



UGANDA ATHLETICS FEDERATION
2ND NATIONAL TRIALS
2ND MARCH, 2024-UGANDA CHRISTIAN UNIVERSITY

WOMEN

100m Heat 1

Pos	Lane	Bib No.	Name	Affiliation	Time
1	1	117	Nyawere Christine	UPDF	12.0
2	7	120	Koli Evaline Ocen	Prisons	12.3
3	4	113	Apio Agness	Prisons	12.5
4	8	119	Auma Mary	Prisons	12.7
5	3	115	Acen Rose Mary	UPDF	12.9
6	6	116	Batyo Claire	Ndejje	13.0
7	2	118	Apiyo Pouline	Gulu University	13.6
8	5	114	Niwasiima Rebecca	Ntungamo Ath Club	14.3

100m Heat 2

Pos	Lane	Bib No.	Name	Affiliation	Time
1	2	122	Mbwali Bridget	UCU	12.7
2	4	124	Mwaka Josephine	Makerere	12.9
3	3	123	Atiang Charity Mercy	UCU	13.1
4	7	127	Acen Betsy Juliet	Gulu University	13.5
5	6	126	Acen Agness	Gombe SSS	14.3
6	1	121	Namatovu Clare	Kampala Kids Academy	14.5
7	5	125	Nyangoma Grace	Lukungu Academy	17.9

100m Heat 3

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	131	Ntege Denise Suubi	UAFA	13.8
2	6	133	Nabwire Sandra	Lukungu Academy	14.0
3	1	128	Ocitiro Prossy	Lukungu Academy	14.3
4	5	132	Apio Christabella	Makindye Municipality	14.7
5	3	130	Kalijja Jesca Jovia	Lukungu Academy	16.0
6	2	129	Zawedde Destiny	Kids of Africa	16.4

200m Heat 1

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	131	Ntege Denise Suubi	UAFA	28.0
2	5	038	Amuge Mercy	Gombe SSS	28.3
3	1	133	Nabwire Sandra	Lukungu Academy	28.6
4	2	128	Ocitiro Prossy	Lukungu Academy	29.1
5	4	032	Achenge Ana	Lukungu Academy	30.1
6	7	132	Apio Christabella	Makindye Municipality	30.9
7	6	130	Kalijja Jesca Jovia	Lukungu Academy	33.8

200m Heat 2

Pos	Lane	Bib No.	Name	Affiliation	Time
1	7	117	Nyawere Christine	UPDF	24.4
2	6	113	Apio Agness	Prisons	25.4
3	5	120	Koli Evaline Ocen	Prisons	25.7
4	2	119	Auma Mary	Prisons	26.2
5	1	123	Atiang Charity Mercy	UCU	27.0
6	3	104	Acirocan vicky	Police	27.2
7	4	116	Batyo Claire	Ndejje	27.5
8	8	029	Abeja Dorothy	Gulu University	27.7

200m Heat 3

Pos	Lane	Bib No.	Name	Affiliation	Time
1	6	222	Awat Mary	GOMBE SSS	26.6
2	1	124	Mwaka Josephine	Makerere	27.0
3	7	127	Acen Betsy Juliet	Gulu University	27.2
4	3	085	Atimango Winnfred	UCU	27.4
5	8	199	Akello Gloria Ocen	Prisons	27.6
6	5	223	Waaku Prisca	UCU	27.9
7	2	114	Niwasiima Rebecca	Ntungamo Ath Club	30.5
8	4	121	Namatovu Clare	Kampala Kids Academy	32.8

400m Heat 1

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	024	Shida Leni	Police	54.8
2	2	025	Banura Mauren Akiiki	Police	55.8
3	7	030	Wonruku Stella	Prisons	57.9
4	8	031	Idwara Peninah	UPDF	58.2
5	1	026	Amarorwot Sharon	Gulu University	59.7
6	6	029	Abeja Dorothy	Gulu University	62.0
7	5	028	Biryeri Evelyn	Prisons	64.1
8	3	027	Gumoshabe Rebecca	Ndejje	85.9



