

UGANDA ATHLETICS FEDERATION
7TH TRIAL & CENTRAL T&F CHAMPS
17TH JUNE 2017
AT MANDELA NATIONAL STADIUM

WOMEN

100M WOMEN HEAT 1

Wind: -0.5m/s

Pos	LANE	NAME	Affiliation	TIME
1	6	Nakayiza Esther	Wakiso	14.37
2	3	Tumukigize Naome	Nampunge	14.66
3	2	Nanyonjo Patricia	Nampunge	15.08
4	5	Nabisuubi Ritah	Mityana	15.24
5	4	Katasi Pauline	Mityana	15.65
6	1	Kabatongole Jane	Nampunge	17.43

100M WOMEN HEAT 2

Wind: -1.2m/s

Pos	LANE	NAME	Affiliation	TIME
1	3	Abuu Mabile	Old Kampala	13.50
2	5	Akello Gloria	Butterfly	14.44
3	4	Nakate Ruth	Butterfly	14.67
4	2	Akanyo Theo	Nampunge	15.01
5	6	Lydia Hope Patience	Wakiso	15.95
6	1	Akurut Martha	Nampunge	17.03

100M WOMEN HEAT 3

Wind: 1.0m/s

Pos	LANE	NAME	Affiliation	TIME
1	7	Mukyala Zerida	Ndejje	12.96
2	2	Amoo Jackline	Gombe ss	13.05
3	1	Awidi Victoria	UPDF	13.28
4	6	Chelangat Daisy	Prisons	13.68
5	5	Akello Concy	UAFA	13.73
6	4	Abuu Sandra	Ndejje	14.15
7	3	Nabuule Hajara	Airforce	14.80

100M WOMEN HEAT 4

Wind: 2.2m/s

Pos	LANE	NAME	Affiliation	TIME
1	1	Ayikoru Scovia	Police	12.53
2	5	Koli Evelyne Ocen	Prisons	12.66
3	2	Unyuthfua Mary Zawadi	UCU	12.67
4	4	Nyamahunge Jacent	Old Kampala	12.69
5	7	Apollo Margaret	KCCA	12.79
6	8	Banura Moureen	Police	12.81
7	3	Apio Agnes	Kitgum	13.06
	6	Wonruku Stella	Prisons	13.18

200M WOMEN HEAT 1

Wind: 0.8m/s

Pos	LANE	NAME	Affiliation	TIME
1	6	Koli Evelyn Ocen	Prisons	24.60
2	2	Ayikoru Scovia	Police	24.96
3	3	Banura Moureen	Police	25.23
4	8	Apolot Margaret	KCCA	25.79
5	5	Apio Agnes	Kitgum	25.95
6	1	Nakayiza Esther	Wakiso	30.04
7	7	Agotre Harriet	Wakiso	30.64

200M WOMEN HEAT 2

Wind: 1.2m/s

Pos	LANE	NAME	Affiliation	TIME
1	2	Nyamahunge Jacent	Old Kampala	25.62
2	6	Abuu Mabile	Old Kampala	27.45
3	3	Dorcus Brenda	Gombe ss	27.74
4	5	Akello Concy	UAFA	28.37
5	1	Tumukujize Naome	Nampunge	30.99
6	4	Nabuule Hajara	Airforce	31.07

400M WOMEN HEAT 1

Pos	LANE	NAME	Affiliation	TIME
1	5	Akayo Susan	Butterfly	1:07.20
2	3	Nankya Sharif	Mityana	1:12.29
3	6	Nabisubi Rita	Mityana	1:14.39
4	2	Lagum Susan	Wakiso	1:14.72
5	4	Katasi Polyn	Mityana	1:17.29
6	1	Lydia Hope	Wakiso	1:21.97

400M WOMEN HEAT 2

Pos	LANE	NAME	Affiliation	TIME
1	6	Akello Rehema	Gombe SS	1:00.00
2	2	Adokorach Brenda	Gombe SS	1:01.09
3	1	Aloyo Monica	Gombe SS	1:02.19
4	4	Aketch Nancy	Gombe SS	1:05.00
5	3	Amono Patience	Wakiso	1:07.31
		Wawei Zakia	Bombo	DNF

