

National Overdistance

February 18th, 2017 - Makerere Sports Grounds

Women

150m Heat 1

| Pos | Full Names | Affiliation | Time |
|-----|------------------|-------------|------|
| 1 | Wonruku Stella | Prisons | 20.6 |
| 2 | Among Betty | Police | 21.6 |
| 3 | Amutire Juliet | MUK | 22.9 |
| 4 | Alou Cathy | MUK | 23.4 |
| 5 | Ikoo Hellen Rose | MUK | 27.4 |

Heat 2

| Pos | Full Names | Affiliation | Time |
|-----|--------------------|-------------|------|
| 1 | Koli Everline Acen | Prisons | NT |
| 2 | Mukyala Zerida | Ndejje | NT |
| 3 | Apolot Ruth | Prisons | NT |
| 4 | Nabuule Hajara | Airforce | NT |

**NT - Not Timed*

300m Finals

| Pos | Full Names | Affiliation | Time |
|-----|--------------------|-------------|------|
| 1 | Koli Everline Acen | Prisons | 43.1 |
| 2 | Mukyala Zerida | Ndejje | 43.8 |
| 3 | Abu Sandra | Ndejje | 44.8 |
| 4 | Nabbasa Jane | Ndejje | 45.8 |
| 5 | Nabuule Hajara | Airforce | 54.0 |

600m Finals

| Pos | Full Names | Affiliation | Time |
|-----|----------------|-------------|--------|
| 1 | Wonruku Stella | Prisons | 1:59.2 |
| 2 | Among Betty | Police | 1:59.6 |
| 3 | Abuu Sandra | Ndejje | 2:03.2 |
| 4 | Chesang Prisca | UWA | 2:11.1 |

1 mile /1600m

| Pos | Full Names | Affiliation | Time |
|-----|---------------------------|-------------|--------|
| 1 | Merabu Nagwandala | MUBS | 5:16.7 |
| 2 | Chemutai Febia | Police | 5:22.2 |
| 3 | Cherubet Juliet | Ndejje | 5:29.6 |
| 4 | Siloam Nakimbugwe Rachael | UAFA | 6:49.3 |

3000m Finals

| Pos | Full Names | Affiliation | Time |
|-----|---------------------------|-------------|------|
| 1 | Cherubet Juliet | Ndejje | 43.1 |
| 2 | Chesang Prisca | UWA | 43.8 |
| 3 | Nalagwa Moureen | UAFA | 44.8 |
| 4 | Siloam Nakimbugwe Rachael | UAFA | 45.8 |
| 5 | Nuwagaba Edian | Ndejje | 54.0 |

Javelin

| Pos | Full Names | Affiliation | Distance |
|-----|------------------|-------------|----------|
| 1 | Anek Winnie | Ndejje | 35.92 |
| 2 | Lakareber Monica | Ndejje | 32.22 |
| 3 | Nahabwe Sharon | Ndejje | 16.85 |
| | Baty Claire | Nalinya | NM |

Long Jump

| Pos | Full Names | Affiliation | Distance |
|-----|-----------------|-------------|----------|
| 1 | Nabassa Jane | Ndejje | 5.13 |
| 2 | Lamunu Nancy | Ndejje | 5.08 |
| 3 | Mukyala Zeridah | Ndejje | 4.97 |
| 4 | Apolot Ruth | Prisons | 4.38 |

Shotput

| Pos | Full Names | Affiliation | Distance |
|-----|------------------|-------------|----------|
| 1 | Lakareber Monica | Ndejje | 10.00 |
| 2 | Anek Winnie | Ndejje | 9.50 |
| 3 | Nahabwe Sharon | Ndejje | 8.63 |
| 4 | Baty Claire | Nalinya | 7.35 |