400m Heat 2

Pos	Lane	Bib No.	Name	Affiliation	Time
1	6	0.37	Draru Rose	Police	61.4
2	1	0.32	Achenge Ana	Lukungu Academy	64.4
3	2	0.33	Ajambo Lilian Okware	Lukungu Academy	65.1
4	3	0.34	Agoa Nancy	Gombe SSS	67.0
5	4	0.35	Tusimire Blessing	Ndejje	69.0
6	5	0.36	Acheng Hafsa Akulla	Gombe SSS	78.8
	7	0.38	Amuge Mercy	Gombe SSS	DQ

800m Final

Pos	Lane	Bib No.	Name	Affiliation	Time
1	1	194	Orishaba Marvelous	Ndejje	02:15.6
2	2	202	Ijorea Margaret	Kids of Africa	02:19.8
3	4	197	Akello Agness	Prisons	02:34.2
4	3	035	Tusiimire Blessings	Ndejje	02:45.8

1500m Final

Pos	Lane	Bib No.	Name	Affiliation	Time
1	2	069	Cherop Kerine	UPDF	04:48.6
2	1	068	Ayozu Grace	Ndejje	04:54.1
3	4	071	Semmy Apong	Kids of Africa	04:57.2
4	3	070	Chelangat Ariziki	UPDF	05:14.7
5	5	072	Chekwe moi Sandra	Ndejje	05:35.4
6	6	073	Ninsiima Christine	Kids of Africa	05:39.8

5000m Final

Pos	Lane	Bib No.	Name	Affiliation	Time
1	2	007	Yeko Grace	Tuku Afrika	17:47.5
2	1	006	Cheptoyek Faith	UPDF	18:47.6
3	3	005	Chemutai Hope	Lukungu Academy	19:11.9
4	5	013	Kakyo Masturah	Gombe SSS	19:12.9
5	7	015	Aziyo Milka	Divine Athletics	19:20.2
6	6	014	Kobuhwezi Patricia	Mbarara Municipality	20:39.4
	4	012	Nsimire Doris	Makerere	DNF

Discus

Pos	Order	Bib No	Name	Affiliation/Club	Distance
1	1	081	Anena Kevin Prisca	Gombe SS Athletics Club	35.25
2	7	080	Oyella Kevin Alice	UPDF	32.81
3	5	076	Lakot Nancy	Uganda Prisons Athletics club	32.36
4	3	078	Anek Scovia	Ndejje University Athletics Club	31.56
5	4	077	Atim Oliver	UCU Athletics Club	31.45
6	6	079	Alanyo Catherine	Uganda Prisons Athletics Club	30.97
7	2	203	Lawil Judith Odida	Gombe SS Athletics Club	24.32

Short Put

Pos	Order	Bib No	Name	Affiliation/Club	Distance
1	2	079	Alanyo Catherine	Uganda Prisons Athletics Club	10.67
2	3	080	Oyella Kevin Alice	UPDF	10.11
3	1	076	Lakot Nancy	Uganda Prisons Athletics Club	9.82
4	5	081	Anena Kevin Prisca	Gombe SS Athletics Club	9.48
5	7	077	Atim Oliver	UCU Athletics Club	9.39
6	4	078	Anek Scovia	Ndejje University Athletics Club	9.21
7	6	082	Aber Mercy	Gombe SS Athletic Club	8.87
			Lawil Judith Odida	Gombe SS Athletic Club	DNS
			Driwaru Jackline	Ndejje University Athletics Club	DNS