400M WOMEN HEAT 3

Pos	LANE	NAME	Affiliation	TIME
1	3	Nabirye Nasiba	UWA	54.52
2	6	Wonruku Stella	Prisons	55.79
3	2	Ayikoru Scovia	Police	55.84
4	5	Aneno Agnes	Gulu	56.75
5	4	Koli Evelyn Ochen	Prisons	56.83
6	1	Apio Agnes	Kitgum	58.98

800M WOMEN FINALS

Pos	#	NAME	Affiliation	TIME
1		Nabirye Nasiba	UWA	2:09.36
2		Aneno Agnes	BUL	2:11.34
3		Nagwandala Merab	MUBS	2:17.43
4		Chebet Emily	UPDF	2:23.11
5		Avako Judith	Wakiso	2:41.46
6		Nankya Sharifa	Mityana	2:55.66
7		Nambasa Jacent	Mityana	2:56.72
8		Nabisubi Rita	Mityana	3:04.71

1500M WOMEN FINAL

Pos	#	NAME	Affiliation	TIME
1		Achola Janet	Prisons	4:30.07
2		Chemos Scarlet	Standard	4:40.87
3		Cheptoyek Joy	Standard	4:44.44
4		Orishaba Mararas	Global HS	4:45.29
5		Cherubet Juliet	Ndejje	5:01.10
6		Chesang Ndiwa	UWA	5:18.17
7		Nakate Ruth	Butterfly	5:22.99
8		Akwero Sandra	Namakwa ss	5:24.61
9		Nafamba Florence	Butterfly	5:27.73
10		Nalakwa Maureen	UAFA	5:29.57
11		Acan Christine	Butterfly	5:38.31
12		Arako Judith	Wakiso	5:50.43
13		Muhaye Winnie	Butterfly	6:18.07
14		Namara Frank	Butterfly	6:30.52
15		Namaganda Vicky	Butterfly	6:30.82

5000M WOMEN FINALS

Pos	#	NAME	Affiliation	TIME
1		Chebet Emily	UPDF	17:14.02
2		Nantumbwe Cissy	Standard	18:03.80
3		Kasubo Edna	Luweero Diocese	18:22.71
4		Cherubet Juliet	Ndejje	19:04.69
5		Chesang Prisca	UWA	19:56.74
		Kimetto Beatrice	Kapchorwa	DNF

SHOTPUT WOMEN FINALS

Pos	#	NAME	Affiliation	DISTANCE
1		Laker Mercy	UCU	11.92
2		Acan Janneth	Police	11.22
3		Aber Caroline	Prisons	10.86
4		Amoo Jackline	Gombe ss	10.83
5		Lakot Nancy	Prisons	10.43
		Agotre Harriet	Wakiso	NM
		Ayoki Pensta	Gombe ss	NM
		Bayita Josephine	Wakiso	NM
		Nambasa Justine	Mityana	NM

LONG JUMP WOMEN FINALS

Pos	#	NAME	Affiliation	DISTANCE
1		Unyuthua Mary Zawadi	UCU	5.67
2		Awidi Victoria	UPDF	5.21
3		Ayikoru Scovia	Police	5.19
4		Mukijale Zerida	Ndejje	5.06
5		Adokorach Brenda	Gombe ss	4.69
6		Angucia Lucy	Prisons	4.52
7		Nakayiza Esther	Wakiso	4.21
8		Lanyero Lucy Apio	Prisons	3.78

JAVELIN WOMEN FINALS

Pos	#	NAME	Affiliation	DISTANCE
1		Lalam Josephine	Police	49.92
2		Awidi Victoria	UPDF	41.89
3		Aber Caroline	Prisons	40.29
4		Lakot Nancy	Prisons	39.63
5		Amoo Jackline	Gombe ss	38.30
6		Mbabasi Harriet	Gombe ss	36.20
7		Laker Mercy	UCU	32.46
		Acan Janneth	Police	NM

DISCUS WOMEN FINALS

Pos	#	NAME	Affiliation	DISTANCE
1		Lalam Josephine	Police	37.22
2		Laker Mercy	UCU	35.06
3		Amoo Jackline	Gombe ss	34.63
4		Aber Caroline	Prisons	33.37
5		Lakot Nancy	Prisons	31.00
6		Acan Janneth	Police	29.93
7		Mbabasi Harriet	Gombe ss	25.41