Men**150m Heat 1**

| Pos | Full Names | Affiliation | Time |
|-----|----------------|-------------|------|
| 1 | Musa Isabirye | Prisons | 17.2 |
| 2 | Bongomin Fred | Ndejje | 17.4 |
| 3 | Ochera John | UAFA | 17.8 |
| 4 | Kakaire Sam | Airforce | 18.2 |
| 5 | Ilukut Eric | Ndejje | 18.5 |
| 6 | Bwaga Albashir | Paralympics | 19.3 |
| 7 | Kalinda Denis | Airforce | 20.4 |

Heat 2

| Pos | Full Names | Affiliation | Time |
|-----|--------------------|-------------|------|
| 1 | Odong Emmanuel | KIU | 18.5 |
| 2 | Inebulwa Denis | UPDF | 18.8 |
| 3 | Manzi Solomon | MUK | 19.2 |
| 4 | Kivumbi Emmanuel | UAFA | 19.8 |
| 5 | Othieno Adanga | MUK | 20.8 |
| 6 | Walusimbi Emmanuel | MUK | 22.0 |

300m Finals

| Pos | Full Names | Affiliation | Time |
|-----|--------------------|-------------|------|
| 1 | Ongee Simon Peter | Ndejje | 35.8 |
| 2 | Anywar Johnson | Ndejje | 36.0 |
| 3 | Nkeshimana Prosper | UAFA | 36.2 |
| 4 | Bongomin Fred | Ndejje | 36.4 |
| 5 | Jamono Edmond | Ndejje | 37.3 |
| 6 | Kivumbi Emmanuel | UAFA | 41.5 |
| 7 | Matovu Jonathan | Airforce | 42.1 |
| 8 | Kibudde Mahmood | UAFA | 43.0 |
| 9 | Aslam Abdulkarim | Standard | 51.9 |

600m Finals

| Pos | Full Names | Affiliation | Time |
|-----|------------------------|-------------|--------|
| 1 | Opolot Andrew | Prisons | 1:20.6 |
| 2 | Jamono Edmond | Ndejje | 1:22.5 |
| 3 | Adome Pius | Police | 1:24.2 |
| 4 | Ngeyo Paul | Ndejje | 1:26.5 |
| 5 | Arop Michael | Prisons | 1:29.8 |
| 6 | Oleng Maxwell | UPDF | 1:31.3 |
| 7 | Obalim Samuel | Ndejje | 1:32.2 |
| 8 | Okiror John | Makerere | 1:33.8 |
| 9 | Manillakizza John Mary | UAFA | 1:34.3 |
| 10 | Mayanja Denis | Airforce | 1:35.4 |

1 mile /1600m

| Pos | Full Names | Affiliation | Time |
|-----|-----------------------|-------------|--------|
| 1 | Adar Jimmy | Prisons | 4:14.1 |
| 2 | Turihohabwe Fortunate | Ndejje | 4:17.5 |
| 3 | Mutai Ezra | Ndejje | 4:20.5 |
| 4 | Ongom Timothy | KCCA | 4:21.1 |
| 5 | Ogwok Daniel | Prisons | 4:26.6 |
| 6 | Ssebuuma Gonzaga | UAFA | 4:35.9 |
| 7 | Migadde Kenneth | KCCA | 4:37.0 |
| 8 | Akankwasa Jonathan | UAFA | 4:45.5 |
| 9 | Omoding James | Prisons | 4:53.8 |
| 10 | Kabagambe Julius | Ndejje | 4:54.6 |

| | | | |
|----|------------------|----------|--------|
| 11 | Manilla Kizza | UAFA | 4:55.5 |
| 12 | Sunday Godfrey | MUK | 5:09.0 |
| 13 | Ayebale Benjamin | Kyambogo | 5:17.0 |
| 14 | Mayanja Denis | Airforce | 5:24.5 |
| 15 | Kibudde Mahmood | UAFA | 5:26.2 |
| 16 | Walukagga Joseph | Makindye | 5:32.1 |

