



**UGANDA ATHLETICS FEDERATION**  
**THE 2ND PETER OKOT OMONY MEMORIAL TRACK & FIELD CHAMPIONSHIPS**  
**KITGUM BOMAH GROUND 06TH MAY , 2023 RESULTS**

**Women**

**100M**

**Heat 1**

Pos.	Bib No.	Full Names.	Team	Time
1	195	Ayerwot Naume	Kitgum District	13.87
2	37	Anena Fiona	Lamwo District	14.53
3	69	Achola Sharon	Kitgum District	15.00
4	93	Anena Cavine		15.86
5	67	Laker Peace .C		16.01
6	63	Adong Elizabeth		16.37
7	47	Lamara Patience G		16.40
8	57	Agape Nancy		16.42

**Heat 2**

Pos.	Bib No.	Full Names.	Team	Time
1	87	Angeyorwot Sherifa	Gulu City	13.81
2	162	Lakica Meron	Kitgum District	13.87
3	187	Aloyo Brenda		13.89
4	172	Aber Eve		14.03
5	46	Aber Becky		14.09
6	34	Lamunu Sophie		14.56
7	64	Akelo Rihana		14.86
8	92	Acayo Agnes		15.01

**Heat 3**

Pos.	Bib No.	Full Names.	Team	Time
1	107	Apio Agnes	Prison	12.78
2	122	Acen Rose mary	UPDF	13.05
3	121	Adwara Peninah	UPDF	13.22
4	143	Apio Poline	Gulu City	13.45
5	106	Awat Mary	Lamwo District	13.85
6	164	Nancy Sijelia	Kitgum District	14.01
7	82	Apwoyorwot Jenneth	Gulu City	14.02
8	95	Atimango Prossy	Kitgum District	14.10

**200M**

**Heat 1**

Pos.	Bib No.	Full Names.	Team	Time
1	162	Lakica Meron	Kitgum District	27.93
2	87	Angeyorwot Sherifa	Gulu City	28.31
3	172	Aber Eve	Kitgum District	29.29
4	93	Anena Cavine		30.54
5	92	Acayo Agnes		30.78

**Heat 2**

Pos.	Bib No.	Full Names.	Team	Time
1	107	Apio Agnes	Prison	25.85
2	122	Acen Rosemary	UPDF	26.47
3	106	Awat Mary	Lamwo District	26.62
4	147	Amarorwot Sharon	Gulu University	27.64
5	139	Abonyo Winnie	Gulu City	28.63
6	25	Auma Esther	Kitgum District	29.02





**400M**

**Heat 1**

Pos.	Bib No.	Full Names.	Team	Time
1	164	Nancy Sijellia		59:00.66
2	188	Akello Sharon	Kitgum District	1:05.91
3	47	Lamara Patience G		1:06.43
4	187	Aloyo Brenda	Kitgum Municipal	1:07.01
5	196	Aber Mistika		1:07.43
6	93	Anena Cavine	Kitgum District	1:08.05
7	92	Acayo Agnes		1:09.00

**Heat 1**

Pos.	Bib No.	Full Names.	Team	Time
1	107	Apio Agnes	Prison	00:59.03
2	121	Adwara Peninah	UPDF	00:59.78
3	163	Laker Nancy	Kitgum District	1:02.75
4	139	Abonyo Winnie	Gulu City	1:04.00
5	87	Angeyorwot Sherifa		1:08.20
6	150	Abeja Dorothy	Gulu University	1:15.01
7	138	Agwalo Fiona	Gulu City	1:15.10
8	95	Atimango Prossy	Kitgum District	1:16:00

**800M**

**Heat 1**

Pos.	Bib No.	Full Names.	Team	Time
1	180	Apoko Mary		2:29.00
2	181	Auma Prossy		1:29.72
3	187	Aloyo Brenda		2:32.25
4	172	Aber Eve	Kitgum District	2:35.49
5	58	Lagum Cindrella		2:42.60
6	56	Aol Miriam		2:45.65
7	59	Agenorwot Hodry		2:57.05

