

UGANDA ATHLETICS FEDERATION
NATIONAL TRACK & FIELD CHAMPS
19TH - 20TH JULY, 2017
AT MANDELA NATIONAL STADIUM

WOMEN

100m Women Final

Wind: 1.7m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	729	Banura Moureen	Police	12.04
2	722	Koli Evelyne Ocen	Prisons	12.202
3	707	Ayikoru Scovia	Police	12.210
4	728	Apolot Margaret	KCCA	12.41
5	706	Unyuthfua Mary Zawadi	Police	12.42
6	708	Mukyala Zerida	Ndejje	12.75
7	723	Muduru Pamela	Arua	13.41
8	711	Apollo Eunice	Prisons	19.25

100m Women Semi Final

Heat 1

Wind: 1.0m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	729	Banura Moureen	Police	12.0
2	722	Nabuule Hajara	UAFA	12.2
3	708	Mukyala Zerida	Ndejje	12.5
4	723	Muduru Pamela	Arua	13.3
5	771	Alanyu Juliet	Kabarole	13.7
6	772	Koli Evelyne Ocen	Prisons	14.7

100m Women Semi Final

Heat 2

Wind: 0.5m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	707	Ayikoru Scovia	Police	11.8
2	728	Apolot Margaret	KCCA	12.2
3	706	Unyuthfua Mary Zawadi	Police	12.4
4	711	Apollo Eunice	Prisons	13.0
5	773	Chelangat Daisy	Prisons	13.5

200m Women Finals

Wind: -0.8m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	719	Shida Leni	Police	24.09
2	729	Banura Moureen	Prisons	24.44
3	722	Koli Evelyn Ocen	Prisons	24.97
4	709	Ayikoru Scovia	Police	24.99
5	726	Wonruku Stella	Prisons	25.01
6	723	Munduru Pamela	Arua	27.11
7	730	Apolot Ruth	Prisons	27.96
8	773	Chelangat Daisy	Prisons	28.42

200m Women Semi Final

Heat 1

Wind: 0.1m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	729	Banura Moureen	Police	24.71
2	722	Koli Evelyne Ocen	Prisons	25.52
3	723	Munduni Pamela	Arua	27.52
4	773	Chelangat Daisy	Prisons	28.19
5	771	Alanya Juliet	Kabarole	28.25
6	664	Ababiku Eveline Desire	Moyo	29.63

200m Women Semi Final

Heat 2

Wind: -0.4m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	719	Shida Leni	Police	24.93
2	707	Ayikoru Scovia	Police	25.24
3	726	Wonruku Stella	Prisons	25.44
4	730	Apolot Ruth	Prisons	27.98
5	772	Nabuule Hajara	Airforce	31.48

400m Women Final

Pos	Bib No.	Full Names	Affiliation	Time
1	719	Leni Shida	Police	52.55
2	724	Nakaayi Halima	UWA	53.02
3	721	Nabirye Nasiba	UWA	54.32
4	707	Ayikoru Scovia	Police	55.06
5	722	Koli Evelyne Ocen	Prisons	56.11
6	729	Banura Moureen	Police	57.26
7	726	Wonruku Stella	Prisons	57.47
	720	Aneno Agnes	Bull	DNS

400m Women Semi Final**Heat 1**

Pos	Bib No.	Full Names	Affiliation	Time
1	724	Nakaayi Halima	UWA	54.2
2	721	Nabirye Nasiba	UWA	54.7
3	729	Banura Moureen	Police	56.1
4	711	Apollo Eunice	Prisons	59.8
5	728	Apolot Margaret	Kyambogo	62.5
6	725	Akullu Judith	UPDF	64.4
7	727	Ndagire Gladys	Airforce	71.1

400m Women Semi Final**Heat 2**

Pos	Bib No.	Full Names	Affiliation	Time
1	719	Leni Shida	Police	54.6
2	720	Aneno Agnes	Bull	55.3
3	707	Ayikoru Scovia	Police	55.7
4	726	Wonruku Stella	Prisons	56.6
5	722	Koli Evelyne Ocen	Prisons	57.1
6	723	Monduru Pamela	Arua	62.9
7	730	Apolot Ruth	Prisons	64.4
	731	Nassazi Fiona	Mityana	DQ

