

**Uganda Athletics Federation (UAF)**  
**National Youth Championships & 6th National Trials**  
**Mandela National Stadium, Namboole, May 20th, 2017**

**Women**

**100m**

**Heat 1**

Pos	Full Names	Date of birth	Affiliation	Time
1	Zawedde Munawala	12/11/2000	Mukono	12.6
2	Awidi Victoria	30/03/1998	UPDF	12.9
3	Amoo Jackline	04/12/1998	Gombe ss	13.2
4	Adokorach Brenda	18/12/2001	Gombe ss	13.4
5	Katushabe Jacinta	12/03/2003	Kabarole	13.8
6	Nakayiza Esther	28/06/2001	Wakiso	14.0
7	Apiyo Sarah	12/05/1999	Naguru	15.8
8	Atekit Sandra	06/02/2000	Naguru	16.2

**Heat 2**

Pos	Full Names	Date of birth	Affiliation	Time
1	Unyuthfua Mary Zawadi	03/02/1993	UCU	12.0
2	Koli Evelyn Ocen	03/12/2000	Prisons	12.4
3	Apolot Margaret	27/06/1994	KCCA	12.5
4	Ajok Sharon	05/10/1999	Nampunge	13.9
5	Nabuto Sarah	04/01/2002	Tororo	14.2
6	Amollo Patience	01/12/1998	Wakiso	14.4
7	Akanyo Teopista	06/07/1999	Nampunge	14.8
	Nakayanja Joan Noel	25/12/1992	Independent	DQ

**200m**

**Heat 1**

Pos	Full Names	Date of birth	Affiliation	Time
1	Katushabe Yosinta		Kabarole	27.55
2	Nabulo Sarah		Tooro	28.71
3	Chelimo Melly		Prisons	28.92
4	Chemutai Stella		UWA	29.23
5	Amono Patience		Wakiso	29.30
6	Nakayiza Esther		Wakiso	29.36
7	Nakayanja Joan		Independent	DQ

**Heat 2**

Pos	Full Names	Date of birth	Affiliation	Time
1	Koli Evelyn Ocen	03/12/2000	Prisons	24.37
2	Banura Moureen		Police	24.70
3	Apolot Margaret		Kyambogo	25.34
4	Zawedde Munawala		Mukono	25.88
5	Adokorach Brenda		Gombe ss	26.45
6	Awidi Victoria		UPDF	26.73
7	Amoo Jackline		Gombe ss	27.69

**400m  
Finals**

Pos	Full Names	Date of birth	Affiliation	Time
1	Wonruku Stella	22/12/2000	Prisons	56.45
2	Banura Moureen	13/10/1996	Police	58.16
3	Alupo Rita	10/09/2001	Tororo	1:00.96
4	Akech Nancy	24/10/2000	Gombe ss	1:04.84
5	Amono Patience	01/12/1998	Wakiso	1:08.84
6	Lekuru Emily	17/03/2000	Jinja	1:10.51
7	Gayenga Assumpta	20/09/2000	Wakiso	1:12.74
8	Auma Grace	02/01/1999	Jinja	1:18.35

**800m  
Finals**

Pos	Full Names	Date of birth	Affiliation	Time
1	Nanyondo Winnie	23/08/1993	UWA	2:04.7
2	Alayo Monica	10/10/2003	Gombe ss	2:25.8
3	Nassazi Phiona	23/02/2002	Mityana	2:38.7
4	Nakazzi Joyce	23/02/2000	Mityana	3:08.1
	Apio Sarah	12/05/1999	Naguru	DNF
	Akello Rehema	08/10/2002	Gombe ss	DNF

**1500m  
Finals**

Pos	Full Names	Date of birth	Affiliation	Time
1	Achola Janet	26/06/1988	Prisons	4:27.94
2	Chemos Scarlett	11/02/2000	Standard	4:43.26
3	Abbo Angella	11/02/2004	Tororo	4:53.31
4	Nantumbwe Cissy	22/04/2002	Standard	4:58.14
5	Adikine Christine	01/02/2006	Tororo	5:05.97
6	Namuyiga Jane	28/03/2004	Mityana	5:33.12
7	Nasaazi Phiona	23/02/2002	Mityana	5:33.40
8	Nakazi Joyce	28/03/2000	Mityana	6:14.85

