



UGANDA ATHLETICS FEDERATION
4th National Trials
March 27th, 2021
AT MANDELA NATIONAL STADIUM

Women

100m Women Heat 1

Wind: 2.7m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	817	Gamba Mildred	TBAC	12.71
2	821	Katushabe Jacinta	Sprinters Sports	13.12
3	825	Cheka Christine	Sprinters Sports	13.31
4	557	Nessia Aminah	Kla Kids	13.67
5	561	Nambuya Scovia	Kakira	15.67
	565	Among Scovia	UPDF	DQ

100m Women Heat 2

Wind: 0.9m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	833	Apio Agnes	Prisons	12.27
2	829	Acen Rosemary	Tuku Africa	12.67
3	553	Adokorach Brenda	Prisons	13.11
4	615	Oroma Peace	Makerere	13.68
	837	Oroma Emmanuella	UWA	DNF

200m Women Heat 1

Wind: 0.4m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	619	Draru Rose	Makerere	28.07
2	557	Nessia Aminah	Kla Kids	28.16
3	571	Nyapolo Charity	Makerere	28.27
4	563	Ayiorwoth Flavia	Makerere	29.11





200m Women Heat 2

Wind: -0.9m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	825	Cheka Christine	Sprinters Sports	27.19
2	709	Akello Rhaima Kelia	Sprinters Sports	29.79
3	565	Among Scovia	UPDF	31.57
4	836	Kizza Haliam	Kakira	32.47

200m Women Heat 3

Wind: 1.4m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	575	Nyamahunge Jacent	Police	24.12
2	567	Banura Moureen	Police	24.92
3	833	Apio Agnes	Prisons	25.15
4	599	Akidi Betty	Gombe ss	26.58
5	552	Ajok Joyce	Prisons	26.66
6	611	Akol Scovia	Tuku Africa	27.26

400m Women Heat 1

Pos	Bib No.	Full Names	Affiliation	Time
1	599	Akidi Betty	Gombe ss	59.2
2	579	Katushabe Jacinta	Sprinters Sports	59.9
3	611	Akol Scovia	Tuku Africa	1:00.8
4	563	Ayiorwoth Flavia	Makerere	1:03.3
	587	Atto Sidonia	UCU	DQ

400m Women Heat 2

Pos	Bib No.	Full Names	Affiliation	Time
1	567	Banura Moureen	Police	56.1
2	603	Perina Claudia John	KIa Univ	1:01.0
3	615	Oroma Peace	Makerere	1:02.9
4	619	Draru Rose	Makerere	1:03.8
5	571	Nyapolo Charity	Makerere	1:05.4

400m Women Heat 3

Pos	Bib No.	Full Names	Affiliation	Time
1	883	Shida Leni	Police	52.7
2	575	Nyamahunge Jacent	Police	55.6
3	595	Nabirye Nasiba	UWA	56.0
4	607	Auma Mary Onapa	Prisons	56.7
5	591	Nanziri Emilly	Police	57.1





800m Women

Pos	Bib No.	Full Names	Affiliation	Time
1	713	Chemutai Febia	Police	2:19.8
2	705	Hikima Georgina	Kabale Pacers	2:34.1
3	701	Kajumba Margaret	Nalinya	2:43.2
		Akello Rhaima	Sprinters Sports	DNF

1500m Women

Pos	Bib No.	Full Names	Affiliation	Time
1	808	Aciru Knight	Prisons	4:16.97
2	800	Chemusto Janat	Police	4:29.90
3	796	Chemusto Keren	Tuku Africa	4:48.52
4	804	Nafamba Florence	Kla Kids	5:10.30
5	705	Hikima Georgina	Kla Kids	5:36.34

5000m Women

Pos	Bib No.	Full Names	Affiliation	Time
1	828	Chesang Prisca	UWA	15:46.72
2	816	Ajok Docus	Prisons	16:35.16
3	812	Cheptegei Rebecca	UPDF	17:01.24
4	824	Monday Ruth	Tuku Africa	18:32.10
5	820	Nasasira Evas	Tuku Africa	19:19.00