100M MEN HEAT 1

Wind: 0.3m/s

Pos	LANE	NAME	Affiliation	TIME
1	8	Kato Augustine	Wakiso	12.18
2	2	Ocen Musa	Nampungu	12.50
3	3	Nalyamya Martin	Wakiso	12.69
4	7	Rango Khalid	Bombo ss	12.72
5	1	Wandera Shadrack	Wakiso	12.82
6	4	Rubangkene Innocent	Butterfly	13.62
7	6	Wasswa Michael	Wakiso	14.58
8	5	Asmat Jayzay	Namugongo Vac	15.28

100M MEN HEAT 2

Wind: -1.0m/s

Pos	LANE	NAME	Affiliation	TIME
1	2	Orogot Tarsis	UCU	11.37
2	7	Omodo Denis Isaac	Namugongo Vac.	11.66
3	4	Kyeyune Joowon	MUK	11.73
4	8	Ekea Michael	KCCA	11.79
5	5	Kiguli Trevor	KCCA	12.11
6	6	Nkutu Ibrahim	Fame	12.16
7	3	Kivumbi Emmanuel	UAFA	12.46
8	1	Bogere Abubakari	Wakiso	14.88

100M MEN HEAT 3

Wind: 0.4m/s

Pos	LANE	NAME	Affiliation	TIME
1	8	Okot Alfred	Lira	11.41
2	2	Mutagira Fred	Jinja Youth	11.922
3	5	Ssebunya Fred	Mulago	11.924
4	3	Bwaga Al-Bashir	UAFA	12.18
5	4	Kasozi Alex	Prisons	12.26
6	1	Mwanzi Pitson	Mbarara	12.29
7	6	Okello Douglas	Namugongo	12.71
8	7	Sharif Musa	Ndeje	13.54

100M MEN HEAT 4

Wind: 2.1m/s

Pos	LANE	NAME	Affiliation	TIME
1	6	Nuwagaba Emmanuel	Mbarara	11.04
2	7	Muhereza Davis	UCU	11.27
3	5	Obote Daniel	Lira	11.38
4	4	Okello Darius	Ndejje	11.70
5	1	Tumwesigye Tonny	UAFA	11.77
6	3	Apollo William	UAFA	11.78
7	2	Olupot Kenneth	UAFA	12.36

100M MEN HEAT 5

Wind: 1.1m/s

Pos	LANE	NAME	Affiliation	TIME
1	2	Isabirye Musa	Prisons	10.784
2	1	Obuto Solomon	UWA	10.790
3	7	Okot Benson	UCU	10.80
4	3	Maliyamungu Yahaya	UWA	11.08
5	6	Oija Fred	UAFA	11.17
6	8	Nwang Christopher	UAFA	11.89
	4	Nyeko Geoffrey	Prisons	DQ
	5	Olingo Richard	Gombe ss	DQ

200M MEN HEAT 1

Wind: - 0.1m/s

Pos	LANE	NAME	Affiliation	TIME
1	8	Manzi Pidson	Mbarara	25.06
2	1	Okello Davis	Wakiso	25.16
3	4	Tumusiime Samuel	Butterfly	28.29
4	7	Ayella Sunday	Butterfly	28.48
5	3	Okello Michael Brian	Butterfly	28.81
6	6	Wasswa Michael	Wakiso	29.68
7	2	Mweri John Smith	Wakiso	30.21

200M MEN HEAT 2

Wind: 1.9m/s

Pos	LANE	NAME	Affiliation	TIME
1	7	Bulafu Charles	Gombe ss	24.06
2	4	Kato Augustus	Wakiso	24.93
3	1	Okello Douglas	Wakiso	25.32
4	8	Ocen Musa	Nampunge	25.49
5	3	Rango Khalid	Bombo ss	25.62
6	6	Nyaliyana Martin	Wakiso	25.82
7	2	Wandera Shadrack	Wakiso	25.83
8	5	Kazungu Douglas	Wakiso	26.64