**Heat 2**

Pos.	Bib No.	Full Names.	Team	Time
1	164	Aromorach Nancy	Kitgum District	2:25.72
2	163	Laker Nancy		2:29.96
3	104	Lamunu Rehema	Lamwo District	2:33.41
4	96	Auma Agnes		2:41.28
5	29	Lakareber Angel	Kitgum District	2:51.03
6	20	Adok Grace Malliam		2:62.04
7	105	Aloyo Janneth Natasha	Lamwo District	2:81.04

**1500M**

**Final**

Pos.	Bib No.	Full Names.	Team	Time
1	181	Auma Prossy		5:01.46
2	180	Apoko Mary		5:07.97
3	170	Apio Sharon	Kitgum District	5:35.06
4	69	Achola Sharon		5:40.07
5	29	Lakareber Angel		6:07.02
6	196	Aber Mistika Aol		6:08.14
7	96	Auma Agnes	Lamwo District	6:12.04
8	104	Lamunu Rehema	Lamwo District	6:49.62





### 5000M

#### Final

Pos.	Bib No.	Full Names.	Team	Time
1	170	Apiyo Sharon	Kitgum District	19:53.87
2	128	Aciro Monica Okello	Kitgum District	22:00.28
3	132	Adokorach Brenda	Gulu District	22:28.25

#### Javelin

Pos.	Bib No.	Full Names.	Team	Distance
1	164	Atimango Winnifred	Kitgum District	42.20
2	130	Agenorwot Innocent	Gulu City	39.00
3	146	Aromorach Nancy .S	Kitgum District	37.38
4	166	Arach Nancy		28.56
5	147	Amarorwot Sharon	Gulu University	27.67
6	22	Amito Jennifer	Kitgum District	25.44
7	129	Agenorwot Patience		24.66

#### Discus

Pos.	Bib No.	Full Names.	Team	Distance
1	110	Aciro Rose Mary	Prison	33.93
2	131	Achola Cavine		29.55
3	84	Aromorach B.Gladys	Gulu City	24.73
4	130	Agenorwot Innocent		24.06
5	22	Amito Jennifer	Kitgum District	19.88
6	36	Apiyo Sunday		16.08

#### Long Jump

Pos.	Bib No.	Full Names.	Team	Distance
1	179	Atimango Winnifred	Kitgum District	5.18
2	143	Apiyo Poline	Gulu City	5.07
3	162	Lakica Meron	Kitgum District	4.91
4	147	Amarorwot Sharon	Gulu University	4.84
5	163	Laker Nancy	Kitgum District	4.84
6	82	Apwoyorwot Jenneth	Gulu City	4.44
7	25	Auma Esther	Kitgum District	4.41

#### Triple Jump

Pos.	Bib No.	Full Names.	Team	Time
1	179	Atimango Winnifred	Kitgum District	12.55
2	147	Amarorwot Sharon	Gulu District	10.54
3	162	Lakica Meron	Kitgum District	10.42
4	150	Abeja Dorothy	Gulu District	10.04

### Men

#### 100M

##### Heat 1

Pos.	Bib No.	Full Names.	Team	Time
1	62	Opoko Peter		14.34
2	54	Kakanyeyo Deo Gracious		14.88
3	61	Ogenrwt Johathan		14.90
4	52	Akena Patrick	Kitgum District	15.01
5	44	Kimara Gerald		15.05
6	55	Kakanyero Boniface		15.15
7	76	Opio Rafael		15.20
8	91	Guru Moses		15.35

##### Heat 2

Pos.	Bib No.	Full Names.	Team	Time
1	45	Ogenrwt Emmanuel		14.43
2	190	Lubangakene Innocent		14.94
3	33	Canrach Derick		14.99
4	28	Ogenrwt Nicholas	Kitgum District	15.01
5	198	Okot Santos		15.05
6	77	Lakuru Reagan		15.25
7	57	Nyeko Yi Vincent		15.45
8	31	Otampira Daniel		15.85

