



Uganda Athletics Federation (UAF)
Northern Region Champs / Arop Memorial
Pece War Stop Stadium- 20th May 2023
WOMEN

100m Heat 1

Pos	Bib	Name	Affiliation/ Team	Time
1	71	Abonyo Winnie	Gulu District	13.7
2	81	Lakot Franka	Gulu District	14.3
3	79	Awor Rabecca	Otuke District	14.6
4	82	Agenorwot Oliver	Gulu District	15.0
5	23	Lamaro Linda	Omel Athletics Club	16.0
6	02	Aromorach Monica	Gulu City	17.9
7	33	Abalo Caroline	Gulu District	18.8
8	24	Abalo Esther	Omel Athletics Club	18.8

100m Heat 2

Pos	Bib	Name	Affiliation/Team	Time
1	41	Apio Agnes	Prison	12.4
2	93	Acen Rosemary	UPDF	12.8
3	98	Amarorwot Sharon	Gulu University	13.4
4	73	Apwoyowot Jeneth	Gulu District	13.4
5	84	Agenorwot Innocent	Gulu City	14.0
6	56	Lakica Meron	Lamwo District	14.3
7	51	Bongomin Jeneth	Amuru District	14.7

100m Heat 3

Pos	Bib	Name	Affiliation/Team	Time
1	118	Aryemo Pricilia	Omoro District	15.0
2	117	Aloyo Prisca	Omoro District	15.9

200m Heat 1

Pos	Bib	Name	Affiliation/Team	Time
1	79	Awor Rabecca	Otuke District	29.9
2	80	Amera Patricia	Otuke District	30.9
3	23	Lamara Linda	Omel Athletics Club	31.7
4	118	Aryemo Pricilia	Omoro District	32.3
5	24	Abalo Esther	Omel Athletics Club	34.7

200m Heat 2

Pos	Bib	Name	Affiliation/Team	Time
1	93	Acen Rosemary	UPDF	26.7
2	41	Apio Agnes	Prison	27.1
3	98	Amarorwot Sharon	Gulu University	27.8
4	56	Lakica Meron	Lamwo District	28.4
5	71	Abonyo Winnie	Gulu District	29.0
6	51	Bongomin Jenneth	Amuru District	30.2





400m Heat 1

Pos	Bib	Name	Affiliation/Team	Time
1	82	Agenorwot Oliver	Gulu District	1:07.3
2	72	Agwalo Phiona	Gulu District	1:08.2
3	23	Lamara Linda	Omel Athletics Club	1:11.2
4	33	Abalo Caroline	Omel Athletics Club	1:11.9
5	24	Abalo Esther	Omel Athletics Club	1:17.2
6	27	Atim Faith Abigeal	Omel Athletics Club	1:20.7

400m Heat 2

Pos	Bib	Name	Affiliation/Team	Time
1	41	Apio Agnes	Prison	1:00.3
2	93	Acen Rosemary	UPDF	1:01.7
3	61	Laker Nancy	Lamwo District	1:03.3
4	71	Abonyo Winnie	Gulu District	1:04.2
5	59	Lamwaka Winnifred	Lamwo District	1:14.6
6				

800m - Final

Pos	Bib	Name	Affiliation/Team	Time
1	61	Laker Nancy	Lamwo District	2:25.6
2	80	Amera Patricia	Otuke District	2:27.1
3	79	Awor Rebecca	Otuke District	2:30.4
4	39	Chekwemol Sandra	Ndejje University	2:33.2
5	124	Lakica Fionah	Omoror District	2:42.0
6	82	Agenorwot Oliver	Gulu District	2:43.2
7	22	Apio Winnie	Omel Athletics Club	2:47.5
8	24	Abalo Esther	Omel Athletics Club	2:59.4
9	25	Agenorwot Brenda	Omel Athletics Club	3:04.4

1500m - Final

Pos	Bib	Name	Affiliation/Team	Time
1	80	Amera Patricia	Otuke District	4:59.7
2	79	Awor Rebecca	Otuke District	5:01.7
3	37	Chekwemol Sandra	Ndejje University	5:08.7
4	58	Apoko Patricia	Lamwo District	5:14.9
5	21	Faida Donia	Omel Athletics Club	5:36.2
6	22	Apio Winnie	Omel Athletics Club	5:41.7

3000m - Final

Pos	Bib	Name	Affiliation/Team	Time
1	21	Faida Donia	Omel Athletics Club	9:25.2
2	79	Awor Rebecca	Otuke District	9:29.0
3	37	Chekwemol Sandra	Ndejje University	9:54.4
4	22	Apio Winnie	Omel Athletics Club	10:09.0
5	25	Agenorwot Brenda	Omel Athletics Club	12:12.2

