



**UGANDA ATHLETICS FEDERATION**  
**5<sup>th</sup> National Trials**  
**April 10<sup>th</sup>, 2021**  
**AT MANDELA NATIONAL STADIUM**

**Women**

**100m Women Heat 1**

**Wind: -0.8m/s**

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	2	909	Ayiorwoth Flavia	Makerere	14.16
2	1	908	Akong Justine	Kampala Kids	14.39
3	3	906	Hasahya Penina	Kampala Kids	14.40
4	5	910	Kyabe Josephine Kevin	Kampala Kids	15.15
5	4	915	Akullu Miriam	Kololo	15.27
		907	Namatovu Claire	Kyambogo	DQ

**100m Women Heat 2**

**Wind: -2.2m/s**

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	862	Nyamuhange Jacent	Police	12.05
2	5	913	Apio Agnes	Prisons	12.65
3	3	912	Acen Rosemary	Tuku Africa	12.93
4	2	916	Oroma Peace	Makerere	14.59
5	1	591	Among Scovia	UPDF	15.33
6	6	914	Namubiru Grace	Nalinya Lwantale	15.77

**200m Women Heat 1**

**Wind: -3.8m/s**

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	1051	Oroma Emmanuella	UWA	27.49
2	1	915	Akullu Miriam	Kampala Kids	29.02
3	2	916	Iyotoro Sylvia	Makerere	29.67
4	5	1048	Aguyo Judith	UPDF	30.66
5	6	910	Kyabe Josephine Kevin	Kampala Kids	32.06





### 200m Women Heat 2

Wind: -2.5m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1		1049	Katusabe Jacinta	Sprinters	26.6
2		858	Oroma Peace	Makerere	27.5
3		909	Ayiorwoth Flavia	Makerere	29.1
4		906	Itasahya Penina	Kampala Kids	29.5
5		911	Among Scovia	UPDF	29.5

### 200m Women Heat 3

Wind: --m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1		913	Apio Agnes	Prisons	24.6
2		863	Nabirye Nasiba	UWA	25.0
3		912	Acen Rosemary	Tuku Africa	25.3
4		961	Akidi Betty Bigombe	Gombe	25.6
5		1050	Cheka Christine	Sprinters	26.4
6		857	Draru Rose	Makerere	27.8

### 400m Women Heat 1

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	3	858	Oroma Peace	Makerere	1:01.16
2	1	856	Nafamba Florence	Kampala Kids	1:01.85
3	2	857	Draru Rose	Makerere	1:03.65
4	4	859	Achen Dorine	Nalinya Lwantale	1:05.57

### 400m Women Heat 2

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	3	862	Nyamuhange Jacent	Police	55.18
2	4	863	Nabirye Nasiba	UWA	55.66
3	5	864	Nanziri Emily	Police	55.78
4	2	861	Akidi Betty Bigombe	Gombe	57.66
5	6	866	Perina Claudia John	Kla Univ	1:01.36
6	1	865	Atoo Sidonia	UCU	1:01.80

### 800m Women

Pos		Bib No.	Full Names	Affiliation	Time
1		945	Aneno Agnes	BUL	2:23.09
2		947	Ndiwa Chesang	UWA	2:38.09
3		943	Apolot Sylvia	Kampala Kids	2:49.84
4		946	Oroma Agnes	Kampala Kids	2:58.75
		944	Amugin Susan	Nalinya Lwantale	DQ





### 1500m Women

Pos	Bib No.	Full Names	Affiliation	Time
1	982	Chesang Prisca Chemweno	UWA	4:14.50
2	983	Boinett Winnie Jemutai	UPDF	4:24.56
3	987	Chemutai Belinda	Prisons	4:25.17
4	988	Chemutai Febia	Police	4:45.65
5	986	Chepkwemoi Vanjalin	Standard	5:02.40
6	989	Cherotich Aisha	Mulago	5:23.14
7	985	Kajumba Margaret	Nalinya Lwantale	5:44.99
8	990	Talikaza Zubeda	Police	6:21.05
9	984	Atuhairwe Justine	Airforce	6:46.66