800m Women Finals

Pos	Bib No.	Full Names	Affiliation	Time
1		Ajok Docus	Prisons	2:02.34
2		Nakaayi Halima	UWA	2:02.49
3		Chebet Esther	UWA	2:03.58
4		Nabirye Nasiba	UWA	2:05.84
5		Chesang Stella	Police	2:08.04
6		Chemusto Janat	Police	2:09.27
7		Nagwandala Merabu	MUBS	2:14.38
8		Chemutai Febia	Police	2:17.16
9		Negesa Annet	UWA	2:31.36
10		Ashe Barbara	Prisons	2:37.64
11		Nassazi Phiona	Mityana	2:41.96

1500m Women Final

Pos	Bib No.	Full Names	Affiliation	Time
1	633	Ajok Docus	Prisons	4:15.07
2	631	Chebet Esther	Serere	4:16.49
3	767	Chelangat Mercyline	Police	4:18.59
4	624	Chemusto Janat	Police	4:20.21
5	623	Chesang Stella	Police	4:23.52
6	622	Achola Janet	Prisons	4:30.69
7	628	Nagwandala Merabu	MUBS	4:43.68
8	625	Chemusto Winnie	Prisons	4:58.40
9	632	Amuron Agnes	Prisons	4:59.65
10	629	Negesa Annet	Standard	5:06.18
11	621	Kwikiriza Ritah	UPDF	5:31.00
12	626	Nassazi Phiona	Mityana	5:33.29
13	627	Afoyorwoth Patricia	UPDF	7:13.71

3000m SC Women Finals

Pos	Bib No.	Full Names	Affiliation	Time
1	620	Chelangat Sylvia	Police	10:51.67
2	618	Chemutai Febia	Police	10:55.48
3	616	Chelimo Ruth	Police	11:32.06
4	615	Chelimo Eveline	Prisons	11:40.36
5	619	Cherotich Regina	Prisons	12:40.19
6	617	Ashe Barbara	Prisons	12:51.01

5000m Women Finals

Pos	Bib No.	Full Names	Affiliation	Time
1	767	Mercyline Chelangat	Police	15:54.8
2	765	Chemutai Rachael	Prisons	16:38.8
3	763	Cheptegei Rebecca	UPDF	16:38.9
4	769	Akior Sarah	Prisons	16:40.1
5	764	Chebet Risper	Police	16:44.5
6	761	Chebet Emily	UPDF	16:56.4
7	770	Chemutai Vanis	Prisons	17:08.9
8	760	Chemutai Doreen	Prisons	17:13.6
9	766	Chemos Viola	Arua	17:53.4
10	768	Cheruto Jackline	Prisons	17:55.4
11	762	Chelangat Annet	UPDF	18:18.2

10,000m Women Final

Pos	Bib No.	Full Names	Affiliation	Time
1	765	Chemutai Rachael	Prisons	33:51.69
2	763	Cheptegei Rebecca	UPDF	34:57.91
3	764	Chebet Risper	Police	35:26.03
4	761	Chebet Emily	UPDF	35:44.68
5	770	Chemutai Vanis	Prisons	36:28.61
6	768	Cheruto Jackline	Prisons	37:45.51
7	616	Chelimo Ruth	Police	39:07.21
	620	Chelangat Slyvia	Police	DNF
	145	Yeko Lamula	Police	DNF
	630	Chesang Diwa	UWA	DNF
	146	Cherubet Juliet	Ndejje	DNF

4x 100M RELAYS WOMEN FINALS

Wind:

Pos	LANE	NAME	Affiliation	TIME
		Ayikoru Scovia		
1	2	Banura Moureen	Police	46.78
		Shida Leni		
		Unyuthfua Mary Zawadi		
		Koli Evelyne Ocen		
2	3	Ajok Docus	Prisons	50.91
		Wonruku Stella		
		Chelangat Daisy		
		Nabuule Hajara		
3	1	Katarzyna Jabconska	Airforce	1:00.14
		Afoyorwoth Patricia		
		Ndagire Gladys		

4x 400M RELAYS WOMEN FINALS

Wind:

Pos	LANE	NAME	Affiliation	TIME
		Banura Moureen		
1	3	Ayikoru Scovia	Police	3:43.34
		Chemusto Janat		
		Shida Leni		
		Wonruku Stella		
2	1	Amuron Agnes	Prisons	3:44.38
		Ajok Docus		
		Koli Evelyn Ocen		
		Nakaayi Halima		
3	2	Nanyondo Winnie	UWA	3:45.38
		Nasiba Nabirye		
		Negesa Annet		
		Nabuule Hajara		
4	4	Katarzyna Jabconska	Airforce	4:47.14
		Aforyorwoth Patricia		
		Ndagire Gladys		

