



4TH NATIONAL TRIALS - APRIL 15TH, 2023 MANDELA NATIONAL STADIUM (WARM-UP TRACK)

WOMEN

100m Heat 1

Wind: -0.2m/s

Pos	Bib	Name	Affiliation	Time
1.	621	Atim Lydia	Standard High Zana Athletics Club	14.05
2.	539	Acan Agnes	Gombe S.S Athletics Club	14.21
3.	546	Namuli Aidah	Gombe S.S Athletics Club	14.38
4.	943	Apuya Christabella	Makindye Division Athletics Association	15.74

100m Heat 2

Wind: 0.1m/s

Pos	Bib	Name	Affiliation	Time
1.	620	Atiang Charity Mercy	Standard High Zana Athletics Club	13.65
2.	545	Mbabazi Nakato Jemima	Gombe S.S Athletics Club	14.50
3.	619	Amony Sharon	Standard High Zana Athletics Club	14.51
4.	607	Basemera Daphine	Old Kampala S.S Athletics Club	14.75
5.	614	Abbo Sophia	Standard High Zana Athletics Club	14,86

100m Heat 3

Wind: -1.6m/s

Pos	Bib	Name	Affiliation	Time
1.	805	Apiyo Pauline	Gulu Municipal Athletics Association	13.38
2.	796	Ayikoru Rita Favour	Ndejje University Athletics Club	13.78
3.	605	Awelo Fiona Mukasa	Old Kampala S.S Athletics Club	13.79
4.	551	Oyella Brenda Balam	Gombe S.S Athletics Club	15.17

100m Heat 4

Wind: 1.7m/s

Pos	Bib	Name	Affiliation	Time
1.	332	Koli Evaline Ocen	Uganda Prisons Athletics Club	12.58
2.	784	Acen Rose Mary	UPDF Athletics Club	12.88
3.	600	Abalo Sandra	Old Kampala S.S Athletics Club	12.99
4.	368	Anguparu Pamela	Uganda Wildlife Authority Ath. Club	13.45
5.	612	Nessia Aminah	Old Kampala S.S Athletics Club	13.52





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200m Heat 1

Wind: -2.1m/s

Pos	Bib	Name	Affiliation	Time
1.	610	Katushabe Jacinta	Old Kampala S.S Athletics Club	27.48
2.	627	Namuwonge Jennifer	Standard High Zana Athletics Club	27.97
3.	612	Nessia Aminah	Old Kampala S.S Athletics Club	28.88
4.	622	Atim Mercy	Standard High Zana Athletics Club	29.22
5.	621	Atim Lydia	Standard High Zana Athletics Club	29.37
6.	551	Oyella Brenda Balam	Gombe S.S Athletics Club	31.55

200m Heat 2

Wind: -4.1m/s

Pos	Bib	Name	Affiliation	Time
1.	605	Awelo Fiona	Old Kampala S.S Athletics Club	27.97
2..	737	Baboono Asha	Standard High Zana Athletics Club	29.13
3.	541	Agoa Nancy	Gombe S.S Athletics Club	29.69
4.	614	Abbo Sophia	Standard High Zana Athletics Club	30.35
5.	539	Acan Agnes	Gombe S.S Athletics Club	32.89

200m Heat 3

Wind: -4.0m/s

Pos	Bib	Name	Affiliation	Time
1.	611	Mbabazi Peace Teopista	Old Kampala S.S Athletics Club	26.63
2.	617	Akullu Monica	Standard High Zana Athletics Club	26.70
3.	542	Amuge Mercy	Gombe S.S Athletics Club	28.07
4.	620	Atiang Charity Mercy	Standard High Zana Athletics Club	28.19
5.	546	Namuli Aidah	Gombe S.S Athletics Club	30.33
6.	607	Basemera Daphine	Old Kampala S.S Athletics Club	30.84





4TH NATIONAL TRIALS - APRIL 15TH, 2023 MANDELA NATIONAL STADIUM (WARM-UP TRACK)

200m Heat 4

Wind: -0.9m/s

Pos	Bib	Name	Affiliation	Time
1.	332	Koli Evaline Ocen	Uganda Prisons Athletics Club	25.84
2.	600	Abalo Sandra	Old Kampala S.S Athletics Club	26.44
3.	653	Wonruku Stella Akullu	Uganda Prisons Athletics Club	26.51
4.	784	Acen Rose Mary	UPDF Athletics Club	26.85
5.	162	Draru Rose	Uganda Police Athletics Club	27.87
6.	368	Anguparu Pamela	Uganda Wildlife Auth. Athletics Club	27.91

400m Heat 1

Pos	Bib	Name	Affiliation	Time
1.	615	Akello Priscilla	Standard High Zana Athletics Club	59.39
2.	685	Cherukut Nahiya	Nalinya Lwantale G. S.S Athletics Club	1:05.58
3.	694	Muzaki Brenda	Nalinya Lwantale G. S.S Athletics Club	1:06.35
4.	541	Agoa Nancy	Gombe S.S Athletics Club	1:07.97