**3000m  
Finals**

Pos	Full Names	Date of birth	Affiliation	Time
1	Chelangat Sarah	05/06/2001	KCCA	9:33.69
2	Chekwemoi Esther Yego	11/05/2001	Police	9:38.80
3	Cherop Annet	02/08/2001	Mityana	9:51.35
4	Chemos Scarlett	11/02/2000	Standard	9:54.80
5	Cheptoyek Joy	15/05/2002	Standard	10:14.01
6	Abbo Angella	2004	Tororo	10:16.54
7	Nantumbwe Cissy	22/04/2002	Standard	10:29.61
8	Naigaga Esther	2004	Buikwe	11:14.26
	Namuyiga Jane	2004	Mityana	DNF
	Orishaba Marvelous	26/08/2001	Global	DNF

Pos	Full Names	Date of birth	Team	Distance
1	Lalam Josephine		Police	36.95
2	Amoo Jackline		Gombe	29.61
3	Adilu Agnes		Serere	26.92

Pos	Full Names	Date of birth	Team	Distance
1	Laker Mercy		UCU	11.43
2	Amoo Jackline		Gombe	10.56
3	Lacot Nancy		Prisons	10.07
4	Adilu Agnes		Serere	9.15
5	Lydia Hope		Wakiso	5.41

Pos	Full Names	Date of birth	Team	Distance
1	Unyuthfua Mary Zawede		UCU	5.86
2	Awidi Victoria		UPDF	5.01
3	Lanyero Lucy Apiyo		Prisons	4.71
4	Adokorach Brenda		Gombe	4.65
5	Akech Nancy		Gombe	4.45

## Men

### 100m

#### Heat 1

Pos	Full Names	Date of birth	Affiliation	Time
1	Laker Isaac	1999	Mukono	11.3
2	Odango Denis	2000	Gombe ss	11.5
3	Sizza Rashid	1999	UAFA	11.7
4	Olupot Kenneth	1999	UAFA	12.0
5	Makombe Glaud	1999	Wakiso	12.3
6	Nalyanya Martine	2001	Wakiso	12.6
7	Mwelere Usain	2000	Buikwe	14.3
8	Ochen Wilfred	1983	T38	14.3

#### Heat 2

Pos	Full Names	Date of birth	Affiliation	Time
1	Omodo Denis Isaac	16/03/1993	Wakiso	11.6
2	Tumwesigye Tony	25/03/1999	UAFA	11.8
3	Okot Andrew	12/05/2000	Naguru	12.0
4	Nkuta Ibrahim	14/09/1999	Buikwe	12.1
5	Wandera Shadrack	13/03/2000	Wakiso	12.3
6	Ocen Jimmy	20/04/1993	Nampunge	12.6
	Comboni Daniel	24/08/1999	Naguru	DQ
	Oryem James	05/04/2000	Naguru	DQ

#### Heat 3

Pos	Full Names	Date of birth	Affiliation	Time
1	Olibo John	1997	Serere	10.8
2	Oija Fred	1999	UAFA	11.1
3	Muhereza Davis	1997	UCU	11.5
4	Kato Augustine	1999	Wakiso	12.0
5	Ochen Musa	1999	Nampunge	12.3
6	Mugisa Isaac	1994	Independent	12.7
7	Mwesigwe Samuel	1992	Buikwe	13.7

**Heat 4**

Pos	Full Names	Date of birth	Affiliation	Time
1	Bahemuka Ronald	1992	Kyambogo	11.0
2	Obua Jonathan	1994	Kyambogo	11.2
3	Kakaire Sam	1996	UAFA	11.3
4	Mutagira Fred	1995	Jinja Youth	11.7
5	Bwaga Al-Bashir	1992	UAFA-Paralympics	11.9
	Akol Nabboth	1998	Serere	DQ

**Heat 5**

Pos	Full Names	Date of birth	Affiliation	Time
1	Olinga Richard	1999	Gombe ss	10.7
2	Odero Denis	1990	Prisons	10.9
3	Ocira John	1997	UAFA	11.1
4	Mubajje Sam	1991	Paralympics	11.3
5	Nwang Christopher	1992	UAFA	11.6
6	Ikara Manuel	1996	KU	13.2

**200m****Heat 1**

Pos	Full Names	Date of birth	Affiliation	Time
1	Bahinda Malike		Gombe ss	23.88
2	Otika Ronald		Wakiso	23.91
3	Kato Augustine		Wakiso	24.91
4	Nalyanye Martin		Wakiso	25.12
5	Mubajje Sam		Mubende	25.43
6	Kazungu Douglas		Wakiso	25.62
7	Mwerere Hussein		Buikwe	25.93
	Okot Andrew		Naguru	DQ