### 5000m Women

Pos	Bib No.	Full Names	Affiliation	Time
1	981	Chelangat Mercylina	Police	15:36.17
2	973	Chemutai Doreen	Prisons	15:52.23
3	971	Cherop Rispa	Prisons	15:54.88
4	969	Chelangat Annet	Arua	16:14.46
5	978	Chebet Scarlett	Police	16:33.30
6	970	Chekwemoi Teddy	KCCA	16:35.52
7	980	Ajok Dorcus	Prisons	16:36.42
8	974	Chelangat Leah	KCCA	16:42.72
9	972	Chebet Risper	Prisons	17:18.42
10	979	Akiror Sarah	Prisons	17:28.43
	977	Nakityo Maria Gorretti	Wakiso	DNF

### Long Jump Women

Pos	Bib No.	Full Names	Affiliation	Distance
1	992	Lakot Scovia	Prisons	5.47
2	993	Adongo Domidy	Tuku Africa	5.33
3	991	Achan Evelyn	Police	5.20

### Shotput Women

Pos	Bib No.	Full Names	Affiliation	Distance
1	966	Acan Janneth	Police	9.99
2	967	Acayo Vivian	Ndejje	8.94
3	968	Aciro Rosemary	Prisons	8.43

### Javelin Women

Pos	Bib No.	Full Names	Affiliation	Distance
1	975	Lalam J. Joyce	Police	47.65
2	976	Ilalo Monica	Makerere	25.65





## Men

### 100m Men Heat 1

Wind: -0.2m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	1	917	Okello Ceasor	Kampala Kids	11.90
2	2	918	Mdrimana Ahmed Inzoudine	Tuku Africa	12.04
3	5	921	Kitiibwa Harunah Nsubuga	UAFA	12.22
4	3	919	Owoo Darius	Kampala Kids	13.02
5	4	920	Mumbya Michael Andrea	Wakiso	14.15

### 100m Men Heat 2

Wind: -1.9m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	925	Ocira John	Ndejje	11.33
2	6	927	Nyeko Geoffrey	Prisons	11.37
3	1	922	Ojirot James	Prisons	11.68
4	5	926	Oketayot Francis	Police	12.15
5	2	923	Nsiiro Edward Ikonde	Wakiso	13.01
6	3	924	Niwagaba Solomon	Makerere	13.22

### 100m Men Heat 3

Wind: -2.3m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	4	931	Ongom Richard David	TBAC	11.56
2	2	929	Onyango Isaac	UPDF	11.60
3	3	930	Kakaire Sam	Airforce	11.92
4	1	928	Malimas Sajars Wepuholu	Makerere	12.07

### 100m Men Heat 4

Wind: 0.6m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	5	936	Nkutu Ibrahim	Buikwe	11.89
2	1	933	Ekwaro Aaron	Kampala Kids	12.16
3	4	935	Epau Phillip	Jinja	12.29
4	2	932	Opwonya Resty	Kyambogo	12.30
5	3	934	Ogal Amos	Kampala Kids	12.66
6	6	937	Kayiza Henry	Makerere	12.74

### 100m Men Heat 5

Wind: -1.3m/s

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	3	939	Obuto Solomon	Police	11.01
2	2	940	Isabirye Musa	Prisons	11.11
3	1	938	Lumutho Rajab Ibrahim	UWA	11.14
4	6	942	Ngobi Allan	Makerere	11.48





### 200m Men Heat 1

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1		928	Malimbasa Sajars Wepukhulu	Makerere	23.7
2		935	Epau Phillip	Hared Jinja	24.4
3		1052	Okello Ceasor	Kampala Kids	24.7
4		867	Aine Mbabazi Gerald	Makerere	25.1
5		1053	Ogal Amos	Kampala Kids	25.6
6		1056	Odong Simon	UPDF	26.9

### 200m Men Heat 2

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1		931	Ongom Richard David	TBAC	22.6
2		922	Ojirot James	Prisons	23.7
3		932	Opwonya Resty	Kyambogo	24.9
4		868	Ssesanga Hakim	Makerere	26.7