400m Heat 2

Pos	Bib	Name	Affiliation	Time
1.	542	Amuge Mercy	Gombe S.S Athletics Club	1:01.21
2.	737	Baboon Asha	Standard High Zana Athletics Club	1:04.29
3.	603	Akongo Justine Joy	Old Kampala S.S Athletics Club	1:06.36
4.	540	Acheng Hafsah Akulla	Gombe S.S Athletics Club	1:17.84

400m Heat 3

Pos	Bib	Name	Affiliation	Time
1.	148	Banura Mauren Akiiki	Uganda Police Athletics Club	56.59
2.	611	Mbabazi Peace Teopista	Old Kampala S.S Athletics Club	58.28
3.	162	Draru Rose	Uganda Police Athletics Club	1:00.52
4.	610	Katushabe Jacinta	Old Kampala S.S Athletics Club	1:00.58
5.	627	Namuwonge Jennifer	Standard High Zana Athletics Club	1:02.56
6.	819	Agwalo Fiona	Gulu Municipal Athletics Association	1:05.70





4TH NATIONAL TRIALS - APRIL 15TH, 2023 MANDELA NATIONAL STADIUM (WARM-UP TRACK)

800m Heat 1

Pos	Bib	Name	Affiliation	Time
1.	615	Akello Priscilla	Standard High Zana Athletics Club	2:15.7
2.	616	Akullu Juliet	Standard High Zana Athletics Club	2:20.2
3.	601	Aciro Prossy	Old Kampala S.S Athletics Club	2:29.1
4.	819	Agwalo Fiona	Gulu Municipal Athletics Association	2:36.2
5.	917	Kwagalakwe Jael	Entebbe Athletics Association	2:49.2
6.	930	Koech Maurine	Kampala Kids Academy Athl. Club	3:00.0
7.	226	Nyadoli Matilda	Old Kampala S.S Athletics Club	3:24.1

800m Heat 2

Pos	Bib	Name	Affiliation	Time
1.	598	Orishaba Marvarous	Ndejje University Athletics Club	2:15.3
2.	629	Chemutai Teddy	Tororo District Athletics Association	2:15.6
3.	628	Chebet Zumura	Tororo District Athletics Association	2:15.9
4.	599	Ayozu Grace	Ndejje University Athletics Club	2:22.2
5.	777	Tendo Georgina	Standard High Zana Athletics Club	2:28.1
6.	606	Ayoo Esther	Old Kampala S.S Athletics Club	2:45.5
7.	913	Agor Rour Rebecca	Entebbe Athletics Association	3:06.5

1500m Final

Pos	Bib	Name	Affiliation	Time
1.	21	Chebet Linda	Arua District Athletics Association	4:41.73
2.	592	Chekwemai Sandrah	Ndejje University Athletics Club	4:48.89
3.	624	Chepkwemai Vanjaline	Standard High Zana Athletics Club	4:52.31
4.	616	Akullu Juliet	Standard High Zana Athletics Club	4:57.87
5.	445	Chekwemboi Vicky	UPDF Athletics Club	5:00.86
6.	690	Kusuro Mercyline	Nalinya Lwantale G. S.S Ath. Club	5:02.15
5.	735	Apong Semmy	Standard High Zana Athletics Club	5:02.31
8.	481	Kapchebasa Dorcus	UPDF Athletics Club	5:08.18
9.	777	Tendo Georgina	Standard High Zana Athletics Club	5:12.57
10.	968	Cherop Ruth Kipsang	Uiahms – Mulago Athletics Club	5:21.59





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11.	748	Kiconco Phionah	Ntungamo Athletics Club	5:27.20
12.	915	Ampurire Dorcus	Entebbe Athletics Association	5:59.31
13.	916	Kisakye Prosperity	Entebbe Athletics Association	6:00.12
14.	946	Kemigisa Lillian	Mbale District Athletics Association	6:19.63
15.	930	Koech Maurine	Kampala Kids Academy Athl. Club	6:30.96

5000m Final

Pos	Bib	Name	Affiliation	Time
1.	966	Chemutai Belinda	Uganda Prisons Athletics Club	16:08.03
2.	441	Chebet Saibi	UPDF Athletics Club	17:24.97
3.	499	Mande Ruth	UPDF Athletics Club	18:02.21
4..	107	Cheruto Nowel	Tuku AfriKa Athletics Club	18:33.08
5.	681	Chebet Emma	Nalinya Lwantale G. S.S Ath. Club	18:51.26
6.	963	Sande Pamela	Uganda Police Athletics Club	19:35.72

