

UGANDA ATHLETICS FEDERATION

4th National Trials - April 22nd, 2017

Mandela National Stadium, Namboole

Women

100m Heat 1 Women

Pos	Full Names	Affiliation	Time
1	Acen Rose Mary	Kitgum	12.5
2	Among Betty	Police	12.8
3	Elupe Nancy Prossy	Iganga TVSS	13.2
4	Kia Daphine	Iganga TVSS	13.5
5	Nyakato Jennifer	Makerere	15.0
6	Nakiwunga Rose	Kyambogo	16.2

100m Heat 2 Women

Pos	Full Names	Affiliation	Time
1	Unyuthua Mary Zawadi	UCU	12.0
2	Koli Evelyn Ocen	Prisons	12.3
3	Apio Agnes	Kitgum	12.5
4	Apollo Margaret	KCCA	12.7
5	Awuma Mary	Kitgum	12.9
6	Oroma Emmanuella	UWA	13.2
7	Abuu Sandra	Ndejje	13.7

200m Finals Women

Pos	Full Names	Affiliation	Time
3	Apolot Margaret	KCCA	25.2
1	Koli Evelyn Ocen	Prisons	25.6
5	Among Betty	Police	25.9
2	Apiyo Agnes	Kitgum	26.3
6	Nayakato Jennifer	Makerere	26.5
4	Acen Rosemary	Kitgum	31.8
7	Nakiwunga Rose	Kyambogo - T12	34.3

400m Finals Women

Pos	Full Names	Affiliation	Time
1	Apiyo Agnes	Kitgum	57.6
2	Auma Mary	Kitgum	58.6
3	Mwalume Aminah	Iganga TVSS	60.8
4	Nyakato Jennifer	Makerere	72.3

800m Finals Women

Pos	Full Names	Affiliation	Time
1	Aneno Agnes	Bull	2:13.5
2	Chemutai Febia	Police	2:17.4
3	Shida Leni	Police	2:18.4
4	Nagwandala Merab	MUBS	2:20.2
	Abuu Sandra	Ndejje	DQ

1500m Finals Women

Pos	Full Names	Affiliation	Time
1	Chebet Esther	Serere	4:19.5
2	Nanyondo Winnie	UWA	4:20.2
3	Cherubet Juliet	Ndejje	4:53.5
4	Changwony Pamela	Iganga TVSS	5:04.4
	Nakaayi Halima	UWA	DNF

5000m Finals Women

Pos	Full Names	Affiliation	Time
1	Chemutai Vanis	Prisons	17:37.5
2	Nantumbwe Cissy	Standard	17:49.5
3	Cherudo Monica	Ndejje	18:37.2
4	Ashe Barbara	Prisons	19:40.6

Long Jump - Women

Pos	Full Names	Affiliation	Distance
1	Unyuthfua Mary Zawadi	UCU	5.80
2	Mukyala Zerida	Ndejje	5.15
3	Adongo Domidy	Kitgum	5.05
4	Awidi Victoria	UPDF	4.93
5	Nabassa Jane	Ndejje	4.58
6	Aloyo Betty	Ndejje	4.54

Javelin - Women

Pos	Full Names	Affiliation	Distance
1	Lalam Josephine	Police	45.65
2	Anek Winnie	Ndejje	43.73
3	Awidi Victoria	UPDF	42.60

Men

100m Men - Paralympics

Pos	Full Names	Class	Time
1	Ocira Richard	T54	17.8
2	Tebandeke Joseph	T54	18.5
3	Kizito Nsubuga	T54	20.8

100m Heat 1 Men

Pos	Full Names	Affiliation	Time
1	Ndani Brian	UCU	11.2
2	Ekea Mike	KCCA	11.4
3	Ampaire Ivan	Kabale	11.6
4	Oyuru Ambrose	Iganga TVSS	11.8
5	Watmon Felix	Police	11.9
6	Vukojo Emmanuel	Paralympics	12.8

100m Heat 2 Men

Pos	Full Names	Affiliation	Time
1	Adupa Walter	Prisons	10.8
2	Obote Daniel	LSCN - Lira	11.1
3	Komakech Denis	Kitgum	11.3
4	Bwaga Al-Bashir	UAFA	11.5
5	Tumwesigye Tonny	UAFA	11.8
6	Byamukama Ivan	Kyambogo	12.1
7	Onen Kassim	Bombo	13.2
8	Tumuhimbise Didas	Kyambogo	13.5

100m Heat 3 Men

Pos	Full Names	Affiliation	Time
1	Okot Alfred	LSCN - Lira	10.7
2	Muhereza Davis	UCU	11.0
3	Mukama Ayubu	Iganga TVSS	11.2
4	Mubajje Sam	Paralympics	11.3
5	Laker Isaac	Mukono High	11.5
6	Apollo Yayeri	UAFA	12.0
	Mugabi Richardson	Iganga TVSS	DQ
	Obita Francis	Ndejje	DQ