Long Jump

Pos	Order	Bib No	Name	Affiliation/Club	Distance
1	5	179	Atimango Winnfred	UCU Athletics Club	5.64
2	6	118	Apiyo Poulaine	Gulu University Athletics Club	5.39
3	1	176	Adongo Domeddy	UPDF	5.23
4	4	178	Alobo Gladys	Uganda Prisons Athletics Club	5.21
5	2	177	Adongcen Lillian Kagwa	Ndejje University Athletics Club	5.05
6	3	082	Aber Mercy	Gombe SS Athletic Club	4.39



MEN

100m Heat 1

Pos	Lane	Bib No.	Name	Affiliation	Time
1	8	138	Obuto Solomon	Prisons	10.7
2	2	0 45	Adoli Haron	Prisons	11.0
3	7	140	Masaba Peter	Makerere	11.3
4	3	135	Olipa Sharif	UCU	11.4
5	1	134	Isabirye Musa	Prisons	11.6
6	6	139	Ebong Emmanuel	Prisons	11.7
7	5	137	Imalingat Charles	UPDF	11.9
8	4	136	Kibumba Semei Emmanuel	Makerere	12.2

100m Heat 2

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	142	Okolimo Joseph	UCU	10.8
2	5	144	Ojok Justin	Tuku Afrika	11.1
3	6	145	Esou Emmanuel	UPDF	11.3
4	7	146	Onyanga Isaac	UPDF	11.5
5	4	143	Odong Innocent	Gulu Promotion Ath Club	11.6
6	1	0 10	Odongo Denish	UPDF	12.0
7	8	147	Diego Derrick	UPDF	12.2
8	2	141	Laker Isaac	Tuku Afrika	12.4

100m Heat 3

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	150	Mukasa Vincent	Ndejje	11.2
2	5	152	Omodo Denish Isaac	UCU	11.4
3	8	155	Ongom Gerald	Airforce	11.6
4	7	154	Obong Brian Brackford	UPDF	11.8
5	2	149	Musinguzi Davis	Ndejje	12.1
6	1	148	Ambayo Fred	West Nile	12.3
7	4	151	Otim Godfrey Innocent	Gulu Promotion Ath Club	12.7
8	6	153	Junju Brian	Kids of Africa	13.0

100m Heat 4

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	159	Wakilo Denis	UPDF	11.2
2	2	157	Keith Batte	UAFA	11.8
3	3	158	Otieno Adanga Glenn	UCU	12.0
4	7	162	Malimba Sajars Wepukhulu	Makerere	12.3
5	6	161	Sabiiti Robert	UPDF	12.5
6	5	160	Owiny-Dollo James	UCU	12.8
7	1	156	Kimanga Henry Watira	Gombe SSS	13.3

100m Heat 5

Pos	Lane	Bib No.	Name	Affiliation	Time
1	2	164	Okabo Santos	UCU	11.1
2	1	163	Ssemanda Haman	Makindye Municipality	11.6
3	3	166	Eling Denish	Amolatar	11.8
4	4	167	Nkutu Ibrahim	Lukungu Academy	12.2
5	6	169	Omaruk Joshua	Kids of Africa	12.6
6	7	170	Wawelo Christpass	KCCA	13.0
7	5	168	Kimuli Edrisa	KCCA	13.2

100m Heat 6

Pos	Lane	Bib No.	Name	Affiliation	Time
1	1	0 60	Agong Leo	Para Athletics	12.1
2	5	173	Bawolle Richard	Lukungu Academy	12.3
3	4	0 67	Ssebakaki Abdul	Makindye Municipality	12.6
4	7	174	Oling Emmanuel	Gombe SSS	12.9
5	3	172	Oketayot Stephen Isaac	Para Athletics	13.1
6	2	171	Mutumba Rashid	Kids of Africa	13.7
7	6	175	Mukisa Grace	Bombo SSS	14.6

