

# Uganda Athletics Federation (UAF)

1st National Trial 3rd Feb, 2024

Uganda Christian University - Mukono

## WOMEN

### 100m Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1	6	100	Bwali Bridget	Uganda Christian University Athletics Club	13.3
2	4	099	Yiparwot Fancy	West Nile	14.0
3	5	090	Ainomugisha Lillian	Mbarara	15.0
4	3	098	Najjuma Shallon	Kids of Africa	15.5
5	1	096	Nakamate Mercy	Uganda Christian University Athletics Club	17.0
6	2	097	Nakatte Shamura	Nkozi	17.5

### 100m Heat 2

Pos	Lane	Bib	Name	Affiliation	Time
1	5	104	Koli Evaline Ocen	Uganda Prisons Athletics Club	12.5
2	4	103	Apio Agnes	Uganda Prisons Athletics Club	13.0
3	6	105	Acen Rose Mary	UPDF	13.2
4	8	107	Ariang Charity Mercy	Uganda Christian University Athletics Club	13.4
5	1	101	Mwaka Josephine	Makerere University Athletics Club	13.7
6	3	087	Apiyo Polline	Gulu University	14.0
7	2	102	Acen Besty Juliet	Gulu University	14.2
8	7	106	Namatovu Clare	Kampala Kids	15.6

### 100m Heat 3

Pos	Lane	Bib	Name	Affiliation	Time
1	2	109	Nabwirre Sandra	Lukungu Academy	14.4
2	1	108	Nambowa Amina Nuba	Lukungu Academy	14.7
3	3	110	Ocitiri Prossy	Lukungu Academy	14.8
4	4	111	Nankya Yonia	Lukungu Academy	15.7

### 200m Heat 1

Pos	Lane	Bib	Name	Affiliation	Time
1	6	110	Ocitiri Prossy	Lukungu Academy	29.2
2	7	109	Nabwire Sandra	Lukungu Academy	29.4
3	2	099	Yiparwot Fancy	West Nile	29.6
4	4	108	Nambowa Amina Aloba	Lukungu Academy	29.8
5	1	017	Aceng Anna	Lukungu Academy	31.0
6	5	111	Nankya Yonia	Lukungu Academy	31.2
7	8	198	Apiyo Miriam	Kids of Africa	34.4
8	3	197	Nakiyingi Alice	Uganda Christian	38.7

### 200m Heat 2

Pos	lane	Bib	Name	Affiliation	Time
1	8	199	Shida Leni	Uganda Police Athletics Club	24.4
2	1	104	Koli Evaline Ocen	Uganda Prisons Athletics Club	25.6
3	3	201	Auma Mary Onapa	Uganda Prisons Athletics Club	26.7
4	7	018	Amararwot Sharron	Gulu University	27.1
5	4	026	Anamu Vicky	Standard High Zana	28.2
6	6	200	Draru Rose	Uganda Police Athletics Club	28.5
7	2	023	Abeja Dorothy	Gulu University	28.7
8	5	106	Namatovu Clare	Kampala Kids Academy	33.0



**400m Heat 1**

Pos	Lane	Bib	Name	Affiliation	Time
1	3	018	Amararwot Sharon	Gulu University	1:01.1
2	1	016	Acirocan Vicky	Kampala University	1:02.7
3	6	021	Adiambo Lillian	Lukungu Academy	1:06.9
4	2	017	Aceng Anna	Lukungu Academy	1:11.2
5	5	020	Ajaro Martha	Heritage	1:12.8
6	4	019	Adikini Chance	Lukungu Academy	1:13.8

**400m Heat 2**

Pos	Lane	Bib	Name	Affiliation	Time
1	1	022	Banura Mauren	Uganda Police Athletics Club	57.0
2	5	026	Anamu Vicky	Standard High Zana	1:01.2
3	3	024	Wonruku Stella	Uganda Prisons Athletics Club	1:01.9
4	6	027	Akullu Monica	Standard High Zana	1:02.2
5	4	025	Biryeri Eveline	Uganda Prisons Athletics Club	1:03.6
6	2	023	Abejja Dorothy	Gulu University	1:05.1

