

# UGANDA ATHLETICS FEDERATION (UGA)

3RD NATIONAL TRIALS, 2ND APRIL 2022

Mandela National Stadium - Final Results

## Women

100m Women Heat 1

Wind: 0.7m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	5	150	Nyawere Christine	Old Kampala Ath.Club	12.71
2	4	125	Ayikoru Rita Favour	Ndejje University Athletics Club	13.96
3	7	191	Abbo Sophia	Standard High Zana	14.25
4	6	193	Adoch Beatrice	Standard High Zana	14.47
5	1	019	Ayiorwoth Flavia	Gombe Athletics Club	14.70
6	2	038	Namatovu Clare	Kampala Kids Academy (Kka)	15.51
7	8	121	Oroma Agness	Unity Athletics Club	16.34
8	3	107	Badaru Mercy	Mubs University Athletics Club	16.38

100m Women Heat 2

Wind: 1.1m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	4	118	Anam Vicky	Nampungwe C. H. Sch. Ath. Club	13.64
2	6	149	Nyakato Lyida	Old Kampala Ath.Club	13.73
3	7	153	Adongo Domidy	Prisons Athletics Club	13.88
4	5	142	Aber Samsa	Old Kampala Ath.Club	15.15
5	3	077	Muhwezi Chelsea Michelle	Makerere University Athletics Club	15.27
6	8	275	Atim Deborah	Unity Athletics Club	16.30
	1	016	Koranteng Aimee	Entebbe Ath.Club	DNS
	2	030	Cherop Winny	Inzikuru Sports Academy Limited	DNS

100m Women Heat 3

Wind: -0.4m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	5	162	Koli Evaline Ocen	Prisons Athletics Club	13.05
2	7	215	Gamba Mildred	Tbac	13.16
3	3	148	Nessia Aminah	Old Kampala Ath.Club	13.44
4	4	152	Adokorach Brenda	Prisons Athletics Club	13.68
5	8	147	Mababazi Peca Teopnta	Old Kampala Ath.Club	13.86
6	1	020	Nyapolo Charity	Gombe Athletics Club	14.30
7	6	196	Amony Sharon	Standard High Zana	15.09
	2	108	Nadunga Morren	Mubs University Athletics Club	DNS

**100m Women Heat 4**

Wind: -3.6m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	4	252	Nyamahunge Jacent	Uganda Police	11.97
2	7	157	Apio Agnes	Prisons Athletics Club	12.77
3	1	146	Katushabe Jacinicta	Old Kampala Ath.Club	13.00
4	5	269	Oroma Emmanuella	Uganda Wildlife Authority	13.10
5	6	141	Abalo Sandra	Old Kampala Ath.Club	13.74
6	3	144	Akongo Justine Joy	Old Kampala Ath.Club	14.06
7	2	145	Awelo Fiona Muskasa	Old Kampala Ath.Club	14.26
8	8	190	Nyawere Christine	Sprinters Sports Academy	16.76

**200m Women Heat 1**

Wind: -0.9m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	6	150	Nyawere Christine	Old Kampala Ath.Club	25.13
2	4	141	Abalo Sandra	Old Kampala Ath.Club	27.27
3	5	145	Awelo Fiona Muskasa	Old Kampala Ath.Club	27.87
4	3	118	Anam Vicky	Nampunge C. H. Sch. Ath. Club	28.16
5	8	239	Akello Ryaima Kella	Ucu Athletics Club	28.35
6	2	020	Nyapolo Charity	Gombe Athletics Club	28.97
7	7	191	Abbo Sophia	Standard High Zana	30.85
8	1	107	Badaru Mercy	Mubs University Athletics Club	34.30

**200m Women Heat 2**

Wind: -2.0m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	6	158	Apolot Ruth	Prisons Athletics Club	27.06
2	5	148	Nessia Aminah	Old Kampala Ath.Club	27.51
3	3	119	Kobusinge Phiona	Nampunge C. H. Sch. Ath. Club	28.78
4	7	193	Adoch Beatrice	Standard High Zana	30.03
5	4	142	Aber Samsa	Old Kampala Ath.Club	31.11
	1	108	Nadunga Morren	Mubs University Athletics Club	DNS
	2	032	Cherop Winny	Inzikuru Sports Academy Limited	DNS

**200m Women Heat 3**

Wind: -0.8m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	4	076	Draru Rose	Makerere University Athletics Club	27.97
2	7	149	Nyakato Lyida	Old Kampala Ath.Club	28.26
3	6	143	Aciro Prossy	Old Kampala Ath.Club	29.49
4	8	019	Ayiorwoth Flavia	Gombe Athletics Club	30.32
	2	206	Namuwonge Jennifer	Standard High Zana	DNS
	3	190	Nyawere Christine	Sprinters Sports Academy	DNS
	5	125	Ayikoru Rita Favour	Ndejje University Athletics Club	DNS