4x100m Relays

Pos	Bib	Athletes	Affiliation	Time
1.	653	Wonruku Stella	Uganda Prisons Athletics Club	50.30
	275	Apio Agnes		
	276	Apolot Ruth		
	332	Koli Evaline		
2.	610	Katushabe Jacinta	Old Kampala S.S Athletics Club	51.17
	605	Awelo Fiona Mukasa		
	611	Mbabazi Peace Teopista		
	600	Abalo Sandra		
3.	621	Atim Lydia	Standard High Zana Athletics Club	54.30
	620	Atyang Charity Mercy		
	619	Among Sharon		
	617	Akullu Monica		
4.	541	Agoa Nancy	Gombe S.S Athletics Club	56.11
	545	Mbabazi Nakato Jeremiah		
	546	Namuli Aidah		
	542	Amuge Mercy		





4TH NATIONAL TRIALS - APRIL 15TH, 2023 MANDELA NATIONAL STADIUM (WARM-UP TRACK)

Long Jump Final

Pos	Bib	Name	Affiliation	Distance
1.	805	Apiyo Poline	Gulu Municipal Athletics Association	5.49
2.	617	Akullu Monica	Standard High Zana Athletics Club	5.16
3.	339	Nabasa Jane	Uganda Prisons Athletics Club	4.93
4.	266	Abuk Brenda	Uganda Prisons Athletics Club	4.91
5.	788	Akanyo Theopista	Ndejje University Athletics Club	4.83
6.	538	Aber Mercy	Gombe S.S Athletics Club	4.80
7.	619	Amony Sharon	Standard High Zana Athletics Club	4.65
8.	276	Apolot Ruth	Uganda Prisons Athletics Club	4.61
9.	337	Lanyero Lucy Apiyo	Uganda Prisons Athletics Club	4.52

Shot Put Final

Pos	Bib	Name	Affiliation	Distance
1.	126	Acan Janneth	Uganda Police Athletics Club	11.29
2.	589	Anek Scovia Olanya	Ndejje University Athletics Club	10.99
3.	678	Oyella Alice Kevin	UPDF Athletics Club	10.78
4.	282	Aber Caroline Odwong	Uganda Prisons Athletics Club	10.75
5.	789	Akello Fiona	UPDF Athletics Club	10.29
6.	822	Driwaru Jackline	Ndejje University Athletics Club	10.08
7.	281	Amaido Caroline	Uganda Prisons Athletics Club	9.68
8.	795	Atim Oliver	UCU Athletics Club	9.60
9.	358	Aciro Rose Mary	Uganda Prisons Athletics Club	9.05
10.	622	Atim Mercy	Standard High Zana Athletics Club	7.38
11.	825	Acola Kevin	Gulu Municipal Athletics Association	7.34
12.	696	Nakato Janel Namubiru	Nalinya Lwantale G. S.S Ath. Club	7.09
13.	753	Lakica Catherine	Standard High Zana Athletics Club	6.75
14.	606	Ayoo Esther	Old Kampala S.S Athletics Club	26.67
15.	914	Akankwasa Joan	Entebbe Athletics Association	4.04





4TH NATIONAL TRIALS - APRIL 15TH, 2023 MANDELA NATIONAL STADIUM (WARM-UP TRACK)

Discus Final

Pos	Bib	Name	Affiliation	Distance
1.	358	Aciro Rose Mary	Uganda Prisons Athletics Club	34.28
2.	282	Aber Caroline Odwong	Uganda Prisons Athletics Club	33.10
3.	126	Acan Janneth	Uganda Police Athletics Club	32.42
4.	589	Anek Scovia Olanya	Ndejje University Athletics Club	32.34
5.	822	Driwaru Jackline	Ndejje University Athletics Club	31.48
6.	678	Oyella Alice Kevin	UPDF Athletics Club	31.03
7.	825	Acola Kevin	Gulu Municipal Athletics Association	30.51
8.	795	Atim Oliver	UCU Athletics Club	29.21
9.	789	Akello Fiona	UPDF Athletics Club	27.24
10.	281	Amaido Caroline	Uganda Prisons Athletics Club	26.67
11.	696	Nakato Janel Namubiru	Nalinya Lwantale G. SS Ath. Club	20.22





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Men

100m Heat 1

Wind: -0.2 m/s

Pos	Bib	Name	Affiliation	Time
1.	633	Taremwa Edwin	Uiahms – Mulago Athletics Club	12.83
2.	933	Oketayot Donald M. Tebere	KCCA Athletics Club	13.07
3.	972	Akanyijuka Frank	UPDF Athletics Club	13.40
4.	919	Akambona Ian	Entebbe Athletics Association	16.24

100m Heat 2

Wind: 0.5 m/s

Pos	Bib	Name	Affiliation	Time
1.	568	Hasahya Benard Bujju	KCCA Athletics Club	11.18
2.	476	Esou Emmanuel	UPDF Athletics Club	11.47
3.	849	Buhayo Magero Humphrey	UPDF Athletics Club	12.03
4.	858	Muhwezi Abraham Lincoln	Makerere University Athletics Club	13.11
5.	931	Koki Reuben	Kampala Kids Academy Ath. Club	13.16