Long Jump Women Final

Pos	Bib No.	Full Names	Affiliation	Distance
1	706	Unyuthfua Mary Zawadi	Police	5.67
2	707	Ayikoru Scovia	Police	5.23
3	708	Mukyala Zerida	Ndejje	5.11
4	709	Lanyero L. Apio	Prisons	4.77
5	710	Angucia Lucy	Prisons	4.65
6	711	Apollo Eunice	Prisons	4.03

Shotput Women Final

Pos	Bib No.	Full Names	Affiliation	Distance
1	713	Aber Caroline	Prisons	11.27
2	714	Laker Mercy	Police	11.06
3	732	Acan Janneth	Police	10.80
4	712	Lakot Nancy	Prisons	9.92
5	715	Akello Doreen	Prisons	8.70

Discus Women Final

Pos	Bib No.	Full Names	Affiliation	Distance
1	714	Laker Mercy	Police	37.61
2	712	Lakot Nancy	Prisons	33.06
3	732	Acan Janneth	Police	32.51
4	713	Aber Caroline	Prisons	31.47

Javelin Women Finals

Pos	Bib No.	Full Names	Affiliation	Distance
1		Lakot Nancy	Prisons	43.11
2		Aber Caroline	Prisons	39.84
3		Lanyero Lucy	Prisons	24.87
4		Angucia Lucy	Prisons	19.87

High Jump Women Finals

Pos	Bib No.	Full Names	Affiliation	Height
1	147	Amito Sharon	Ndejje	1.50
2	148	Nabassa Jane	Ndejje	1.45
3	718	Mukyala Zerida	Ndejje	1.40
4	710	Angucia Lucy	Prisons	1.36

MEN

100m Men Final

Wind: 2.5m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	608	Omanyala Ferdinand	Kenya	10.28
2	783	Otieno Denis	Kenya	10.32
3	749	Adome Pius	Police	10.62
4	601	Ngaimoko Alli	Police	10.82
5	602	Nuwagaba Emmanuel	Mbarara	10.83
6	779	Majanga Boniface	Busoga Univ	10.85
7	-	Fabrice Dellevoet	TBAC	11.03
8	799	Muhereza Davis	UCU	11.11

100m Men Round 1

Heat 1

Wind: -1.0m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	738	Swaridahhab Mohammed	Arua	11.24
2	774	Oija Fred	UAFA	11.261
3	755	Bingi Daniel	TBAC	11.265
4	784	Kyeyune Joowon	MUK	11.77
5	775	Onyango Derrick	UAFA	12.24
6	758	Kifuma Peter	Kabarole	12.33
7	778	Emuron Anthony	Pallisa	12.91

100m Men Round 1

Heat 2

Wind: -0.3m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	779	Majanga Boniface	Busoga Univ	11.01
2	776	Diogo Raymond	TBAC	11.40
3	777	Muhumuza Clinton	Kabarole	11.68
4	791	Ottero Janny	MUK	11.93
5	794	Tumwesigye Tonny	UAFA	11.96
6	741	Muhumuza Gerald	Kabarole	12.10
7	793	Jurugo Gilbert	Prisons	12.31
8	795	Mubajje Sam	UAFA	12.33

100m Men Round 1			Heat 3	Wind: 1.0m/s
Pos	Bib No.	Full Names	Affiliation	Time
1	601	Ngaimoko Alli	Police	11.02
2	800	Inya Lazarous	Police	11.39
3	789	Kalyebbi Denis	UPDF	11.94
4	603	Ssenkungu Alli	UAFA	12.06
5	604	Ekea Michael	KCCA	12.15
6	605	Bwaga Al-Bashir	UAFA	12.52
7	798	Omecha Lawrence	UAFA	13.19

100m Men Round 1			Heat 4	Wind: 1.1m/s
Pos	Bib No.	Full Names	Affiliation	Time
1	608	Omanyala Ferdinand	Kenya	10.39
2	602	Nuwagaba Emmanuel	Mbarara	10.92
3	799	Muhereza Davis	UCU	11.04
4	797	Orogot Tarsis	UCU	11.20
5	796	Nwang Christopher	UAFA	11.23
6	757	Adupa Walter	Prisons	11.31
7	609	Okello Darius	Ndejje	11.74

100m Men Round 1			Heat 5	Wind: -0.5m/s
Pos	Bib No.	Full Names	Affiliation	Time
1	783	Otieno Dennis	Kenya	10.58
2	749	Adome Pius	Police	10.67
3	606	Ochira John	UAFA	11.32
4	787	Mutagira Fred	Jinja Youth	11.93
5	786	Kalinda Dennis	Airforce	11.96
6	607	Kiguli Trevor	KCCA	12.17
7	782	Engata Samuel	KCCA	12.53

