

UGANDA ATHLETICS FEDERATION (UAF)
3rd National Trials - Mandela National Stadium
April 8th, 2017

Women

100m

Heat 1

Pos	Full Names	Team	Time
1	Oroma Emmanuella	UWA	12.7
2	Mukyala Zerida	Ndejje	12.9
3	Nansaka Veronica	KCCA	13.0
4	Asibazuyo Viola	Ndejje	13.2
5	Chelangat Daisy	Prisons	13.5
6	Apio Flavia	Ndejje	13.7
7	Amoo Jackline	Gombe ss	13.9

Heat 2

Pos	Full Names	Team	Time
1	Ayikoru Scovia	Police	12.2
2	Onyuthfua Mary Zawadi	UCU	12.4
3	Koli Everline Ocen	Prisons	12.5
4	Apolot Margaret	KCCA	12.7
5	Wonruku Stella	Prisons	12.8
6	Alupo Rita	Rock H/S	13.0
7	Chelimo Petra	Rock H/S	14.4
8	Nabuule Hajara	UAFA	14.6

200m

Heat 1

Pos	Full Names	Team	Time
1	Akol Scovia	Soroti	26.3
2	Alupo Rita	Rock H/S	26.9
3	Awidi Victoria	UPDF	27.4
4	Aloyo Monica	Gombe ss	28.1
5	Akello Concy	UAFA	28.4
6	Aketch Nancy	Gombe ss	28.9
7	Chelimo Betra	Rock H/S	29.2

Heat 2

Pos	Full Names	Team	Time
1	Banura Moureen	Police	25.2
2	Koli Everline Ocen	Prisons	25.5
3	Apolot Margaret	KCCA	25.9
4	Kyosimye Prossy	Ndejje	26.7
5	Amoo Jackline	Gombe ss	27.8
6	Nabuule Hajara	Airforce	30.7

400m**Heat 1**

Pos	Full Names	Team	Time
1	Akello Rehema	Gombe ss	61.3
2	Oroma Emmanuella	UWA	62.2
3	Aketch Nancy	Gombe ss	65.6
4	Atigo Esther Ruth	Serere	66.2

Heat 2

Pos	Full Names	Team	Time
1	Shida Leni	Police	54.2
2	Ayikoru Scovia	Police	56.5
3	Banura Moureen	Police	57.0
4	Abuu Sandra	Ndejje	62.0
5	Aloyo Monica	Gombe ss	62.4

400m**Finals**

Pos	Full Names	Team	Time
1	Nabirye Nasiba	KU	2:08.6
2	Amoron Agnes	Prisons	2:19.1
3	Akello Rehema	Gombe ss	2:21.1
4	Chebet Scarlett	Tororo	2:35.2

1500m**Finals**

Pos	Full Names	Team	Time
1	Cherubet Juliet	Ndejje	4:40.0
2	Nagandwala Merabu	MUBS	4:47.7
3	Apio Angella Ruth	Olila H/S	4:49.4
4	Chebet Scarlett	Tororo	5:14.7
5	Abalo Caroline	Gombe ss	5:20.0
6	Chepkoech Winny	Ndejje	5:26.2

5000m**Finals**

Pos	Full Names	Team	Time
1	Chekwemai Teddy	KCCA	17:56.7
2	Cheruto Monica	Ndejje	18:22.4
3	Nantumbwe Cissy	Standard	18:46.5
4	Nalagwa Moureen	UAFA	19:30.2

4x100m Relays**Finals**

Pos	Full Names	Team	Time
	Unyuthua Mary Zawadi		
1	Banura Moureen	Police	48.2
	Ayikoru Scovia		
	Shida Leni		
	Wonruku Stella		
2	Koli Everline Ocen	Prisons	51.5
	Apolot Ruth		
	Chelangat Daisy		
	Nansaka Veronika		
3	Akello Concy	KCCA	52.6
	Apolot Margaret		
	Nagwandala Merabu		
	Awidi Victoria		
4	Akello Kela	Gombe ss	54.2
	Aketch Nancy		
	Alayo Monica		

Javelin**Finals**

Pos	Full Names	Team	Distance
1	Lalam Josephine	Police	47.58
2	Awidi Victoria	UPDF	44.44
3	Anek Winnie	Ndejje	42.96
4	Lakot Nancy	Prisons	41.06
5	Amoo Jackline	Gombe ss	38.39
6	Aloyo Betty	Ndejje	35.24
7	Lakaraber Monica	Ndejje	32.16