##### Heat 3

Pos.	Bib No.	Full Names.	Team	Time
1	197	Gumperon Isaac		13.28
2	32	Onencan Emmanuel		14.10
3	193	Opwonya John Steve		14.11
4	189	Odokonyero Nicholas	Kitgum District	14.16
5	83	Oroma Steven		14.30
6	66	Odong Alfred (Para)		14.75
7	152	Ocen brian (Para)		15.01





**Heat 4**

Pos.	Bib No.	Full Names.	Team	Time
1	73	Lokoroma Daniel	Lamwo District	12.12
2	171	Otim Cosmas Bitek	Kitgum District	12.69
3	72	Oluba James	Lamwo District	12.72
4	35	Komakech Thomas- ( Para)	Kitgum District	13.03
5	80	Odokonyero Charles		13.25
6	65	Ogenrwot Syrus (Para)		13.45
7	68	Okidi Juventa		13.65

**Heat 5**

Pos.	Bib No.	Full Names.	Team	Time
1	136	Canogura Phillip	Gulu District	11.25
2	183	Odokonyero Brian	Kitgum District	11.44
3	157	Ebong Denis		11.59
4	38	Gen Yecu Kennedy	Lamwo District	11.84
5	177	Akena Joseph Otto	Kitgum District	12.22
6	159	Okello Joel		12.47
7	158	Omara Tonny		12.72

**Heat 6**

Pos.	Bib No.	Full Names.	Team	Time
1	141	Nyeko Johnson	Gulu District	11.00
2	127	Obong Brian Bradford	UPDF	11.37
3	126	Onyanga Isaac	UPDF	11.59
4	123	Odongo Denis	UPDF	11.78
5	146	Kidega Geoffrey	Gulu District	11.97
6	125	Opio E. Sam	UPDF	12.13





**200M**

**Heat 1**

Pos.	Bib No.	Full Names.	Team	Time
1	136	Canogura Phillip	Gulu District	23.34
2	38	Genyesu Kennedy	Lamwo District	23.97
3	157	Ebong Denis	Kitgum District	24.21
4	183	Odokonyero Brian		24.81
5	18	Oloya James		24.90
6	78	Rwotomiya Jerick		25.73
7	158	Omara Tonny		25.85

**Heat 2**

Pos.	Bib No.	Full Names.	Team	Time
1	141	Nyeko Johnson	Gulu Municipal	22.37
2	126	Onyala Isaac	UPDF	22.69
3	124	Oweka Samuel .S		23.28
4	120	Ariti James		23.35
5	144	Odong Innocent	Gulu University	23.70
6	127	Obong Brian	UPDF	23.90

**400M**

**Heat 1**

Pos.	Bib No.	Full Names.	Team	Time
1	157	Ebong Denis	Kitgum District	52.86
2	161	Otema Simon		53.82
3	26	Okot Simon Peter		55.66
4	154	Rwotomara Sunday		1:00.73
5	197	Gumperom Isaac		1:00.86

**Heat 2**

Pos.	Bib No.	Full Names.	Team	Time
1	141	Nyero Johnson	Gulu District	49.40
2	124	Oweka Samuel .S	UPDF	50.22
3	120	Ariti James		51.16
4	144	Odong Innocent	Gulu University	53.02
5	159	Okello Joel	Kitgum District	53.83

**800M**

**Heat 1**

Pos.	Bib No.	Full Names.	Team	Time
1	80	Odokonyero Charles	Kitgum District	2:16.34
2	189	Odokonyero Nicholas		2:19.28
3	32	Onencan Emmanuel		2:19.37
4	197	Gumperom Isaac		2:20.56
5	40	Rubangangeyo Denish		2:24.15
6	43	Obace Ronald		2:36.02
7	154	Rwotomaka Sunday		2:40.05
8	60	Ongayi Maxiwel Pido		2:45.10