**200m Women Heat 4**

Wind: 2.5m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	3	252	Nyamahunge Jacent	Uganda Police	23.38
2	4	157	Apio Agnes	Prisons Athletics Club	25.22
3	2	146	Katushabe Jacinicta	Old Kampala Ath.Club	26.04
4	5	162	Koli Evaline Ocen	Prisons Athletics Club	26.30
5	8	066	Anguparu Pamela	Kyambogo University Athletics Club	27.15
6	1	078	Oroma Peace	Makerere University Athletics Club	27.21
7	6	147	Mababazi Pecae Teopnta	Old Kampala Ath.Club	28.22
8	7	144	Akongo Justine Joy	Old Kampala Ath.Club	28.63

**400m Women Heat 1**

Pos	Lane	Bib	Name	Affiliation	Time
1	2	028	Aber Patricia	Inzikuru Sports Academy Limited	1:01.12
2	4	076	Draru Rose	Makerere University Athletics Club	1:02.19
3	7	024	Abeja Dorothy	Gulu University	1:03.49
4	3	034	Nahabwe Olivia	Inzikuru Sports Academy Limited	1:04.81
5	5	143	Aciro Prossy	Old Kampala Ath.Club	1:05.89
6	6	206	Namuwonge Jennifer	Standard High Zana	1:09.20

**400m Women Heat 2**

Pos	Lane	Bib	Name	Affiliation	Time
1	6	114	Bala Annaucieta	Nalinya Lwantale Girls Ss	1:01.62
2	2	033	Ijorea Margret	Inzikuru Sports Academy Limited	1:03.37
3	8	228	Yamusobo Janat	Tororo District	1:05.00
4	7	198	Auma Nancy Brenda	Standard High Zana	1:07.34
5	3	225	Amaitit Everlyn Manjeri	Tororo District	1:14.58
6	5	035	Nyerere Olivia	Inzikuru Sports Academy Limited	1:16.25
7	4	039	Agenrwot Francisca	Inzikuru Sports Academy Limited	1:16.41

**400m Women Heat 3**

Pos	Lane	Bib	Name	Affiliation	Time
1	3	253	Shida Leni	Uganda Police	53.22
2	5	245	Banura Maureen Akiiki	Uganda Police	55.79
3	6	199	Cheka Christine	Standard High Zana	57.90
4	7	154	Ajok Joyce	Prisons Athletics Club	1:00.29
5	4	227	Nabuulo Sarah	Tororo District	1:00.66
6	2	078	Oroma Peace	Makerere University Athletics Club	1:01.90
7	8	066	Anguparu Pamela	Kyambogo University Athletics Club	1:04.53

### 800m Women 1

Pos	Lane	Bib	Name	Affiliation	Time
1	4	194	Akello Priscilla Onyanga	Standard High Zana	2:17.15
2	5	195	Akullu Ruth	Standard High Zana	2:21.94
3	1	33	Ijorea Margret	Inzikuru Sports Academy Limited	2:23.24
4	6	203	Laker Lucky Okot	Standard High Zana	2:33.10
5	7	240	Kongai Sarah Agnas	Ucu Athletics Club	2:47.97
	2	36	Ogen Innocent	Inzikuru Sports Academy Limited	DNS
	3	106	Ayiyorwoth Annita	Mubs University Athletics Club	DNS

### 800m Women 2

Pos	Lane	Bib	Name	Affiliation	Time
1	7	205	Nafumba Florence	Standard High Zana	2:14.77
2	8	246	Chemutai Febia	Uganda Police	2:15.48
3	5	126	Ayozu Grace	Ndejje University Athletics Club	2:17.05
4	6	202	Hikima Georgina	Standard High Zana	2:17.97
5	4	114	Bala Annaucieta	Nalinya Lwantale Girls Ss	2:18.20
6	2	034	Nahabwe Olivia	Inzikuru Sports Academy Limited	2:33.16
7	1	029	Akanyo Gloria Gloria	Inzikuru Sports Academy Limited	2:34.55
	3	037	Tango Mahadi Kassim Hassan	Inzikuru Sports Academy Limited	DNS