**Long Jump
Finals**

Pos	Full Names	Team	Distance
1	Unyuthfua Mary Zawadi	UCU	5.33
2	Mukyala Zerida	Ndejje	5.25
3	Achan Linda	UCU	5.22
4	Ayikoru Scovia	Police	5.01
5	Awidi Victoria	UPDF	4.93
6	Lanyoro Lucy Apio	Prisons	4.54
	Aketch Nancy	Gombe ss	NM

**Shot put
Finals**

Pos	Full Names	Team	Distance
1	Laker Mercy	UCU	11.09
2	Amoo Jackline	Gombe ss	10.27
3	Acan Janneth	Police	9.94
4	Lakareber Monica	Ndejje	9.81

Men

**100m
Heat 1**

Pos	Full Names	Team	Time
1	Nyaru Francis	Serere	10.9
2	Bahandiika Onesmus	UWA	11.2
3	Okot Alfred	LSCN - Lira	11.4
4	Obote Daniel	LSCN - Lira	11.5
5	Changes Francis	KIU	12.1
6	Onyango Derrick	UAFA	12.4
7	Matovu Jonathan	Airforce	12.6
8	Achidi Mustafa	Airforce	12.8

Heat 2

Pos	Full Names	Team	Time
1	Nkeshimana Prosper	UAFA	11.4
2	Obua Jonathan	Kyambogo	11.5
3	Bwaga Al-Bashir	UAFA - Paralympics	12.2
4	Banalya Umar	Makindye	12.3
5	Omolo Simon Peter	UPDF	12.5
6	Friday John	Entebbe	13.4

Heat 3

Pos	Full Names	Team	Time
1	Akol Nabuusi	Serere	10.9
2	Odongo Emmanuel	KIU	11.2
3	Okello Matthew	Iganga TVSS	11.4
4	Onyango Francis	Tororo	11.6
5	Oleng Maxwell	UPDF	11.8
6	Odongo Denish	Gombe ss	11.9
7	Elungat Peter	UPDF	12.5

Heat 4

Pos	Full Names	Team	Time
1	Ochila John	UAFA	10.8
2	Omondo Richard	UPDF	11.0
3	Oija Fred	UAFA	11.1
4	Kakaire Sam	Airforce	11.3
5	Kalinda Denis	Airforce	11.8
6	Okesho Abubaker	KCCA	12.0
7	Kiguli Trevor	KCCA	12.1

Heat 5

Pos	Full Names	Team	Time
1	Isabirye Musa	Prisons	10.3
2	Adome Pius	Police	10.5
3	Nyeko Geoffrey	Prisons	10.8
4	Okot Benson	UCU	11.0
5	Odero Denis	Prisons	11.2
6	Adupa Walter	Prisons	11.4
7	Inya Lazarous	Police	11.6
8	Olinda Richard	Serere	11.8

200m**Heat 1**

Pos	Full Names	Team	Time
1	Ogwang Daniel	Prisons	22.7
2	Okello Matthew	Iganga TVSS	22.9
3	Assimwe Patrick	KCCA	23.2
4	Omara Denis	UAFA	23.4
5	Onyango Francis	Tororo	23.5
6	Kiguli Trevor	KCCA	23.8
7	Jurugo Gilbert	Prisons	25.1

Heat 2

Pos	Full Names	Team	Time
1	Nuwagaba Emmanuel	KCCA	22.5
2	Obua Jonathan	Kyambogo	22.9
3	Kakaire Sam	Airforce	23.1
4	Okoth Robert	Tororo	23.8
5	Kivumbi Emmanuel	UAFA	25.1
6	Odokonyero Francis	Gombe ss	25.3

Heat 3

Pos	Full Names	Team	Time
1	Maliyamungu Yahaya	UAFA	22.8
2	Erimu Kokas	Amuria	23.0
3	Ekea Michael	KCCA	23.8
4	Emuron Daniel	Serere	24.2
5	Changes Francis	KIU	24.5
6	Omolo Simon Peter	UPDF	24.7
7	Achidi Mustafa	Airforce	26.1

Heat 4

Pos	Full Names	Team	Time
1	Awupale Juma	Serere	22.5
2	Bahandiika Onesmus	UWA	22.7
3	Omondo Richard	UPDF	23.1
4	Banalya Umar	Makindye	23.5
5	Wakwoo Ambrose	Iganga TVSS	24.0
6	Kayongo Abbas	KCCA	24.5
7	Enata Samuel	KCCA	25.3

Heat 5

Pos	Full Names	Team	Time
1	Adupa Walter	Prisons	22.1
2	Ndani Brian	UCU	22.3
3	Okwi Eric	UWA	22.7
4	Oleng Maxwell	UPDF	23.3
5	Ekaju Sam	Police	23.4
6	Kalinda Denis	Airforce	25.1