100m Heat 3

Wind: 2.0 m/s

Pos	Bib	Name	Affiliation	Time
1.	929	Opiyo Kenneth	Gulu Municipal Athletics Association	11.49
2.	799	Barasa Kevin John	UCU Athletics Club	11.49
3.	556	Musinguzi Davis	Makerere University Athletics Club	11.76
4.	431	Kyagulanyi Sekayi Solomon	Makerere University Athletics Club	12.26
5.	673	Nsiro Edward Ikonde	Wakiso District Athletics Association	12.78





4TH NATIONAL TRIALS - APRIL 15TH, 2023 MANDELA NATIONAL STADIUM (WARM-UP TRACK)

100m Heat 4

Wind: -1.8 m/s

Pos	Bib	Name	Affiliation	Time
1.	504	Obong Brian Bracford	UPDF Athletics Club	11.59
2.	663	Omodo Denish	UCU Athletics Club	11.76
3.	960	Okolimo Joseph	UCU Athletics Club	12.07
4.	643	Diego Derrick	Kyambogo University Athletics Club	12.10
5.	429	Imalingat Charles	UPDF Athletics Club	12.23
6.	554	Sserwada Paul	Entebbe Athletics Association	13.67

100m Heat 5

Wind: -1.2 m/s

Pos	Bib	Name	Affiliation	Time
1.	632	Kiiza Ernest Amooti	Makerere University Athletics Club	11.65
2.	875	Opio Echeke Sam	UPDF Athletics Club	11.66
3.	413	Kibet Oscar	Gombe S.S Athletics Club	12.97
4.	945	Warela Ferguson	Makindye Division Athletics Association	14.26
5.	523	Umar Joesph	Uganda Prisons Athletics Club	14.58

100m Heat 6

Wind: 0.9 m/s

Pos	Bib	Name	Affiliation	Time
1.	154	Onyango Isaac	UPDF Athletics Club	11.30
2.	595	Kiguli Trevor Understone	UPDF Athletics Club	11.64
3.	316	Abila Henry	Uganda Prisons Athletics Club	12.02
4.	944	Mugaya Wycliffe	Makindye Division Athletics Association	14.04
5.	922	Mugerwa Arafat	Entebbe Athletics Association	15.33





4TH NATIONAL TRIALS - APRIL 15TH, 2023 MANDELA NATIONAL STADIUM (WARM-UP TRACK)

100m Heat 7

Wind: 0.1 m/s

POS	BIB	NAME	AFFILIATION	TIME
1.	860	Mukasa Vincent	Gombe S.S Athletics Club	11.55
2.	934	Ocira Daniel	Kyambogo University Athletics Club	12.38
3.	310	Leme Nelson	Old Kampala S.S Athletics Club	14.04
4.	921	Kiyingi Joseph	Entebbe Athletics Association	14.13

100m Heat 8

Wind: -2.1 m/s

Pos	Bib	Name	Affiliation	Time
1.	154	Ngobi Allan	Uganda Police Athletics Club	10.80
2.	401	Lomutho Rajab	Uganda Wildlife Auth. Athletics Club	10.87
3.	544	Isabirye Musa	Uganda Prisons Athletics Club	10.92
4.	100	Masaba Peter	Kamuli District Athletics Association	11.16
5.	505	Ocira John	UPDF Athletics Club	11.31
6.	577	Ambayo Fred	Nampunge Community Sch. Ath. Club	11.97

200m Heat 1

Wind: -2.9 m/s

Pos	Bib	Name	Affiliation	Time
1.	875	Opio Echeke Sam	UPDF Athletics Club	23.38
2.	503	Nokorach Stephen	UPDF Athletics Club	23.69
3.	960	Okolimo Joseph	UCU Athletics Club	24.27
4.	858	Muhwezi Abraham Lincoln	Makerere University Athletics Club	27.28

200m Heat 2

Wind: -4.6 m/s

Pos	Bib	Name	Affiliation	Time
1.	768	Odong Vincent	Gulu University Athletics Club	23.13
2.	95	Omollo Innocent Lazzo	Makerere University Athletics Club	24.23
3.	770	Okino Yubu	Layibi College Athletics Club	24.44
4.	643	Diego Derrick	Kyambogo University Athletics Club	24.67





4TH NATIONAL TRIALS - APRIL 15TH, 2023 MANDELA NATIONAL STADIUM (WARM-UP TRACK)

200m Heat 3

Wind: -1.7 m/s

Pos	Bib	Name	Affiliation	Time
1.	96	Omuka Kenneth	Makerere University Athletics Club	23.35
2.	632	Kiiza Ernest Amooti	Makerere University Athletics Club	23.86
3.	556	Musinguzi Davis	Ndejje University Athletics Club	23.87
4.	896	Sajjabi Christopher	Makindye Division Athletics Club	25.62
5.	933	Oketayot Donald	KCCA Athletics Club	27.35
6.	945	Warela Ferguson	Makindye Division Athletics Club	29.75