### 1500m Women

Pos	Lane	Bib	Name	Affiliation	Time
1	8	151	Aciru Knight	Prisons Athletics Club	4:25.54
2	1	014	Cherop Ruth Kipsang	Bukwo	4:47.93
3	7	127	Chekwemai Sandra	Ndejje University Athletics Club	4:57.72
4	5	115	Kusuro Mercyline	Nalinya Lwantale Girls Ss	4:59.25
5	12	226	Chebet Daisy	Tororo District	5:01.40
6	4	072	Okware Lilian	Lukungu Academy.	5:03.47
7	2	031	Akong Nancy	Inzikuru Sports Academy Limited	5:08.49
8	15	030	Cherop Winny	Inzikuru Sports Academy Limited	5:17.76
9	7	119	Kobusinge Phiona	Nampunge C. H. Sch. Ath. Club	5:19.86
10	6	116	Nakazzi Daizy	Nalinya Lwantale Girls Ss	5:20.06
11	9	197	Apong Semmy	Standard High Zana	5:21.38
12	3	046	Kakyo Daphine	Kabarole Disrict Ath.Association	5:28.94
13	11	201	Cheptegei Hilda	Standard High Zana	5:29.07
	10	200	Chepkwemai Vanjaline	Standard High Zana	DNS
	13	283	Chebet Sayibi	UPDF	DNS
	14	058	Nadunga Winnie	KCCA Athletics Club	DNS

### 10,000m Women

Pos	Lane	Bib	Name	Affiliation	Time
1	3	161	Chebet Zena Rachel	Prisons Athletics Club	33:06.95
2	6	248	Nanyondo Winnie	Uganda Wildlife Authority	33:32.19
3	1	007	Chelangat Annet Chemengich	Arua Athletics Assoc	34:10.98
4	2	160	Chebet Joan	Prisons Athletics Club	40:02.21
5	4	058	Nadunga Winnie	Kcca Athletics Club	41:08.05

#### 4x100m Relays

Pos	Lane	Bib	Name	Affiliation	Time
1			Apio Agnes; Banura Moureen	Team Uganda	47.56
			Koli Evaline; Nyamahunge J.		
2			Abalo Sandra; Katushabe Jacent	Old Kampala Ath.Club	50.18
			Nyawere Christine; Nessia A.		
3			Anguparu Pamela; Draru Rose	Makerere University Athletics Club	51.63
			Nyakato Lydia; Akello R. K		
4			Akullu Ruth; Akello Priscilla	Standard High Zana - Team B	52.58
			Cheka Christine; Nafamba F.		
5			Adoch Beatrice; Topista Peace	Standard High Zana - Team A	54.77
			Abbo Sophia; Amony Sharon		

#### Discus Women

Pos	Flight	Bib	Name	Affiliation	Distance
1	9	250	Lalam Josephine Joyce	Uganda Police	45.84
2	5	155	Alanyo Catherine	Prisons Athletics Club	35.35
3	8	244	Acan Janneth	Uganda Police	34.40
4	3	247	Laker Mercy	Uganda Police	34.20
5	4	124	Anek Scovia Olanya	Ndejje University Athletics Club	32.76
6	6	156	Amaido Caroline	Prisons Athletics Club	28.30
7	1	092	Amvikia Christine	Masindi Disrict	27.05
8	2	204	Lakica Catherine	Standard High Zana	24.14
9	7	192	Acayo Esther Teddy	Standard High Zana	22.15
	10	232	Afim Oliver	Ucu Athletics Club	DNS

#### Javelin Women

Pos	Flight	Bib	Name	Affiliation	Distance
1	6	250	Lalam Josephine Joyce	Uganda Police	50.04
2	5	159	Awidi Victoria	Prisons Athletics Club	44.24
3	4	128	Driwaru Jackline	Ndejje University Athletics Club	39.92
4	1	124	Anek Scovia Olanya	Ndejje University Athletics Club	33.88
5	3	093	Cheptoek Nancy	Masindi Disrict	32.19
	2	001	Mirembe Peace	Airforce	DNS

#### Long Jump Women

Pos	Flight	Bib	Name	Affiliation	Distance
1	3	163	Lakot Scovia	Prisons Athletics Club	5.71
2	5	251	Mary Zawadi Unyuthfua	Uganda Police	5.65
3	2	153	Adongo Domidy	Prisons Athletics Club	5.41
4	1	024	Abeja Dorothy	Gulu University	5.06
5	4	196	Amony Sharon	Standard High Zana	3.98
	6	282	Akullu Judith	UPDF	DNS

### Shotput Women

Pos	Flight	Bib	Name	Affiliation	Dstance
1	12	247	Laker Mercy	Uganda Police	11.23
2	11	244	Acan Janneth	Uganda Police	11.06
3	5	155	Alanyo Catherine	Prisons Athletics Club	10.41
4	7	159	Awidi Victoria	Prisons Athletics Club	9.44
5	4	128	Driwaru Jackline	Ndejje University Athletics Club	9.18
6	6	156	Amaido Caroline	Prisons Athletics Club	8.67
7	2	092	Amvikia Christine	Masindi Disrict	8.54
8	8	192	Acayo Esther Teddy	Standard High Zana	6.87
9	3	093	Cheptoek Nancy	Masindi Disrict	6.83
10	10	216	Adongo Carolynne Joanne	Tela Field Club	5.24
	1	001	Mirembe Peace	Airforce	DNS
	9	204	Lakica Catherine	Standard High Zana	DNS
	13	232	Atim Oliver	Ucu Athletics Club	DNS