### 200m Men Heat 3

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1		939	Obuto Solomon	Police	21.4
2		874	Deng Thiel Thiel	South Sudan	21.5
3		872	Jagalo Joshua	Police	21.7
4		925	Ocira John	Ndejje	22.0
5		942	Ngobi Allan	Makerere	22.3
6		1055	Roelf Munting	Entebbe	22.8

### 400m Men Heat 1

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	5	870	Eragu Joseph	UPDF	48.38
2	4	869	Deng Kuol Deng Peter	Makerere	51.63
3	2	867	Aine Mbabazi Gerald	Makerere	57.30
4	3	867	Ssesanga Hakim	Makerere	1:00.71

### 400m Men Heat 2

Pos	Lane	Bib No.	Full Names	Affiliation	Time
1	6	875	Chan-wengo Godfrey	Prisons	47.97
2	4	873	Opio Denis	UWA	48.35
3	2	871	Oroma Williamson	Police	49.79
4	3	872	Jagalo Joshua	Police	50.83
		874	Deng Thiel Thiel	South Sudan	DQ





### 800m Men Heat 1

Pos	Bib No.	Full Names	Affiliation	Time
1	958	Fadhil Jaffar	Kampala Kids	2:00.90
2	1008	Wanume Yahaya	Kololo	2:02.09
3	951	Oketch Ivan	Kampala Kids	2:02.38
4	957	Tenywa Edreen	Nampunge	2:03.43
5	949	Sserwadda Sam	UAFA	2:05.39
6	948	Mukiibi Paul	UAFA	2:30.63

### 800m Men Heat 2

Pos	Bib No.	Full Names	Affiliation	Time
1	955	Turihohabwe Fortunate	Kikooko	2:02.72
2	952	Kinyoni Emmanuel	Kampala Kids	2:07.49
3	1006	Uyikuru Alfred	UAFA	2:11.09
4	953	Niyonzima Augustine	Standard	2:15.45
5	954	Vubby Moses Bagaga	UCU	2:26.34

### 800m Men Heat 3

Pos	Bib No.	Full Names	Affiliation	Time
1	1000	Okello Simon Peter	Tuku Africa	1:55.93
2	959	Etabu Simon Peter	Prisons	1:57.25
3	960	Makori Patrick	UPDF	1:57.70
4	1007	Bemba Ibrahim	Makerere	2:10.30
5	961	Chepkwuri Iddi	Airforce	2:35.68
6	962	Byabagambi Khalid	Mbarara	2:56.51

### 800m Men Heat 4

Pos	Bib No.	Full Names	Affiliation	Time
1	1005	Otim Emmanuel	Makerere	1:52.68
2	1003	Guot Thon Abraham	Kla Univ	1:54.96
3	1001	Kivumbi Emmanuel	Makerere	1:56.14
4	1002	Omoding James	Prisons	2:02.40
5	956	Limo Fred	UPDF	2:03.29





### 1500m Men - Heat 1

Pos	Bib No.	Full Names	Affiliation	Time
1	877	Kipsisey David	UPDF	3:49.97
2	884	Rubangakene Ronald	Gulu city	3:57.71
3	885	Maalim Mohamed Jamale	Alpha	4:00.17
4	880	Agotre Primo	Airforce	4:05.75
5	882	Comboni Daniel	Nampunge	4:06.46
6	888	Kwemoi Isaac	Police	4:10.25
7	887	Twijuke Innocent	Mbarara Municipal	4:11.47
8	889	Kankiriho Joseph	Kikooko	4:11.84
9	883	Maubanya Shafik Seth	Kyambogo	4:12.11
10	878	Okello Frank	UCU	4:14.59
11	890	Mbabazi Christopher	UCU	4:30.92
12	876	Mperiza Kenneth	Kiruhura	4:31.86
13	879	Dingle Evan	Central Park	4:36.13
14	881	Buguma Michael	Airforce	4:54.56
15	886	Tumugonje William	Makerere	5:00.83

