

**Uganda Athletics Federation (UAF)**  
**5th National Trials - Mandela National Stadium, Namboole**  
**May 6th, 2017**

**Women**

**100m - Heat 1**

**Wind: 1.9m/s**

<b>Pos</b>	<b>Full Names</b>	<b>Affiliation</b>	<b>Time</b>
1	Awidi Victoria	UPDF	13.22
2	Amoo Jackline	Gombe ss	13.30
3	Auma Grace	Jinja	13.32
4	Akello Concy	UAFA	13.42
5	Akullu Christine	Paralympics	13.73
6	Lolo Monica	Paralympics	14.47

**100m - Heat 2**

**Wind: 1.2m/s**

<b>Pos</b>	<b>Full Names</b>	<b>Affiliation</b>	<b>Time</b>
1	Shida Leni	Police	12.00
2	Koli Evelyne Ocen	Prisons	12.22
3	Unyuthua Mary Zawadi	UCU	12.30
4	Apolot Margaret	KCCA	12.53
	Aramorach Susan	UCU	DQ

**400m - Finals**

<b>Pos</b>	<b>Full Names</b>	<b>Affiliation</b>	<b>Time</b>
1	Nabirye Nasiba	UWA	54.99
2	Wonruku Stella	Prisons	56.12
3	Aneno Agnes	Bull	58.32
4	Akol Scovia	Soroti	58.96
5	Akello Rehema	Gombe ss	1:01.56
6	Ialo Monica	Paralympics	1:13.72
7	Auma Grace	Jinja	1:17.25

**800m - Finals**

<b>Pos</b>	<b>Full Names</b>	<b>Affiliation</b>	<b>Time</b>
1	Nakaayi Halima	UWA	2:01.80
2	Nanyondo Winnie	UWA	2:03.51
3	Nabirye Nasiba	UWA	2:09.15
4	Aneno Agnes	BUL	2:14.55
5	Blokhuls Roas	Global	2:15.30
6	Akello Rehema	Gombe ss	2:22.26
7	Apio Angella Ruth	Olila	2:28.76
8	Amongin Susan	Olila	2:35.06
9	Chemutai Irene	UWA	2:51.51

**1500m - Finals**

Pos	Full Names	Affiliation	Time
1	Nanyondo Winnie	UWA	4:17.65
2	Chemusto Janat	Police	4:19.37
3	Nagwandala Merabu	MUBS	4:54.29
4	Naigaga Esther	Buikwe	5:13.86
5	Chemutai Stella	UWA	5:14.02
6	Nassazi Phiona	Mityana	5:45.88

**5000m - Finals**

Pos	Full Names	Affiliation	Time
1	Chesang Stella	Police	16:04.22
2	Chebet Emilly	UPDF	16:18.53
3	Chemusto Janat	Police	16:25.27
4	Chebet Risper	Police	16:32.53
5	Chelangat Sarah	KCCA	16:32.61
6	Achola Janet	Prisons	17:09.60
7	Cherop Annet	Mityana	17:20.04
8	Cheruto Monica	Ndejje	17:30.55
9	Nantumbwe Cissy	Standard	17:53.83
10	Chelimo Ruth	Police	18:12.13
11	Apio Angella	Olila	18:19.21
12	Ashe Barbara	Prisons	20:01.31
13	Chemutai Irene	UWA	20:29.29
14	Nyakato Jennifer	MUK	22:53.31

**Long Jump - Finals**

Pos	Full Names	Affiliation	Distance
1	Unyuthfua Mary Zawadi	UCU	5.71
2	Ajok Nancy	Gulu Municipal	4.98
3	Awidi Victoria	UPDF	4.83

**Javelin - Finals**

Pos	Full Names	Affiliation	Distance
1	Lalam Josephine	Police	47.73
2	Awidi Victoria	UPDF	42.46
3	Amoo Jackline	Gombe ss	34.29

**Discus - Finals**

Pos	Full Names	Affiliation	Distance
1	Lalam Josephine	Police	37.90
2	Awidi Victoria	UPDF	27.35
3	Amoo Jackline	Gombe ss	26.03
4	Namakhohwe Susan	Busitema	24.95

## Men

### 100m - Wheelchair

Wind: -0.4m/s

Pos	Full Names	Affiliation	Time
1	Ocira Richard	Paralympics	18.22
2	Tembadege Joseph	Paralympics	19.51
3	Kizito Nsubuga	Paralympics	21.82