100m Heat 7

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	183	Sserwada Paul	Kids of Africa	12.6
2	2	181	Taboon Raiyed Hussein	Kids of Africa	12.9
3	3	182	Kibet Jacob Gerizim	Enteebe Municipality	13.2
4	1	180	Bogere Jacob	Kids of Africa	14.0
5	5	184	Kirabo Steven	Kids of Africa	14.2
6	6	185	Bagenda Quincy	Kids of Africa	14.6
7	7	186	Kiyimba Joseph	Gombe SSS	15.7



200m Heat 1

Pos	Lane	Bib No.	Name	Affiliation	Time
1	1	224	Ngobi Allan	Police	21.6
2	2	0 40	Okwii Erick	UWA	21.8
4	4	0 43	Nyeko Johnson	Gulu University	22.4
5	8	139	Ebong Emmanuel	Prisons	22.8
6	6	148	Ambayo Fred	West Nile	23.5
7	3	136	Kibumba Semei Emmanuel	Makerere	24.0
	5	225	Ocira John	UPDF	DQ
	7	137	Imalingat Charles	UPDF	DQ

200m Heat 2

Pos	Lane	Bib No.	Name	Affiliation	Time
1	6	142	Okolimo Joseph	UCU	21.8
2	3	226	Ariti James	UPDF	22.1
3	4	145	Esou Emmanuel	UPDF	22.2
4	1	143	Odong Innocent	Gulu Promotion Ath Club	22.3
5	2	0 51	Goni Emmanuel	Prisons	22.8
6	5	208	Erimu Kokas	Prisons	23.0
7	8	155	Ongom Gerald	Airforce	23.0
8	7	195	Namusingula Sabas Anold	Kamuli District	30.1

200m Heat 3

Pos	Lane	Bib No.	Name	Affiliation	Time
1	1	0 19	Akera Michael Ben	Gulu University	24.4
2	8	162	Malimba Sajars Wepukhulu	Makerere	24.9
3	4	227	Tusherure Turyatunga	UCU	25.2
3	7	153	Junju Brian	Kids of Africa	25.5
4	5	161	Sabiiti Robert	UPDF	25.9
6	3	0 61	Mutumba Andrew	Kids of Africa	26.5
7	6	168	Kimuli Edrisa	KCCA	26.8
8	2	156	Kimanga Henry Watira	Gombe SSS	28.2

200m Heat 4

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	228	Oringa Lawrence	UCU	23.3
2	1	166	Eling Denish	Amolatar	23.5
3	5	149	Musinguzi Davis	Ndejje	23.7
4	2	173	Bawolle Richard	Lukungu Academy	24.8
5	6	0 59	Bayo Simon	Divine Athletics	25.0
6	7	172	Oketayot Stephen Isaac	Para Athletics	26.6
	4	170	Wawelo Christpass	KCCA	DQ

200m Heat 5

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	0 53	Bwambale Joshua	Divine Athletics	23.3
2	2	163	Ssemamanda Haman	Makindye Municipality	24.0
3	7	231	Nkutu Ibrahim	Lukungu Academy	24.7
4	1	0 91	Bamsubire Rogers	Kabarole District	25.1
5	6	169	Omaruk Joshua	Kids of Africa	25.4
6	5	230	Kayemba Rayan	Bombo SSS	28.6
7	3	229	Kiyimba Joseph	Bombo SSS	29.9

400m Heat 1

Pos	Lane	Bib No.	Name	Affiliation	Time
1	2	0 40	Okwii Erick	UWA	47.6
2	7	0 45	Adoli Haron	Prisons	47.8
3	8	0 46	Onen Kennedy	Prisons	48.2
4	6	0 44	Omuka Kenneth	Makerere	49.2
5	5	0 43	Nyeko Johnson	Gulu University	49.7
6	1	0 39	Eragu Joseph	UPDF	50.7
7	3	0 41	Ongee Felix Owuma	Prisons	51.2
	4	0 42	Oweka Samuel Saddam	UPDF	DQ



