



Western Region Track and Field Championship

20th May, 2023

St. Leo's SS Playground, Fort-Portal

Kabarole District

Final

RESULTS



100 METRES**WOMEN**

Heat 1

POS	BIB	FULL NAMES	Team	Time
1.	124	Kajumba Gloria	FINS University	14.5
2.	102	Amase Juliet P.	Kabarole	14.5
3.	101	Nyamata Bridget	MMU	14.6
4.	02	Nuweasasira Angel	SMG	14.6
5.	110	Masika Gloria	Kasese	14.6
6.	126	Kembabazi Christine	Fort-Portal City	15.0
7.	104	Nyakaisiki Janipher	Kabarole	15.4

Heat 2

POS	BIB	FULL NAMES	Team	Time
1.	116	Kangume Joan	Kabarole	13.4
2.	03	Atuhaire Dorothy	Kabarole	14.4
3.	129	Kahunde Joan	Kabarole	14.7
4.	108	Kebirungi Prossy	MMU	15.0
5.	117	Namara Mercy	Kabarole	15.5
6.	112	Kengozi Rose	FINS University	16.7
7.	199	Kabasinguzi Susan	Bigodi	17.0

Heat 3

POS	BIB	FULL NAMES	Team	Time
1.	111	Komukama Elizabeth	Kabarole	14.2
2.	133	Tusiime Mary	SMG	14.3
3.	198	Kiiza Aisha	Kabarole	14.9
4.	140	Nyangoma Hawa	Kabarole	15.6
5.	105	Kabatalesa Doreen	Bunyangabu	16.1
6.	134	Karungi Gorret Jovia	Bigodi	18.7
7.	106	Mbabazi Florence	Bigodi	22.9

Heat 4

POS	BIB	FULL NAMES	Team	Time
1.	200	Murungi Susan	Kabarole	14.9
2.	130	Kansiime Priscilla	Kamwenge	15.2
3.	113	Tusiime Mary	Fort-Portal City	15.8
4.	103	Ahimbisibwe Jackline	Kabarole	16.3
5.	120	Katusabe Eunice	Kasese	16.7



6.	137	Namugabi Kadara	Bigodi	17.8
7.	121	Kanyunyuzi Brenda	Kyenjojo	17.8

200 METRES

WOMEN

Heat 1

POS	BIB	FULL NAMES	Team	Time
1.	116	Kangume Joan	Kabarole	27.7
2.	124	Kajumbi Gloria	FINS University	29.0
3.	117	Namara Mercy	Kabarole	29.4
4.	02	Nuweasasira Angel	SMG	29.8
5.	101	Nyamata Bridget	MMU	30.1
6.	102	Ameses Juliet	Kabarole	30.7

Heat 2

POS	BIB	FULL NAMES	Team	Time
1.	113	Biira Macklyne	Kasese	28.6
2.	03	Atuhairi Dorothy	Kabarole	29.1
3.	110	Masika Gloria	Kasese	29.5
4.	198	Kiiza Aisha	Kabarole	30.5
5.	129	Kahunde Joan	Kabarole	30.9
6.	126	Kembabazi Ruth	Fort-Portsl City	31.4
7.	200	Murungi Susan	Kabarole	31.8

Heat 3

POS	BIB	FULL NAMES	Team	Time
1.	111	Komukama Elizabeth	Kabarole	29.0
2.	128	Kajumba Margret	Kabarole	30.1
3.	120	Katusabe Eunice	Fort-Portal City	31.3
4.	109	Kenyana Ruth	Kabarole	31.7
5.	104	Nyakaisiki Janipher	Kabarole	32.1

400 METRES

WOMEN

Heat 1

POS	BIB	FULL NAMES	Team	Time
1.	113	Biira Macklyne	Kasese	1:12.2



2.	116	Kangume Joan	Kabarole	1:14.7
3.	124	Kajumba Gloria	FINS University	1:16.8
4.	101	Nyamata Bridget	MMU	1:17.9
5.	102	Amase Juliet	Kabarole	1:18.0
6.	107	Komuhimbo Christine	Kabarole	1:18.3