### 100m - Heat 1

Wind: 1.5m/s

Pos	Full Names	Affiliation	Time
1	Obote Daniel	LSCN	11.31
2	Laker Isaac	Mukono	11.40
3	Ekea Michael	KCCA	11.73
4	Bwaga Al-Bashir	UAFA-Paralympics	11.81
5	Olupot Kenneth	UAFA	11.91
6	Ochen Musa	Nampunge	12.67
7	Matsiko Murray	Kyambogo - Paralympics	12.93
	Kiguli Trevor	KCCA	DQ

### 100m - Heat 2

Wind: 1.2m/s

Pos	Full Names	Affiliation	Time
1	Okello Darius	Lira	11.61
2	Erimu Kokas	Amuria	11.62
3	Odongo Denis	Police	11.93
4	Enata Samuel	KCCA	12.01
5	Ochen Jimmy	Nampunge	12.02
6	Ssekawa Denis. K	MUBS	12.22
7	Ssamuella Ronald	Nankulabye	12.53
8	Mubanye Sam	Paralympics	12.60

### 100m - Heat 3

Wind: 2.1m/s

Pos	Full Names	Affiliation	Time
1	Muhereza David	UCU	11.00
2	Nuwagaba Emmanuel	KCCA	11.01
3	Olibo John	Serere	11.22
4	Oija Fred	UAFA	11.30
5	Ndani Brian	UCU	11.32
6	Okot Alfred	LSCN - Lira	11.34
7	Nkeshimana Prosper	UAFA	11.36
8	Bahemuka Ronald	Kyambogo	11.40

**100m - Heat 4**

Wind: 0.5m/s

Pos	Full Names	Affiliation	Time
1	Isabirye Musa	Prisons	10.70
2	Olinga Richard	Serere	10.81
3	Maliyamungu Yahaya	UWA	10.91
4	Too-oruma Gerald	Ndejje	11.01
5	Adupa Walter	Prisons	11.11
6	Odero Denis	Prisons	11.20
7	Ochira John	UAFA	11.23
8	Bongomin Fred	Ndejje	11.43

**400m - Heat 1**

Pos	Full Names	Affiliation	Time
1	Goni Manuel	Gulu Youth	49.00
2	Bahemuka Ronald	Kyambogo	50.61
3	Olweny Kenneth	Gombe ss	52.31
4	Kivumbe Emmanuel	UAFA	56.13
5	Ssamula Ronald	Nakulabye	1:07.43
	Erimu Kokas	Amuria	DNF

**400m - Heat 2**

Pos	Full Names	Affiliation	Time
1	Ssebunya Fred	Mulago	53.33
2	Kayongo Abbas	KCCA	55.07
3	Mubajje Sam	Paralympics	55.11
4	Asingya Mumbere Isaac	UIAHMS	56.65
5	Kaddu Venswa	Mityana	59.26
6	Enata Samuel	KCCA	1:00.75

**400m - Heat 3**

Pos	Full Names	Affiliation	Time
1	Obuto Solomon	UWA	47.97
2	Okot Benson	UCU	48.23
3	Ariko Martin	KU	48.31
4	Ongom David	UCU	48.30
5	Layeng Eric	Gombe ss	48.85
6	Adupa Walter	Prisons	48.80
7	Ndani Brian	UCU	49.46
8	Bongomin Fred	Ndejje	50.62

**800m - Heat 1**

<b>Pos</b>	<b>Full Names</b>	<b>Affiliation</b>	<b>Time</b>
1	Yesho Kevin	UWA	1:54.01
2	Ayoo Jacob	Gombe ss	1:57.23
3	Kirano Patrick	Kaliro	1:58.51
4	Olweny Kenneth	Gombe ss	1:59.94
5	Ssebunya Fred	Mulago	2:11.45
6	Kyeyune Clive	Mulago	2:14.63
	Wangwe Brian	Wakiso	DNF
	Musana Ezekiel	Gombe ss	DNF

**800m - Heat 2**

<b>Pos</b>	<b>Full Names</b>	<b>Affiliation</b>	<b>Time</b>
1	Musagala Ronald	UWA	1:48.22
2	Etiau Rashid	KCCA	1:48.30
3	Opiny Leonard	UWA	1:49.19
4	Mayanja Abu	UWA	1:49.32
5	Adar Jimmy	Prisons	1:49.74
6	Wabutwa Farid	MUBS	1:50.25
7	Apenyo Bekele	Gombe ss	1:52.86
8	Adriko Robinson	KCCA	1:56.24
9	Sserugya Ivan	UCU	1:57.19