Long Jump Women

Pos	Bib No.	Full Names	Affiliation	Distance
1	827	Lakot Scovia	Prisons	5.57
2	823	Acan Linda E	Police	5.38
3	819	Adong Domidy	Tuku Africa	5.12
4	831	Akech Nancy	Ndejje	5.08

Discus Women

Pos	Bib No.	Full Names	Affiliation	Distance
1	809	Aber Caroline	Prisons	33.68
2	813	Aciro Rosemary	Prisons	32.44
3	805	Acayo Vivian	Ndejje	27.88
		Lalam Josephine Joyce	Police	DNS

Javelin Women

Pos	Bib No.	Full Names	Affiliation	Distance
1	557	Lalam Josephine Joyce	Police	49.51
2	555	Anek Winny	Ndejje	37.59
3	837	Mirembe Peace	Airforce	34.73
	-	Kakonge Akiimu	Kiboga	DNS
	-	Nsubuga Samson	Kiboga	DNS





Men

100m Men Heat 1

Wind: 3.8m/s

Pos	Bib No.	Full Names	Affiliation	Time
	845	Watmon Francis	Boston	11.22
	605	Mayen Francis Kuol	South Sudan	11.25
	653	Talemererwa Charles	UAFA	11.46
	841	Ocakacon Gerald	Boston	11.71
	569	Kizza Ronald	Makerere	13.25

100m Men Heat 2

Wind: 1.5m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	621	Mukasa Vincent	Kla Kids	11.55
2	661	Nkutu Ibrahim	Buikwe	11.73
3	657	Odokonyero Allan	Boston	11.82
4	597	Nahurira Ronald	Mbarara Municipal	11.85
5	573	Niwagaba Solomon	Makerere	12.83
6	645	Nairo Edward	Wakiso	12.84

100m Men Heat 3

Wind: 1.0m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	617	Ngobi Allan	Makerere	11.22
2	581	Sharif Olipa	Tuku Africa	11.29
3	633	Onyango Isaac	UPDF	11.37
4	669	Obaren Aaron	Entebbe	11.76
5	593	Malimbasa Sajars Wepukhulu	Makerere	11.77

100m Men Heat 4

Wind: 1.7m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	613	Isabirye Musa	Prisons	10.93
2	609	Aboda Emmanuel	Prisons	11.01
3	601	Ojok Justine	Ndejje	11.08
4	577	Okello Darius	Tuku Africa	11.34
5	589	Kakaire Sam	Airforce	11.80
6	585	Mubongi Wilbrod	Airforce	13.13

200m Men Heat 1

Wind: -1.9m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	617	Ngobbi Allan	Makerere	22.65
2	581	Sharif Olipa	Tuku Africa	23.05
3	669	Obaren Aaron	Entebbe	23.83
4	597	Nahurira Ronald	Mbarara Municipal	23.97





200m Men Heat 2

Wind: -1.7m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	605	Mayen Francis Kuol	South Sudan	22.76
2	633	Onyango Isaac	UPDF	23.35
3	560	Roelf Munting	Entebbe	23.70
4	623	Abiem John AJ	Makerere	25.11
5	631	Ainembabazi Gerald	Makerere	25.62

200m Men Heat 3

Wind: -3.1m/s

Pos	Bib No.	Full Names	Affiliation	Time
1	627	Onen Geoffrey	Police	23.46
2	593	Malimbasa Sajars Wepukhulu	Makerere	24.04
3	689	Kivumbi Rippon	Makerere	24.49
4	573	Niwagaba Solomon	Makerere	26.23
5	693	Ssesanga Hakim	Makerere	26.45

200m Men Heat 4

Wind: -2.8m/s

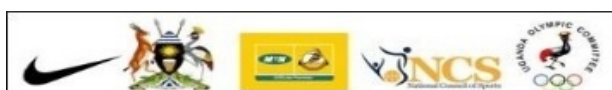
Pos	Bib No.	Full Names	Affiliation	Time
1	655	Jagalo Joshua	Police	22.03
2	667	Deng Thiel	South Sudan	22.06
3	609	Aboda Emmanuel	Prisons	22.80
4	659	Oroma Williamson	Police	23.03
5	643	Komakech Sunday	Tuku Africa	23.09
	556	Adupa Walter Ocen	Prisons	DQ