200m Heat 4

Wind: -3.0 m/s

Pos	Bib	Name	Affiliation	Time
1.	438	Ariiti James	UPDF Athletics Club	22.53
2.	555	Musenze Jr Christopher	Entebbe Athletics Association	22.73
3.	828	Kalibata Brian	Makerere University Athletics Club	22.94
4.	849	Buhayo Magero Humphrey	UPDF Athletics Club	25.19
5.	648	Tibyasa Phabang Phabang	Makerere University Athletics Club	25.81

200m Heat 5

Wind: 0.9 m/s

Pos	Bib	Name	Affiliation	Time
1.	872	Olanya Kenneth	Gulu District Athletics Association	22.83
2.	568	Hasahya Benard Bujju	KCCA Athletics Club	22.84
3.	929	Opiyo Kenneth	Gulu District Athletics Club	23.05
4.	948	Muhimbo Duncan	Mbale District Athletics Club	24.23

200m Heat 6

Wind: -1.2 m/s

Pos	Bib	Name	Affiliation	Time
1.	860	Mukasa Vincent	Gombe S.S Athletics Club	23.63
2.	429	Imalingat Charles	UPDF Athletics Club	24.33
3.	602	Ainembabazi Gerald	Old Kampala Athletics Club	24.34
4.	554	Sserwada Paul	Entebbe Athletics Association	25.90
5.	934	Ocira Daniel	Kyambogo University Athletics Club	26.14
6.	931	Koki Reuben	Kampala Kids Academy Ath. Club	26.72





4TH NATIONAL TRIALS - APRIL 15TH, 2023 MANDELA NATIONAL STADIUM (WARM-UP TRACK)

200m Heat 7

Wind: -3.0 m/s

Pos	Bib	Name	Affiliation	Time
1.	476	Esau Emmanuel	UPDF Athletics Club	23.44
2.	595	Kiguli Trevor Understone	UPDF Athletics Club	23.57
3.	431	Kyagulanyi Sekayi Solomon	Makerere University Athletics Club	24.72
4.	667	Acelun Kokas	UPDF Athletics Club	24.78
5.	936	Olweny Michael	Lukungu Academy Athletics Club	25.17
6.	785	Adriko James Obama	Uganda Prisons Athletics Club	25.67

200m Heat 8

Wind: -1.3 m/s

Pos	Bib	Name	Affiliation	Time
1.	675	Nyeko Johnson	Layibi College Athletics Club	22.07
2.	505	Ocira John	UPDF Athletics Club	22.45
3.	100	Masaba Peter	Kamuli District Athletics Association	22.51
4.	791	Goli Emmanuel	Unity Athletics Club	23.07
5.	577	Ambayo Fred	Nampunge Community Sch. Ath. Club	23.62

200m Heat 9

Wind: -2.1 m/s

Pos	Bib	Name	Affiliation	Time
1.	154	Ngobi Allan	Uganda Police Athletics Club	21.08
2.	269	Adoli Haron	Uganda Prisons Athletics Club	21.16
3.	141	Jagalo Joshua	Uganda Police Athletics Club	21.85
4.	544	Isabirye Musa	Uganda Prisons Athletics Club	22.04
5.	576	Ajalu Joshua Otim	Nampunge Community Sch. Ath. club	23.83

400m Heat 1

Pos	Bib	Name	Affiliation	Time
1.	1007	Kacoul Stephen Dinoh	South Sudan	48.57
2.	820	Chuol John Kuer	Ndejje University Athletics Club/ SSD)	49.83
3.	959	Okabo Santos	UCU Athletics Club	50.35
4.	667	Acelun Kokas	UPDF Athletics Club	56.62
	38	Kiwanyizi Alex	Old Kampala S.S Athletics Club	DNS
	833	Kipkorir Bismark	Makerere University Athletics Club	DNS





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400m Heat 2

Pos	Bib	Name	Affiliation	Time
1.	1005	Majok Gum Justin	South Sudan	50.19
2.	948	Muhimbo Duncan	Mbale District Athletics Association	50.64
3.	576	Ajalu Joshua Otim	Nampunge C.H. Sch. Ath. Club	51.26
4.	555	Musenze Jr Christopher	Entebbe Athletics Association	51.34
5.	646	Kivumbi Rippon Daniel	Uganda Police Athletics Club	55.31
	942	Akodi Solomon	Makerere University Athletics Club	DNS

400m Heat 3

Pos	Bib	Name	Affiliation	Time
1.	791	Goni Emmanuel	Unity Athletics Club	49.84
2.	828	Kalibata Brian	Makerere University Athletics Club	50.37
3.	1004	Dok Maper riak James	South Sudan	50.59
4.	936	Olwenyi Michael	Lukungu Academy Athletics Club	52.81
5.	520	Oyuku Benson Leo	UPDF Athletics Club	53.05
6.	1011	Basseyy Oluwatobi Emmah	Nigeria	54.11