**Heat 2**

Pos.	Bib No.	Full Names.	Team	Time
1	118	Akemkwene Peter	Ndejje University	1:56.97
2	184	Ogenrwot Daniel	Gulu City	1:59.94
3	173	Obol Justine	Kitgum District	2:00.10
4	194	Onekgiu Jimmy Jusfer		2:00.50
5	133	Rwotokonya Emmanuel	Gulu City	2:05.78
6	73	Lokoroma Daniel	Lamwo District	2:15.06
7	171	Otim Cosmas Bitek	Kitgum District	2:30.05

**1500M**

**Final**

Pos.	Bib No.	Full Names.	Team	Time
1	145	Rubangakene Ronald	Gulu Municipal	3:59.63
2	118	Akemkwene Peter	Ndejje University	4:00.40
3	140	Farahan Issa	Gulu City	4:07.15
4	134	Ogenrwot Daniel		4:09.89
5	133	Rwotokonya Emmanuel		4:15.48
6	175	Kilama Lampard	Kitgum District	4:38.48
7	174	Odongo James		5:09.15
8	81	Obol Innocent		6:15.28
	151	Rubangakene Daniel		DNF
	155	Amere Denis		DNF





#### 5000M

Pos.	Bib No.	Full Names.	Team	Time
1	145	Rubangakene Ronald	Gulu City	15:41.78
2	140	Farahan Issa		16:36.66
3	174	Odong James	Kitgum District	17:00.28
4	175	Kilama Lampard		17:54.00
5	21	Ogenrwot Sebi Boniface		19:28.34

#### Javelin

Pos.	Bib No.	Full Names.	Team	Distance
1	112	Oceng Moses Janaro	Prison	61.85
2	108	Mwaka Johnson		61.74
3	111	Okello Robert		57.84
4	182	Ocira Rafael	Kitgum District	55.54
5	149	Otwal Mark	Gulu University	52.75
6		Okot Rafael	Gulu University	45.75
7	185	Okot Denish	Kitgum District	42.75
8	176	Oryem Charles		42.89
9	186	Ogenrwot Richard		44.04

#### Shot Put

Pos.	Bib No.	Full Names.	Team	Distance
1	112	Oceng Moses J	Prison	14.52
2	199	Odokonyero Francis	Police	14.00
3	200	Wokorach Jacob		13.61
4	182	Ocira Rafael	Kitgum District	12.25
5	178	Okello Nobert	Gulu City	11.23
6	142	Owor Tonny		10.97
7	153	Akera Denish	Kitgum District	10.80
8	71	Pacoto Robert	Agago District	10.30

#### Discus

Pos.	Bib No.	Full Names.	Team	Distance
1	200	Wokorach Jacob	Police	36.33
2	782	Abonga Denisco	UPDF	36.30
3	112	Ocheng Moses J	Prison	34.66
4	111	Okello Robert		34.60
5	116	Owacgiu Isaac	Agago District	34.22
6	108	Mwaka Johnson	Prison	32.04
7	115	Otyeno Jonathan	Agago District	30.55
8	182	Ocira Rafeal	Kitgum District	30.24

#### Long Jump

Pos.	Bib No.	Full Names.	Team	Distance
1	109	Komakech Moses	Prison	5.85
2	79	Watmon Geoffrey	Agago District	6.50
3	137	Omara B Mugisha	Gulu City	6.45
4	135	Okinu Yubu		6.20
5	113	Owili Godfrey	Agago District	6.17
6	148	Akera Micheal	Gulu City	6.10
7	123	Odongo Denish	UPDF	6.10
8	101	Odongotoo Isaac	SP. Azana	5.89

#### Triple Jump

Pos.	Bib No.	Full Names.	Team	Distance
1	137	Omara B. Mugish	Gulu City	13.98
2	50	Tabu R. Nixson	Prison	13.77
3	123	Odongo Denis	UPDF	13.63
4	148	Akera Micheal	Gulu University	13.52
5	101	Odongo Isaac	Standard H.Zana	13.45
6	135	Okino Yubu	Gulu City	13.41
7	109	Komakech Moses	Prison	13.23