### 1500m Men - Heat 2

Pos	Bib No.	Full Names	Affiliation	Time
1	905	Biwott Hillary	Kenya	3:42.25
2	902	Kibui Peter	Kenya	3:43.16
3	895	Mayanja Abu Salim	UWA	3:43.50
4	896	Wabutwa Farid	UWA	3:44.38
5	898	Kiprop Daniel	Prisons	3:45.61
6	894	Koon Wol Yach Majok	South Sudan	3:47.00
7	897	Kiplangat Joel	Police	3:48.49
8	892	Boch Silas	UWA	3:51.38
9	899	Apenyo Bekele	Ndejje	3:51.50
10	891	Akoon Abiech Wol	Kla Univ	3:52.16
11	900	Akwech Peter	Prisons	3:52.49
12	904	Chemonges Mande	Arua	4:03.83
13	893	Emong David	Prisons	4:03.84
14	901	Chelimo Calvin	UWA	4:04.49
15	903	Amandu Richard	UPDF	4:04.83





## 5000m Men Finals

Pos	Bib No.	Full Names	Affiliation	Time
1	1028	Kiprotich Levi	Alpha	13:53.31
2	1046	Chebures Ali	UWA	13:53.34
3	1015	Chemutai Leonard	KCCA	14:02.26
4	1013	Kibet Rodgers	KCCA	14:03.12
5	1029	Cherotich Denis	UPDF	14:14.34
6	1040	Cherop Alex	Police	14:14.50
7	1047	Kiprotich Martin	Police	14:15.25
8	1044	Boshi Silas	Police	14:20.23
9	1014	Kibet Oscar	KCCA	14:20.92
10	1011	Kiplangat Denis	KCCA	14:22.79
11	1026	Ajan Jacob Chol	Kla Univ	14:38.15
12	1033	Ategeka Brian Adams	Kikooko	14:38.62
13	1019	Kosgei Philemon Issa	Prisons	15:01.99
14	1038	Opio Gusberito	Mbarara	15:09.38
15	1025	Jamonu Edmond	Prisons	15:12.26
16	1023	Niwagaba Louis	Kikooko	15:16.20
17	1012	Cherukut Milton	KCCA	15:18.56
18	1010	Wangwe Brian William	Makerere	15:20.02
19	1031	Kulang Gonji Taban	South Sudan	15:24.49
20	1043	Muhamed Jumal Maalim	Kenya	15:28.26
21	1042	Musani B. Francis	UPDF	15:28.84
22	1037	Sukoria Martin	Airforce	15:35.05
23	1018	Lubega Abdul Karim	Kikooko	15:41.72
	1009	Ayeko Simon Nawari	UPDF	DNF
	1016	Tembule Muzamil	Inzikuru	DNF
	1017	Haron Chemutai	Bukwo	DNF
	1020	Turinawe Ambrose	Kikooko	DNF
	1022	Katurebe Addison	Kikooko	DNF
	1021	Lubega Robert	Kikooko	DNF
	1024	Obura Richard	Inzikuru	DNF
	1030	Cheptoek Patrick	UPDF	DNF
	1032	Yusif Nyok Deng	South Sudan	DNF
	1036	Ayuku Felix	Airforce	DNF
	1039	Tusingwire Peter	Mbarara	DNF
	1041	Arindoboona Daniel	Kikooko	DNF
	1045	Cheptoyek Davis	Police	DNF

## Shotput Men

Pos	Bib No.	Full Names	Affiliation	Distance
1	998	Odong Martin	Prisons	12.53
2	995	Odokonyero Frank	UPDF	11.90
3	994	Odongkara Patrick	Ndejje	11.61
4	997	Ojara Jackson	Ndejje	11.42
5	999	Oyet Richard	Police	11.30
6	996	Okello Denis	Ndejje	9.95







### Javelin Men

Pos	Bib No.	Full Names	Affiliation	Distance
1	963	Mwaka Johnson	Prisons	57.45
2	964	Opiyo Oscar	Prisons	53.46
3	965	Nyeko Lobo Gilbert	UPDF	36.65

### Long Jump Men

Pos	Bib No.	Full Names	Affiliation	Distance
1	860	Odongo Denish	UPDF	7.26
2	852	Komakech Moses	Prisons	7.04
3	853	Okello Charles	Prisons	6.89
4	851	Oryem Polycarp	UCU	6.48
5	854	Barnabas Juma	South Sudan	6.18
6	855	Talemererwa Charles	UAFA	5.85