100m Men Round 1			Heat 6	Wind: 0.7m/s
Pos	Bib No.	Full Names	Affiliation	Time
1	788	Fabrice Dellevoet	TBAC	11.14
2	785	Kakaire Sam	Airforce	11.34
3	790	Oketayot Francis	Police	11.35
4	780	Wandera Peter	Kenya	11.50
5	781	Olung Maxwell	UPDF	11.66
6	748	Apollo Yayere	UAFA	11.73
	792	Obua Jonathan	Kyambogo	DQ

200m Men Finals

Wind: 0.4m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	608	Omanyala Ferdinand	Kenya	21.18
2	783	Otieno Denis	Kenya	21.23
3	675	Okot Benson	UCU	21.37
4	749	Adome Pius	Police	21.52
5	756	Isabirye Musa	Prisons	21.87
6	757	Adupa Walter	Prisons	22.52
7	674	Orogot Tarsis	UCU	22.65

200m Men Round1**Heat 1**

Wind: -0.1m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	756	Isabirye Musa	Prisons	22.24
2	674	Orogot Tarsis	UCU	22.46
3	670	Wandera Peter	Kenya	22.65
4	604	Ekea Michael	KCCA	24.15
5	794	Tumwesigye Tonny	UAFA	24.17
6	741	Muhumuza Gerald	Kabarole	24.52
7	793	Jurugo Gilbert	Prisons	24.86

200m Men Round1**Heat 2**

Wind: -0.2m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	608	Omanyala Ferdinand	Kenya	21.24
2	742	Komakech Sunday	Ndejje	23.65
3	745	Nkeshimana Prosper	UAFA	23.68
4	751	Izadi Gilbert	Kakira	24.10
5	677	Bumba Alex	Ndejje	24.72
6	676	Kagera Edward	Makerere	24.73
7	786	Kalinga Denis	Airforce	24.90

200m Men Round1**Heat 3**

Wind: -0.4m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	675	Okot Benson	UCU	21.4
2	750	Opiny Leonard	UWA	21.5
3	738	Swariddahab Hamad	Arua	22.4
4	785	Kakaire Sam	Airforce	22.9
5	784	Kyeyune Joowaon	Makerere	23.2
6	748	Apollo Yayeri	UAFA	24.4

200m Men Round 1			Heat 4	Wind: 1.5m/s
Pos	Bib No.	Full Names	Affiliation	Time
1	749	Adome Pius	Police	21.98
2	755	Bingi Daniel	TBAC	22.62
3	759	Ochola Bob Eric	Lamwo	24.12
4	678	Kiguli Trevor	KCCA	24.54
5	758	Kifumu Peter	Kabarole	24.65
6	752	Okiria Benjamin	Airforce	24.82
7	782	Enata Samuel	KCCA	25.63

200m Men Round 1			Heat 5	Wind: 0.1 m/s
Pos	Bib No.	Full Names	Affiliation	Time
1	783	Otieno Denis	Kenya	21.17
2	757	Adupa Walter	Prisons	22.35
3	606	Ochira John	UAFA	22.55
4	774	Oija Fred	UAFA	22.83
5	737	Bongomin Fred	UAFA	23.04
6	775	Onyango Derrick	UAFA	25.41

400m Men Final				
Pos	Bib No.	Full Names	Affiliation	Time
1	753	Boniface Mwerezwa	Kenya	45.42
2	750	Opiny Leonard	UWA	46.05
3	756	Isabirye Musa	Prisons	47.72
4	743	Ogwok Daniel	Prisons	48.19
5	735	Adar Jimmy	Prisons	48.20
6	738	Swariddahab Hamad	Arua	48.42
7	733	Makam Michael	Kenya	48.44
8	757	Adupa Walter	Prisons	49.60

400m Men Round 1			Heat 1	
Pos	Bib No.	Full Names	Affiliation	Time
1	733	Makan Michael	Kenya	48.1
2	738	Swaridahab Hamad	Arua	48.5
3	735	Adar Jimmy	Prisons	48.9
4	737	Bongomin Fred	Police	49.9
5	739	Jamonu Fred	Police	51.2
6	736	Agaba Herbert	Kabarole	52.1
7	734	Musi Ashi	Airforce	57.6