5000m Finals

| Pos | Full Names | Affiliation | Time |
|-----|---------------------|-------------------|---------|
| 1 | Cherop Sam | Police | 14:48.1 |
| 2 | Andiema Allan | Standard | 15:52.0 |
| 3 | Kibet Joshua Kipsoi | Kapchorwa | 15:31.5 |
| 4 | Agaba Aggrey | UAFA | 15:35.3 |
| 5 | Akankwasa Jonathan | UAFA | 15:49.7 |
| 6 | Agotre Primo | Airforce | 15:50.3 |
| 7 | Byamugisha Justus | Prisons | 16:10.4 |
| 8 | Okiror John | MUK | 16:49.2 |
| 9 | Byaruhanga Brian | MUK | 16:55.0 |
| 10 | Murengera Stephen | Mbarara Municipal | 17:09.0 |
| 11 | Nkabaguruka Grace | UAFA | 17:26.5 |
| 12 | Kawa Moses | UAFA | 17:42.9 |
| 13 | Mukimbiri Moses | UAFA | 17:44.5 |
| 14 | Sserunkuma Ronald | UAFA | 18:10.9 |
| 15 | Mwagaza Rashid | UAFA | 20:24.7 |

4x200m Relays

| Pos | Full Names | Affiliation | Time |
|-----|-----------------------|-------------|--------|
| 1 | Anywar Johnson | Ndejje B | 1:33.3 |
| | Ongee Simon Peter | | |
| | Okwera James | | |
| | Tooroma Gerald | | |
| 2 | Obalim Samuel | Ndejje C | 1:35.3 |
| | Bitek Francis | | |
| | Polycarp Olinga | | |
| 3 | Luketo Ben George | Ndejje A | 1:35.6 |
| | Turinohabwe Fortunate | | |
| | Illukot Eric | | |
| | Jamono Edmond | | |
| 4 | Ochaya David | UAFA | 1:36.6 |
| | Nkeshimana Prosper | | |
| | Okiror John | | |
| | Kivumbi Emmanuel | | |
| | Ochira John | | |

| | | | |
|---|----------------------|----------|--------|
| | Isabirye Musa | | |
| 5 | | Prisons | 1:37.8 |
| | Matovu Jonathan | | |
| | Kakaire Sam | Airforce | DNF |
| | Manzi Solomon | | |
| | Nema Denis | | |
| | Adome Pius | | |
| | Bwagga Bashir | MUK | DNF |
| | Odongo Emmanuel Kiff | | |
| | Levo Stephen | | |

Long Jump

| Pos | Full Names | Affiliation | Distance |
|-----|--------------------|-------------|----------|
| 1 | Okot Bitek Francis | Ndejje | 6.86 |
| 2 | Anywar Johnson | Ndejje | 6.83 |
| 3 | Luketo George | Ndejje | 6.80 |
| 4 | Okwera James | Ndejje | 6.74 |
| 5 | Oringa Polycarp | UPDF | 6.68 |
| 6 | Ocaya David | Ndejje | 6.47 |
| 7 | Bwaga Ali Bashir | Makerere | 5.28 |
| 8 | Odongo Emmanuel | KIU | 5.28 |

Shotput

| Pos | Full Names | Affiliation | Distance |
|-----|-----------------|-------------|----------|
| 1 | Anywar Johnson | Ndejje | 14.20 |
| 2 | Ochaya David | Ndejje | 13.29 |
| 3 | Bisaso Peter | Kawempe | 11.45 |
| 4 | Oringa Polycarp | UPDF | 9.80 |
| | Odong Martin | Prisons | NM |

Javelin

| Pos | Full Names | Affiliation | Distance |
|-----|----------------|-------------|----------|
| 1 | Ocaya David | Ndejje | 57.00 |
| 2 | Wokorach Jacob | Ndejje | 50.10 |
| 3 | Anywar Johnson | Ndejje | 49.00 |
| 4 | Lowok Andrew | MUK | 33.30 |