400m Heat 4

Pos	Bib	Name	Affiliation	Time
1.	518	Oweka Sadam	UPDF Athletics Club	50.86
2.	350	Opolot Andrew Moses	Uganda Prisons Athletics Club	52.43
3.	894	Ssajjabbi Christopher	Makindye Division Athletics Association	56.67
	806	Chelimo Aron K	Ndejje University Athletics Club	DNS
	520	Oyuku Leo Benson	UPDF Athletics Club	DNS
	925	Nuwamanya Philip	Gombe S.S Athletics Club	DNS





4TH NATIONAL TRIALS - APRIL 15TH, 2023 MANDELA NATIONAL STADIUM (WARM-UP TRACK)

400m Heat 5

Pos	Bib	Name	Affiliation	Time
1.	872	Olanya Reagan	Ndejje University Athletics Club	49.19
2.	96	Omuka Kenneth	Makerere University Athletics Club	49.49
3.	438	Ariti James	UPDF Athletics Club	49.87
4.	166	Wanume Yahaya	Uganda Police Athletics Club	52.67
5.	970	Oringa Lawrence	Unity Athletics Club	53.20
	785	Adriko James Obama	Uganda Prisons Athletics Club	DNS

400m Heat 6

Pos	Bib	Name	Affiliation	Time
1.	961	Olipa Sharif	UCU Athletics Club	50.28
2.	768	Odong Innocent	Gulu City Athletics Promotion Club	50.73
3.	95	Omollo Innocent Lazzo	Makerere University Athletics Club	53.75
4.	602	Ainembabazi Gerald	Old Kampala S.S Athletics Club	53.76
	924	Kiprotich Allan	Gombe S.S Athletics Club	DNS
	853	Matukur James Deng	UPDF Athletics Club	DNS

400m Heat 7

Pos	Bib	Name	Affiliation	Time
1.	269	Adoli Haron	Uganda Prisons Athletics Club	46.38
2.	283	Chan Wengo Godfrey	Uganda Prisons Athletics Club	47.30
3.	675	Nyeko Johnson	Layibi College Athletics Club	47.82
4.	1006	Riiny Riiny Agoth Ngot	South Sudan	48.53
5.	503	Nokorach Stephen	UPDF Athletics Club	52.19
	159	Oroma Williamson	Uganda Police Athletics Club	DNS





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800m Heat 1

Pos	Bib	Name	Affiliation	Time
1.	665	Ssemakula Reagan	Entebbe Athletics Association	2:12.7
2.	949	Murungi Solomon	Mbale District Athletics Association	2:23.2
3.	920	Kabwama Edirisa	Entebbe Athletics Association	2:41.8
4.	938	Agumenaitwe Ambrose	Makerere University Athletics Club	2:42.2
	576	Ajalu Joshua Otim	Nampunge C. H. Sch. Ath. Club	DNS
	939	Birungi Derrick Abusufiyan Ssozi	Makerere University Athletics Club	DNS
	329	Kiprotich Sam Kapkureny	Ndejje University Athletics Club	DNS
	928	Okot Emmy Phillips	Gulu Municipal Athletics Association	DNS

800m Heat 2

Pos	Bib	Name	Affiliation	Time
1.	738	Farahan Issa	Gulu City Athletics Promotion Club	1:58.5
2.	786	Agong Mike Ebong	Tuku Afrika Athletics Club	1:58.9
3.	927	Oyet Patrick	Gulu City Athletics Promotion Club	1:59.8
4.	630	Tenywa Edreen	Nampunge C. H. Sch. Ath. Club	2:00.2
5.	20	Korir Ronald	Arua District Athletics Association	2:00.8
6.	764	Ndibailawa Jamiru	Lukungu Academy Athletics Club	2:03.9
7.	587	Ainomuhangi Grace	Ndejje University Athletics Club	2:05.0
8.	947	Kanyesige Christopher	Mbale District Athletics Association	2:14.3
9.	859	Anyokini Ezra	Iganga Town View S.S	2:19.5

800m Heat 3

Pos	Bib	Name	Affiliation	Time
1.	402	Dradriga Tom	Uganda Wildlife Authority Ath. Club	1:47.72
2.	160	Osuje Emmanuel	Uganda Police Athletics Club	1:48.96
3.	417	Kirano Shafiq	Uganda Wildlife Authority Ath. Club	1:49.68
4.	967	Erimu Kokas	Uganda Prisons Athletics Club	1:49.79
5.	588	Akemkwene Peter	Ndejje University Athletics Club	1:51.15
6.	728	Omara Raymond	Kampala Kids Academy Ath. Club	1:51.88





4TH NATIONAL TRIALS - APRIL 15TH, 2023 MANDELA NATIONAL STADIUM (WARM-UP TRACK)