400m Men Round 1**Heat 2**

Pos	Bib No.	Full Names	Affiliation	Time
1	743	Ogwok Daniel	Prisons	48.7
2	749	Adome Pius	Police	50.0
3	745	Nkeshimana Prosper	UAFA	50.5
4	742	Komakech Sunday	Ndejje	51.4
5	741	Muhumuza Gerald	Kabarole	51.7
6	751	Ezadi Gilbert	Kakira	54.1
7	740	Bumba Alex	Ndejje	55.2

400m Men Round 1**Heat 3**

Pos	Bib No.	Full Names	Affiliation	Time
1	753	Boniface Mwereza	Kenya	46.0
2	750	Opiny Leonard	UWA	47.6
3	747	Inebulwa Denis	UPDF	51.1
4	748	Apollo Yaheri	UPDF	51.4
5	746	Omoding James	Prisons	51.9
6	744	Arop Michael	Prisons	53.8
7	752	Okirya Benjamin	Airforce	57.4

400m Men Round 1**Heat 4**

Pos	Bib No.	Full Names	Affiliation	Time
1	756	Isabirye Musa	Prisons	48.4
2	57	Adupa Walter	Prisons	49.3
3	755	Bingi Daniel	TBAC	49.5
4	754	Ndani Brian	UCU	50.0
5	759	Ochola Bob Eric	Ndejje	52.4
6	758	Kifomo Peter	Kabarole	59.2

800m Men Finals

Pos	Bib No.	Full Names	Affiliation	Time
1	699	Etiau Rashid	UWA	1:47.93
2	697	Wabutwa Farid	UWA	1:48.54
3	735	Adar Jimmy	Prisons	1:48.91
4	682	Opolot Andrew Moses	Prisons	1:49.12
5	743	Ogwok Daniel	Prisons	1:51.99
6	684	Kibet Joshua	Serere	1:52.03
7	686	Kisisei David	Kween	2:02.57
	698	Mayanja Abu	UWA	DNF

800m Men Semi Finals 1

Pos	Bib No.	Full Names	Affiliation	Time
1	689	Ongom Timothy	Kyambogo	1:56.16
2	687	Kibet Hosea	KCCA	1:58.40
3	747	Inebulwa Denis	UPDF	1:58.51
4	685	Mugwana Ramadhan	Jinja	1:59.76
5	695	Cherop Sam	KCCA	1:59.97
6	142	Okadapawo Gwido	Prisons	2:00.09
7	683	Okello Julius	Kakira	2:14.55

800m Men Semi Finals 2

Pos	Bib No.	Full Names	Affiliation	Time
1	684	Kibet Joshua	Serere	1:52.06
2	743	Ogwok Daniel	Prisons	1:52.10
3	686	Kisisei David	Kween	1:53.59
4	744	Arop Michael	Prisons	1:57.27
5	688	Makanga Joseph	Mityana	1:59.63
6	692	Eiru Geoffrey	Amuria	2:02.90
7	693	Nyeko Charles	Ndejje	2:03.59
8	690	Bayita Job	Kakira	2:04.61
9	144	Toroitich Leonard	Police	2:40.39

800m Men Semi Finals 3

Pos	Bib No.	Full Names	Affiliation	Time
1	698	Mayanja Abu	UWA	1:45.73
2	699	Etiau Rashid	UWA	1:47.16
3	735	Adar Jimmy	Prisons	1:48.13
4	682	Opolot Andrew Moses	Prisons	1:50.13
5	697	Wabutwa Farid	UWA	1:50.67
6	739	Jamono Edmund	UAFA	1:56.52
7	143	Uma Joseph	Standard	1:59.00
8	33	Luteezo Geoffrey	Mityana	2:17.59
	-	Musagala Ronald	UWA	DNF

1500m Men Final

Pos	Bib No.	Full Names	Affiliation	Time
1		Mayanja Abu	UWA	3:46.93
2		Cherop Alex	Police	3:47.48
3		Naipei Peter	Police	3:49.33
4		Kiprop Daniel	Serere	3:49.76
5		Chemonges Fredrick	UPDF	3:51.08
6		Yego Isaac	UAFA	3:51.59
7		Uma Joseph	Standard	3:52.89
8		Cherot Sam	KCCA	3:54.72
9		Ochieng Julius	Prisons	3:52.29
10		Okadapoa Gwido	Prisons	3:56.28
11		Kosgei Issa	Prisons	3:57.00
12		Oketcho John	Prisons	3:57.50
13		Kibet Joshua K.	Kapchorwa	4:00.29
14		Twijukye Wikson	Global High	4:02.70
15		Ongom Timothy	Kyambogo	4:03.62