# Men

## 100m Men Heat 1

Wind: -3.6m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	2	067	Diego Derrick	Kyambogo University Athletics Club	11.83
2	7	280	Opiyo Kenneth	Unity Athletics Club	12.03
3	5	164	Abila Henry	Prisons Athletics Club	12.31
4	1	022	Odongtoo Isaac	Gombe Athletics Club	12.41
5	3	083	Kayondo Arnold	Makerere University Athletics Club	13.47
	4	098	Waiswa Mark	Masindi District	DNS
	6	230	Okumu Joshua	Tororo District	DNS

## 100m Men Heat 2

Wind: 0.9m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	6	223	Ocilaje Pius	Tela Field Club	11.61
2	5	136	Odikor Andrew	Ndejje University Athletics Club	11.70
3	4	096	Obore Henry	Masindi District	12.77
4	2	053	Marco Trevisn Kirabo	Kampala Kids Academy (Kka)	13.00
	1	021	Gumperom Innocent Exodus	Gombe Athletics Club	DQ
	3	081	Ekwong Ambrose	Makerere University Athletics Club	DNS
	7	273	Sande Denis	Uganda Wildlife Authority	DNS

## 100m Men Heat 3

Wind: -1.4m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	5	120	Ambayo Fred	Nampunge C. H. Sch. Ath. Club	11.42
2	7	262	Oija Fred	Uganda Police	11.54
3	6	221	Mugabe Robert	Tela Field Club	11.59
4	3	080	Ainembabazi Gerald	Makerere University Athletics Club	12.36
5	2	048	Amanya Brighton	Kampala Kids Academy (Kka)	13.06
	1	018	Wakabi Lawrence	Entebbe Ath.Club	DNS
	4	095	Damale Peter	Masindi District	DNS

## 100m Men Heat 4

Wind: 1.4m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	6	207	Adome Gabriel	Standard High Zana	11.62
2	7	234	Kansiime Joseph Mwesigwa	Uafa	11.72
3	2	027	Onyango Derick Reaghan	Hared Jinja	11.82
4	1	015	Nkutu Ibahimovic Kirundans	Buikwe District	12.23
5	8	296	Kigozi Joseph	Wakiso District	13.32
6	5	104	Tashobya Moses	Mbarara Municipality	13.39
7	4	086	Muhwezi Abraham Lincoln	Makerere University Athletics Club	13.42
	3	074	Mulonde Elton	Lukungu Academy.	DNS

**100m Men Heat 5**

Wind: -0.5m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	4	085	Mdroimana Ahmed Inzoudine	Makerere University Athletics Club	11.69
2	8	281	Torach Stephen	Unity Athletics Club	11.80
3	6	166	Adupa Walter Ocen	Prisons Athletics Club	11.96
4	5	103	Muwonge Swaibu	Mbarara Municipality	13.12
	3	069	Ocira Daniel Daniel	Kyambogo University Athletics Club	DQ
	1	006	Kakaire Sam	Airforce	DNS
	2	023	Oketayot Francis	Gombe Athletics Club	DNS
	7	231	Omoding Denis	Tororo District	DNS

**100m Men Heat 6**

Wind: -0.5m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	2	171	Isabirye Musa	Prisons Athletics Club	10.86
2	6	271	Lomutho Rajab	Uganda Wildlife Authority	10.89
3	1	087	Ngobi Allan	Makerere University Athletics Club	10.91
4	5	266	Shedrick Modi	Uganda Police	11.28
5	8	297	Watmon Francis	Boston High School Athletics Club	11.29
6	4	259	Nuwagaba Emmanuel	Uganda Police	11.30
7	7	298	Ocakacon Gerald	Boston High School Athletics Club	11.45
8	3	232	Ojok Justin	Tuku Afrika	11.67

**200m Men Heat 1**

Wind: -1.2m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	2	237	Okabo Santos	Uafa	22.37
2	1	243	Sharif Olipa	Ucu Athletics Club	22.47
3	5	050	Ignatius Baryaguma	Kampala Kids Academy (Kka)	23.99
4	7	164	Abila Henry	Prisons Athletics Club	24.02
5	3	292	Naulele Nathan	Updf	24.05
	4	085	Mdroimana Ahmed Inzoudine	Makerere University Athletics Club	DNS
	6	095	Damale Peter	Masindi Disrict	DNS

**200m Men Heat 2**

Wind: -0.7m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	3	026	Nyeko Johnson	Hared Jinja	23.26
2	4	221	Mugabe Robert	Tela Field Club	23.86
3	6	067	Diego Derrick	Kyambogo University Athletics Club	23.91
4	1	089	Ssenyonjo Ibrahim	Makerere University Athletics Club	26.03
	7	207	Adome Gabriel	Standard High Zana	DNF
	2	023	Oketayot Francis	Gombe Athletics Club	DNS
	5	006	Kakaire Sam	Airforce	DNS