4 x 100m - Final

Pos	Bib	Name	Affiliation/Team	Time
1	41	Apio Agnes	Prison	53:4
2	97	Abeja Dorothy	Gulu University	54:0
3	61	Laker Nancy	Lamwo District	55:4
4		Alimo Priscilia	Omoror District	1:01.1
5	21	Faida Donia	Omel Athletics Club	1:08.8





Javelin

Pos	Bib	Name	Affiliation/Team	Distance
1	145	Lalam Josephine Joyce	Police	45.73
2	87	Akot Regina	Kitgum District	38.97
3	84	Agenprwot Innocent	Gulu City	37.43
4	81	Lakot Franka	Gulu District	28.66
5	3	Aloyo Mercy	Gulu University	27.58
6	59	Lamwaka Winnifred	Lamwo District	25.55
7	35	Aketowanga Gloria	Gulu City	21.53
8	19	Akello Flavia	Omel Athletics Club	20.07

Shot Put

Pos	Bib	Name	Affiliation/Team	Distance
1	92	Oyella Alice K	UPDF	10.27
2	42	Aciro Rosemary	Prison	9.80
3	87	Akot Regina	Kitgum District	9.68
4	104	Lagum Brenda	Gulu City	8.61
5	81	Lakot Franka	Gulu City	8.24
6	03	Aloyo Mercy	Gulu City	8.14
7	35	Aketowanga Gloria	Gulu City	8.05
8	31	Ayoo Dorcus	Gulu City	7.44

Discus

Pos	Bib	Name	Affiliation/Team	Distance
1	145	Lalam Josephine Joyce	Police	45.86
2	42	Aciro Rosemary	Prison	34.45
3	92	Oyella Kevin	UPDF	34.43
4	59	Lamwaka Winnie	Lamwo District	30.50
5	102	Achola Kevin	Gulu City	29.05
6	31	Ayoo Dorcus	Gulu City	26.10
7	104	Lagum Brenda	Gulu City	22.05
8	03	Aloyo Mercy	Gulu University	20.00

Long Jump

Pos	Bib	Name	Affiliation/Team	Distance
1	57	Adongcen Lillian Kaggwa	Lamwo District	5.30
2	98	Amarowot Sharon	Gulu University	5.20
3	56	Lakica Meron	Lamwo District	5.01
4	73	Apwoyorwot Jeneth	Gulu District	5.00
5	97	Abeja Dorothy	Gulu University	4.80
6	41	Apiyo Agnes	Prison	4.60
7	104	Lagum Brenda	Gulu City	4.13
8	76	Ayee Sarah	Gulu City	3.66

Triple Jump - Final

Pos	Bib	Name	Affiliation/Team	Distance
1	57	Adongcen Lillian Kaggwa	Lamwo District	10.99
2	98	Amarowot Sharon	Gulu University	10.80
3	97	Abejja Dorothy	Gulu University	10.53
4	56	Lakica Meron	Lamwo District	10.35

MEN

100m Heat 1

Pos	Bib	Name	Affiliation/Team	Time
1	122	Oloya Oscar	Gulu City	12.1
2	78	Ojok Denis	Gulu District	12.5
3	49	Okello Allan	Oyam District	12.9
4	15	Rubangakene Denis	Gulu District	13.3
5	08	Rubangakene Marvin	Gulu District	13.6
6	09	Wokorach Edmond	Gulu District	13.8
7	115	Orudi Francis	Omoro District	14.2
8	119	Wokorach Samuel	Omoro District	14.5





100m Heat 2

Pos	Bib	Name	Affiliation/Team	Time
1	101	Owili Godwin	Agago District	12.3
2	29	Mwaka Benedict	Gulu City	12.6
3	77	Kilama Charles	Gulu District	12.9
4	10	Opiyo Joel	Omel Athletics Club	13.1
5	13	Oyera Moses	Omel Athletics Club	13.6
6	50	Ogenrwot Erisa	Omel Athletics Club	13.8
7	07	Ocaya Edwin	Omel Athletics Club	14.9
8	32	Ampaire Ivan	Kabale	DNF

100m Heat 3

Pos	Bib	Name	Affiliation/Team	Time
1	91	Ojok Justine	UPDF	10.7
2	89	Ocira John	UPDF	11.1
3	100	Kidega Geoffery	Para	11.4
4	62	Okello Thomas	Gulu District	11.8
5	75	Watmon Francis	Gulu City	12.2
6	74	Ocira Rapheal	Gulu City	12.6
7	125	Kidega Patrick	Gulu City	13.0
8	46	Omara Tonny	Kitgum District	13.7