**800m Heat 1**

Pos	Lane	Bib	Name	Affiliation	Time
1	6	014	Orishaba Maverlous	Ndejje	2:17.0
2	3	178	Akello Priscilla	UWA	2:17.4
3	2	181	Ijoreya Margret	Kids of Africa	2:20.6
4	4	051	Ayikoru Lillian	West Nile	2:26.8
5	1	180	Chepkwemoi Vangelina	Standard High	2:29.6
6	7	179	Namwonge Jennifer	Standard High	2:31.2
7	5	021	Adiambo Lillian	Lukungu Academy	2:32.7
8	8	119	Anguyu Judith	Uganda Prisons Athletics Club	2:41.3

**1500m Final**

Pos	Lane	Bib	Name	Affiliation	Time
1	6	056	Apong Semmy	Kids of Africa	5:02.7
2	1	051	Ayikoru Lillian	West Nile	5:10.0
3	2	052	Akullo Juliet	Standard High Zana	5:29.1
4	4	054	Namande Joan	Kids of Africa	5:29.8
5	3	053	Gimbo Madina	Kampala Kids Academy	5:46.1
	6	055	Lakisa Faith	Kids of Africa	DNF

**5000m Final**

Pos	Lane	Bib	Name	Affiliation	Time
1		014	Orishaba Marvalous	Ndejje	17:10.5
2		002	Kobuhwezi Patricia	Mbarara	20:07.6
3		005	Ninsima Christine	Kids Africa	20:30.7

**Javelin Women - Final**

Pos	Order	Bib	Name	Affiliation	Distance
1	2	013	Lalam Josephine Joyce	Uganda Police Athletics Club	51.84
2	1	001	Kengonzi Beatrice Babra	Makerere University Athletics Club	16.24



**Shot Put Women- Final**

Pos	Order	Bib	Name	Affiliation	Distance
1	3	077	Alanyo Catherine	Uganda Prisons Athletics Club	11.26
2	1	084	Acan Janneth	Uganda Police Athletics Club	10.96
3	3	092	Aber Caroline	Uganda Prisons Athletics Club	10.64
4	8	083	Amaido Caroline	Uganda Prisons Athletics Club	10.58
5	2	091	Lakot Nancy	Uganda Prisons Athletics Club	10.30
6	7	082	Atim Oliver	Uganda Christian University Athletics Club	9.47
7	6	080	Anena Kevin	UPDF	9.41
8	5	079	Akello Fiona	UPDF	9.38
9	4	078	Oyella Kevin Nancy	UPDF	DNF
10	2	076	Akankwasa Joan	Kids of Africa	DNF
11	1	075	Sanyu Emily	Kids of Africa	DNF
12	4	001	Kengonzi Beatrice Babra	Makerere University Athletics Club	DNF

**Long Jump Women- Final**

Pos	Order	Bib	Name	Affiliation	Distance
1	1	085	Atimango Winnifred	Uganda Christian University Athletics Club	5.82
2	3	087	Apiyo Polline	Gulu University	5.45
3	2	086	Alobo Gladys	Uganda Prisons Athletics Club	5.38
4	4	088	Adongo Dommidy	UPDF	5.37
5	5	089	Zawadi Unyuthfua Mary	Uganda Police Athletics Club	5.19
6	6	090	Ainomugisha Lilian	Mbarara	3.57

**MEN**

**100m Heat 1**

Pos	Lane	Bib	Name	Affiliation	Time
1	6	117	Serwada Paul	Kids of Africa	13.1
2	7	118	Chebet Jacob	Entebbe	13.9
3	2	113	Bogere Jacob	Kids of Africa	14.4
4	3	114	Ekaal Carlos	Kids of Africa	15.2
5	5	116	Kizito Patrick	Kids of Africa	15.4
6	1	112	Kirabo Steven	Kids of Africa	15.8
7	4	115	Asimwe Sheldon	Kids of Africa	16.5