Heat 2

POS	BIB	FULL NAMES	Team	Time
1.	129	Kahunde Joan	Kabarole	1:10.7
2.	128	Kajumba Margret	FINS University	1:13.1
3.	111	Komukama Elizabeth	Kabarole	1:15.5
4.	198	Kiiza Aisha	Kabarole	1:17.4
5.	140	Nyangoma Hawa	Kabarole	1:17.7

800 METRES

WOMEN

Final

POS	BIB	FULL NAMES	Team	Time
1.	115	Kabasinguzi Stella	Kabarole	2:31.6
2.	128	Kajumba Margret	Kabarole	2:33.1
3.	142	Katusabe Rehema	MMU	2:48.0
4.	125	Nansbuga Gertrude	MMU	2:54.5
5.	117	Namara Mercy	SMG	2:55.1
6.	120	Katusabe Eunice	Fort-Portal City	2:59.6
7.	133	Tusiime Mary	Fort-Portal City	3:12.6

1500 METRES

WOMEN

Final

Pos	BIB	FULL NAMES	Team	Time
1.	115	Kabasinguzi Stella	Bunyangabu	5:14.8
2.	03	Atuhaire Dorothy	Kabarole	5:40.0
3.	03	Nuweasasira Angel	MMU	5:47.6
4.	127	Kemigisa Lillian	Kabarole	6:15.7
5.	109	Kenyana Ruth	Kabarole	6:32.5
6.	121	Kanyunyuzi Brenda	Kyenjojo	8:08.9



3000 METRES**WOMEN****Final**

POS	BIB	FULL NAMES	Team	Time
1.	115	Kabasinguzi Stella	MMU	11:29.1
2.	142	Katusabe Beth	Kabarole	12:25.9
3.	125	Nansubuga Gertrude	Kabarole	13:10.6
4.	03	Atuhaire Dorothy	Bigodi	13:12.0
5.	109	Kenyana Ruth	Kabarole	13:12.4
6.	106	Mbabazi Florence	SMG	13:13.2
7.	105	Katusabe Doreen	-	DNF

4 x 100m**WOMEN**

POS	Team	ATHLETES	Time
1.	MMU		58.9
2.	SMG		1:01.2
3.	Kabura		1:01.7
4.	REF		1:07.0
5.	Kamwenge		1:14.3

4 x 400m**WOMEN**

POS	Team	ATHLETES	Time
1.	Kabura		4:40.7
2.	Kamwenge		4:58.2
3.	REF		5:51.4
4.	MMU		DQ



JAVELIN**WOMEN**

POS	BIB	FULL NAMES	Team	Distance
1.	130	Kansiime Priscilla	Kabarole	22.44
2.	141	Birungi Beatrice	Kabarole	21.42
3.	114	Nakimuli Patricia	SMG	20.45
4.	134	Kirungi Gorret J.	Bigodi	19.64
5.	105	Kabatalesa Doreen	Bunyangabu	18.12
6.	142	Katusabe Rehema	Fort-Portal City	18.08
7.	133	Tusiime Mary	Bunyangabu	18.06
8.	118	Murunga Pearl Claire	Kabarole	17.40

SHOT PUT**WOMEN**

POS	BIB	FULL NAMES	Team	Distance
1.	198	Kiiza Aisha	Kabarole	7.68
2.	114	Nakimuli Patricia	SMG	7.03
3.	135	Ngonzi Jane	Kabarole	6.99
4.	118	Murungi Pearl	Kabarole	6.86
5.	141	Birungi Beatrice	Kabarole	6.42
6.	200	Murungi Susan	Kabarole	6.35
7.	112	Kengonzi Rose	Bigodi	6.30
8.	130	Kansiime Shiella	Fort-Portal City	6.22