400m Heat 2

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	0 50	Olanya Reagan	Ndejje	50.9
2	5	0 51	Goni Emmanuel	Prisons	51.3
3	1	0 47	Mayanja Salim Abu	UWA	51.6
4	6	0 52	Otema Simon	Ndejje	52.1
5	8	0 54	Wanume Yahaya	Police	52.5
6	7	0 53	Bwambale Joshua	Divine Athletics	53.5
7	2	0 48	Okello Darius	Tuku Afrika	54.4
	3	0 49	Kaweesi Francis	Makerere	DQ

400m Heat 3

Pos	Lane	Bib No.	Name	Affiliation	Time
1	6	0 60	Agong Leo	Para Athletics	54.3
2	4	0 58	Mutu Allan	Divine Athletics	54.5
3	3	0 57	Omollo Innocent Lazzo	Makerere	54.8
4	8	0 62	Ainembabazi Gerald	Old Kampala SSS	55.7
5	5	0 59	Bayo Simon	Divine Athletics	56. 0
6	2	0 56	Keith Batte	UCU	56.3
7	1	0 55	Ofonya Resty	Tuku Afrika	56.8
8	7	0 61	Mutumba Andrew	Kids of Africa	58.6

400m Heat 4

Pos	Lane	Bib No.	Name	Affiliation	Time
1	1	0 63	Acelun Kokas	UPDF	57.8
2	5	0 67	Ssebakaki Abdul	Makindye Municipality	58. 0
3	4	0 66	Tinkamanyire Innocent	Gombe SSS	60.2
4	2	0 64	Sabir Rajab	Bombo SSS	67.5
5	3	0 65	Hakim Noha	Bombo SSS	70.4

800m Heat 1

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	206	Kirano Shafiq	UWA	01:52.1
2	2	205	Apenyo Bekele	Prisons	01:52.3
3	4	208	Erimu Kokas	Prisons	01:52.9
4	4	209	Akemkwene Peter	Ndejje	01:53.7
5	1	204	Nyeko Allan	Unity Athletics Club	01:56.1
6	6	211	Chelimo Calvin	UPDF	02:02.9
7	7	0 84	Rubangakene Ronald	Gulu Promotion Ath Club	02:04.1
8	8	103	Turyatunga Solomon	Mbarara Municipality	02:07.0
	5	210	Opio Denis	UWA	DNF
	8	0 54	Wanume Yahaya	Police	DNF
	3	207	Farahan Issa	Gulu Promotion Ath Club	DNF

800m Heat 2

Pos	Lane	Bib No.	Names	Affiliation	Time
1	2	215	Yeshe Kevin	UPDF	01:56.1
2	4	213	Onekgiu Jimmy Jasperh	Ndejje	01:57.4
3	3	0 93	Tenywa Edreen	Makerere	01:59.1
4	1	107	Opio Justin	Divine Athletics	02:08.0
5	8	216	Tohit Cliff Godfrey	Makerere	02:11.6
6	8	217	Ssozi Sufiyan	Makerere	02:13.2
8	7	214	Mpwerize Kenneth	Mbarara Municipality	02:18.7
9	5	0 85	Naturinda Mubarakah	Makindye Municipality	02:34.0
10	6	218	Uhuru Daniel	Bombo SSS	03:04.5
	3	212	Abdalla Abdulkadir Ahmed	Makerere	DQ

800m Heat 3

Pos	Lane	Bib No.	Name	Affiliation	Time
1	5	0 58	Mutu Allan	Divine Athletics	02:06.8
2	6	0 96	Lokujo Charles	Lukungu Academy	02:10.0
3	2	0 88	Ogwal James	Divine Athletics	02:11.0
4	3	0 90	Opila Emmanuel	Divine Athletics	02:11.8
5	4	0 66	Tinkamanyire Innocent	Gombe SSS	02:13.0
6	1	0 94	Mugisha Frank	Makindye Municipality	02:25.5
7	7	220	Kirabo Cedric	Kids of Africa	02:34.9
8	2	219	Mugoya Saidi	Bombo SSS	02:45.1
9	8	221	Kabwama Edirisa	Kids of Africa	03:08.6



