



**UGANDA ATHLETICS FEDERATION**  
**3RD NATIONAL TRIALS RESULTS**  
**30TH MARCH, 2024-UGANDA CHRISTIAN UNIVERSITY**

**WOMEN**

**100m Heat 1**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	2	284	Koli Evaline Ocen	Prisons athletics club.	12.4
2	3	301	Apio Agness	Prisons athletics club.	12.8
3	7	286	Acen Rose Mary	UPDF	13.0
4	5	296	Batyo Claire	Ndejje University	13.4
5	4	272	Ayikoru Ritah	Ndejje University	14.5
6	1	270	Gumoshabe Rebecca	Ndejje University	16.0
7	6	285	Atuhaire Sharon	Mbarara University	16.3

**100m Heat 2**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	5	262	Mwali Bridget	UCU	12.7
2	3	260	Atiang Charity Mercy	UCU	12.9
3	7	405	Adongo Dometry	UPDF	14.0
4	4	261	Acan Agness	Gombe SS Athletic Club	14.2
5	2	259	Namatovu Clare	Kampala Kids Academy	15.3
6	1	258	Bisirikirwa Joy	Kids of Africa	15.5
7	6	263	Mazira Flavia	Bombo Academy	15.7

**100m Heat 3**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	5	268	Ziyada Muhammad	Bombo ss	14.7
2	2	265	Matama Stella	Iganga Town View SS	14.9
3	3	266	Namakyika Shilah	Iganga Town View SS	15.1
4	6	267	Najjuma Shalom	Kids of Africa	15.5
5	1	264	Nyakato Fatuma	Lugazi UMEA	16.2
6	4	287	Alezuyo Dorcus	Lugazi UMEA	16.6

**100m Heat 4**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	6	252	Awat Mary	Gombe SS Athletic Club	13.4
2	7	253	Namufumba Zakia	Iganga Town View SS	13.7
3	5	249	Apuya Christabella	Makindye Municipality	14.8
4	4	248	Kalungi Pauline	Airforce	15.2
5	3	255	Ayikoru Margret	Makindye Municipality	15.7
6	2	256	Waseme Lilian	Makindye Municipality	17.1

**200m Heat 1**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	8	253	Namufumba Zakia	Iganga Town View SS	27.8
2	3	356	Amuge Mercy	Gombe SS Athletic Club	28.0
3	6	160	Marufa Ahmed	Bombo SS	30.2
4	2	265	Matama Stella	Iganga Town View SS	30.5
5	1	248	Kalungi Pauline	Airforce	31.0
6	7	337	Nakaziba Saida	Iganga Town View SS	31.4
7	4	137	Amongin Genevieve	Old Kampala SS athletic club	31.8
8	5	264	Nyakato Fatuma	Makindye Municipality	33.9

**200m Heat 2**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	1	336	Nakato Jaliat	Iganga Town View SS	29.2
2	6	266	Namakyika Shilah	Iganga Town View SS	30.7
3	3	249	Apuya Christabella	Makindye Municipality	31.0
4	5	255	Ayikoru Margret	Makindye Municipality	32.9
5	4	287	Alezuyo Dorcus	Makindye Municipality	34.2
	2	256	Waseme Lilian	Makindye Municipality	DQ

**200m Heat 3**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	260	Atiang Charity Mercy	UCU	26.6
2	4	252	Awat Mary	Gombe SS Athletic Club	26.8
3	1	138	Ntege Denise Suubi	UAFA	27.6
4	7	354	Akong Justine Joyce	Kampala Kids Academy	30.3
5	6	263	Mazira Flavia	Bombo Army	31.6
6	5	259	Namatovu Clare	Kampala Kids Academy	31.8
7	2	139	Kabahumuza Carol	Bombo Army	34.1

**200m Heat 4**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	8	284	Koli Evaline Ocen	Uganda prison athletics club	25.6
2	2	157	Auma Mary	Prisons athletics club.	26.1
3	3	158	Idwara Peninah	UPDF	26.3
4	5	352	Abeja Dorothy	Gulu University	27.1
5	7	368	Draru Rose	Uganda Police	27.7
6	6	159	Waaku Prisca	UCU	27.9
7	4	369	Chebet Faima	Uganda Police Athletics Club	31.8
8	1	270	Gumoshabe Rebecca	Ndejje University	33.4