**100m Heat 2**

Pos	Lane	Bib	Name	Affiliation	Time
1	1	120	Abila Henry	Uganda Prisons Athletics Club	12.0
2	2	121	Ambayo Boniface	West Nile	12.1
3	3	122	Ssenkanjako Issa	Inzikuru	12.4
4	4	126	Okot Andrew	West Nile	12.6
5	5	123	Bawole Richard	Lunkungu	13.0
6	6	124	Ssemanda Harman	Makindye	13.2
7	8	127	Okumu Jacob	Entebbe	13.6
8	7	125	Kalongo Shamsi	Mbarara	14.1

**100m Heat 3**

Pos	Lane	Bib	Name	Affiliation	Time
1	4	131	Odongo Innocent	Gulu City	11.5
2	7	134	Ocen Domenic Jonathan	Soroti District	11.8
3	5	132	Oromoit Martin	MUBS	12.8
4	8	135	Mutumba Andrew	Kids of Africa	13.0
5	1	128	Sabakaaki Abdul	Makindye	13.2
6	3	130	Mubiru Hassan	Entebbe	13.3
DQ	2	129	Mutumba Rashid	Kids of Africa	14.0

**100m Heat 4**

Pos	Lane	Bib	Name	Affiliation	Time
1	2	137	Isabirye Musa	Uganda Prisons Athletics Club	11.0
2	3	138	Masaba Peter	Makerere University Athletics Club	11.2
3	5	140	Obuto Solomon	Uganda Prisons Athletics Club	11.4
4	1	136	Olipa Sharif	Uganda Christian University Athletics Club	11.5
5	4	139	Ociru John	UPDF	11.7
6	7	142	Esou Emmanuel	UPDF	11.8
7	8	143	Obong Emmanuel	Uganda Prisons Athletics Club	12.0
8	6	141	Immalangat Chans	UPDF	12.2



**100m Heat 5**

Pos	Lane	Bib	Name	Affiliation	Time
1	4	147	Kibumba Semei	Makerere University Athletics Club	11.7
2	8	151	Omodo Denis Isaac	Uganda Christian University Athletics Club	11.9
3	6	149	Isamuk Thomas	Amuria	12.0
4	5	148	Ambayo Fred	West Nile	12.2
5	7	150	Onyango Derrick	Lukungu	12.4
6	3	146	Ongom Gerald	Airforce	12.6
7	1	144	Omollo Innocent	Makerere University Athletics Club	13.0
8	2	145	Nsiro Edward	Wakiso	13.3

**100m Heat 6**

Pos	Lane	Bib	Name	Affiliation	Time
1	6	156	EMukurait bram	KCCA	12.4
2	2	153	Jjunju Brian	Kids of Africa	13.0
3	1	152	Ogenrwot Francis	UTC kicwamba	13.1
4	5	010	Lusiba Alex	Kids of Africa	13.6
5	3	154	Katurebe Rogers	Mbarara	13.8
6	4	155	Mbelize Kenneth	Mbarara	14.0

**100m Heat 7**

Pos	Lane	Bib	Name	Affiliation	Time
1	5	161	Wakino Denis	UPDF	11.7
2	7	163	Mikail Jorem	Makerere University Athletics Club	12.0
3	6	162	Ewich Moses	Uganda Prisons Athletics Club	12.2
4	3	159	Nkutu Ibrahim	Lukungu	12.5
5	1	157	Sajabi Christopher	Makindye	12.8
6	2	158	Gum Victor	Agago	13.3
7	8	028	Oketayot Stephen	Para	13.5
8	4	160	Bunjo Sam	MUBS	13.7