7.	283	Chan Wengo Godfrey	Uganda Prisons Athletics Club	1:52.08
8.	752	Labeja Patrick	Standard High Zana Athletics Club	1:56.14
9.	787	Ogenrwot Daniel	Layibi College Athletics Club	1:59.88

1500m Heat 1

Pos	Bib	Name	Affiliation	Time
1.	800	Mugume Barnabas	Katrico Athletics Club	4:05.07
2.	787	Ogenrwot Daniel	Layibi College Athletics Club	4:08.64
3.	778	Tumukunde Denis	Ntungamo Athletics Club	4:09.66
4.	732	Amanya Lymon	Ntungamo Athletics Club	4:12.66
5.	376	Kaddu Venswa	Uganda Para Athletics	4:18.69
6.	941	Lubega Abdulkarim	Makerere University Athletics Club	4:23.82
7.	947	Kanyesige Christopher	Mbale District Athletics Association	4:37.76
8.	98	Tolit Cliff Godfrey	Makerere University Athletics Club	4:38.12
9.	953	Asiimwe Emma	Ntungamo Athletics Club	4:50.86
10.	928	Okot Emmy Phillips	Gulu Municipal Athletics Association	5:42.14
	939	Birungi Derrick Abusufiyan Ssozi	Makerere University Athletics Club	DNS
	932	Kahalu Makasa	Kamuli District Athletics Association	DNS
	954	Kizza Alex	Ntungamo Athletics Club	DNS
	949	Murungi Solomon	Mbale District Athletics Association	DNS
	549	Onencan Abdul Rashid	Nebbi District Athletics Association	DNS
	307	Ssetyabule Gabriel	Entebbe Athletics Association	DNS
	565	Subira Vincente	Uiahms – Mulago Athletics Club	DNS
	630	Tenywa Edreen	Nampunge Community H. Sch. Ath. Club	DNS

1500m Heat 2

Pos	Bib	Name	Affiliation	Time
1.	672	Krop Dominic	Uganda Prisons Athletics Club	3:46.61
2.	563	Guot Thon Abraham	South Sudan	3:53.01
3.	638	Jamonu Edimon	Uganda Prisons Athletics Club	3:57.22
4.	23	Musau Titus	Arua District Athletics Association	3:57.24
5.	1002	Chol Jacob	South Sudan	3:59.55
6.	15	Kiprop Leonard	Arua District Athletics Association	4:06.04





4TH NATIONAL TRIALS - APRIL 15TH, 2023 MANDELA NATIONAL STADIUM (WARM-UP TRACK)

7.	548	Obedi Jacob	Gombe S.S Athletics Club	4:08.58
8.	473	Cherukut Milton	UPDF Athletics Club	4:14.64
9.	648	Tinkamanyire Innocent	Gombe S.S Athletics Club	4:43.68
10.	560	Kule Jockus	Ndejje University Athletics Club	4:49.25
11.	859	Anyokini Ezra	Iganga Town View SS	5:03.71
	118	Omara Tonny	Tuku AfriKa Athletics Club	DSQ
	205	Cheptoyek Boaz	Uganda Police Athletics Club	DSQ
	792	Amagoro Robert	Uganda Prisons Athletics Club	DSQ
	1008	Yach Majok Wol Koon	South Sudan	DSQ
	964	Chemutai Collins	Uganda Police Athletics Club	DNS
	204	Cheptoris Dan	Uganda Police Athletics Club	DNS

10,000m Final

Pos	Bib	Name	Affiliation	Time
1.	1009	Rubayita Siragi	Rwanda	30:22.22
2.	912	Chesuro Alex	Arua District Athletics Association	30:53.55
3.	132	Wangwe Brian William	Uganda Police Athletics Club	32:20.26
4.	206	Cheptoyek Enock	Uganda Police Athletics Club	32:52.25
5.	951	Bagatuzayo Lucieno	Mbarara Municipal Athletics Association	33:09.93
6.	649	Tukamushaba Ronald	Uganda Prisons Athletics Club	34:43.77
7.	969	Ssekaana Moses	UNHCR Mirror Grp. N Athletics Club	35:00.73
8.	549	Onencan Abdul Rashid	Nebbi District Athletics Association	35:03.47
9.	571	Mwanga Allan	Kapchorwa District Athletics Association	36:48.55
10.	952	Lopinya Moses Kotol	Moroto District Athletics Association	37:16.36
	110	Kwemoi Vitalis	Tuku AfriKa Athletics Club	DNS
	855	Milla Tadeo	Kiboga District Athletics Association	DNS
	862	Mungusine Julius	Kiboga District Athletics Association	DNS
	950	Akampa Seth	Mbarara Municipal Athletics Association	DNS
	446	Chekwemoi Teddy Simon	UPDF Athletics Club	DNS
	965	Cheptoek Boaz	Uganda Police Athletics Club	DNS





4TH NATIONAL TRIALS - APRIL 15TH, 2023 MANDELA NATIONAL STADIUM (WARM-UP TRACK)

