



Uganda Athletics Federation (UAF)
2nd National Trials
March 18th, 2023 - Mandela National Stadium (Warm-up track)
Official Results

Women

100m Women Heat 1 Wind: -2.3m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	6	617	Akullu Monica	Standard High ZanaAth.Club	13.24
2	1	365	Akumu Veronica Aguttu	Uganda Prisons AthleticsClub	13.90
3	4	612	Nessia Aminah	Old Kampala S.SAthletics Club	14.17
4	5	623	Bisirikorwa Joy	Standard High ZanaAth.Club	15.20
5	3	594	Gumoshabe Rebeccah	Ndejje UniversityAthletics Club	15.80
	2	578	Anamu Vicky	Nampunge Community H.S Athl. Club	DNS

100m Women Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1	2	434	Acen Rose Mary	UPDF Athletics Club	12.3
2	6	674	Nyawere Christine	UPDF Athletics Club	12.6
3	4	600	Abalo Sandra	Old Kampala S.SAthletics Club	12.9
4	5	614	Abbo Sophia	Standard High ZanaAth.Club	14.2
5	1	619	Amony Sharon	Standard High ZanaAth.Club	14.5
	3	579	Ayiorwoth Flavia	Nampunge Community H.S Athl. Club	DNS

100m Women Heat 3

Pos	Lane	Bib	Name	Affiliation	Time
1	1	479	Idwara Penina	UPDF Athletics Club	13.0
2	5	620	Atiang Charity Mercy	Standard High ZanaAth.Club	13.2
3	2	539	Acan Agnes	Gombe s.s Athletics Club	14.0
4	6	551	Oyella Brenda Balam	Gombe s.s Athletics Club	14.7
	4	607	Basemera Daphine	Old Kampala S.SAthletics Club	DQ
	3	582	Nyapolo Charity	Nampunge Community H.S Athl. Club	DNS

100m Women Heat 4

Pos	Lane	Bib	Name	Affiliation	Time
1	4	610	Katushabe Jacinta	Old Kampala S.SAthletics Club	13.6
2	6	605	Awelo Mukasa Fiona	Old Kampala S.SAthletics Club	13.9
3	6	627	Namuwonge Jennifer	Standard High ZanaAth.Club	14.1
4	2	545	Mbabazi Nakato Jemima	Gombe s.s Athletics Club	14.3
5	5	621	Atim Lidya	Standard High ZanaAth.Club	14.5
6	1	546	Namuli Aidah	Gombe s.s Athletics Club	14.8
	3	584	Sony Zulaika	Nampunge Community H.S Athl. Club	DNS

200m Women Heat 1 Wind: -2.1m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	1	434	Acen Rose Mary	UPDF Athletics Club	26.23
2	6	674	Nyawere Christine	UPDF Athletics Club	26.34
3	4	600	Abalo Sandra	Old Kampala SS Ath Club	26.96
4	3	162	Draru Rose	Uganda Police	28.30
5	5	614	Abbo Sophia	Standard High Sch	30.82
	2	579	Ayiorwoth Flavia	Nampiunge Community H. Sch Ath.	DNS

200m Women Heat 2 Wind: -4.9m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	1	611	Mbabazi Peace Teopista	Old Kampala SS Ath Club	27.20
2	4	620	Atiang Charity Mercy	Standard High Sch	28.28
3	3	607	Basemera Daphine	Old Kampala SS Ath Club	31.08
4	5	551	Oyella Brenda Balaam	Gombe SS	31.20
	2	539	Acan Agnes	Gombe SS	DNS

200m Women Heat 3 Wind: -3.7m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	3	610	Katushabe Jacinta	Old Kampala SS Ath. Club	28.06
2	5	605	Awelo Mukasa Fiona	Old Kampala SS Ath. Club	28.58
3	1	545	Mbabazi Nakato Jemima	Gombe SS	29.45
4	4	621	Atim Lydia	Standard High Sch	29.58
	2	584	Sony Zulaika	Nampunge Community H.Sch	DNS