1500m Semi Finals**Heat 1**

Pos	Bib No.	Full Names	Affiliation	Time
1		Cherop Alex	Police	3:51.71
2		Ochieng Julius	Prisons	3:54.35
3		Kiprop Daniel	Serere	3:55.02
4		Oketcho John	Prisons	3:55.98
5		Kibet Joshua K.	Kapchorwa	3:56.67
6		Naibei Peter	Police	3:59.03
7		Kosgei Issa	Prisons	4:02.99
8		Kipsisei Ben	UPDF	4:04.59
9		Makanga Joseph	Mityana	4:05.70
10		Kiplimo Fred	UPDF	4:05.74
11		Ainomugisha Brian	UCU	4:06.50
12		Mugana Ramadhan	KCCA	4:08.75
13		Niwanziima Oscar	UAFA	4:10.71
14		Kibet Hosea	KCCA	4:14.81
15		Ogit Francis	Kakira	4:15.98
16		Ategeka Brian	Boots	4:17.48
17		Kamekete Shadrack	Nampunge	4:27.80
18		Luteezo Geofrey	Mityana	4:28.53
19		Kawa Moses	UAFA	4:48.67
20		Mulocho Ronald	Airforce	5:36.04

1500m Semi Finals**Heat 2**

Pos	Bib No.	Full Names	Affiliation	Time
1		Mayanja Abu	UWA	3:41.15
2		Chemonges Fredrick	UPDF	3:52.98
3		Yego Isaac	UAFA	3:55.05
4		Uma Joseph	Standard	3:57.94
5		Cherot Sam	KCCA	3:58.16
6		Twijukye Wikson	Global High	3:59.45
7		Ongom Timothy	Kyambogo	3:59.65
8		Okadapao Gwido	Prisons	4:03.30
9		Omusugu Nathan	Jinja	4:08.25
10		Jamono Edmond	UAFA	4:11.57
11		Kanchero Joseph	Boot	4:14.80
12		Kwesiga Ballon	Airforce	4:15.25
13		Bijemumeso Mark	Kabale	4:16.03
14		Nyeko Charles	Ndejje	4:17.00
15		Nsubuga Julius	Wakiso	4:17.17
16		Eyiro Geofrey	Amuria	4:18.73

17		Maganda Innocent	UAFA	4:20.05
18		Manilla Kizza Jean	UAFA	4:31.23
19		Asiimwe Morris	Airforce	4:35.90
20		Agume Patrick	Airforce	4:46.08
21		Akampilira Francis	Ndejje	5:02.47
22		Kabanda Innocent	MUK	5:10.84

3000m SC Men Finals

Pos	Bib No.	Full Names	Affiliation	Time
1	192	Yego Isaac	UAFA	8:44.81
2	190	Kiplangat Benjamin	Standard	8:46.31
3	191	Aras Kaya	Turkey	9:05.04
4	658	Ssebuuma Gonzaga	UAFA	9:09.80
5	144	Toroitich Leonard	Police	9:12.38
6	187	Ayeko Simon	UPDF	9:19.89
7	654	Arapsali Denis	Police	9:28.23
8	193	Kibet Francis	UPDF	9:33.94
9	981	Musaani Francis	UPDF	9:40.04
10	189	Stebutibi Vincent	Prisons	9:40.75
11	662	Kwesiga Ballon	Airforce	10:07.40
12	166	Kiplagat Martin	UPDF	10:31.38
13	160	Ogit Francis	Kakira	10:38.96

5000m Men Finals

Pos	Bib No.	Full Names	Affiliation	Time
1	151	Kurong Moses	Police	13:43.30
2	154	Sugira James	Rwanda	13:46.69
3	152	Cherop Alex	Police	13:58.80
4	156	Sikowo Abel	Police	14:03.52
5	164	Kibet Isaac	Prisons	14:07.41
6	181	Tiken Herbert	Kapchorwa	14:15.96
7	644	Chemonges Felix	Prisons	14:16.52
8	150	Chemutai Elisha	Police	14:19.40
9	162	Chemutai Joshua Bekele	Police	14:21.74
10	158	Chebet Abel	Police	14:24.09
11	177	Kosgei Issa	Prisons	14:30.28
12	179	Cherutwo Patrick	UPDF	14:37.21
13	163	Ayeko Isaac	Prisons	14:47.26
14	167	Cheroto Fred	KCCA	14:53.36
15	165	Chebures Alli	KCCA	14:56.81
16	638	Chemtingen Wycliff	Prisons	15:03.07
17	174	Kiplimo Fred	UPDF	15:06.64