**400m Heat 1**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	1	356	Amuge Mercy	Gombe SS Athletic Club	62.2
2	4	336	Nakato Jaliat	Iganga Town View SS	63.9
3	2	357	Agoa Nancy	Gombe SS Athletic Club	66.2
4	7	354	Akong Justine Joyce	Kampala Kids Academy	67.2
5	5	338	Tusiimire Blessing	Ndejje University	69.7
6	6	337	Nakaziba Saida	Iganga Town View SS	71.7
7	3	358	Achieng Hafsa Akula	Gombe SS Athletic Club	76.4

**400m Heat 2**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	7	370	Akullo Stella Wonruku	Prisons athletics club.	59.4
2	2	349	Mbabazi Peace Tespistar	Old Kampala SS athletic club	60.9
3	3	351	Kaahwa Anna Mary	Old Kampala SS athletic club	61.2
4	4	368	Draru Rose	Uganda Police	62.2
5	8	352	Abeja Dorothy	Gulu University	62.5
6	5	350	Awelo Phiona Mukasa	Old Kampala SS athletic club	63.7
7	6	353	Babwona Asha	KU	65.4
8	1	369	Chebet Faima	Uganda Police	74.4

**800m Final**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	170	Orishaba Marvelous	Ndejje University	2:13.5
2	1	173	Ijorea Margaret	Kids of Africa	2:18.7
3	4	174	Chebet Loise	Uganda prison athletics club	2:21.8
4	6	370	Akullo Stella Wonruku	Uganda prison athletics club	2:24.9
5	8	172	Amuge Sharon	Old Kampala SS athletic club	2:36.7
6	5	171	Basemera Daphine	Old Kampala SS athletic club	2:39.2
7	7	338	Tusiimire Blessing	Ndejje University	2:43.3
8	8	177	Nabirye Kafuko Joweri	Iganga Town View SS	2:49.7
9	2	316	Nsimiire Doris	Makerere University	3:04.6

**1500m Final**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	10	310	Chebet Faith	UWA	4:42.8
2	11	311	Akello Priscilla	UWA	4:47.6
3	5	314	Apong Semmy	Kids of Africa	5:04.0
4	8	398	Cherotich Anita	Iganga Town View SS	5:17.5
5	6	313	Chebet Emma	Airforce	5:23.5
6	7	315	Chemutai Naume	Iganga Town View SS	5:30.7
7	3	317	Chekwenboi Norah	Iganga Town View SS	5:31.9
8	12	400	Chekwech Loiter	Iganga Town View SS	5:36.9
9	9	312	Chelangat Ruth	Airforce	5:46.3
10	2	319	Babirye Faima	Iganga Town View SS	6:10.0
11	4	316	Nsimiire Doris	Makerere University	6:13.0
12	1	318	Akiteng Mackline Carian	Iganga Town View SS	DNF

**5000m Final**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	1	324	Nanyondo Winnie	UWA	16:45.2
2	9	403	Yeko Grace	Tuku Africa	17:40.0
3	7	401	Kakyo Masiturah	Gombe SS Athletic Club	19:04.0
4	8	402	Kobuhwezi Patricia	Mbarara Municipality	19:51.8
5	5	399	Chemutai Naume	Iganga Town View SS	20:21.5
6	3	397	Chekwemoi Sandra	Ndejje University	DQ
7	2	396	Ninsiima Christine	Kids of Africa	DQ
8	4	398	Cherotich Anita	Iganga Town View SS	DQ
9	6	400	Chekwech Loiter	Iganga Town View SS	DNF

**1X100m Final**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	301	Apio Agness	Uganda Prisons	51.0
		157	Auma Mary		
		370	wonruko Stella		
		284	Koli Evaline Ocen		
2	1	253	Namufumba Zakia	Iganga Town View SS	57.6
		265	Matama Stella		
		266	Namakyika Shilah		
		336	Nakato Jaliat		
3	3	160	Marufa Ahmed	Bombo SS	73.3
		395	Nandudu Aisha		
		268	Ziyada Muhammad		
		250	Leilah Jazira		