**200m Men Heat 3**

Wind: -0.2m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	6	288	Ekaju Sam	Updf	23.21
2	7	080	Ainembabazi Gerald	Makerere University Athletics Club	24.65
3	1	090	Ssesanga Hakim	Makerere University Athletics Club	26.46
4	4	086	Muhwezi Abraham Lincoln	Makerere University Athletics Club	28.21
	2	280	Opiyo Kenneth	Unity Athletics Club	DQ
	3	096	Obore Henry	Masindi Disrict	DNS
	5	296	Kigozi Joseph	Wakiso District	DNS

**200m Men Heat 4**

Wind: 2.5m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	7	120	Ambayo Fred	Nampunge C. H. Sch. Ath. Club	22.77
2	3	223	Ocilaje Pius	Tela Field Club	22.93
3	2	070	Opwonya Resty Sunday	Kyambogo University Athletics Club	23.90
4	5	051	Kyaligonza Vincent	Kampala Kids Academy (Kka)	26.43
	1	138	Taremwa Moris	Ndejje University Athletics Club	DNS
	4	074	Mulonde Elton	Lukungu Academy.	DNS
	6	049	Etiang Robert	Kampala Kids Academy (Kka)	DNS

**200m Men Heat 5**

Wind: 1.9m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	7	241	Cankura Robert	Ucu Athletics Club	22.55
2	3	136	Odikor Andrew	Ndejje University Athletics Club	23.04
3	4	017	Musenze Jr Christopher	Entebbe Ath.Club	23.12
4	5	236	Lwarence Oringa	Uafa	23.29
	1	098	Waiswa Mark	Masindi Disrict	DNS
	2	273	Sande Denis	Uganda Wildlife Authority	DNS
	6	021	Gumperom Innocent Exodus	Gombe Athletics Club	DNS

**200m Men Heat 6**

Wind: 0.8m/s

Pos	Lane	Bib	Name	Affiliation	Time
1	7	087	Ngobi Allan	Makerere University Athletics Club	21.50
2	6	256	Jagalo Joshua	Uganda Police	21.79
3	4	171	Isabirye Musa	Prisons Athletics Club	21.87
4	3	271	Lomutho Rajab	Uganda Wildlife Authority	21.92
5	5	277	Goni Emmanuel	Unity Athletics Club	22.20
6	1	279	Onen Kennedy	Unity Athletics Club	22.71
7	8	233	Okello Darius	Tuku Afrika	22.94
	2	299	Odokongelo Allan	Boston High School Athletics Club	DNS

**400m Men Heat 1**

Pos	Lane	Bib	Name	Affiliation	Time
1	1	026	Nyeko Johnson	Hared Jinja	50.63
2	6	288	Ekaju Sam	Updf	51.24
3	7	025	Kodiwa Stephen	Hared Jinja	53.10
4	5	230	Okumu Joshua	Tororo District	54.63
	2	040	Brian Muyaga	Inzikuru Sports Academy Limited	DNS
	3	042	Malongo Hussein	Inzikuru Sports Academy Limited	DNS
	4	050	Ignatius Baryaguma	Kampala Kids Academy (Kka)	DNS

**400m Men Heat 2**

Pos	Lane	Bib	Name	Affiliation	Time
1	7	017	Musenze Jr Christopher	Entebbe Ath.Club	51.94
2	6	278	Komakech Regan Semei	Unity Athletics Club	53.14
3	5	137	Olanya Reagan	Ndejje University Athletics Club	53.29
4	4	090	Ssesanga Hakim	Makerere University Athletics Club	58.44
	1	039	Agenrwot Francisca	Inzikuru Sports Academy Limited	DNS
	2	041	Chesebe Willy	Inzikuru Sports Academy Limited	DNS
	3	043	Matwol Joel	Inzikuru Sports Academy Limited	DNS

**400m Men Heat 3**

Pos	Lane	Bib	Name	Affiliation	Time
1	3	165	Adoli Haron	Prisons Athletics Club	46.54
2	5	168	Chan Wengo Godfrey	Prisons Athletics Club	47.24
3	6	279	Onen Kennedy	Unity Athletics Club	48.00
4	8	277	Goni Emmanuel	Unity Athletics Club	48.43
5	7	263	Oroma Williamson	Uganda Police	48.96
6	1	297	Watmon Francis	Boston High School Athletics Club	49.95
7	4	254	Adome Pius	Uganda Police	50.60
8	2	134	Chuol John Kuer	Ndejje University Athletics Club	50.90