DISCUS**WOMEN**

POS	BIB	FULL NAMES	Team	Distance
1.	114	Nakimuli Patricia	SMG	19.88
2.	130	Kansiime Priscilla	Kabarole	19.70
3.	198	Kiiza Aisha	Kabarole	19.25
4.	118	Murungi Pearl	Kabarole	17.99
5.	112	Kengozi Rose	Bigodi	16.63
6.	200	Murungi Susan	Kabarole	15.60
7.	141	Birungi Beatrice	Kabarole	15.30
8.	127	Kemigisa Lillian	Kabarole	13.99



LONG JUMP**WOMEN**

POS	BIB	FULL NAMES	Team	Distance
1.	109	Kenyana Ruth	Kabarole	3.95
2.	116	Kangume Joan	Kabarole	3.69
3.	110	Masika Gloria	Kasese	3.63
4.	111	Komukama Elizabeth	Kabarole	3.53
5.	117	Namara Mercy	Kabarole	3.46
5.	105	Kabatalesa Doreen	Bunyangabu	3.46
7.	108	Kebirungi Prossy	MMU	3.25
8.	137	Namugabi Kadara	Bigodi	3.06
9.	121	Kanyunyuzi Brenda	Kyenjojo	2.63
10.	134	Karungi Gorret Jovia	Bigodi	2.43

100 METRES**MEN**

Heat 1

POS	BIB	FULL NAMES	Team	Time
1.	60	Twineomujuni K. David	Kabarole	11.2
2.	45	Nyakahuma Dan	MMU	11.5
3.	67	Magezi Kelvin	Kabarole	11.7
4.	47	Mugume Ivan	MMU	12.2
5.	68	Ogwenrwot Francis	Kabarole	15.0
6.	42	Nyakoojo Charles	Socco	16.7
7.	76	Atuhaire Albert	Kasese	16.8

Heat 2

POS	BIB	FULL NAMES	Team	Time
1.	94	Nyakairu Isaac	Kabarole	12.0
2.	49	Isoke Jonathan	Kabarole	12.4
3.	40	Kalulu Abraham	Bunyangabu	13.2
4.	86	Murungi K. Pius	MMU	13.7
5.	41	Bua Solomon	Kabarole	13.7
6.	07	Tumusiime Adolf	Kamwenge	15.0
7.	17	Mwesige RObert	Kabarole	DQ



Heat 3

POS	BIB	FULL NAMES	Team	Time
1.	35	Abigaba Colline	Kabarole	12.1
2.	46	Murungi Patrick	Kabarole	12.4
3.	08	Twikirize Adolf	Fort-Portal City	12.8
4.	31	Tusiime William	Kyenjojo	15.0
5.	47	Mugeme Isaac	Kabarole	15.1
6.	66	Muhenda Patrick	Kabarole	15.4

Heat 4

POS	BIB	FULL NAMES	Team	Time
1.	16	Mwanguhya Richard	Kabarole	12.7
2.	21	Agaba Patrick	Kabarole	13.0
3.	20	Mucunguzi John	Kabarole	13.8
4.	33	Amanyire Alex	Fort-Portal City	15.9
5.	87	TUgume Wilson	Fort-Portal City	16.1
6.	139	Ahebwa Francis	Kasese	16.2
7.	71	Habwomuremi Emmanuel	Bigodi	16.5

200 METRES**MEN**

Heat 1

POS	BIB	FULL NAMES	Team	Time
1.	92	Okello Darius	Kabarole	22.9
2.	45	Nyakahuma Dan	MMU	23.1
3.	60	Twinomujuni K. David	MMU	23.3
4.	94	Nyakairu Isaac	Kabarole	23.4
5.	91	Ahaisibwe Francis	Kasese	23.9
6.	40	Kalulu Abraham	Bunyangabu	25.5

Heat 2

POS	BIB	FULL NAMES	Team	Time
1.	47	Mugume Isaac	Kabarole	24.1
2.	86	Murungi K. Pius	MMU	24.1
3.	66	Muhenda Patrick	Kabarole	24.4
4.	48	Karumu Sylvester	Kabarole	24.4
5.	49	Isoke Jonathan	Kabarole	24.4
6.	64	Tumusiime Patrick	Fort-Portal City	25.0
7.	30	Mubiru Sharif	Bunyangabu	25.0