**Heat 2**

Pos	Full Names	Date of birth	Affiliation	Time
1	Olibo John		Serere	22.66
2	Sizza Rashid		UAFA	23.59
3	Tumwesigye Tonny		UAFA	23.72
4	Olupot Kenneth		UAFA	24.03
5	Bwaga Al-Bashir		Paralympics	24.11
6	Kiguli Trevor		KCCA	24.65
7	Ochen Musa		Nampunge	25.61
8	Wandera Shadrack		Wakiso	25.70

**Heat 3**

Pos	Full Names	Date of birth	Affiliation	Time
1	Nuwagaba Emmanuel	21/11/2000	Mbarara	21.99
2	Akoi Nabus		Serere	22.34
3	Oija Fred		UAFA	22.41
4	Erimu Kokas		Amuria	22.62
5	Etumon Justin		Soroti	23.26
6	Omodo Denis Isaac		Wakiso	23.64
7	Kivumbi Emmanuel		UAFA	24.82
8	Mukisa Isaac		Independent	25.35

**Heat 4**

Pos	Full Names	Date of birth	Affiliation	Time
1	Maliyamungu Yahaya	25/07/2000	UWA	22.20
2	Odero Denis		Prisons	22.42
3	Bahemuka Ronald		Kyambogo	22.51
4	Ikara Emmanuel		KU	23.61
5	Okello Darius		Lira	23.21
6	Obua Jonathan		Kyambogo	23.30
7	Laker Isaac		Mukono	23.53
8	Kakaire Sam		Airforce	23.60

**400m****Heat 1**

Pos	Full Names	Date of birth	Affiliation	Time
1	Layeng Eric	11/10/2001	Gombe ss	48.99
2	Erimu Kokas	25/08/2000	Amuria	50.61
3	Okot Andrew	12/12/2000	Naguru	56.58
4	Kazungu Douglas	30/12/2001	Wakiso	58.62
5	Mwerere Usain	2001	Buikwe	1:00.72
6	Oluka Kambiro	2001	Buikwe	1:04.23
7	Weranmira Deniano	11/10/2001	Wakiso	1:05.08

**Heat 2**

Pos	Full Names	Date of birth	Affiliation	Time
1	Maliyamungu Yahaya	25/07/2000	UWA	50.90
2	Osuje Emmanuel	25/12/2001	Serere	51.56
3	Cankura Robert	18/08/1999	Gombe ss	51.61
4	Makombe Cloud	11/01/1999	Wakiso	53.72
5	Kiguli Trevor	24/11/2002	KCCA	57.63
6	Mugabe Robert	12/12/1999	Mulago	57.93
7	Mugose Hisna	24/12/1999	Buikwe	1:00.82
8	Mwesigwe Samuel	09/02/1992	Buikwe	1:07.97

**Heat 3**

Pos	Full Names	Date of birth	Affiliation	Time
1	Ariko Martin		KU	48.33
2	Obonyo Alex		Serere	50.11
3	Eragu Joseph		Serere	51.11
4	Dradriga Tom		Kakira	52.21
5	Otika Ronald		Wakiso	52.75
6	Lumala Vincent Reagan		MUK	56.23
7	Asinja Mumbere Isaac		Mulago	57.41

**Heat 4**

Pos	Full Names	Date of birth	Affiliation	Time
1	Opolot Andrew Moses		Prisons	48.32
2	Isabirye Musa		Prisons	48.52
3	Okot Benson		UCU	48.60
4	Nkeshimana Prosper		UAFA	49.05
5	Ndani Brian		UCU	49.90
6	Ssebunya Fred		Mulago	50.88
7	Bahemuka Ronald		Kyambogo	51.13

**800m****Heat 1**

Pos	Full Names	Date of birth	Affiliation	Time
1	Dradriga Tom	09/05/1998	Kakira	1:55.9
2	Ayoo Jacob	09/07/1999	Gombe ss	1:56.7
3	Omoding James	01/07/1996	Prisons	1:58.5
4	Arop Michael	15/08/1998	Prisons	1:58.8
5	Balinda Mavlik	25/11/1999	Gombe ss	1:59.5
6	Ogit Francis	22/01/1998	Kakira	2:03.5
7	Eiru Geoffrey	11/10/1998	Amuria	2:05.1
	Ochen Jimmy	20/04/1997	Amuria	DNF