Heat 6

Pos	Full Names	Team	Time
1	Opiny Leonard	UIAHMS	20.8
2	Isabirye Musa	Prisons	21.1
3	Okot Benson	UCU	21.3
4	Bingi Daniel	UAFA	21.8
5			22.3
6	Nyeko Geoffrey	Prisons	22.5
7	Okesho Abubaker	KCCA	23.1
			33.2

**400m
Heat 1**

Pos	Full Names	Team	Time
1	Eragu Joseph	Serere	50.3
2	Erimu Kokas	Amuria	50.6
3	Osuje Emmanuel	Serere	51.5
4	Olweny Kenneth	Gombe ss	52.8
5	Ayoo Jacob	Gombe ss	53.1
6	Okot Robert	Tororo	53.4
7	Ekea Michael	KCCA	53.8
8	Illukut Eric	Ndeje	54.1

Heat 2

Pos	Full Names	Team	Time
1	Ongee Simon Peter	Ndeje	48.4
2	Layeng Eric	Gombe ss	49.2
3	Nkeshimana Prosper	UAFA	50.3
4	Ekaju Sam	Police	50.9
5	Nabulya Denis	UPDF	51.2
6	Omara Denis	UAFA	52.3
7	Dradiga Tom	Kakira	55.6
8	Kivumbi Emmanuel	UAFA	

Heat 3

Pos	Full Names	Team	Time
1	Opiny Leonard	UIAHMS	45.9
2	Obonyo Alex	Serere	48.5
3	Ongom Richard David	UCU	48.8
4	Ogwok Denis	Prisons	49.0
5	Bongomin Fred	Police	49.5
6	Anywar Johnson	Ndeje	49.7
7	Okwi Eric	UWA	49.9
8	Ndani Brian	UCU	50.3

**800m
Heat 1**

Pos	Full Names	Team	Time
1	Osuje Emmanuel	Serere	1:52.8
2	Ongom Timothy	KCCA	1:53.1
3	Ayo Jacob	Gombe ss	1:53.6
4	Letting Ezekiel	KIU	1:55.5
5	Ochoma Alex	Serere	1:57.0
6	Jamono Emmanuel	Ndeje	1:57.2
7	Omusugu Nathan	Jinja	1:57.6
8	Tookoma Geoffrey	Serere	2:00.0
9	Kaggwa Kizito	UAFA	2:02.0
10	Wekesa Timothy	UWA	2:04.5
11	Manillakiiza John Mary	UAFA	2:07.4

Heat 2

Pos	Full Names	Team	Time
1	Apenyo Bekele	Gombe ss	1:49.2
2	Kibet Joshua	Serere	1:49.9
3	Opolot Moses Andrew	Prisons	1:52.1
4	Olweny Kenneth	Gombe ss	1:53.8
5	Adriko Robinson	KCCA	1:55.6
6	Dradiga Tom	Kakira	1:57.6
7	Obalim Samuel	Ndejje	1:58.3
8	Sseugya Ivan	UCU	1:58.6

1500m**Heat 1**

Pos	Full Names	Team	Time
1	Adar Jimmy	Prisons	3:51.0
2	Kiproop Daniel	Serere	3:51.4
3	Ongom Timothy	KCCA	3:55.8
4	Apenyo Bekele	Gombe ss	3:56.6
5	Okadapawo Gwido	Prisons	4:00.8
6	Turihohabwe Fortunate	Ndejje	4:11.5
7	Kiryra Enos	Standard	4:13.7
8	Kasagule Francis	UWA	4:15.4
9	Arop Michael	Prisons	4:17.1
10	Chelangat Rajab	Police	4:17.3
11	Eiru Geoffrey	Amuria	4:18.5
12	Naulita Elisana	Prisons	4:19.3
13	Wana Brian	Prisons	4:20.5
14	Kimbowa Isaac	Nampunge	4:23.7
15	Kaggwa Kizito	UAFA	4:23.9
16	Kamagede Shadrack	Nampunge	4:29.7
17	Rutto Abraham	Ndejje	4:31.5
18	Balafu Charles	Gombe ss	4:35.9
19	Kawa Moses	UAFA	4:38.2
20	Kibudde Mohammed	UAFA	4:40.4
21	Chelimo Daniel	Nampunge	5:07.1
22	Kayongo Abbas	KCCA	5:25.6

Heat 2

Pos	Full Names	Team	Time
1	Letting Ezekiel	KIU	4:01.1
2	Opio James	KCCA	4:05.6
3	Omusugu Nathan	Jinja	4:10.5
4	Musajjakawa Alex	UWA	4:12.3
5	Zziwa Joel	KIU	4:12.6
6	Kabagambe Julius	UAFA	4:13.3
7	Egonu Moses	Serere	4:14.3
8	Kwesiga Ballon	Airforce	4:20.8
9	Okiror Joel	UAFA	4:21.0
10	Manirakizza John Mary	UAFA	4:22.5
11	Mayanja Denis	UAFA	4:22.8
12	Mwagaza Rashid	UAFA	4:54.0
13	Omoding James	Prisons	DQ