200m Women Heat 4 Wind: -3.2m/s

Pos	Lane	Bib	Name	Affiliation	Time
1		617	Akullu Monica	Standard High	26.92
2	3	612	Nessia Aminah	Old Kampala SS	29.55
3	4	623	Bisirikorwa Joy	Standard High	32.22
4	2	594	Gumoshabe Rebecca	Ndejje University	33.27
	1	578	Anamu Vicky	Nampunge Community H.Sch	DNS

200m Women Heat 5 Wind: -4.6m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	4	609	Kaahwa Anna Mary	Old Kampala	28.36
2	5	603	Akongo Justine Joy	Old Kampala	29.44
3	3	601	Aciro Prossy	Old Kampala	29.87
4	2	622	Atim Mercy	Standard High	30.38
	1	582	Nyapolo Charity	Nampunge Community H. Sch	DNS

400m Women Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1	1	332	Koli Evaline Ocen	Uganda Prisons Athletics Club	59.71
2	5	542	Amuge Mercy	Gombe s.s Athletics Club	1:02.34
3	2	640	Biryeri Evelyn	Uganda Prisons Athletics Club	1:04.05
4	4	541	Agoa Nancy	Gombe s.s Athletics Club	1:06.58
5	3	540	Acheng Hafsah Akulla	Gombe s.s Athletics Club	1:20.32

400m Women Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1	4	599	Ayozu Grace	Ndejje University Athletics Club	1:00.66
2	3	162	Draru Rose	Uganda Police Athletics Club	1:02.92
3	5	601	Aciro Prossy	Old Kampala S.S Athletics Club	1:03.86
4	6	659	Kharunda Clare	Uiahms - Mulago Athletics Club	1:19.80
	1	580	Kobusinge Phiona	Nampunge Community H.S Athl. Club	DNS
	2	657	Acen Mirriam	Uiahms - Mulago Athletics Club	DNS

400m Women Heat 3

Pos	Lane	Bib	Name	Affiliation	Time
1	3	611	Mbabazi Peace Teopista	Old Kampala S.S Athletics Club	1:00.29
2	4	479	Idwara Penina	UPDF Athletics Club	1:00.99
3	2	609	Kaahwa Anna Mary	Old Kampala S.S Athletics Club	1:01.07
4	6	627	Namuwonge Jennifer	Standard High ZanaAth.Club	1:01.51
5	1	603	Akongo Justine Joy	Old Kampala S.S Athletics Club	1:05.08
	5	546	Namuli Aidah	Gombe s.s Athletics Club	DNS

800m Women Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1	1	615	Akello Priscilla	Standard High	2:15.5
2	2	628	Chebet Zumra	Tororo	2:19.2
3	3	618	Akullu Ruth	Standard High	2:25.0
4	4	653	Wonruku Stella Akullu	Prisons	2:26.0
5	6	558	Gift Wanyenya	Kamuli	2:57.0
6	5	540	Acheng Nafsah Akulla	Gombe SS	3:22.1

800m Women Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1	1	598	Chemutai Teddy	Tororo	2:17.0
2	2	629	Orishaba Marvelous	Ndejje University	2:18.6
3	3	624	Akullu Juliet	Standard High	2:23.9
4	4	616	Chekwe moi Vanjaline	Standard High	2:28.6
5	5	542	Amuge Mercy	Gombe SS	2:33.0
6	8	270	Akello Agnes	Prisons	2:44.6
7	9	557	Nanteza Allen Annet	Kampala Kids Academy	3:01.0