**800m Men Heat 1**

Pos	Lane	Bib	Name	Affiliation	Time
1	7	123	Tenywa Edreen	Nampunge C. H. Sch. Ath. Club	2:01.97
2	6	082	Ishimwe Grace	Makerere University Athletics Club	2:05.30
3		036	Ogen Innocent	Inzikuru Sports Academy Limited	2:15.77
4	3	055	Onega Daniel	Kampala Kids Academy (Kka)	2:18.62
5	4	056	Sande Herbert Lema	Kampala Kids Academy (Kka)	2:30.10
6	5	300	Agumenaitwe Ambrose	Makerere University Athletics Club	3:01.44
	1	040	Brian Muyaga	Inzikuru Sports Academy Limited	DNS
	2	041	Chesebe Willy	Inzikuru Sports Academy Limited	DNS
	8	129	Ainomuhangi Grace	Ndejje University Athletics Club	DNS
	8	213	Nyataba Moses	Standard High Zana	DNS

**800m Men Heat 2**

Pos	Lane	Bib	Name	Affiliation	Time
1	5	079	Adupadaniel	Makerere University Athletics Club	1:54.63
2	7	122	Comboni Daniel	Nampunge C. H. Sch. Ath. Club	1:57.51
3	3	052	Labeja Patrick	Kampala Kids Academy (Kka)	1:58.92
4	8	210	Krube Fadhil Jaffer	Standard High Zana	2:00.46
5	1	025	Kodiwa Stephen	Hared Jinja	2:05.74
6	8	183	Owor Charles Tonny	Prisons Athletics Club	2:10.41
7	2	042	Malongo Hussein	Inzikuru Sports Academy Limited	2:16.83
8	4	071	Bizimana Prosper	Lions Athletic	2:40.86
	6	094	Ahebwa Ronald	Masindi Disrict	DNS

**800m Men Heat 3**

Pos	Lane	Bib	Name	Affiliation	Time
1	3	054	Omara Raymond	Kampala Kids Academy (Kka)	1:56.99
2	8	267	Wanume Yahaya	Uganda Police	2:00.70
3	4	073	Bayita Job	Lukungu Academy.	2:02.32
4	1	003	Baguma Brain	Airforce	2:04.01
5	7	113	Walugembe Aaron Jaja Walu	Nakawa Disrict	2:05.51
6	5	075	Ndibailawa Jamiru	Lukungu Academy.	2:09.12
	2	043	Matwol Joel	Inzikuru Sports Academy Limited	DNS
	6	101	Byabagambi Kadiri	Mbarara Municipality	DNS
	8	208	Kiplimo Philip	Standard High Zana	DNS

**800m Men Heat 4**

Pos	Lane	Bib	Name	Affiliation	Time
1	3	264	Osuje Emmanuel	Uganda Police	1:50.02
2	1	130	Apenyo Bekele	Ndejje University Athletics Club	1:52.55
3	7	170	Edimonjamonu	Prisons Athletics Club	1:52.89
4	6	255	Cherotich Dan	Uganda Police	1:53.17
5	2	135	Layeng Erick Sibryanda	Ndejje University Athletics Club	2:00.53
6		037	Tango Mahadi Kassim Hassan	Inzikuru Sports Academy Limited	2:32.26
	2	172	Kiprop Daniel	Prisons Athletics Club	DNS
	5	270	Etiau Rashid	Uganda Wildlife Authority	DNS
	8	134	Chuol John Kuer	Ndejje University Athletics Club	DNS
	8	187	Charles Biong	South Sudan	DNS

### 1500m Men Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1	4	122	Comboni Daniel	Nampunge C. H. Sch. Ath. Club	4:07.60
2	5	276	Farahan Issa	Unity Athletics Club	4:09.02
3	17	123	Tenywa Edreen	Nampunge C. H. Sch. Ath. Club	4:18.37
4	18	294	Yowana Edward	Updf	4:23.30
5	7	084	Lubega Abdulkarim	Makerere University Athletics Club	4:26.94
6	12	260	Nyogo Adam	Uganda Police	4:36.81
7	3	005	Chepkwuri Iddi	Airforce	4:37.55
8	1	004	Baguma Micheal	Airforce	4:53.51
9	2	100	Bahati Asafu	Mbarara Municipality	4:57.50
10	8	112	Matovu Antonio	Nakawa District	5:13.40
11	6	209	Kiyingi Robert	Standard High Zana	6:06.43
	16	044	Tebetebe Issa	Inzikuru Sports Academy Limited	DNS
		103	Muwonge Swaibu	Mbarara Municipality	DNS
	9	068	Maubanya Shafik Seth	Kyambogo University Athletics Club	DNS
	10	211	Mugoda James	Standard High Zana	DNS
	11	173	Muheirwe Dick	Tela Field Club	DNS
	13	238	Simon Puloo	Uafa	DNS
	14	104	Tashobya Moses	Mbarara Municipality	DNS
	15	105	Tayebwa Safari	Mbarara Municipality	DNS