Heat 3

POS	BIB	FULL NAMES	Team	Time
1.	35	Abigaba Colline	Kabarole	25.1
2.	98	Bright James	Kabarole	25.1
3.	44	Alituha Godfrey	Fort-Portal City	25.2
4.	197	Nuwemukama Javillan	Kabarole	25.6

Heat 4

POS	BIB	FULL NAMES	Team	Time
1.	16	Mwanguhya Richard	Kabarole	24.2
2.	28	Murungi Hamza	Fort-Portal City	24.6
3.	67	Magezi Kelvin	Kabarole	25.4
4.	11	Mugume Joseph	Bunyagabu	26.9
5.	144	Agasa Alex	Kabarole	28.7
6.	17	Mwesige Robert	Kabarole	32.3

Heat 5

POS	BIB	FULL NAMES	Team	Time
1.	31	Tusiime William	Kyenjojo	25.7
2.	89	Tumusiime Mustaf	Kabarole	26.3
3.	63	Kisembo Medi	Kabarole	26.8
4.	23	Tumusiime Sedrack	Kabarole	27.2
5.	68	Ogenrwot Francis	FINS	29.9

400 METRES**MEN**

Heat 1

POS	BIB	FULL NAMES	Team	Time
1.	57	Muhumuza Gerald	FINS	55.2
2.	35	Abigaba Colliine	Kabarole	55.7
3.	66	Muhenda Patrick	Kabarole	56.4
4.	05	Isingoma Rauben	Bigodi	1:03.8
5.	71	Habwomukemi Emmanuel	Bigodi	1:06.4
6.	75	Aliganyira Possiano	Kabarole	1:11.1



Heat 2

POS	BIB	FULL NAMES	Team	Time
1.	08	Twikirize Adolf	Fort-Portal City	56.0
2.	84	Agaba Robert	Kabarole	56.8
3.	16	Mwanguhya Richard	Kabarole	58.1
4.	28	Murungi Hamza	Kabarole	59.9

Heat 3

POS	BIB	FULL NAMES	Team	Time
1.	40	Kalulu Abraham	Bunyangabu	59.2
2.	48	Karumu Sylvester	Kabarole	59.8
3.	86	Murungi K. Pius	MMU	1:11.2
4.	18	Ahaisibwe Allan	Kabarole	1:20.3
5.	31	Tusiime William	Kabarole	DNF

800 METRES**MEN**

Heat 1

POS	BIB	FULL NAMES	Team	Time
1.	10	Mukama Timothy	Bigodi	1:59.2
2.	63	Kisembo Medi	Kabarole	1:59.8
3.	136	Moshi Reagan	Kabarole	2:01.2
4.	20	Mucunguzi John	Kabarole	2:01.2
5.	139	Ahebwa Francis	Kabarole	DNF
6.	07	Tumusiime Adolf	MMU	DNF

Heat 2

POS	BIB	FULL NAMES	Team	Time
1.	34	Otule Moses	MMU	2:05.2
2.	57	Muhumuza Gerald	FINS	2:06.1
3.	44	Alituha Godfrey	Fort-Portal City	2:07.7
4.	78	Kusiimwa Deo Sewano	Kabarole	2:10.9
5.	84	Agaba Herbert	Kasese	2:17.0
6.	51	Bagonza Charles	MMU	2:24.7
7.	43	Tumwesige Ivan	MMU	2:26.8
8.	05	Isingoma Rauben	Bigodi	DNF



1500 METRES**MEN****Final**

Pos	BIB	FULL NAMES	Team	Time
1.	39	Mugenyi Lelgh	Kabarole	4:12.8
2.	26	Byamugisa Focus	FINS	4:15.3
3.	78	Kusiima Deo Sewano	Bigodi	4:19.2
4.	27	Mugisa Reagan	Kabarole	4:28.8
5.	34	Otule Moses	MMU	4:33.9
6.	51	Bagonza Charles	MMU	5:23.8
7.	44	Alituha Godfrey	Fort-Portal City	5:24.9
8.	63	Kisembo Medi	Kabarole	5:40.2
9.	43	Tumwesige Ivan	MMU	DNF
10.	53	Mujuni Solomon	MMU	DNF
11.	74	Tugume Elijah	Bigodi	DNF