**200m - Heat 1**

Pos	Lane	Bib	Name	Affiliation	Time
1	3	131	Odong Innocent	Gulu University	23.4
2	5	121	Ambayo Boniface	West Nile	23.7
3	1	043	Wananda Earnest	Uganda Prisons Athletics Club	25.1
4	6	118	Chebet Jacob	Entebbe	27.3
6	4	125	Kanluyu Shamsi	Mbarara	27.6
7	2	061	Segawa Micheal	Kids of Africa	28.0
8	7	113	Bogera Jacob	Kids of Africa	28.9
9	8	155	Mpwerza Kenneth	Mbarara	29.0

**200m - Heat 2**

Pos	Lane	Bib	Name	Affiliation	Time
1	1	134	Ocen Dominic Jonathan	Soroti District	24.0
3	7	124	Ssemanda Harman	Makindye	24.3
4	6	126	Okot Andrew	West Nile	24.5
5	8	057	Mugisha Frank	Makindye	24.8
6	5	117	Sserwada Paul	Kids of Africa	25.9
8	4	008	Ogerwot Churchill	Kitgum	26.1
DQ	3	037	Anguti Jimmy	Arua	26.4
DQ		133	Ocom Geoffrey	UPDF	26.8

**200m - Heat 3**

Pos	Lane	Bib	Name	Affiliation	Time
1	6	012	Akera Micheal	Gulu University	24.4
2	1	050	Olweny Micheal	Lukungu Academy	25.6
3	5	153	Jjunju Brian	Kids of Africa	26.0
4	4	047	Lukujo Charis	Lukungu Academy	26.2
5	2	154	Katirebe Rogers	Mbarara District	27.1
6	3	010	Lusiba Alex	Kids of Africa	27.2

**200m - Heat 4**

Pos	Lane	Bib	Name	Affiliation	Time
1	3	036	Okwii Erick	UWA	21.9
2	2	137	Isabirye Musa	Uganda Prisons Athletics Club	22.1
3	7	202	Ngobi Allan	Uganda Police Athletics Club	22.3
4	1	139	Ocira John	UPDF	22.5
5	5	140	Obutu Solomon	Uganda Prisons Athletics Club	22.7
6	6	038	Nyeko Johnson	Gulu University	22.9
7	8	143	Obong Emmanuel	Uganda Prisons Athletics Club	23.2
8	4	141	Imalingat Charles	UPDF	23.9



**200m - Heat 5**

Pos	lane	Bib	Name	Affiliation	Time
1	2	146	Ongom Gerald	Airforce	24.3
2	6	039	Mwagusha Richard	Kabarole	24.6
3	4	156	Emukurait Bram	KCCA	24.8
4	3	150	Onyango Derrick	Lukungu Academy	25.2
5	1	144	Omollo Innocent	Makerere University Athletics Club	24.4
	5	149	Okolimo Joseph	Uganda Christian	DNF

**200m - Heat 6**

Pos	lane	Bib	Name	Affiliation	Time
1	4	149	Isamuk Thomas	Amuria	23.9
2	3	151	Omodo Denis Isaac	Uganda Christian	24.1
3	6	042	Osita Dison	West Nile	24.6
4	5	157	Ssajabi Christopher	Makindye	25.0
5	2	009	Mutumba Andrew	Kids of Africa	26.7
	1	158	Gum Victor	Kitgum	28.9

**200m - Heat 7**

Pos	lane	Bib	Name	Affiliation	Time
1	7	033	OMuka Kenneth	Makerere University Athletics Club	22.6
2	5	044	Nkoon Stewart	Lukungu Academy	23.1
3	3	205	Jagalo Joshua	Uganda Police Athletics Club	23.3
4	1	204	Goni Emmanuel	Uganda Prisons Athletics Club	23.8
5	6	206	Ongee Felix	Uganda Prisons Athletics Club	24.0
6	2	142	Esou Emmanuel	UPDF	24.4
7	4	203	Laker Isaac	Tuku Africa	27.6