1500m Heat 1

Pos	Lane	Bib No.	Name	Affiliation	Time
1	9	093	Tenywa Edreen	Makerere	04:07.4
2	6	089	Okello Frank	UCU	04:08.0
3	15	098	Niwemusinguzi Daniel	Prisons	04:08.8
4	11	095	Kibeti Ronaldo Mulefu	Lukungu Academy	04:13.6
5	14	092	Obedi Jacob	Gombe SSS	04:20.2
6	5	088	Ogwal James	Divine Athletics	04:24.0
7	1	083	Okullo Musa	Prisons	04:24.2
8	16	099	Otucu Emmanuel	Prisons	04:28.9
9	8	091	Bamsubire Rogers	Kamuli District	04:30.7
10	12	096	Lokujo Charles	Lukungu Academy	04:31.7
11	7	090	Opila Emmanuel	Divine Athletics	04:33.1
12	4	087	Kiisa Victor	Makindye Municipality	05:01.8
13	10	094	Mugisha Frank	Makindye Municipality	05:07.9
	2	085	Naturinda Mubarakah	Makindye Municipality	DNF
	3	086	Matovu Antonio	Makindye Municipality	DNF
	13	097	Okwera Jacob	Police	DQ
	17	100	Agong Mike	Tuku Afrika	DQ

1500m Heat 2

Pos	Lane	Bib No.	Name	Affiliation	Time
1	11	112	Musagala Ronald	UWA	03:47.9
2	10	110	Omara Tonny	Prisons	03:48.5
3	12	111	Otim Emmanuel	Makerere	03:49.1
4	1	084	Rubangakene Ronald	Gulu Promotion Ath Club	03:56.4
5	9	109	Ogwal Samuel	Prisons	04:02.0
6	3	101	Chepukurui Jasha	Lukungu Academy	04:08.4
7	2	102	Ndibailawa Jamiru	KIU	04:19.3
8	8	108	Katurebe Edson	Mbarara Municipality	04:20.9
9	7	107	Opio Justin	Divine Athletics	04:24.5
10	5	105	Kule Jockus	Ndejje	04:53.6
11	4	103	Turyatunga Solomon	Mbarara Municipality	05:11.9
	6	106	Asingura Oscar	Prisons	DQ

5000m Final

Pos	Lane	Bib No.	Name	Affiliation	Time
1	10	196	Akwech Peter	Prisons	14:52.7
2	5	191	Kwemoi Aggrey	UPDF	15:11.9
3	7	193	Kiplimo Fred	UPDF	15:16.9
4	13	200	Ategeka Brian Adams	Evzin	15:18.6
5	6	192	Mande Stephen	UPDF	15:34.2
6	2	188	Kipsakit Elisha	UPDF	15:53.3
7	3	189	Wanok Morrison	Ndejje	15:55.3
8	15	089	Okello Frank	UCU	16:05.8
9	1	187	Kiplangat Esau	Ndejje	16:36.9
10	14	201	Musana Ezekiel	Mbarara Municipality	18:12.9
11	12	198	Ndagijimana Butamenya Antoine	Makerere	18:15.0
12	8	087	Kiisa Victor	Makerere	18:25.5
13	11	097	Okwera Jacob	Police	18:36.7
	4	190	Akanyijuka Clecent	UWA	DNF
	9	195	Namusingula Sabas Anold	Kamuli District	DNF

Javelin

Pos	Order	Bib No	Name	Affiliation/Club	Distance
1	1	074	Mwaka Johnson	Uganda Prisons Athletics Club	56.81
2	2	075	Otwal Mark	Gulu University Athletic Club	54.46
3	3	008	Ociti Jacob	Ndejje University Athletics Club	49.40
4	4	021	Orach Alfred	Gulu University Athletics Club	47.75
			Otyeno Jonathan	Ndejje University Athletic Club	DNS