100m Heat 4 Men

Pos	Full Names	Affiliation	Time
1	Adome Pius	Police	10.3
2	Ocira John	UAFA	10.6
3	Nuwagaba Emmanuel	KCCA	10.8
4	Oija Fred	UAFA	11.1
5	Bahemuka Ronald	Kyambogo	11.4
6	Obua Jonathan	Kyambogo	11.9
7	Ssegawa Denis	MUBS	12.1
8	Etumu Daniel	Kyambogo	12.6

200m Heat 1 Men

Pos	Full Names	Affiliation	Time
1	Bahemuka Ronald	Kyambogo	22.1
2	Okot Alfred	Lira	22.9
3	Olupot Kenneth	UAFA	24.4
4	Mubajje Sam	Paralympics	25.4
5	Vukojo Emmanuel	Paralympics	26.2

200m Heat 2 Men

Pos	Full Names	Affiliation	Time
1	Too George	Ndejje	22.3
2	Obua Jonathan	Kyambogo	22.8
3	Ampaire Ivan Bulamu	Kabale	23.5
4	Etumu Daniel	Kyambogo	24.2
5	Kaggwa Kizito	UAFA	24.8
6	Muswabi Kenneth	Kyambogo	28.4

200m Heat 3 Men

Pos	Full Names	Affiliation	Time
1	Obote Daniel	Lira	22.8
2	Komakech Denis	Kitgum	22.8
3	Ekea Michael	KCCA	23.8
4	Tumwesigye Tonny	UAFA	24.2
5	Byamukama Ivan	Kyambogo - T12	25.7
6	Tumuhimbise Didas	Kyambogo - T13	29.2

200m Heat 4 Men

Pos	Full Names	Affiliation	Time
1	Adome Pius	Police	21.2
2	Okot Benson	UCU	21.5
3	Bingi Daniel	UAFA	21.7
4	Ocira John	UAFA	21.9
5	Adupa Walter	Prisons	22.3
6	Omara Denis	UAFA	22.6
7	Nkeshimana Prosper	UAFA	22.8
8	Oija Fred	UAFA	23.1

400m Men - Paralympics

Pos	Full Names	Class	Time
1	Ocira Richard	T54	70.8
2	Tebandeke Joseph	T54	75.2
3	Kizito Nsubuga	T54	83.5

400m Heat 1 Men

Pos	Full Names	Affiliation	Time
1	Adupa Walter	Prisons	49.4
2	Osuje Emmanuel	Serere	50.3
3	Nuwagaba Emmanuel	KCCA	50.6
4	Okot Robert	-	51.3
5	Komakech Sunday	Iganga TVSS	51.8
6	Wakwo Ambrose	Iganga TVSS	53.6
7	Ssebunya Fred		55.8
8	Ayebale Benjamin	Kyambogo	56.0

400m Heat 2 Men

Pos	Full Names	Affiliation	Time
1	Obuto Solomon	UWA	48.7
2	Bingi Daniel	UAFA	48.9
3	Ongee Simon Peter	Ndejje	49.2
4	Adar Jimmy	Prisons	49.7
5	Mayanja Abu	UWA	50.0
6	Ndani Brian	UCU	50.4
7	Wabutwa Farid	MUBS	50.5
8	Dradiga Tom	Kakira	55.0

800m Heat 1 Men

Pos	Full Names	Affiliation	Time
1	Osuje Emmanuel	Serere	1:53.8
2	Etabu Simon Peter	UWA	1:54.1
3	Jamonu Edmond	UAFA	1:55.3
4	Ngeywo Paul	Ndejje	1:55.6
5	Sserugya Ivan	UCU	1:57.8
6	Kirano Patrick		1:58.8
7	Obalim Samuel	Ndejje	2:01.1
	Ongom Timothy	Kyambogo	DNF
	Ocoma Alex	Serere	DNF

800m Heat 2 Men

Pos	Full Names	Affiliation	Time
1	Rutto Geoffrey	Prisons	1:47.2
2	Opiny Leonard	UWA	1:47.6
3	Kibet Joshua	Serere	1:49.8
4	Etiau Rashid	KU	1:51.8
5	Yesho Kevin	UWA	1:53.5
6	Kiprop Daniel	Serere	1:56.8
7	Kweziera Divine	Rwanda	2:08.3
	Adar Jimmy	Prisons	DNF

1500m Men - Paralympics

Pos	Full Names	Class	Time
1	Tebandeke Joseph	T54	4:37.4
2	Ocira Richard	T54	4:41.9
3	Kizito Nsubuga	T54	5:45.9