**400m Para**

Pos	Lane	Bib	Name	Affiliation	Time
1	4	030	Wokorach Geoffrey Oloya	Para	58.9
2	2	029	Musisa Fred	Makerere University Athletics Club university	59.9
3	1	028	Okotayot Stephen	Gulu University	1:01.5
4	5	031	Opiyo Felix Tabiya	Para	1:01.8

**400m Heat 1**

Pos	Lane	Bib	Name	Affiliation	Time
1	3	034	Adoli Haron	Uganda Prisons Athletics Club	47.8
2	5	036	Okwii Erick	UWA	48.0
3	4	035	Chanwengo Godfrey	Uganda Prisons Athletics Club	48.5
4	2	033	OMuka Kenneth	Makerere University Athletics Club	50.0
5	1	032	Oweka Samuel Saddam	UPDF	40.9
6	6	037	Anguti Jimmy	Arua	51.4
7	7	038	Nyeko Johnson	Gulu University	51.7

**400m Heat 2**

Pos	Lane	Bib	Name	Affiliation	Time
1	6	044	Nkona Stewart	Lukungu Academy	51.9
2	4	042	Osuuta Dison	West Nile	52.3
3	5	043	Wanada Ernest	Uganda Prisons Athletics Club	55.3
4	1	039	Mwangusha Richard	Kabarole	58.8
6	2	040	Raiyed Hussein	Kids of Africa	01:03.5
	3	041	Sabakaki Abdul	Makindye	DQ



**400m Heat 3**

Pos	Lane	Bib	Name	Affiliation	Time
1	5	049	Okalimo Joesph	Uganda Christian University Athletics Club	51.5
2	1	045	Fahadi Suleiman Gule	UPDF	51.7
3	2	046	Kawesi Francis	Makerere University Athletics Club	55.1
4	6	050	Olwenyi Micheal	Lukungu Academy	57.0
5	3	047	Lukujo Charles	Lukungu Academy	58.0
	4	048	Otieno Adanga Glen	Uganda Christian University Athletics Club	DNF

**800m Heat 1**

Pos	Lane	Bib	Name	Affiliation	Time
1	1	068	Aluonzi Knowledge	West Nile	2:04.0
2	6	189	Ocen Innocent	Inzukuru	2:08.9
3	3	182	Ssozi Sofian	Makerere University Athletics Club	2:09.6
4	5	187	Peno Gerald	Kampala Kids	2:10.2
5	7	190	Tushemire Turyatuna	Uganda Christian University Athletics Club	2:10.6
6	1	059	Wekesa Brian	Kiryandongo	2:15.8
7	6	188	Setyabule Gabriel	Kids of Africa	2:17.9
8	2	031	Opiyo Felix Tabiya	Para	2:19.5
9	4	185	Yakani Satiro	Lukungu Academy	2:24.4
10	5	186	Turyatunga Solomon	Inzukuru	02:27.5
11	3	183	Odera Jovas	Kids of Africa	2:37.7
12	2	058	Byabagambi Kadiri	Mbarara	2:39.2
13	4	184	Omara Augustine	Kids of Africa	2:40.3

**800m Heat 2**

Pos	Lane	Bib	Name	Affiliation	Time
1	2	193	Osuje Emmanuel	Uganda Police Athletics Club	1:55.6
2	8	196	Apenyo Bekele	Uganda Prisons Athletics Club	1:56.0
3	1	192	Akemkwene Peter	Ndeje	1:56.3
4	4	194	Erimu KOKAS	Uganda Prisons Athletics Club	1:55.0
5	5	072	Comboni Daniel	West Nile	1:58.1
6	7	191	Tenywa Edrine	Bugema	1:58.8
7	3	069	Ndibalilawa Jamil	KIU	2:09.2
8	6	195	Opio fabius	MOM University	2:34.3