100m Heat 4

Pos	Bib	Name	Affiliation/Team	Time
1	126	Ogenrwot Ronald	Gulu District	12.3
2	121	Tekwo James	Omoro District	12.4

200m Heat 1

Pos	Bib	Name	Affiliation/Team	Time
1	78	Ojok Denish	Gulu District	25.9
2	134	Otoo Alfred	Gulu District	26.5
3	08	Rubangakene Marvin	Omel Athletics Club	27.1
4	09	Wokorach Edmond	Omel Athletics Club	27.6
5	14	Rubangekene Geoffery	Omel Athletics Club	28.0
6	12	Okello Phillip	Omel Athletics Club	28.3
7	96	Odeke Lawrence	Otuke District	28.7
8	94	Ogwanga Moses	Otuke District	32.5

200m Heat 2

Pos	Bib	Name	Affiliation/Team	Time
1	126	Ogenrwot Ronald	Gulu District	24.9
2	29	Mwaka Benedict	Gulu City	25.8
3	13	Odyera Moses	Omel Athletics Club	26.2
4	95	Opiyo Lawrence	UPDF	26.6
5	49	Okello Allan	Oyam District	26.9
6	15	Rubangakene Denise	Omel Athletics Club	27.9
7	119	Wokorach Samuel	Omoro District	28.3





200m Heat 3

Pos	Bib	Name	Affiliation/ Team	Time
1	62	Okello Thomas	Gulu District	23.6
2	125	Kidega Patrick	Gulu City	24.6
3	29	Omara Junior	Gulu City	25.7
4	04	Olango Sunday	Omel Athletics Club	25.9
5	32	Ampire Ivan	Kabale District	26.8
6	10	Opiyo Joel	Omel Athletics Club	27.2

200m Heat 4

	Bib	Name	Affiliation/Team	Time
1	89	Ocira John	UPDF	22.5
2	91	Ojok Justin	UPDF	22.8
3	90	Oweka Samuel Sadam	UPDF	23.2
4	54	Goni Emmanuel	Unity Athletics Club	23.6
5	75	Watmon francis	Gulu City	24.4
6	131	Tooruma Gerald	UPDF	55.0

400m Heat 1

Pos	Bib	Name	Affiliation/Team	Time
1	49	Okello Allan	Oyam District	58.7
2	09	Wokorach Edmond	Omel Athletics Club	59.4
3	12	Okello Phillip	Omel Athletics Club	59.8
4	96	Odeke Lawrence	Otuke District	1:00.4
5	14	Rubangakene Geoffery	Omel Athletics Club	1:03.4
6	07	Ocaya Edwin	Omel Athletics Club	1:06.6

400m Heat 2

Pos	Bib	Name	Affiliation/Team	Time
1	123	Ojok Ivan	Omoro District	56.0
2	04	Olango Sunday	Omel Athletics Club	58.5
3	95	Opio Lawrence	UPDF	1:00.1
4	115	Orudi Francis	Omoro District	1:02.0
5	17	Ocara Patrick	Omel Athletics Club	1:04.8
6	129	Abdul Mutwa Libnura	Gulu City	1:13.0

400m Heat 3

Pos	Bib	Name	Affiliation/Team	Time
1	90	Oweka Samuel Sadam	UPDF	49.7
2	53	Onen Kennedy	Unity Athletics Club	50.1
3	54	Goni Emmanuel	Unity Athletics Club	51.7
4	75	Watmon Francis	Gulu City	53.2
5	106	Okello Innocent Toomakwa	Amuru District	56.4
6	83	Otim Jimmy	Omoro District	1:00.5

800m Heat 1

Pos	Bib	Name	Affiliation/Team	Time
1	113	Ojok Boniface	Omoro District	2:08.0
2	95	Opiyo Lawrence	UPDF	2:15.0
3	94	Ogwang Moses	Otuke District	2:15.5
4	96	Odeke Lawrence	Otuke District	2:18.2
5	14	Rubangakene Geoffery	Omel Athletics Club	2:18.7
6	63	Kiza Precious	Gulu District	2:19.0
7	12	Okello Philip	Omel Athletics Club	2:20.6
8	08	Rubangakene Marvin	Omel Athletics Club	2:22.8