5000 METRES**MEN****Final**

POS	BIB	FULL NAMES	Team	Time
1.	26	Byamugisa Focus	FINS	15:51.3
2.	78	Kusiimwa Deo Sewano	Bigodi	16:22.3
3.	39	Mugenyi Lelgh	Kabarole	16:49.2
4.	13	Byamukama Richard	Bigodi	16:58.4
5.	27	Mugisa Richard	FINS	17:02.1
6.	61	Alisingura Innocent	Kabarole	17:46.9
7.	05	Isingoma Rauben	Kabarole	17:47.1
8.	11	Mugume Joseph	Kabarole	17:59.7
9.	53	Mujuni Solomon	MMU	DNF
10.	54	Asaba Brian	FINS	DNF
11.	71	Habwomukemi Emmanuel	Bigodi	DNF
12.	69	Tumwine Jackson	Kabarole	DNF
13.	77	Murungi Deo	Bigodi	DNF
14.	62	Mwaguhya Emmanuel	Kabarole	DNF
15.	72	Ajuna Criscent	Kabarole	DNF



4 x 100m**MEN**

POS	Team	ATHLETES	Time
1.	OMO		48.6
2.	Lincoln		49.0
3.	Bunyangabu		50.5
4.	Kabarole		50.7
5.	Kabarole		51.2
6.	Bunyangabu		51.3

4 x 400m**MEN**

POS	Team	ATHLETES	Time
1.	Lincoln		3:51.1
2.	MMU		3:58.0
3.	Buyangabu		3:59.1
4.	Fort-Portal City		3:59.7
5.	FINS		DQ



JAVELIN**MEN**

POS	BIB	FULL NAMES	Team	Distance
1.	131	Ojok Walter Odongo	Kabarole	45.80
2.	93	Laker Isaac	Kabarole	43.08
3.	132	Ochaaki Isaac	MMU	37.37
4.	147	Tumwesige Patrick	Kabarole	36.37
5.	72	Mugume Criscent	Bigodi	34.68
6.	40	Kalulu Abraham	Bunyangabu	34.10
7.	28	Murungi Hamza	Kabarole	31.95
8.	24	Amanyire Micheal	Fort-Portal City	31.50

SHOT PUT**MEN**

POS	BIB	FULL NAMES	Team	Distance
1.	131	Ojok Walter Odongo	Kabarole	9.85
2.	96	Ahabyona Joseph	Kabarole	9.75
3.	132	Ochaki Isaac	MMU	9.30
4.	45	Nyakahuma Daniel	MMU	9.05
5.	28	Murungi Hamza	FINS	8.52
6.	57	Muhumuza Gerald	FINS	8.20
7.	29	Ategeka Christopher	Kabarole	6.97

DISCUS**MEN**

POS	BIB	FULL NAMES	Team	Distance
1.	131	Ojok Walter Odongo	Kabarole	29.05
2.	147	Tumwesige Patrick	Kabarole	28.97
3.	132	Ochaki Isaac	MMU	27.89
4.	96	Ahabyona Joseph	Fort-Portal City	27.75
5.	45	Nyakahuma Daniel	MMU	26.20
6.	169	Abu Baker Santos	Kabarole	22.28
7.	28	Murungi Hamza	Kabarole	22.18
8.	40	Kalulu Abraham	Bunyangabu	21.40



LONG JUMP**MEN**

POS	BIB	FULL NAMES	Team	Distance
1.	131	Ojok Walter Odongo	Kabarole	5.93
2.	92	Okello Darius	Kabarole	5.80
3.	57	Muhumuza Gerald	FINS	5.69
4.	28	Murungi Hamza	Kabarole	5.63
5.	94	Nyakairu Isaac	Kabarole	4.99
6.	132	Ochaki Isaac	MMU	4.87
7.		Angel Hillary	Kabarole	4.83
8.	136	Moshi Reagan	Kabarole	4.29