400m Men Heat 1

Pos	Bib No.	Full Names	Affiliation	Time
1	635	Ongee Felix	Prisons	49.9
2	643	Komakech Sunday	Tuku Africa	50.5
3	675	Acidri Godfrey	UPDF	53.1
4	849	Makori Patrick	UPDF	53.3
5	623	Abiem John AJ	Makerere	57.0

400m Men Heat 2

Pos	Bib No.	Full Names	Affiliation	Time
1	845	Watmon Francis	Boston	50.4
2	627	Onen Geoffrey	Police	50.7
3	679	Deng Koul Deng	Standard	51.3
4	689	Kivumbi Rippon	Police	54.4
	647	Mutanda Brian Adrine	Wakiso	DQ





400m Men Heat 3

Pos	Bib No.	Full Names	Affiliation	Time
1	671	Guot Thon Abraham	Kla Univ	49.5
2	841	Ochakachon Gerald	Boston	52.2
3	697	Onoko Isaac	Makerere	52.8
4	631	Ainembabazi Gerald	Makerere	56.6
5	651	Kitibwa Harunah Nsubuga	Police	56.9
6	693	Ssesanga Hakim	Makerere	59.6

400m Men Heat 4

Pos	Bib No.	Full Names	Affiliation	Time
1	663	Opio Denis	UWA	48.3
2	667	Deng Thiel	South Sudan	48.8
3	685	Erimu Kokas	Prisons	49.0
4	659	Oroma Williamson	Police	49.5
5	655	Jagalo Joshua	Police	49.9
		Obuto Solomon	Police	DNF

800m Men Heat 1

Pos	Bib No.	Full Names	Affiliation	Time
1	745	Bemba Ibrahim	Makerere	1:52.26
2	765	Limo Fred	UPDF	2:02.21
3	741	Otim Innocent	Kla Kids	2:02.23
4	721	Maubanyia Shafik Seth	Kyambogo	2:04.34
5	733	Ndibailwa Jamiru	Standard	2:05.34
6	717	Sempijja Cyrus	Kyambogo	2:05.39
7	757	Byabagambi Khalid	Mbarara Municipal	2:10.35
8	793	Kivumbi Emmanuel	Makerere	2:20.30

800m Men Heat 2

Pos	Bib No.	Full Names	Affiliation	Time
1	781	Ogwok Daniel	Prisons	1:53.83
2	773	Ayo Jacob	Ndejje	1:54.73
3	777	Arop Michael	Prisons	1:56.56
4	689	Kivumbi Rippon	Makerere	1:57.89
5	753	Dot Santos Chimam	South Sudan	1:58.21
6	785	Omoding James	Prisons	2:01.05
7	729	Chepkwuri Iddi	Airforce	2:31.84
	801	Wanume Yahaya	Kololo	DNF

800m Men Heat 3

Pos	Bib No.	Full Names	Affiliation	Time
1	769	Osuje Emmanuel	Police	1:50.32
2	761	Opiny Leonard	UWA	1:50.78
3	749	Apenyo Bekele	Prisons	1:53.86
4	725	Jamonu Edmond	Prisons	1:54.18
5	797	Ocen Robin	UCU	1:54.63
6	737	Dradiga Tom	UWA	1:56.29