18	168	Ategeka Brian	Boots	15:08.59
19	153	Byamugisha Focus	Kabarole	15:08.80
20	149	Twijukye Wickson	Global	15:09.42
21	176	Niyanzima Oscar	UAFA	15:13.19
22	178	Satya Shaffiq	Police	15:13.40
23	657	Migadde Kenneth	KCCA	15:21.83
24	159	Cheboriot Benson	Police	15:29.33
25	184	Kankiriho Joseph	Boots	15:40.33
26	175	Kipsisei Ben	UPDF	15:46.55
27	169	Kaddu Venswa	Mityana	17:36.34
	155	Dramajowa Emmanuel	Kakira	DNF
	157	Amandu Simon	Kakira	DNF
	160	Ogit Francis	Kakira	DNF
	161	Mande Benjamin	KCCA	DNF
	166	Kiplangat Martin	UPDF	DNF
	170	Luteezo Geoffrey	Mityana	DNF
	171	Kawanda Innocent	Makerere	DNF
	172	Biryomumeisho Mark	Kabale	DNF
	173	Kubeta Dan	Police	DNF
	643	Somikwo Ben	Prisons	DNF
	182	Goma Patrick	Airforce	DNF
	183	Kyeyune Clive	Mulago	DNF
	662	Kwesiga Ballon	Airforce	DNF
	640	Toroitich Timothy	UWA	DNF
	185	Kawa Moses	UAFA	DNF
	186	Musaana Francis	UPDF	DNF

10,000m Men Final

Pos	Bib No.	Full Names	Affiliation	Time
1	640	Toroitich Timothy	UWA	28:37.78
2	653	Kipsiro Moses Ndiema	Bukwo	28:37.91
3	643	Somikwo Ben	Prisons	28:41.24
4	659	Kibet Peter	Prisons	28:47.46
5	656	Ayeko Nathan	Police	28:56.61
6	645	Bushendich Monday	Standard	29:00.19
7	647	Musau Martin	Police	29:03.90
8	650	Cheptoch Bernard	KCCA	29:36.38
9	655	Arapsudi Fred	Police	29:36.66
10	660	Kibet James	UPDF	30:09.13
11	644	Chemonges Felix	Prisons	30:14.26
12	658	Ssebuuma Gonzaga	UAFA	30:28.85
13	652	Kiprop Moses	KCCA	30:31.07
14	642	Cherotwo Patrick	UPDF	30:38.63
15	651	Kiptoyek Alfred	UWA	31:07.54
16	638	Chemtingen Wycliff	Prisons	31:25.18
17	663	Chemonges Ashraf	Police	37:53.55
	661	Biryomumeisho Mark	Kabale Trinity	DNF
	662	Kwesiga Ballon	Airforce	DNF
	637	Kagame David	Rwanda	DNF
	636	Ntabo Bosco	Bugiri	DNF
	635	Ssenabulya Martin	Prisons	DNF
	639	Kiprotich Stephen	Prisons	DNF
	641	Kyeyune Clive	Mulago	DNF
	646	Romajowa Emmanuel	Kakira	DNF
	648	Amondo Simon	Kakira	DNF
	649	Kibet Francis	UPDF	DNF
	654	Arapjali Denis	Police	DNF
	657	Migadde Kenneth	KCCA	DNF

4x 100M RELAYS MEN FINALS

Wind:

Pos	LANE	NAME	Affiliation	TIME
		Majanga Boniface		
1	4	Mweresa Boniface	Kenya	40.69
		Otieno Denis		
		Omanyala Ferdinand		
		Inya Lazarous		
2	5	Adome Pius	Police	41.67
		Achiria Godfrey		
		Ngaimoko Alli		
		Isabiryeye Musa		
3	2	Opolot Andrew M.	Prisons	42.97
		Adupa Walter		
		Ogwok Daniel		
		Sserugya Ivan		
4	3	Ndani Brian	UCU	42.98
		Orogot Tarsis		
		Okot Benson		
		Oija Fred		
5	6	Nkeshimana Prosper	UAFA	44.07
		Ochira John		
		Nwang Christopher		
		Muhumuza Clinton		
6	8	Agaba Herbert	Kabarole	45.34
		Kituma Peter		
		Muhumuza Gerald		
		Okello Darius		
7	7	Odongo Sunday	Lamwo	45.69
		Bumba Alex		
		Ochola Bob Eric		
		Ezadi Gilbert		
8	1	Drani Moses	Kakira	45.86
		Swariddahab Hamad		
		Bayita Job		

4x 400M RELAYS MEN FINALS

Wind:

Pos	LANE	NAME	Affiliation	TIME
		Ogwok Daniel		
1	5	Adupa Walter	Prisons	3:13.11
		Isabirye Musa		
		Opolot Andrew Moses		
		Musagala Ronald		
2	7	Etiou Rashid	UWA	3:14.03
		Wabutwa Farid		
		Opiny Leonard		
		Sserugya Ivan		
3	6	Okot Benson	UCU	3:20.84
		Ndani Brian		
		Oryem Polycarp		
		Kakaire Sam		
4	2	Ekea Michael	Airforce	3:24.80
		Bogere Joseph		
		Inebulwa Denis		
		Muhumuza Gerald		
5	1	Agaba Herbert	Kabarole	3:26.02
		Bingi Daniel		
		Komakech Sunday		
		Bongomin Fred		
6	4	Oketayot Francis	Police	3:26.70
		Inya Lazarous		
		Adome Pius		
		Ezadi Gilbert		
7	3	Bayita Job	Kakira	3:33.71
		Drani Moses		
		Swaridahab Muhammed		

Javelin Men Final

Pos	Bib No.	Full Names	Affiliation	Distance
1	702	Okello Robert	Prisons	59.77
2	716	Ocaya Brian	Police	59.35
3	718	Kibwota Patrick	Police	58.12
4	713	Ojara Denis	Prisons	58.02
5	700	Opio Oscar	Prisons	53.31
6	717	Wokorach Jacob	Police	52.21
7	704	Openy Martin	Gulu	48.59
8	701	Ojok Mike	Airforce	33.60

Long Jump Men Final

Pos	Bib No.	Full Names	Affiliation	Distance
1	790	Oketayot Francis	Police	7.17
2	610	Oryem Polycarp	UCU	6.87
3	612	Odongo Denis	Police	6.73
4	609	Okello Darius	Ndejje	6.18
5	717	Wokorach Jacob	Ndejje	6.14
6	718	Kibwota Patrick	Police	6.04
7	613	Isaano Francis	Ndejje	5.97
8	738	Swaridahab Mohammed	Arua	5.76
9	700	Opiyo Polycarp	Prisons	5.64
10	605	Bwaga Al-Bashir	UAFA	5.60
11	782	Enata Samuel	KCCA	5.41

Shotput Men Final

Pos	Bib No.	Full Names	Affiliation	Distance
1		Wokorach Jacob	Police	13.33
2		Opio Oscar	Prisons	12.75
3		Odong Martin	Prisons	12.66
4		Odong J. Baya	UWA	12.15
5		Kaya Kenneth	KCCA	11.42
6		Oyet Richard	Police	11.28
7		Ojara Denis	Prisons	10.84
8		Kibwota Patrick	Police	10.57
9		Ochen James	Prisons	10.02
10		Okello Simon	UPDF	8.97
11		Apabo Bosco	UWA	8.13
		Friday John	Entebbe	8.02

High Jump Men Final

Pos	Bib No.	Full Names	Affiliation	Height
1	613	Isaano Francis	Ndejje	1.90
2	673	Okello Emmanuel	Ndejje	1.80
3	672	Onang Christopher	Prisons	1.80
4	748	Apollo Yayeria	UAFA	1.60
5	-	Okwonga Denis	MUK	1.60
6	737	Bongomin Fred	Police	1.60
7	746	Omoding James	Prisons	1.60

Discus Men Final

Pos	Bib No.	Full Names	Affiliation	Distance
1	700	Opio Oscar	Prisons	37.03
2	717	Wokorach Jacob	Police	36.89
3	667	Odong J. Baya	UWA	35.30
4	704	Okello Robert	Prisons	35.19
5	668	Odong Martin	Prisons	34.09
6	705	Opala David	UCU	33.60
7	665	Oyet Richard	Police	33.50
8	718	Kibwota Patrick	Police	31.53
9	703	Ojara Denis	Prisons	30.09
10	666	Openy Martin	Gulu	30.06
11	671	Baru Michael	Moyo	23.13
12	669	Ojok Michael	Airforce	19.69
	670	Wandera Peter	Kenya	NM
	-	Opio Gerald	UPDF	NM

Triple Jump Men Final

Pos	Bib No.	Full Names	Affiliation	Distance
1	790	Oketayot Francis	Police	14.40
2	680	Odong Denis	Police	13.96
3	700	Opiyo Oscar	Prisons	13.92
4	679	Odongpiny Ronaldson	Gulu	13.67
	-	Okello Darius	Ndejje	NM