1500m Women Final

Pos	Lane	Bib	Name	Affiliation	Time
1	8	042	Cherop Kerine	UPDF	4:45.9
2	4	631	Cheruto Nowel	Tuku Afrika Athletics Club	4:45.9
3	14	615	Akello Priscilla	Standard High ZanaAth.Club	4:46.8
4	10	592	Chekwe moi Sandra	Ndejje UniversityAthletics Club	4:50.3
5	16	624	Chepkwe moi Vanjaline	Standard High ZanaAth.Club	5:06.9
6	15	616	Akullu Juliet	Standard High ZanaAth.Club	5:13.0
7	1	106	Cherotich Abigail	Tuku Afrika Athletics Club	5:15.4
	5	11	Cheptoyek Joy	Arua District Athletics Association	DNS
	6	49	Chebet Gloria	JOCDEF Athletics Club	DNS
	7	290	Chelangat Leah	KCCA Athletics Club	DNS
	8	532	Chebet Sarah	Coach To Coach Athletics Club	DNS
	9	562	Chemutai Martha	KCCA Athletics Club	DNS
	11	658	Aran Daphine Kella	Uiahms - Mulago Athletics Club	DNS
	12	581	Marunga Suzan	Nampunge C. H. SCH.ATH. CLUB	DNS
	13	604	Amuge Sharon	Old Kampala S.SAthletics Club	DNS

5000m Women Final

Pos	Lane	Bib	Name	Affiliation	Time
1	4	11	Cheptoyek Joy	Arua District Athletics Association	15:47.2
2	1	120	Yeko Grace	Tuku Afrika Athletics Club	17:47.8
3	9	592	Chekwe moi Sandra	Ndejje UniversityAthletics Club	18:25.5
4	2	466	Cheptoek Faith	UPDF Athletics Club	18:34.2
	3	625	Cheptegei Hilda	Standard High ZanaAth.Club	DNS
	5	49	Chebet Gloria	KCCA Athletics Club	DNS
	6	290	Chelangat Leah	KCCA Athletics Club	DNS
	7	532	Chebet Sarah	Coach To Coach Athletics Club	DNS
	8	562	Chemutai Martha	KCCA Athletics Club	DNS
	10	658	Aran Daphine Kella	Uiahms - Mulago Athletics Club	DNS

Shot Put Women Final

Pos	Lane	Bib	Name	Affiliation	Distance
1	2	282	Aber Caroline Odwong	Uganda Prisons Athletics Club	11.12
2	8	678	Oyella Alice Kevin	UPDF Athletics Club	10.04
3	6	589	Anek Scovia Olanya	Ndejje UniversityAthletics Club	9.87
4	4	436	Akello Fiona	UPDF Athletics Club	9.69
5	3	358	Aciro Rose Mary	Uganda Prisons Athletics Club	9.47
6	1	281	Amaido Caroline	Uganda Prisons Athletics Club	9.36
7	7	7	Atim Mercy	Standard High	7.58
8	7	606	Ayoo Esther	Old Kampala S.SAthletics Club	6.51
	5	543	Avako Joyce	Nampunge Community High Sch	DNS

Men**100m Men Heat 1**

Pos	Lane	Bib	Name	Affiliation	Time
1	2	100	Lomutho Rajab	UWA	10.6
2	3	401	Hasahya Benard	KCCA	11.1
3	1	568	Masaba Peter	Kamuli	11.4
4	5	643	Kiguli Trevor	SSA	11.6
5	4	595	Diego Derrick	Kyambogo	12.0
6	6	585	Ssenkungu Davis	Entebbe	12.5

100m Men Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1	5	504	Obong Brian Bradford	UPDF	11.4
2	6	338	Komakech Moses	Prisons	11.6
3	4	593	Edube Tom	KCCA	12.0
4	2	566	Kabuye Akram	Makerere	12.7
5	3	633	Talemwa Edwin	Mulago	13.0
6	1	554	Sserwadda Paul	Entebbe	13.8

100m Men Heat 3

Pos	Lane	Bib	Name	Affiliation	Time
1	3	514	Onyanga Isaac	UPDF	11.3
2	1	670	Engadu Blessed Joshua	Standard	11.6
3	2	613	Gumperom Innocent	Standard	11.8
4	5	652	Wananda Ernest	Prisons	12.1
5	4	537	Ssekalalu Angelo	Gombe SS	14.1

100m Men Heat 4

Pos	Lane	Bib	Name	Affiliation	Time
1	6	656	Abura George	Mulago	11.8
2	4	474	Emong John	UPDF	12.1
3	3	569	Jjunju Brian	Kamuli	12.5
4	5	671	Etiang Robert	UPDF	12.9
5	1	591	Atwiine Mark	Ndejje	13.8
6	2	597	Muhashani Diauvi	Old Kampala SS	15.9