**1500m Finals**

Pos	Lane	Bib	Name	Affiliation	Time
1	18	073	Otim Emmanuel	Makerere University Athletics Club	3:48.3
2	15	071	Krop Dominic	Uganda Prisons Athletics Club	3:48.9
	16	072	Komboni Daniel	West Nile	4:02.9
	13	069	Ndibalilawa Jamil	KIU	4:15.7
	6	062	Kaddu Venswa	Para	4:17.2
	12	068	Aluonzi Knowledge	West Nile	4:27.1
	14	070	OtUganda Christian University Athletics Club	Uganda Prisons Athletics Club	4:29.7
	3	059	Wekesa Brian	Kiryandongo	4:43.6
	1	057	Mugisha Frank	Makindye	4:49.9
	4	060	Tumusime Gad Rauben	Para	4:50.7
	5	061	Segawa Micheal	Kids of Africa	4:58.7
	9	065	Adoko Jasper	Inzikuru	4:58.9
	7	063	Lugolabi Julius Dake	Kids of Africa	5:11.4
	2	058	Byabagamba Kadiri	Mbarara	5:22.0
	11	067	Ocaya Brian	Inzikuru	5:34.5
	8	064	Wasswa Earnest Ntambi	Kampala Kids	5:48.7
	10	066	Mugerwa Arafat	Kids of Africa	DNF
	17	074	Musagala Ronald	UWA	DQ

**5000m Final**

Pos	Lane	Bib	Name	Affiliation	Time
1		017	Krop Dominic	Prison	14:55.1
2		177	Wabuto Farid	UWA	14:59.5
3		169	Ayeko Felix	Airforce	15:41.1
4		176	Okello Frank	Uganda Christian University Athletics Club	15:30.2
5		170	Amumpire Cosmas	Mbarara Municipal	15:54.6
6		172	Musinguzi John Francis	Makerere University Athletics Club	16:14.0
7		165	Lubega Abdul Karim	Makerere University Athletics Club	16:29.9
8		173	Ateke Andrew	Amuria	16:32.7
9		166	Nomanya Raymond	Mbarara Municipal	16:39.6
10		167	Byakatonda Alex	Mbarara Municipal	16:54.6
11		168	Mugisha Reagan	MOM University	17:01.4
12		164	Oryema Jonas	Gulu High School	18:20.2
		175	Mustafiki Ali	Uganda Christian University Athletics Club	DNF
		174	Kamara Alfred	Lukungu Academy	DNF
		129	Mutumba Rashid	Kids of Africa	DNF
		171	Achila Gilbert	Lukungu Academy	DNF



**Javelin Men- Final**

Pos	Order	Bib	Name	Affiliation	Distance
1	2	094	Otwal Mark	Gulu University	51.78
2	3	011	Orach Alfred	Gulu University	48.16
3	1	093	Galimaka Emmanuel	Uganda Police Athletics Club	27.24
4	4	095	Yiga Alex (600gms)	Para	20.85

**Shot Put Men -Final**

Pos	Order	Bib	Name	Affiliation	Distance
1	2	003	Odong Martine	Uganda Prisons Athletics Club	12.28
2	1	004	Ojara Jackson	UPDF	11.02
3	3	015	Odong Denish	UPDF	10.62

**Long Jump Men - Final**

Pos	Order	Bib	Name	Affiliation	Distance
1	1	006	Okello Charles	Uganda Prisons Athletics Club	7.62
2	8	015	Odongo Denis	UPDF	7.05
3	3	008	Ogenwot Charles	Kitgum	6.43
4	7	012	Akera Michael	Gulu University	6.28
5	2	007	Komakech Samuel	Uganda Police Athletics Club	6.23
6	6	011	Orach Alfred	Gulu University	5.91
7	5	010	Lusiba Alex	Kids of Africa	5.69
8	4	009	Mutomba Andrew	Kids of Africa	5.33