**Heat 2**

Pos	Full Names	Date of birth	Affiliation	Time
1	Makombe Cloud	11/01/1999	Wakiso	2:03.3
2	Makange Joseph	16/04/1999	Mityana	2:14.4
3	Isingowa Daniel	04/05/1998	Wakiso	2:14.5
4	Sewangikambo Jonathan	08/04/1997	Wakiso	2:15.8
5	Wandera Shadrack	13/03/2000	Wakiso	2:19.5
6	Okot Andrew	12/11/2000	Naguru	2:25.6
7	Bogere Abubakari	03/06/2000	Wakiso	2:30.8

**Heat 3**

Pos	Full Names	Date of birth	Affiliation	Time
1	Musagala Ronald		UWA	1:47.1
2	Etiau Rashid		KCCA	1:48.2
3	Apenyo Bekele	23/10/2000	Gombe ss	1:50.1
4	Wabutwa Farid		MUBS	1:51.5
5	Kibet Joshua	13/11/2001	Serere	1:51.8
6	Yeshe Kevin		UWA	1:53.0
7	Ocoma Alex	25/02/1999	Serere	1:58.1
	Osuje Emmanuel	25/12/1999	Serere	DNF

**1500m****Heat 1**

Pos	Full Names	Date of birth	Affiliation	Time
1	Kiplangat Hosea	05/05/2000	Arua	3:53.99
2	Andiema Allan	12/02/2000	Standard	3:59.56
3	Kirano Patrick	10/10/2000	Mukono	4:06.36
4	Siyiga Alex	18/06/2000	Mityana	4:11.29
5	Sebei Boniface	11/10/2000	Police	4:12.75
6	Balikoowa Ausi	05/10/2000	Buikwe	4:15.62
7	Egonu Moses	06/04/2000	Serere	4:39.23
8	Sserubi Charles	12/05/2000	Mityana	4:21.15
9	Olooka Mbiro	2002	Buikwe	4:44.54
10	Ntawo Emma	22/03/2002	Buikwe	4:47.12
11	Arikod John	05/10/2003	Buikwe	4:57.11
12	Mugoda James	02/08/2000	Kibuli	4:57.98
13	Ngoona Daniel	04/05/01999	Wakiso	4:58.15
14	Feni Elvis	10/10/2000	Arua	4:58.72

**Heat 2**

Pos	Full Names	Date of birth	Affiliation	Time
1	Kiprop Daniel	03/12/2000	Serere	3:54.60
2	Apenyo Bekele	23/10/2000	Gombe ss	3:56.72
3	Ongom Timothy	10/03/1994	Kyambogo	3:57.60
4	Opio James	08/12/1997	UAFA	3:57.70
5	Ojit Francis	22/01/1999	Kakira	4:08.69
6	Ziwa Joel	22/02/1995	Arua	4:09.48
7	Ainomugisha Brian	25/12/1995	UCU	4:13.62
8	Tookema Geoffrey	22/06/1992	Serere	4:21.77
9	Namanza Owen	14/06/1996	Jinja	4:21.83
10	Ayebale Benjamin	30/07/1995	Kyambogo	4:26.48
11	Oduu Geoffrey	02/12/1990	UAFA	4:31.84
12	Ocen Patrick	01/08/1996	Wakiso	4:32.81
13	Bogere Abubakar	03/06/2000	Wakiso	5:04.02
	Ochen Wilfred	1983	T38	DNF
	Kyeyune Clive	11/12/1993	Mulago	DNF
	Omusugu Marvin	14/05/2000	Buikwe	DNF
	Omugose Ismail	24/12/1999	Buikwe	DNF

**2000m SC**

Pos	Full Names	Date of birth	Affiliation	Time
1	Sikowo Abel	07/07/1999	Police	5:48.40
2	Ssebuuma Gonzaga	24/10/1994	UAFA	6:02.93
3	Akankwasa Jonathan	1992	UAFA	6:05.50
4	Chebet Vincent	06/08/2001	Police	6:10.21
5	Chemutai Sam	03/03/2000	Police	6:16.71
6	Canwat Joel	07/01/1998	Gombe ss	6:28.27
7	Kipyeko Laban	21/05/2000	Standard	6:31.45
8	Okiror Denis Okudach	06/08/1994	Kyambogo	6:32.05
9	Ayeko Paul	20/07/2000	Serere	6:37.54
10	Byamugisha Justus	08/06/1994	Prisons	6:39.76