100m Men Heat 5

Pos	Lane	Bib	Name	Affiliation	Time
1	2	129	Adome Pius	Police	10.5
2	4	544	Isabirye Musa	Prisons	10.9
3	1	111	Okello Darius	Tuku Afrika	11.3
4	3	577	Ambayo Fred	Nampungwe Community	11.7
5	6	626	Otieno Glenn	Makerere	12.1
6	5	673	Nsiiro Edward	Wakiso	12.7

100m Men Heat 6

Pos	Lane	Bib	Name	Affiliation	Time
1	1	508	Odongo Denis	UPDF	11.6
2	2	97	Kibumba Semel Emmanuel	Makerere	11.8
3	3	515	Opio Edeku Sam	UPDF	12.0

200m Men Heat 1

Wind: -2.7m/s

Pos	Lane	Bib	Name	Affiliation	Time
1		129	Adome Pius	Police	21.83
2		544	Isabirye Musa	Prisons	22.40
3		401	Lumutho Rajab	UWA	22.58
4		555	Musenze Junior Christopher	Entebbe	22.89
5		577	Ambayo Fred	Nampungwe Community H. Sch	23.05

200m Men Heat 2

Wind: -2.6m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	1	438	Ariti James	UPDF	22.55
2	2	678	Nyeko Johnson	Layibi College	22.67
3	5	656	Abura George	Mulago	23.81
4	3	512	Olibo John	UPDF	23.86
5	4	465	Hero Jany	South Sudan	24.49
6	6	569	Jjunju Brain	Kamuli	25.54

200m Men Heat 3

Wind: -3.3m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	4	505	Ocira John	UPDF	22.93
2	2	100	Masaba Peter	Kamuli	22.98
3	3	518	Oweka Samuel Saddam	UPDF	23.30
4	5	097	Kibumba Semel. E	Makerere	23.89
5	6	095	Omollo Innocent Lazzo	Makerere	25.30
6	1	585	Ssenkungu Davis	Entebbe	25.82

200m Men Heat 4

Wind: -2.8m/s

Pos	Lane	Bib	Name	Affiliation	Time
1		475	Eragu Joseph	UPDF	23.09
2		440	Ayo Jacob	UPDF	23.51
3		595	Kiguli Trevor	Sprinters Sports Accademy	23.74
4		643	Diego Derrick	Kyambogo	24.32
5		651	Wafula Benon Benja	Tororo	25.33
6		626	Otieno Glenn	Makerere	32.61

200m Men Heat 5 Wind: -5.3m/s

Pos	Lane	Bib	Name	Affiliation	Time
1		96	Omuka Kenneth	Makerere	23.79
2		593	Edube Tom	Ndejje University	25.00
3		602	Ainombabazi Gerald	Old Kampala SS	25.07
4		652	Wananda Ernest	Prisons	25.14
5		554	Sserwadda Paul	Entebbe	26.72
6		566	Hasahya Benard Bujju	Makerere	26.91

400m Men Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1	6	675	Nyeko Johnson	Layibi College	48.9
2	5	438	Ariti James	UPDF Athletics Club	49.2
3	1	440	Ayo Jacob	UPDF Athletics Club	50.2
4	3	602	Ainombabazi Gerald	Old Kampala SS	54.0
5	2	512	Olibo John	UPDF Athletics Club	56.1
6	4	667	Acelun Kokas	UPDF Athletics Club	57.2

400m Men Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1	6	555	Musenze Christopher Jr	Entebbe	50.69
2	3	96	Omuka Kenneth	Makerere	50.78
3	5	646	Kivumbi Rippon Daniel	Police	54.22
4	1	651	Wafula Benon Benja	Tororo	54.47
5	2	-	Omollo Innocent Lazzo	Makerere	55.21
6	4	677	Okulla Jacob	Standard High	55.61