**Discus**

Pos	Order	Bib No	Name	Affiliation	Distance
1	1	205	Lalam Josephine Joyce	Uganda Police Athletics Club	44.73
2	6	391	Anena Prisca Kevin	Gombe SS Athletic Club	38.90
3	7	203	Lakot Nancy	Uganda Prisons	34.20
4	5	390	Atim Oliver	UCU	32.92
5	3	389	Amaido Caroline	Uganda Prisons	31.25
6	11	254	Anek Scovia Olanya	Ndejje University	30.60
7	8	261	Acan Agness	Gombe SS Athletic Club	29.12
8	4	204	Lawil Judith Odida	Gombe SS Athletic Club	26.64
9	10	251	Ajok Jackline	Iganga Town View SS	17.02
10	9	388	Kengonzi Beatrice	Makerere University	16.44
	2	394	Ssanyu Emily	Kids of Africa	NM
			Akankwasa Joan	Kids of Africa	DNS
			Oyella Kevin Alice	UPDF	DNS

**Javelin**

Pos	Order	Bib No	Name	Affiliation	Distance
1	1	254	Anek Scovia Olanya	Ndejje University	34.86
2	4	238	Lakot Scovia	Uganda Prisons	31.55
3	2	251	Ajok Jackline	Iganga Town View SS	27.30
4	3	250	Leilah Jazira	Bombo SS	12.00

**Long Jump**

Pos	Order	Bib No	Name	Affiliation	Distance
1	1	404	Alobo Gladys	Uganda Prisons	5.43
2	2	405	Adongo Dometry	UPDF	5.17
3	3	406	Aber Mercy	Gombe SS Athletic Club	4.79
4	5	330	Ibida Elizabeth	Uganda Police	4.44
5	4	407	Ziyada Muhammad	Bombo SS	4.09

**Short Put**

Pos	Order	Bib No	Name	Affiliation	Distance
1	1	387	Acan Janneth	Uganda Police Athletics Club	11.46
2	3	389	Amaido Caroline	Uganda Prisons	10.33
3	6	392	Aromorach Gladys Brenda	Restore Leadership High School	10.15
4	4	390	Atim Oliver	UCU	9.32
5	5	391	Anena Prisca Kevin	Gombe SS Athletic Club	9.00
6	8	394	Ssanyu Emily	Kids of Africa	6.46
7	7	393	Akankwasa Joan	Kids of Africa	6.12
8	2	388	Kengonzi Beatrice	Makerere University	4.50
	9	395	Nandudu Aisha	Bombo SS	NM
			Leilah Jazira	Bombo SS	DNS
			Oyella Kevin Alice	UPDF	DNS
			Tibenda Judith	Kids of Africa	DNS
		406	Aber Mercy	Gombe SS Athletic Club	DNS

**MEN**

**100m Heat 1**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	1	223	Obuto Solomon	Prisons athletics club.	10.6
2	4	225	Isabirye Musa	Prisons athletics club.	10.9
3	7	227	Okwii Erick	UWA	11.1
4	2	380	Ocira John	UPDF	11.3
5	6	226	Okolimo Joseph	UCU	11.4
6	8	228	Masaba Peter	Makerere University	11.6
7	5	243	Ojok Justin	Tuku Afrika	11.8
8	3	224	Ogenwot Pablo Kustner	Kitgum	14.0

**100m Heat 2**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	231	Esou Emmanuel	UPDF	11.0
2	1	229	Onyanga Isaac	UPDF	11.2
3	6	234	Ariti James	UPDF	11.4
4	5	233	Omodo Denish Isaac	UCU	11.6
5	4	232	Mukasa Vincent	Ndejje University	11.8
6	2	230	Kiguli Trevor	Buikwe District	12.0
7	8	236	Laker Isaac	Tuku Afrika	12.4
8	7	235	Obong Brian Brackford	UPDF	DQ

**100m Heat 3**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	6	269	Ochola Philips	St Joseph's College Layibi	11.3
2	7	221	Opiyo Kenneth Payesu	Gulu University	11.5
3	5	246	Kalibata Brian	Tuku Afrika	11.6
4	2	222	Ongom Gerald	Airforce	11.9
5	1	237	Eling Denish	Amolatar SS	12.1
6	4	242	Buwaso Sowedi	Mayuge District	12.4
7	8	220	Omara Tonny	Tuku Afrika	12.6
8	3	335	Ssebakaki Abdul	Makindye Municipality	12.8