1500m Finals Men

Pos	Full Names	Affiliation	Time
1	Kiplagat Benjamin	Standard High	3:49.4
2	Kiprop Daniel	Serere	3:50.2
3	Etabu Simon Peter	UWA	3:53.5
4	Emong David	Prisons	3:56.0
5	Uma Joseph	Standard High	3:56.6
6	Ongom Timothy	Kyambogo	3:56.9
7	Letting Ezekiel	KIU	3:57.1
8	Opiyo James	KCCA	3:57.9
9	Ngeywo Paul	Ndejje	4:05.6
10	Chepii Benard	Ndejje	4:11.5
11	Murengyera Stephen	Mbarara Municipal	4:11.7
12	Wekesa Timothy	UWA	4:16.1

13	Jean Marie Manirakiza	UAFA	4:18.8
14	Ayebale Benjamin	Kyambogo	4:27.8
15	Mukimbiri Moses	UAFA	4:35.1
16	Mugoda James	Kibuli	4:37.2
17	Ssemajji Justus Junior	Nyala S.S	5:04.2
18	Abesiga Lucas	Makerere	5:24.6
	Ongima Oscar	UAFA	DNF
	Kyama Innocent	Makerere	DNF
	Turihohabwe Fortunate	Ndejje	DNF

5000m Finals Men

Pos	Full Names	Affiliation	Time
1	Kibet Kevin	Standard	14:07.8
2	Chemtingen Wycliff	Prisons	14:15.2
3	Rotich Maxwell	Standard	14:17.4
4	Mutai Ezra	Ndejje	14:23.8
5	Akankwasa Jonathan	UAFA	15:00.1
6	Ssebuuma Gonzaga Kongo	UAFA	15:03.7
7	Niyonzima Oscar	UAFA	15:05.3
8	Cheprot Benson	Police	15:18.7
9	Kamutwire Gilbert	Kabale	15:21.4
10	Migadde Kenneth	KCCA	15:22.4
11	Turinawe Ambrose	Kabale	15:50.2
12	Ongom Timothy	Kyambogo	15:58.1
13	Rutto Abraham	Ndejje	16:05.3
14	Okiror John	UAFA	16:15.3
15	Opiyo Daniel	Makerere	16:33.5
	Cheptoek Patrick	UPDF	DNF
	Odur Geoffrey	KCCA	DNF
	Kyeyune Clive	Mulago	DNF
	Ainomugisha Brian	UCU	DNF
	Mayunja Denis	UAFA	DNF
	Waluka Joseph	UAFA	DNF
	Kaggwa Kizito	UAFA	DNF
	Uma Joseph	Standard	DNF
	Ssempijja Geoffrey	UAFA	DNF
	Abesiga Lucas	Makerere	DNF
	Ssemazzi Justus	Naalya	DNF
	Mulengera Stephen	Mbarara	DNF
	Ssengonja Shafiq	Mubende	DNF
	Okiror Dennis	Kyambogo	DNF
	Opio James	KCCA	DNF

4x100m Relays

Pos	Full Names	Affiliation	Time
	Bingi Daniel		
1	Adome Pius	UAFA 2	42.9
	Nwang Christopher		
	Okot Benson		
	Nkeshimana Prosper		
2	Omara Denis	UAFA 1	43.7
	Ocira John		
	Oija Fred		
	Too George		
3	Obita Francis	Ndejje	44.8
	Ochola Bob Eric		
	Luketo George		
	Okello Darius		
4	OboteDaniel	Lira	44.9
	Laker Isaac		
	Muhereza Davis		
	Mukama Ayub		
5	Wakwoo Ambrose	Iganga TVSS	45.6
	Komakech Sunday		
	Ouru Ambrose		

Javelin - Men

Pos	Full Names	Affiliation	Distance
1	Ssenoga David	KCCA	52.44
2	Odongkara Patrick	Police	43.08
3	Friday John	Entebbe	36.51

Long Jump - Men

Pos	Full Names	Affiliation	Distance
1	Okot Alfred	LSCN - Lira	6.61
2	Odongo Dennis	Police	6.56
3	Watmon Felix	Police	6.54
4	Bwaga Al-Bashir	UAFA - Paralympics	5.62
5	Okiror James Peter	Roofings	5.57

High Jump - Men

Pos	Full Names	Affiliation	Height
1	Okot Edou David	Police	1.95
2	Isaano Francis	UCU	1.90
3	Oyuku Isaac	Paralympics	1.60

Discus - Men

Pos	Full Names	Affiliation	Distance
1	Odongkara Patrick	UWA	36.33
2	Onen Justin	Kitgum	29.39
3	Ocaya David	Ndejje	28.87
4	Olanya Charles	Kitgum	25.41
5	Aber Jackson	UWA	24.26