**1500m - Heat 1**

<b>Pos</b>	<b>Full Names</b>	<b>Affiliation</b>	<b>Time</b>
1	Musana Ezekiel	UWA	4:10.77
2	Ziwa Joel	KIU	4:11.25
3	Kibet Titus	Arua	4:13.53
4	Kwemoi Filex	Arua	4:16.61
5	Eiru Geofrey	Amuria	4:17.59
6	Balikowa Ausi	Buikwe	4:24.16
7	Akansawa Innocent	Buikwe	4:26.09
8	Oduu Geofrey	Kitgum	4:33.00
9	Wangwe Brian	Kireka	4:33.11
10	Luteezo Geofrey	Mityana	4:36.65
11	Kawa Moses	UAFA	4:37.82
12	Musoote Ismail	Buikwe	4:38.02
13	Mukimbiri Moses	UAFA	4:39.00
14	Arikodi John	Buikwe	4:43.11
15	Oloka Mbiro	Buikwe	4:43.10
16	Ntawo Emma	Buikwe	4:43.32

**1500m - Heat 2**

Pos	Full Names	Affiliation	Time
1	Cherop Sam	Police	3:49.60
2	Uma Joseph	Standard	3:49.93
3	Tigen Herbert	Police	3:55.78
4	Yesho Kevin	UWA	3:57.81
5	Ongom Timothy	Kyambogo	3:59.02
6	Niyonzima Oscar	UAFA	4:15.22
7	Ainomugisha Brian	UCU	4:16.86
8	Okello Frank	UCU	4:21.60
9	Wekesa Timothy	UWA	4:22.78
10	Okiror Denis Okudach	Kyambogo	4:23.11
11	Manilakizza Jean Marie	UAFA	4:23.94
12	Kimbowa Isaac	Nampunge	4:23.98
13	Ayebale Benjamin	Kyambogo	4:30.00
14	Mugabe Robert	Mulago	4:56.21
15	Mugoda James	Kibuuli	5:00.42
16	Musoke Nekemia	Kyaliwajala	5:49.17

**10,000m**

Pos	Full Names	Affiliation	Time
1	Rotich Maxwell	Standard	28:35.5
2	Ssebuuma Gonzaga	UAFA	29:01.1
3	Kibet Titus	Arua	29:03.0
4	Kibet Joshua Kipsoi	Kapchorwa	29:27.3
5	Kwemoi Felix	Arua	29:31.2
6	Canwat Joel	Gombe ss	30:29.3
7	Mangusho Benson	UPDF	29:23.2
8	Migadde Kenneth	KCCA	30:29.3
9	Ategeka Brian	Boots AC	31:42.0
10	Luteezo Geoffrey	Mityana	31:59.1
11	Kwesiga Ballon	Airforce	32:08.9
	Kyeyune Clive	Mulagao	DNF
	Amanya Richard	Boots AC	DNF

**Javelin - Finals**

Pos	Full Names	Affiliation	Distance
1	Ocaya David	UWA	59.44
2	Emedel Emma	UWA	49.72
3	Odongkara Patrick	UWA	45.62
4	Odong Baya	UWA	42.40
5	Akena Moses	Gombe ss	36.28
6	Friday John	Entebbe	35.49
7	Matsiko Ofumbi	Kyambogo	32.22
	Ayebale Ben	Kyambogo	NM

**Triple Jump - Finals**

<b>Pos</b>	<b>Full Names</b>	<b>Affiliation</b>	<b>Distance</b>
1	Watmon Felix	Police	15.19
2	Odongo Denish	Gombe ss	14.96
3	Odonkanyero Francis	Gombe ss	12.81
	Odongo Denis	Police	NM

**Shotput - Finals**

<b>Pos</b>	<b>Full Names</b>	<b>Affiliation</b>	<b>Distance</b>
1	Odong Jakayo Baya	UWA	11.88
2	Odongkara Patrick	UWA	11.50
3	Ochaya David	UWA	11.31
4	Oneka William	Gulu Municipal	11.21
5	Watmon Felix	Police	11.03
6	Kayo Kenneth	KCCA	11.02
7	Emedel Emmanuel	UWA	10.94
8	Akena Moses	Gombe ss	10.33
9	Ocakacom Ronald	Gulu Municipal	10.16
10	Akena Geoffrey	Mukono	9.80
11	Friday John	Entebbe	7.72

**Long Jump - Finals**

<b>Pos</b>	<b>Full Names</b>	<b>Affiliation</b>	<b>Distance</b>
1	Bwaga Al-Bashir	Paralympics	5.54
2	Matsiko Murray	Paralympics	5.50