4x100m Relays

Pos	Bib	Full Name	Affiliation	Time
	504	Obong Brian B.		
1.	514	Onyanga Isaac	UPDF Athletics Club	42.68
	476	Esou Emmanuel		
	505	Achira John		
	663	Omodo Denis Isaac		
2.	961	Olipa Sharif	UCU Athletics Club	43.02
	970	Okello Darius		
	959	Okabo Santos		
	283	Chanwengo Godfrey		
3.	638	Jamuno Edmon	Uganda Prisons Athletics Club	43.32
	544	Isabirye Musa		
		Ongee Felix		
	138	Oija Fred		
4.	154	Ngobi Allan	Uganda Police Athletics Club	43.50
	141	Jagalo Joshua		
	166	Wanume Yahaya		

Long Jump Final

Pos	Bib	Name	Affiliation	Distance
1.	338	Komakech Moses	Uganda Prisons Athletics Club	7.24
2.	797	Ayup Khoak Khor	Ndejje University Athletics Club	6.98
3.	508	Odongo Denish	UPDF Athletics Club	6.97
4.	842	Komakech Regan Semei	Ndejje University Athletics Club	6.90
5.	770	Okino Yubu	Layibi College Athletics Club	6.74
6.	898	Yikii Jimmy	Ndejje University Athletics Club	6.48
7.	654	Komakech Samuel	Uganda Police Athletics Club	6.25
8.	362	Tabu Richard Nickson	Uganda Prisons Athletics Club	5.95
9.	1003	Deng Kuot Deng Kuot Deng	South Sudan	5.95
10.	656	Abura George	Uiahms – Mulago Athletics Club	5.84
11.	305	Ocira Osborn	Gombe S.S Athletics Club	5.64





4TH NATIONAL TRIALS - APRIL 15TH, 2023 MANDELA NATIONAL STADIUM (WARM-UP TRACK)

Discus Final

Pos	Bib	Name	Affiliation	Distance
1.	393	Odongkara Patrick	Uganda Wildlife Auth. Athletics Club	38.80
2.	346	Odong Martin	Uganda Prisons Athletics Club	35.87
3.	634	Okumu Junior	Gombe S.S Athletics Club	34.19
4.	793	Tukamuherwa Anthony	Uganda Wildlife Auth. Athletics Club	32.26
5.	590	Apangu Job	Ndejje University Athletics Club	27.42
	161	Oyet Richard	Uganda Police Athletics Club	NM
	319	Mwaka Johnson	Uganda Prisons Athletics Club	DNS
	344	Ocheng Moses Ginaro	Uganda Prisons Athletics Club	DNS
	352	Omara Patrick	Uganda Prisons Athletics Club	DNS
	509	Ojara Jackson Pope	UPDF Athletics Club	DNS
	782	Abonga Denisco	UPDF Athletics Club	DNS
	874	Onyango Derick Reagan	Ndejje University Athletics Club	DNS

Shot Put Final

Pos	Bib	Name	Affiliation	Distance
1.	346	Odong Martin	Uganda Prisons Athletics Club	13.02
2.	344	Ocheng Moses Ginaro	Uganda Prisons Athletics Club	13.02
3.	509	Ojara Jackson Pope	UPDF Athletics Club	11.88
4.	634	Okumu Junior	Gombe S.S Athletics Club	11.63
5.	393	Odongkara Patrick	Uganda Wildlife Auth. Athletics Club	11.11
6.	319	Mwaka Johnson	Uganda Prisons Athletics Club	11.01
7.	161	Oyet Richard	Uganda Police Athletics Club	10.68
8.	782	Abonga Denisco	UPDF Athletics Club	10.08
9.	973	Okello Simon Okee	UPDF Athletics Club	10.08
10.	740	Ociti Jacob	Agago District Athletics Association	9.92
11.	590	Apangu Job	Ndejje University Athletics Club	8.50
	352	Omara Patrick	Uganda Prisons Athletics Club	DNS
	874	Onyango Derick Reagan	Ndejje University Athletics Club	DNS





4TH NATIONAL TRIALS - APRIL 15TH, 2023 MANDELA NATIONAL STADIUM (WARM-UP TRACK)

Triple Jump Final

Pos	Bib	Name	Affiliation	Distance
1.	338	Komakech Moses	Uganda Prisons Athletics Club	15.26
2.	797	Ayup Khoak Khor	Ndejje University Athletics Club	15.02
3.	508	Odongo Denish	UPDF Athletics Club	14.56
4.	362	Tabu Richard Nickson	Uganda Prisons Athletics Club	13.59
	284	Okello Charles	Uganda Prisons Athletics Club	DNS
	535	Rupiny Solomon	Gombe S.S Athletics Club	DNS
	552	Rackara Gracia	Gombe S. S Athletics Club	DNS
	857	Muheirwe Dick	Uganda Prisons Athletics Club	DNS