### 1500m Men Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1	9	188	Guem Abraham Majok Matet	South Sudan	3:46.98
2	8	172	Kiprop Daniel	Prisons Athletics Club	3:49.56
3	2	088	Otim Emmanuel	Makerere University Athletics Club	3:49.72
4	5	167	Akwech Peter	Prisons Athletics Club	3:53.05
5	7	170	Edimon Jamonu	Prisons Athletics Club	3:54.22
6	10	229	Chelangat Mahdi	Tororo District	4:14.20
7	12	287	Chemonges Linus	UPDF	4:21.07
8	13	290	Kwemoi Caleb	UPDF	4:35.56
	1	222	Kipsang Jacob	Kcca Athletics Club	DNS
	3	117	Ocakacon Ronald	Nalinya Lwantale Girls Ss	DNS
	4	132	Chebet Aziz	Ndejje University Athletics Club	DNS
	6	169	Chemutai Jacob	Prisons Athletics Club	DNS
	11	264	Osuje Emmanuel	Uganda Police	DNS
		289	Kiplimo Fred	UPDF	DNS
	14	045	Kiprotich Sam Kapkureny	Jocdef Athletics Club	DNF

### 3000m SC Men

Pos	Lane	Bib	Name	Affiliation	Time
1	5	174	Mutai Ezekiel	Prisons Athletics Club	8:46.71
2	6	185	Wakana Nelson	Prisons Athletics Club	8:53.25
3	7	272	Ndiwa Toroitich	Uganda Wildlife Authority	9:00.15
4	9	285	Ayeko Simon	Updf	9:52.85
	8	276	Farahan Issa	Unity Athletics Club	DNF
	1	060	Chemonges Leonard	Kcca Athletics Club	DNS
	2	061	Kiplangat Denis	Kcca Athletics Club	DNS
	3	097	Turyahimbisa Sivan	Masindi District	DNS
	4	099	Wamani Davis	Masindi District	DNS
	10	291	Kwemoi Edwin	Updf	DNS

### 5000m Men

Pos	Lane	Bib	Name	Affiliation	Time
1	23	257	Kiprotich Martin Magengo	Uganda Police	13:56.07
2	26	249	Mayanja Abuu	Uganda Wildlife Authority	14:00.03
3	18	139	Yeko Dismas	Ndejje University Athletics Club	14:03.61
4	32	060	Chemonges Leonard	Kcca Athletics Club	14:07.41
5	9	010	Maru Peter	Arua Athletics Assoc	14:07.44
6	1	008	Cheptoyek Elijah	Arua Athletics Assoc	14:13.95
7	13	061	Kiplangat Denis	Kcca Athletics Club	14:24.69
8	25	274	Wabutwa Farid	Uganda Wildlife Authority	14:24.87
9	10	012	Tungwet Caleb	Arua Athletics Assoc	14:38.35
10	19	176	Niwesinguzi Daniel	Prisons Athletics Club	14:38.89
11	30	186	Ajan Jacob Chol	South Sudan	14:39.13
12	29	133	Chelimo Isaac	Ndejje University Athletics Club	14:43.33
13	2	009	Cherop Dominic	Arua Athletics Assoc	14:50.42
14	11	013	Yeko Sam Sombu	Arua Athletics Assoc	15:05.57
15	27	289	Kiplimo Fred	UPDF	15:07.46
16	36	222	Kipsang Jacob	Kcca Athletics Club	15:08.90
17	31	284	Acaye Francis	Updf	16:07.39
18	28	002	Agotrey Primo	Airforce	16:54.74
19	22	189	Machol Marko Piyien	South Sudan	17:06.90
	5	064	Maninkey Allan	Kiu Athletics Club	DNF
	7	212	Mulindangabo Prince	Standard High Zana	DNF
	15	065	Ssemakalu Kennedy	Kiu Athletics Club	DNF
	3	011	Ojut Paul	Arua Athletics Assoc	DNS
	4	062	Kabanda Paul	Kiu Athletics Club	DNS
	6	102	Cherop Obadiah	Mbarara Municipality	DNS

	8	214	Ojale Aaron	Standard High Zana	DNS
	12	057	Kiplimo Alex Kapchetandan	Kapchorwa	DNS
	14	063	Kalemba Santrino	Kiu Athletics Club	DNS
	16	110	Yoacel Rogers	Mubs University Athletics Club	DNS
	17	111	Ssekandi Ashiraf	Mukono District	DNS
	20	184	Somikwo Ben	Prisons Athletics Club	DNS
	21	185	Wakana Nelson	Prisons Athletics Club	DNS
	24	258	Kwemoi Peter	Uganda Police	DNS
	33	169	Chemutai Jacob	Prisons Athletics Club	DNS
	34	295	Bakabulindi Akram Akram	Wakiso District	DNS
	35	038	Tembule Muzamili	Inzikuru Sports Academy Limited	DNS