1500m Men

Pos	Bib No.	Full Names	Affiliation	Time
1	688	Koon Wol Yach Majok	South Sudan	3:44.56
2	708	Wabutwa Farid	UWA	3:44.88
3	780	Otim Emmanuel	Makerere	3:47.76
4	736	Boch Silas	UWA	3:50.36
5	692	Kiplangat Joel	Police	3:50.72
6	752	Bua Julius Peter	Prisons	3:53.56
7	716	Akoon Abeich Wol	Kla Univ	3:54.17
8	704	Nasasira Leonard	Kikooko	3:55.87
9	744	Chekwurui Mathew	Police	3:56.03
10	324	Ajan Jacob Chol	Kla Univ	3:57.60
11	700	Emong David	Prisons	3:58.74
12	788	Omara Tonny	Tuku Africa	3:59.94
13	720	Kasuk Peter Otimore	Kla Univ	4:02.14
14	848	Sisey Abraham Karameka	Kapchorwa	4:06.09
15	728	Amandu Richard	UPDF	4:06.22
16	740	Kipsakit Elisha	Prisons	4:07.34
17	756	Naulika Elisama	Tuku Africa	4:10.14
18	840	Omara Raymond	Kla Kids	4:14.82
19	748	Naibei Peter	Police	4:15.82
20	732	Comboni Daniel	Nampunge	4:17.98
21	772	Wangwe Brian	Makerere	4:20.46
22	760	Natwijuka Innocent	Mbarara	4:22.07
23	776	Tenywa Edrien	Nampunge	4:22.67
24	768	Niyonzima Augustine	Makerere	4:39.61
25	696	Neyogo Adam	Police	4:41.57
26	684	Mbabazi	UCU	4:41.61
27	764	Chemutai Haron	Bukwo	4:41.72
28	792	Bizimana Prosper	Isingiro	4:57.00

10,000m Men Finals

Pos	Bib No.	Full Names	Affiliation	Time
1	707	Boshi Silas	Police	29:21.3
2	723	Kurong Moses Martin	Police	29:22.6
3	695	Rotich Maxwel Kortex	Arua	29:24.0
4	683	Yeko Dismas	Ndejje	29:56.5
5	727	Chebures Ali	UWA	30:16.1
6	691	Cheptoch Patrick	UPDF	30:40.1
7	699	Ategeka Brian Adams	Kabale Pacers	30:45.5
8	703	Kipenicot Benson Karameka	Police	31:15.5
9	687	Musani B. Francis	UPDF	31:37.6
10	719	Agotre Primo	Airforce	31:45.0
11	779	Luteezo Geoffrey	UWA	31:54.7
	739	Musaba Ezekeil	Mbarara Municipal	DNF
	847	Magara Robert	Makerere	DNF
	711	Buguma Michael	Airforce	DNF
	731	Gidagui Herbert	Police	DNF





	735	Kabagambe Julius	Kikooko	DNF
	757	Maseruka Hamuza	Kioboga	DNF
	755	Mbabazi Christopher	UCU	DNF
	759	Sikoria Martin	Airforce	DNF
	763	Kateregga Zubair	Kamuli	DNF
	767	Tembuli Muzamil	Inzikuru	DNF
	771	Tusingure Peter	Rukungiri	DNF
	775	Egadu Lawrence	Serere	DNF
	779	Luteezo Geoffrey	UWA	DNF

Discus Men

Pos	Bib No.	Full Names	Affiliation	Distance
1	795	Opiyo Oscar	Prisons	36.26
2	787	Odong Martin	Prisons	36.06
3	799	Okello Robert	Prisons	34.98
4	783	Ojara Denis	Prisons	34.53
5	807	Akena Moses	UWA	34.40
6	791	Ojora Jackson	Ndejje	31.62
7	803	Oyet Richard	Police	30.38
8	811	Odongkonyero Francis	UPDF	28.62

Javelin Men

Pos	Bib No.	Full Names	Affiliation	Distance
1	677	Mwaka Johnson	Prisons	60.12
2	673	Oceng Moses	Prisons	57.75
3	681	Nyekolobo Gilbert	UPDF	41.38
	-	Ilalo Monica	Makerere	DNS

Long Jump Men

Pos	Bib No.	Full Names	Affiliation	Distance
1	665	Odongo Denish	UPDF	6.93
2	649	Okello Charles	Prisons	6.91
3	629	Komakech Moses	Prisons	6.80
4	653	Talemererwa Charles	UAFA	6.25
5	637	Juma Barnabas	South Sudan	6.21
6	625	Odongtoo Isaac	Boston	6.09