**3000m**

Pos	Full Names	Date of birth	Affiliation	Time
1	Chelimo Oscar	12/12/2001	Arua	8:19.7
2	Kiplangat Joel	07/05/2001	Police	8:19.8
3	Andiema Allan	13/11/1999	Standard	8:23.7
4	Kwemoi Titus Given	08/05/2000	Arua	8:43.9
5	Kwemoi Philex	16/01/2000	Arua	8:24.9
6	Kibet Titus	17/02/2000	Arua	8:35.1
7	Chepkurui Mathew Job	15/10/2001	Police	8:40.8
8	Kipyeko Labat	21/05/2000	Standard	8:49.3
9	Chemutai Sam	03/03/2000	Police	8:52.1
10	Chebet Eliud	06/05/2001	Arua	8:55.1
11	Omusugu Marvin	14/05/2000	Buikwe	8:59.0
12	Niyonzima Isma	10/04/2002	UAFA	9:04.5
13	Kipsang David	05/11/2000	Arua	9:05.2
14	Cherop Elijah	08/05/2000	Arua	9:31.5
15	Lutezo Geoffrey	15/07/2001	Mityana	9:44.5
	Ocheng Patrick	01/08/1998	Wakiso	DNF
	Kiprop Hosea	06/06/2000	Arua	DNF
	Ayeko Paul	20/07/2000	Serere	DNF
	Mugose Isma	24/12/1999	Buikwe	DNF
	Siga Alex	18/06/1999	Mityana	DNF

**5000m**

Pos	Full Names	Date of birth	Affiliation	Time
1	Tigen Herbert		Kapchorwa	14:44.5
2	Akankwasa Jonathan		UAFA	14:53.0
3	Ssebuuma Gonzaga		UAFA	15:10.9
4	Canwat Joel		Gombe ss	15:15.2
5	Niyonzima Oscar		UAFA	15:23.2
6	Agaba Aggrey		UAFA	15:30.2
7	Migadde Kenneth		KCCA	15:34.1
8	Siga Alex		Mityana	15:46.9
9	Kabagambe Julius		UAFA	15:49.8
10	Okiror John		UAFA	16:04.9
11	Lutezo Geoffrey		Mityana	16:06.5
12	Opio Daniel		Paralympics	17:17.2
13	Bogere Abubaker		Namugongo	18:39.9
	Kyeyune Chine Spark		Mulago	DNF
	Ocheng Patrick		Wakiso	DNF

Pos	Full Names	Date of birth	Team	Distance
1	Ojara Denis		Prisons	55.08
2	Omedel Emma		Sironko	47.24
3	Odokomit Francis		Gombe	44.69
4	Watmon Felix		Police	35.10
5	Ssenabulya Alex		NSVS	29.23

Pos	Full Names	Date of birth	Team	Distance
1	Ikara Emmanuel		KU	6.25
2	Atwenaire Arthur		Namugongo	5.36
3	Makumbi Idris		Alpha	5.33
4	Okot Andrew		Naguru	4.94
5	John Smith		Namugongo	4.78
6	Okello Douglous		Namugongo	4.61
7	Kigozi David		Namugongo	4.55

Pos	Full Names	Date of birth	Team	Distance
1	Odong Martin		Prisons	12.41
2	Odong Denis		Gombe	11.18
3	Ojara Denis		Prisons	11.12
4	Omedel Emmanuel		Sironko	11.07
5	Kayo Kenneth		KCCA	10.93
6	Watmon Felix		Police	10.69
7	Odongkara Patrick		UWA	10.68
8	Akena Moses		Gombe	10.17



<b>Pos</b>	<b>Full Names</b>	<b>Date of birth</b>	<b>Team</b>	<b>Distance</b>
1	Odong Martin		Prisons	35.33
2	Akena Godfrey		Mukono High	34.55
3	Omedel Emmanuel		Sironko	32.92
4	Odongkara Patrick		UWA	30.09

<b>Pos</b>	<b>Full Names</b>	<b>Date of birth</b>	<b>Team</b>	<b>Distance</b>
1	Akena Moses		Gombe	36.88
2	Opio Samuel		Serere	35.72
3	Odonkonyero Francis		Gombe	34.71
4	Okello Dauglous		Namugongo	25.03
5	Atwehaire Arthur		Namugongo	23.05