Long Jump

Pos	Order	Bib No	Name	Affiliation/Club	Distance
1	7	022	Komakech Moses	Uganda Prisons Athletics Club	6.97
2	1	016	Okello Charles	Uganda Prisons Athletic Club	6.88
3	5	020	Ogenrwot Churchill	Kitgum	6.31
4	3	018	Komakech Samuel	Uganda Police Athletics Club	6.10
5	4	019	Akera Micheal Ben	Gulu University Athletics Club	6.04
6	6	021	Orach Alfred	Gulu University Athletics Club	5.80
	2	017	Rachkara Gracious Hassan	Gombe SS Athletic Club	DNS
	8	010	Odongo Denish	UPDF	DNS
	9	023	Jjuko Owen Kayemba	Bombo SSS	DNS



Short Put

Pos	Order	Bib No	Name	Affiliation/Club	Distance
1	6	009	Odong Martin	Uganda Prisons Athletics Club	13.00
2	1	001	Oceng Moses Jinaro	Uganda Prisons Athletic Club	12.43
3	2	002	Odongkara Patrick	UWA	12.18
4	3	003	Ojara Jackson Pope	UPDF	12.00
5	8	011	Okumu Junior	Gombe SS Athletic Club	11.99
6	7	010	Odongo Denish	UPDF	11.85
7	4	004	Komakech Regan Semei	Uganda Prisons Athletic Club	11.73
8	5	008	Ociti Jacob	Ndejje University Athletics Club	11.39

Discus

Pos	Order	Bib No	Name	Affiliation/Club	Distance
1	1	001	Oceng Moses Jinaro	Uganda Prisons Athletics Club	36.25
2	2	011	Okumu Junior	Gombe SS Athletic Club	34.53
3	8	004	Komakech Regan Semei	Ndejje University Athletics Club	33.59
4	5	009	Odong Martin	Uganda Prisons Athletics Club	33.51
5	3	165	Otieno Jonathan	Ndejje University Athletics Club	32.89
6	6	003	Ojara Jackson Pope	UPDF	32.88
7	4	075	Otwal Mark	Gulu University Athletics Club	29.91
8	7	023	Jjuko Owen Kayemba	Bombo SSS	16.46
			Odongkara Patrick	UWA	DNS
			Rachkara Gracious Hassan	Gombe SS Athletic Club	DNS

4 x 100m Relay

Pos	Lane	Bib No.	Name	Affiliation	Time
1	8	135	Olipa Sharif	UCU	41.9
		164	Okabo Santos		
		152	Omodo Denish Isaac		
		142	Okolimo Joseph		
2	7	146	Onyanga Isaac	UPDF	43.0
		225	Ocira John		
		145	Esou Emmanuel		
		137	Imalingat Charles		
3	4	140	Masaba Peter	Makerere	44.8
		057	Omollo Innocent Lazzo		
		162	Malimba Sajars Wepukhulu		
		044	Omuka Kenneth		
4	6	048	Okello Darius	Tuku Afrika	45.0
		055	Ofonya Resty		
		041	Laker Isaac		
		144	Ojok Justin		
5	5	019	Akera Micheal Ben	Gulu University	45.2
		043	Nyeko Johnson		
		143	Odong Innocent		
		021	Orach Alfred		
6	2	053	Bwambale Joshua	Divine Athletics	49.3
		058	Mutu Allan		
		059	Bayo Simon		
		107	Opio Justin		
7	3	169	Omaruk Joshua	Kids of Africa	51.2
		61	Mutumba Andrew		
		153	Junju Brian		
		181	Taboon Raiyed Hussein		
	1	134	Isabirye Musa	Prisons	DNF
		022	Onen Kennedy		
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		045	Adoli Haron		