3000m SC**Finals**

Pos	Full Names	Team	Time
1	Ssebuuma Gonzaga Konga	UAFA	9:23.4
2	Ayeko Paul	Serere	10:08.0
3	Wekesa Timothy	UWA	10:17.5
4	Okiror Denis Okudach	Kyambogo	10:20.5
5	Kwesiga Ballon	Airforce	10:25.9
6	Chelangat Rajab	Police	10:29.9
7	Kamagada Shadrack	Nampunge	10:33.0
8	Kawa Moses	UAFA	11:26.3
9	Mayanja Denis	UAFA	11:51.0

5000m**Finals**

Pos	Full Names	Team	Time
1	Bahati Sadiq	Ndejje	14:15.7
2	Hakizimana John	Rwanda	14:20.7
3	Mutai Ezra	Ndejje	14:29.6
4	Mutai Alex	KCCA	14:34.4
5	Chebres Alli	KCCA	14:48.0
6	Akankwasa Jonathan	UAFA	14:55.2
7	Ayeko Paul	Serere	15:12.0
8	Ngeywo Paul	Ndejje	15:14.9
9	Musana Ezekiel	Gombe ss	15:17.0
10	Migadde Kenneth	KCCA	15:17.5
11	Agotre Primo	Airforce	15:18.4
12	Sayiga Alex	Airforce	15:27.2
13	Agaba Aggrey	UAFA	15:27.3
14	Chanwat Joel	Gombe ss	15:29.0
15	Kipruto Ezra	Standard	15:29.4
16	Okiror John	UAFA	15:57.1
17	Kwesiga Ballon	Airforce	16:16.2
18	Byaruhanga Brian	UAFA	16:22.8
19	Ainomugisha Brian	UCU	16:28.5

4x100m Relays**Finals**

Pos	Full Names	Team	Time
1	Pius Adome	Police	41.5
	Byamukama Godwin		
	Inya Lazarous		
	Oketayot Francis		
2	Isabirye Musa	Prisons	42.2
	Odero Denis		
	Adupa Walter		
	Nyeko Geoffrey		
3	Oija Fred	UAFA	43.6
	Ocira John		
	Omara Denis		
	Nkeshimana Prosper		

	Nyero Francis		
4	Layeng Eric	Gombe ss	44.0
	Maliyamungu Yahaya		
	Odongo Denis		
	Oleng		
5	Odeng	UPDF	44.2
	Okot		
	Obote		
6		Tororo	46.8
7	Kakaire Sam	Airforce	49.0
	Achida Mustafa		
	Illugat Peter		
	Kalinda Denis		

**Javelin
Finals**

Pos	Full Names	Team	Distance
1	Kibwota Patrick	Police	63.33
2	Okello Robert	Prisons	59.46
3	Ochaya David	Ndeje	57.91
4	Ochaya Brian	Police	57.10
5	Ssenoga David	KCCA	53.74
6	Wokorach Jacob	Police	53.64
7	Ocen Jimmy	Nabonga	37.44

**Discus
Finals**

Pos	Full Names	Team	Distance
1	Wokorach Jacob	Police	38.42
2	Odong Martin	Prisons	34.89
3	Odong J. Baya	Kitgum	34.83
4	Odongkara Patrick	Agago	34.66
5	Akena Moses	Gombe ss	32.64
6	Oyet Richard	Police	31.68
7	Aziz Mustafa	Airforce	28.90
8	Okello Denis	Nampunge	27.88
	Odong Oscar	Gulu	NM
	Ssenoga David	KCCA	NM
	Abee Jackson	Agago	NM

**Long Jump
Finals**

Pos	Full Names	Team	Distance
1	Oketayot Francis	UCU	7.23
2	Okot Alfred	Prisons	7.00
3	Loketo George	Ndejje	6.79
4	Odongo Denis	Police	6.66
5	Odongo Denish	Gombe ss	6.56
6	Oryem Polycarp	UCU	6.48
7	Oringa Polycarp	UCU	6.45
8	Tabu Richard Nixon	Prisons	6.44
9	Bwaga Al-Bashir	UAFA	5.93
10	Odokonyero Francis	Gombe ss	5.66

**High Jump
Finals**

Pos	Full Names	Team	Height
1	Isaano Francis	Police	1.90
2	Onang Christopher	Prisons	1.80
3	Odongkara Patrick	Agago	1.60
4	Wanume Yahaya	Police	1.60