#### 4x100m Relays

Pos	Lane	Bib	Name	Affiliation	Time
1	3		Nuwagaba Emma; Adome Pius	Uganda Police	41.58
			Obuto Solomon; Jagalo Joshua		
2	5		Adoli Haron; Isabirye Musa	Prisons Athletics Club	41.77
			Watmon Francis; Chanwengo G		
3	7		Okello Darius; Oroma W.	Tuku Afrika	43.28
			Okabo Santos; Laker Isaac		
4	6		Adupa Daniel; Oija Fred	Makerere University Athletics Club	43.51
			Ngobi Allan; Mroimana		
5	1		Ayup Khoak Khor; Okello C.	Ndejje University Athletics Club	43.69
			Odikor Andrew; Yikii Jimmy		
6	2		Opio Onya Resty; Modi S.	Tela Field Club	44.14
			Ocilaje Pius; Mugabe Robert		
7	8		Opio Kenneth; Toorach Stephen	Unity Athletics Club	44.19
			Onen Kennedy; Goni Emma		
8	4		Nawulele Nathan; Wakiro Denis	UPDF	45.41
			Ekaju Sam; Ajalu Joshua		

#### Discus Men

Pos	Flight	Bib	Name	Affiliation	Distance
1	1	091	Tukamuheerwa Anthony	Makerere University Athletics Club	39.12
2		059	Odongkara Patrick	Uganda Wildlife Authority	36.70
3	3	182	Okello Robert	Prisons Athletics Club	32.86
4	2	179	Odong Martin	Prisons Athletics Club	32.56
5	5	265	Oyet Richard	Uganda Police	28.95
	4	242	Lubangakene Gasper	Ucu Athletics Club	DNS
	6	268	Wokorach Jacob	Uganda Police	DNS

#### Javelin Men

Pos	Flight	Bib	Name	Affiliation	Distance
1	1	175	Mwaka Johnson	Prisons Athletics Club	56.90
2	2	178	Ocheng Moses Ginaro	Prisons Athletics Club	56.52
3	6	261	Ocaya Brian	Uganda Police	52.23
4	3	220	Manige Onesmus	Tela Field Club	36.41
5	4	224	Ssenyonga Asuman	Tela Field Club	32.58
	5	260	Nyogo Adam	Uganda Police	DNS
	7	267	Wanume Yahaya	Uganda Police	DNS

### Long Jump Men

Pos	Flight	Bib	Name	Affiliation	Distance
1	3	181	Okello Charles	Prisons Athletics Club	7.05
2	4	241	Cankura Robert	Ucu Athletics Club	6.79
3	1	140	Yikii Jimmy	Ndejje University Athletics Club	6.59
4	5	281	Torachstephen	Unity Athletics Club	6.11
5		022	Odongtoo Isaac	Gombe Athletics Club	6.01
6		177	Oceng Moses Jinaro	Prisons Athletics Club	5.93
	2	173	Muheirwe Dick	Prisons Athletics Club	DNS
	6	178	Ocheng Moses Ginaro	Prisons Athletics Club	DNS

### Shotput Men

Pos	Flight	Bib	Name	Affiliation	Distance
1	3	179	Odong Martin	Prisons Athletics Club	11.84
2	12	293	Odokonyero Francis	Updf	11.56
3	14	059	Odongkara Patrick	Uganda Wildlife Authority	11.46
4	9	265	Oyet Richard	Uganda Police	10.61
5	6	219	Kayo Kenneth	Tela Field Club	10.41
6	4	217	Babumba Babu (Paralympics)	Tela Field Club	6.06
	1	091	Tukamuheerwa Anthony	Makerere University Athletics Club	DNS
	2	109	Ondong Jakayo Baya	Mubs University Athletics Club	DNS
	5	218	Bakanzewa Joel	Tela Field Club	DNS
	7	235	Kimtai Joshua	Uafa	DNS
	8	242	Lubangakene Gasper	Ucu Athletics Club	DNS
	10	268	Wokorach Jacob	Uganda Police	DNS
	11	286	Chemonges Latif	Updf	DNS
	13	094	Ahebwa Ronald	Masindi District	DNS

### Triple Jump Men

Pos	Flight	Bib	Name	Affiliation	Distance
1	1	131	Ayup Khoak Khor	Ndejje University Athletics Club	14.76
2	3	293	Odokonyero Francis	UPDF	13.87
3	2	278	Komakech Regan Semei	Unity Athletics Club	13.82
4	4	032	Oketayot Francis	Uganda Police	13.53