800m Heat 2

Pos	Bib	Name	Affiliation/Team	Time
1	38	Apenyo Bekele	Ndejje University	1:59.6
2	53	Onen Kennedy	Unity	2:01.3
3	110	Onekgiu Jimmy	Agago	2:02.5
4	86	Rwotokonya Emmanuel	Gulu City	2:04.2
5	85	Farahan Issa	Gulu City	2:04.5
6	134	Otoo Alfred	Gulu District	2:07.7
7	45	Odongo James	Kitgum District	2:17.1
8	121	Tekwo James	Omoro District	2:19.8





1500m -Final

Pos	Bib	Name	Affiliation/ Team	Time
1	38	Apenyo Bekele	Ndejje University	4:10.1
2	85	Farahan Issa	Gulu City	4:16.6
3	86	Rwotokonya Emmanuel	Gulu City	4:18.4
4	45	Odongo James	Kitgum District	4:24.6
5	5	Arop Robert	Omel Athletics Club	4:35.6
6	94	Ogwang Moses	Otuke District	4:35.9
7	64	Komakech Eddy . B	Gulu District	4:42.8
8	55	Ojok Simon Peter	Gulu City	4:43.2

5000m - Final

Pos	Bib	Name	Affiliation/Team	Time
1	38	Apenyo Bekele	Ndejje University	15:36.3
2	45	Odongo James	Kitgum District	16:08.3
3	85	Farahan Issa	Gulu City	16:36.2
4	113	Ojok Boniface	Omoro District	16:58.9
5	94	Ogwang Moses	Otuke District	17:06.9
6	05	Arop Robert	Omel Athletics Club	17:21.5
7	114	Komagum Abel	Omoro District	17:42.0
8	111	Bongomin Francis	Omoro District	17:53.3

4x100m Relay

Pos	Bib	Name	Affiliation/Team	Time
1	90	Oweka Samuel Sadam	UPDF	43.5
2	53	Onen Kenedy Comboni	Unity Athletics Club	45.2
3	126	Ogenwot Ronald	Kitgum District	45.3
4	04	Olango Sunday	Omel Athletics Club	52.2
5	113	Ojok Boniface	Omoro District	55.2

Javelin

Pos	Bib	Name	Affiliation/Team	Distance
1	39	Oceng Moses Jenaro	Prison	62.23
2	74	Ocira Rapheal	Gulu City	59.24
3	40	Okello Robert	Prison	55.74
4	11	Onencan Patrick	Omel Athletics Club	54.83
5	120	Otwal Mark	Gulu University	53.90
6	44	Ewany Ivan	Kitgum District	52.89
7	01	Oketayot Samuel	Omel Athletics Club	51.11
8	52	Ocaya Brian	Police	49.17





Shot Put

Pos	Bib	Name	Affiliation/Team	Distance
1	39	Oceng Moses Jinaro	Prison	14.15
2	60	Akena Moses	UWA	11.99
3	28	Ojok Denis Lapyem	Gulu City	11.63
4	74	Ocira Rapheal	Gulu City	11.62
5	04	Olango Sunday	Omel Athletics Club	10.92
6	01	Oketayot Samuel	Omel Athletics Club	9.84
7	77	Kilama Charles	Omel Athletics Club	8.76
8	06	Oryem Daniel	Omel Athletics Club	7.26

Discus

Pos	Bib	Name	Affiliation/Team	Distance
1	39	Oceng Moses Ginaro	Prison	34.24
2	60	Akena Moses	UWA	33.63
3	40	Okello Robert	Prison	31.65
4	109	Otieno Jonathan	Agago District	29.70
5	133	Komakech Fredrick	Gulu City	27.30
6	11	Onencan Patrick	Omel Athletics Club	25.48

Long Jump

Pos	Bib	Name	Affiliation/Team	Distance
1	53	Onen Kenedy	Unity Athletics Club	6.90
2	89	Ocira john	UPDF	6.20
3	99	Akera Micheal	Gulu University	5.92
4	69	Oketayot John	Gulu District	5.80
5	100	Kidega Geoffery	Agago District	5.66
6	101	Owili Godwill	Agago District	5.61
7	77	Kilama Charles	Gulu District	5.60
8	90	Oweka Sadam	UPDF	5.57
9	103	Pitek Isaac	Gulu University	5.30
10	88	Oketayot Stephen Isaac	Kitgum District	5.28

Triple Jump

Pos	Bib	Name	Affiliation/Team	Distance
1	53	Onen Kenedy	Unity Athletics Club	13.95
2	99	Akera Micheal	Gulu University	13.42
3	100	Kidega Geoffery	Paralympic	13.20
4	133	Komakech Fedrick	Gulu City	13.04
5	69	Oketayot John	Gulu District	12.70
6	77	Kilama Charles	Gulu District	12.35
7	132	Oroma Paul	Gulu City	12.20