200M MEN HEAT 3

Wind: - 0.3m/s

Pos	LANE	NAME	Affiliation	TIME
1	4	Cankura Robert	Gombe ss	23.05
2	5	Ekea Michael	KCCA	23.08
3	6	Omodo Denis Isaac	Wakiso	23.29
4	8	Ssebunya Fred	Mulago	23.39
5	2	Otika Ronald	Wakiso	23.54
6	7	Omara Denis	UAFA	24.13
7	1	Jarugo Gilbert	Prisons	24.71
8	3	Olupot Kenneth	UAFA	25.42

200M MEN HEAT 4

Wind: 0.9m/s

Pos	LANE	NAME	Affiliation	TIME
1	2	Orogot Taxis	UCU	22.48
2	4	Layeng Eric	Gombe ss	22.49
3	5	Nyeko Geoffrey	Prisons	22.68
4	7	Obote Daniel	Lira	23.04
5	8	Sizza Rashid	Airforce	23.76
6	3	Tumwesigye Tony	UAFA	23.89
7	6	Inebulwa Denis	UPDF	23.90
8	1	Kiguli Trevor	KCCA	24.67

200M MEN HEAT 5

Wind: 0.6m/s

Pos	LANE	NAME	Affiliation	TIME
1	4	Okot Benson	UCU	21.34
2	5	Opiny Leonard	UWA	21.46
3	6	Obuto Solomon	UWA	21.95
4	8	Adupa Walter	Prisons	21.97
5	2	Maliyamungu Yahaya	UWA	22.42
6	7	Kyeyune Jaonne	Makerere	22.95
7	1	Ochiera John	Ndejje	23.30
8	3	Balinda Malik	Wakiso	26.82

400M MEN HEAT 1

Pos	LANE	NAME	Affiliation	TIME
1	1	Makombe Cloud	Wakiso	52.77
2	4	Wandera Shadrack	Wakiso	56.79
3	3	Kazungu Douglas	Wakiso	57.14
4	2	Ssewankambo Jonathan	Wakiso	59.21
5	6	Agech Denis	Nampunge	1:03.39
6	5	Opio Simon	Nampunge	1:09.96

400M MEN HEAT 2

Pos	LANE	NAME	Affiliation	TIME
1	5	Ekea Mike	KCCA	52.73
2	7	Bulafu Charles	Gombe S S	53.52
3	4	Okello Darius	Ndejje	55.42
4	2	Kivumbi Emmanuel	UAFA	1:08.60
5	1	Rango Kalid	Bombo	1:08.61
6	3	Akleo Bitengo	Butterfly	1:13.01

400M MEN HEAT 3

Pos	LANE	NAME	Affiliation	TIME
1	3	Layeng Erick	Gombe S S	48.74
2	4	Ongom Richard David	UCU	49.54
3	6	Bingi Daniel	TBAC	50.29
4	1	Ssebunya Fred	Mulago	50.76
5	7	Nuwagaba Emmanuel	Mbarara	50.94
6	5	Cankura Robert	Gombe S S	51.97
7	2	Kasozi Alex	Prisons	55.47

400M MEN HEAT 4

Pos	LANE	NAME	Affiliation	TIME
1	1	Opiny Leonard	UWA	46.33
2	4	Adome Pius	Police	47.93
3	6	Adupa Walter	Prisons	48.59
4	7	Isabirye Musa	Prisons	48.90
5	2	Opolot Andrew Moses	Prisons	49.38
6	3	Omara Dennis	UAFA	51.40

800M MEN HEAT 1

Pos	#	NAME	Affiliation	TIME
1		Fadil Haras	Butterfly	2:19.82
2		Ssewankambo Jonathan	Wakiso	2:21.05
3		Omara Raymond	Butterfly	2:22.75
4		Oketch Ivan	Butterfly	2:22.79
5		Huzaifah Abdul	Bombo ss	2:29.80
6		Osuna Louis	Butterfly	2:34.87
7		Okello Ivan	Butterfly	2:36.26
8		Atyam Junior	Nampunge	2:58.98
9		Musoke Fred	Wakiso	3:15.85

800M MEN HEAT 2

Pos	#	NAME	Affiliation	TIME
1		Etabu Simon Peter	UWA	1:57.25
2		Ocen Robin	Old Kampala	1:58.51
3		Makombe Cloud	Wakiso	2:00.90
4		Asiimwe Maurice	Airforce	2:08.67
5		Rango Khalid	Bombo ss	2:14.89
6		Jalal John	Nampunge	2:25.99
7		Mulocho Ronald	Airforce	2:37.92
8		Onoko Isaac	Buddo ss	2:43.49