800m Men Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1		283	Chanwengo Godfrey	Prisons	1:57.2
2		279	Bua Julius Peter	Prisons	1:59.5
3		506	Ochom Alex	UPDF	1:59.5
4		573	Bizimana Prosper	Makindye	2:18.7
5		564	Biryomumeso Alex	Kikooko	2:26.3
		632	Kiiza Abdallah	Mulago	DNF

800m Men Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1		588	Akemkwen Peter	Ndejje University	1:52.5
2		329	Kiprotich Sam	Prisons	1:53.0
3		348	Oketcho John	Prisons	1:56.1
4		093	Adupa Daniel	Makerere	2:00.1
5		586	Turyahabwe Fortunate	Kikooko	2:06.3
6		547	Wanyenya Gift	Kamuli	2:06.3
7		98	Tolit Cliff Godfrey	Makerere	2:09.7
8		648	Tinkamanyire Innocent	Gombe SS	2:19.0

1500m Men

Pos	Lane	Bib	Name	Affiliation	Time
1		575	Wangari Peter Kibui	MUBS	3:44.31
2		672	Krop Dominic	Prisons	3:52.13
3		641	Chemutai Hosea	Arua	3:55.80
4		638	Jonunu Edmond	Prisons	3:57.87
5		676	Odongkara Richard	UPDF	4:08.45
6		548	Obedi Jacob	Gombe SS	4:21.55
7		586	Turihohabwe Fortunate	Kikooko	4:32.82
8		648	Tinkamanyire Innocent	Gombe SS	4:38.17
9		573	Bizimana Prosper	Makindye	4:39.23
10		565	Subira Vincente	Kikooko	4:47.25
11		534	Matovu Antonia	Makindye	4:51.33
12		636	Kitibwa Haron	UAFA	4:57.77
13		533	Kabanda John Bosco	Gombe SS	5:00.13
14		564	Biryomumesho Alex	Kikooko	5:06.11
		665	Semakula Reagan	Entebbe	DNF
		588	Akemkwene Peter	Ndejje University	DNF
		639	Erimu Kokas	Prisons	DNF

5000m Men Final

Pos	Lane	Bib	Name	Affiliation	Time
1		323	Kiplangat Denis	Prisons	14:37.1
2		669	Chemutai Jacob	UPDF	14:38.7
3		008	Cherop Dominic	Arua	14:49.1
4		666	Acaye Francis	UPDF	16:31.5
5		649	Tukamushaba Ronald	Prisons	16:17.6
6		574	Kusuro Keneth	UPDF	16:43.2
7		661	Kiplangat Esau	Ndejje University	17:08.8
8		560	Kule Jeckas	Ndejje University	17:57.1
9		565	Subira Vincent	UIAHMS	18:04.3
10		92	Abdallah Abudlkadir	Makerere	19:52.5
		549	Onenchan Abdul Rashid	Nebbi	DNF
		550	Orach Denis	Mulago	DNF
		531	Kibet Titus	Kween	DNF
		608	Edweu Gideon	Ndejje University	DNF
		547	Nifu Ndiwoloye	Kyambogo	DNF
		530	Amale Fred Izama	Adjumani	DNF

Long Jump Men Final

Pos	Flight	Bib	Name	Affiliation	Distance
1	1	535	Rupiny Solomon	Gombe SS	6.72
2	2	552	Rachrakara Gracela	Gombe SS	6.66
3	3	654	Komakech Samuel	Police	6.04
4	4	635	Emojong Solomon F.	Police	5.37
5	5	-	Osborn Ochira	Gombe SS	4.64

Shotput Men Final

	Flight	Bib	Name	Affiliation	Distance
1	1	344	Ocheng Moses Ginaro	Prisons	13.05
2	2	346	Odong Martin	Prisons	12.70
3	6	509	Ojara Jackson Pope	UPDF	11.94
4	3	634	Okumu Junior	Gombe SS	11.50
5	7	319	Mwaka Johnson	Prisons	10.80
6	8	590	Apango Job	Ndejje	8.66
7	4	553	Rubangankene Kennedy	Standard High	8.31
	5	508	Odong Denish	UPDF	DNS