	UAFA	5:07.1
15	Saidi Kafeero	Mandela College	5:12.7
16	Rufula Innocent	UAFA	5:18.9

Heat 2

Pos	Full Names	Affiliation	Time
1	Etiau Rashid	KCCA	3:54.2
2	Turihohabwe Fortunate	Ndejje	3:54.6
3	Emong David	Prisons	3:54.7
4	Apenyo Bekele	Gombe ss	3:55.4
5	Ongom Timothy	KCCA	3:57.9
6	Kibet Joshua	Serere	3:58.7
7	Ngeyo Paul	Ndejje	4:01.7
8	Ogit Francis	Kakira	4:09.3

9	Osuge Emmanuel	Serere	4:12.2
10	Olweny Kenneth	Gombe ss	4:15.2
11	Jamono Edmond	Ndejje	4:17.9
12	Ayeko Michael	Prisons	4:18.6
13	Arop Michael	Prisons	4:20.9
14	Obalim Samuel	Ndejje	4:21.4
15	Kaggwa Kizito	KCCA	4:23.4
16	Eyiru Geofrey	Nampunge	4:24.1
17	Manilakiiza John Mary	UAFA	4:26.5
18	Wanna Brian	Prisons	4:28.4
19	Okiror John	UAFA	4:31.5
20	Sserunkuma Ronald	UAFA	4:33.6
21	Amagete Shadrack	Nampunge	4:34.9
22	Nkabaguruka Grace	UAFA	4:36.2
23	Mukimbiri Moses	UAFA	4:37.1
24	Ninsiima Fred	UWA	4:38.9
25	Kawa Moses	UAFA	4:40.7
26	Kibudde Muhamood	UAFA	4:41.7
27	Mwagaza Rashid	UAFA	5:01.2
28	Gumisiriza Patrick	Entebbe	5:05.7
29	Kasassa Albert	UAFA	5:31.0

10000m

Finals

Pos	Full Names	Affiliation	Time
1	Mutai Ezra	Ndejje	29:40.9
2	Ssebuuma Gonzaga	UAFA	29:45.3
3	Andiema Allan	Standard	30:39.7
4	Niozima Oscar	UAFA	31:11.3
5	Akankwasa Jonathan	UAFA	31:27.7
6	Migadde Kenneth	KCCA	31:52.0
7	Agotre Primo	Airforce	31:56.4
8	Agaba Aggrey	UAFA	32:20.7
9	Canwat Joel	Gombe ss	32:35.9
10	Ariaka Dennis	UAFA	33:16.2
11	Dramajo Emmanuel	Kakira	33:26.9
12	Kabagambe Julius	UAFA	33:40.5
13	Byaruhanga Brian	UAFA	34:40.5
14	Rutto Abraham	Ndejje	34:15.9
	Kemei Ezra	Ndejje	DNF
	Kaggwa Kizito	KCCA	DNF
	Tamale Joseph	Mandela College	DNF

	Mutebi Henry	Mandela College	DNF
	Saidi Kafeero	Mandela College	DNF
	Makiyu Ssimbwa	Mandela College	DNF
	Kamakete Shadrack	Nampunge	DNF
	Mukimbiri Moses	UAFA	DNF
	Mayanja Denis	UAFA	DNF
	Mukiibi Gabriel	UAFA	DNF
	Musisi Abbey	Mandela College	DNF

Javelin

Pos	Full Names	Affiliation	Distance
1	Ocaya David	Ndejje	59.87
2	Wokorach Jacob	Ndejje	52.90
3	Anywar	Johnson	46.31

Discus

Pos	Full Names	Affiliation	Distance
1	Wokorach Jacob	Ndejje	36.42
2	Odong Martin	Prisons	34.05
3	Oyet Richard	Police	33.79
4	Akena Moses	Gombe ss	31.10
5	Aziz Mustafa	Airforce	28.50
6	Odongo Denis	Gombe ss	28.10
7	Okello Denis	Nampunge	27.20
8	Otwaki Edwin	Kyambogo	25.90
9	Odokonyera Francis	Gombe ss	24.46
10	Odongkara Patrick	-	23.33
11	Ochieng Emmanuel Oyo	KIU	20.75

Triple Jump

Pos	Full Names	Affiliation	Distance
1	Okwera James	Ndejje	14.98
2	Luketo George	Ndejje	14.87
3	Odongo Denish	Gombe ss	14.74
4	Bitek Francis	Ndejje	14.52
	Waisswa Matiya	Lugazi	NM
	Odokonyero Francis	Gombe ss	NM