800M MEN HEAT 3

Pos	#	NAME	Affiliation	TIME
1		Jamonu Edmond	UAFA	1:55.68
2		Ayoo Jacob	Gombe ss	1:57.06
3		Turihohabwe Fortunate	Ndejje	1:58.12
4		Chebii Bernard	Ndejje	1:58.74
5		Nkeshimana Prosper	UAFA	1:58.90
6		Balinda Malik	Wakiso	2:01.25
7		Inebulwa Denis	UPDF	2:11.13
8		Tibyasa Phabang	MUK	2:16.85

800M MEN HEAT 4

Pos	#	NAME	Affiliation	TIME
1		Etiaw Rashid	KCCA	1:48.40
2		Adar Jimmy	Prisons	1:48.66
3		Wabutwa Farid	MUBS	1:49.75
4		Apenyo Bekele	Gombe ss	1:53.91
5		Ogwok Daniel	Prisons	1:54.62
6		Kisisei David	Kween	1:57.05
7		Akena Bosco Kennedy	Prisons	1:57.68
		Opolot Andrew Moses	Prisons	DNF

1500M MEN HEAT 1

Pos	#	NAME	Affiliation	TIME
1		Kyeyune Clive	Mulago Memorial	4:37.34
2		Omara Raymond	Butterfly	4:45.89
3		Mugoda James	Kibuli	4:49.69
4		Chelimo Daniel	Nampungwe	4:49.80
5		Harass Fadhil	Butterfly	4:54.75
6		Ssuna Louis	Butterfly	5:05.22
7		Leia Leo	Nampungwe	5:08.47
8		Okello Ivan	Butterfly	5:15.69
9		Kayemba Edward	Butterfly	5:19.53
10		Nani Deo	Butterfly	5:21.83
		Danguyo Francis	Butterfly	DNF

1500M MEN HEAT 2

Pos	#	NAME	Affiliation	TIME
1		Kisisei David	Kween	3:50.14
2		Chemonges Fredrick	UPDF	3:52.07
3		Ocheng Julius	Prisons	3:53.71
4		Twijukye Wickson	Global HS	3:58.97
5		Turinahabwe Fortunate	Ndejje	4:01.44
6		Etabu Simon Peter	UWA	4:01.72
7		Ongom Timothy	Kyambogo	4:02.97
8		Ayo Jacob	Gombe ss	4:06.96
9		Chebii Bernard	Ndejje	4:08.36
10		Canwat Joel	Gombe ss	4:08.49
11		Musaana Ezekiel	Gombe ss	4:08.98
12		Ainomugisha Brian	UCU	4:11.27

13		Agotre Primo	Airforce	4:15.09
14		Byamugisha Justus	Prisons	4:17.28
15		Wana Brian	Luzira ss	4:18.04
16		Ogwana Ramathan	Jinja ss	4:26.67
17		Asiimwe Maurice	Airforce	4:33.51
18		Inebulwa Denis	UPDF	4:44.53
19		Isingoma Daniel	Wakiso	4:46.28
20		Feni Elvis	Wakiso	4:47.97
21		Bogere Abubakari	Wakiso	4:50.59

2000M SC MEN FINALS

Pos	#	NAME	Affiliation	TIME
1		Kiplangat Joel	Police	5:55.67
2		Chemutai Vincent	Police	5:55.92
3		Chekurui Martin Job	Police	6:04.03
4		Andiema Allan	Standard	6:12.23
5		Chemutai Sam	Police	6:20.26
6		Kiplimo Fred	UPDF	6:28.88
7		Mugoda James	Kakungulu	7:21.45
8		Tumusiime Samuel	Kakadi	8:19.19

3000M SC MEN FINALS

Pos	#	NAME	Affiliation	TIME
1		Ssebuuma Gonzaga	UAFA	9:26.97
2		Kwesiga Ballon	Airforce	10:04.46
3		Bogere Abubakari	Wakiso	11:25.13
		Cankura Robert	Gombe ss	DNF
		Kyeyune Clive	Mulago	DNF
		Okello Davis	Wakiso	DNF

10,000M MEN FINALS

Pos	#	NAME	Affiliation	TIME
1		Mutai Ezra	Ndejje	31:16.83
2		Chemonges Fredrick	UPDF	31:18.84
3		Cherotwo Patrick	UPDF	31:32.13
4		Twijukye Wickson	Global HS	32:07.35
5		Agotre Primo	Airforce	32:27.62
6		Kamekete Shadrack	Nampunge	32:59.85
7		Kwesiga Ballon	Airforce	33:42.34
8		Amoki Vincent	Airforce	34:21.27
		Bogere Abubakari	Wakiso	DNF
		Kibirige James	Kampala	DNF

4x 100M RELAYS MEN FINALS

Wind:

Pos	LANE	NAME	Affiliation	TIME
		Nuwagaba Emmanuel		
1	3	Muhereza D	UCU	41.72
		Oketayot Francis		
		Okot Benson		
		Isabirye Musa		
2	1	Adupa Walter	Prisons	42.41
		Okot Alfred		
		Apolot Andrew		
		Opiny Leonard		
3	4	Maliyamungu Yahaya	UWA	42.43
		Obuto Solomon		
		Abu Mayanja		
		Oija Fred		
4	2	Omara Denis	UAFA	44.03
		Ocira J		
		Hesiman P		

HIGH JUMP MEN FINALS

Pos	#	NAME	Affiliation	HEIGHT
1		Okello Emmanuel	Ndejje Univ	1.85
1		Isaano Francis	Ndejje Univ	1.85
3		Imalingati Moses	Ndejje Univ	1.75
4		Okello Darius	Ndejje Univ	1.65

JAVELIN MEN FINALS

Pos	#	NAME	Affiliation	DISTANCE
1		Opala David	UCU	58.10
2		Ojara Denis	Prisons	57.91
3		Okello Robert	Prisons	57.70
4		Okot Alfred	Lira	53.85
5		Wokorach Jacob	Ndejje	49.44
		Odongkara Patrick	Ndejje	NM
		Odokonyero Francis	Gombe ss	NM
		Senabulya Alex	Namugongo	NM

DISCUS MEN FINALS

Pos	#	NAME	Affiliation	DISTANCE
1		Wokorach Jacob	Ndejje	37.00
2		Odong J. Baya	UWA	36.63
3		Odongkara Patrick	Ndejje	36.40
4		Okello Robert	Prisons	34.55
5		Akena Moses	Gombe ss	34.38
6		Odong Martin	Prisons	34.12
7		Opala David	UCU	32.05
		Ojara Denis	Prisons	NM

SHOTPUT MEN FINALS

Pos	#	NAME	Affiliation	DISTANCE
1		Wokorach Jacob	Ndejje	13.39
2		Odong Martin	Prisons	12.17
3		Odong Jacob Baya	UWA	12.14
4		Odongkara Patrick	Ndejje	11.39
5		Ojara Denis	Prisons	11.09
6		Kayo Kenneth	KCCA	10.70
7		Akena Moses	Gombe ss	10.62
8		Odokonyero Francis	Gombe ss	10.15

TRIPLE JUMP MEN FINALS

Pos	#	NAME	Affiliation	DISTANCE
1		Odongo Denish	Gombe ss	14.72
2		Oketayot Francis	UCU	14.47
2		Okot Alfred	Lira	14.47
		Cankura Robert	Gombe ss	NM
		Okello Darius	Ndejje	NM
		Bitek Francis	Ndejje	NM

LONG JUMP MEN FINALS

Pos	#	NAME	Affiliation	DISTANCE
1		Okot Alfred	Lira	7.19
2		Oketayot Francis	UCU	7.02
3		Odongo Denish	Gombe ss	6.79
4		Bitek Francis	Ndejje	6.69
5		Okello Darius	Ndejje	6.32
6		Okello Emmanuel	Ndejje	6.32
7		Wokorach Jacob	Ndejje	5.72
8		Okello Douglas	Namugongo	4.88
9		Sharif Musa	Ndejje	4.84
		John Smith	Namugongo	NM
		Rango Khalid	Bombo ss	NM