**100m Heat 4**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	217	Keith Batte	UAFA	11.8
2	7	215	Otim Godfrey Innocent Lwanga	Gulu City	12.2
3	2	219	Sabiiti Robert	UPDF	12.4
4	5	293	Bamusubire Rogers	Kamuli District	12.7
5	6	322	Odida Moses	Iganga Town View SS	13.0
6	3	218	Amanyire Martin	Makerere University	13.3
7	1	216	Nsiro Edward	Wakiso	13.7

**100m Heat 5**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	1	212	Wakilo Denis	UPDF	11.3
2	5	210	Oling Emmanuel	Gombe SS Athletic Club	12.5
3	3	283	Ssekanjako Isa	Inzikuru Academy	12.8
5	4	211	Assimwe Nester	Kids of Africa	13.0
5	2	214	Ocanya Joel	Gombe SS Athletic Club	14.5

**100m Heat 6**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	6	213	Abila Henry	Prisons athletics club.	11.5
2	7	208	Musinguzi Davis	Ndejje University	11.8
3	2	247	Ssemanda Haman	Makindye Municipality	12.1
4	1	341	Wandera Gilbert	Airforce	12.2
5	4	207	Rubangakene Emma Mugisha	Gulu City	12.6
6	5	408	Sserubirizi Garvin	Bombo ss	13.0
7	3	209	Mivule Paul	Aghakhan University	13.8

**100m Heat 7**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	239	Maganda Barack	Iganga Town View SS	11.8
2	2	240	Ngobi Dickson	Iganga Town View SS	12.0
3	6	241	Odong Jasper	Iganga Town View SS	12.6
4	3	245	Walera Ferguson	Makindye Municipality	13.5
5	1	244	Mugaya Wickliffe	Makindye Municipality	13.8
6	5	206	Kizito Patrick	Kids of Africa	15.3

**200m Heat 1**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	1	247	Ssemanda Haman	Makindye Municipality	24.0
2	5	239	Maganda Barack	Iganga Town View SS	24.3
3	8	341	Wandera Gilbert	Airforce	25.0
4	6	300	Otim David Beckham	St Joseph's College Layibi	25.2
5	3	156	Taboon Raiyed Hussein	Kids of Africa	25.5
6	2	343	Mutumba Andrew	Kids of Africa	26.2
7	7	155	Malaba Ashraf	Makindye Municipality	30.1
	4	342	Lokoru Martin	Airforce	DQ

**200m Heat 2**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	7	246	Kalibata Brian	Tuku Afrika	23.0
2	1	242	Buwaso Sowedi	Mayuge District	24.4
3	8	345	Kaweesi Francis	Makerere University	24.6
4	3	334	Wananda Earnest	Old Kampala SS athletic club	24.9
5	4	382	Ssajjabbi Christopher	Makindye Municipality	25.2
6	2	333	Atuyambe Rashad	Old Kampala SS athletic club	26.3
7	5	359	Mutumba Rashid	Kids of Africa	27.6
	6	237	Eling Denish	Amolatar SS	DQ

**200m Heat 3**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	234	Ariti James	UPDF	22.5
2	1	231	Esou Emmanuel	UPDF	22.7
3	3	378	Omuka Kenneth	Makerere University	22.9
4	6	279	Okino Yubu	St Joseph's College Layibi	24.6
5	2	154	Makubuya Trevor	UPDF	24.8
6	5	219	Sabiiti Robert	UPDF	25.2
7	8	347	Ocom Geoffrey Beridwogo	UPDF	25.4
8	7	218	Amanyire Martin	Makerere University	27.0

**200m Heat 4**

Pos	Lane	Bib No.	Name	Affiliation	Time
2	1	271	Kibet Jacob Gerizim	Bombo SS	25.9
3	5	283	Ssekanjako Isa	Inzikuru Academy	26.1
4	2	245	Walera Ferguson	Makindye Municipality	27.9
5	6	176	Kyimba Joseph	Bombo SS	28.2
6	4	244	Mugaya Wickliffe	Makindye Municipality	29.1
	3	290	Odong Jasper	Iganga Town View SS	DQ

**200m Heat 5**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	1	372	Adilu Francis	Uganda Police	23.1
2	7	362	Nahurira Ronald	Mbarara municipality	23.3
3	4	355	Ambayo Fred	West Nile	23.6
4	3	230	Kiguli Trevor	Buikwe District	23.8
5	8	377	Oyet Patrick Micheal	Gulu City	24.0
6	2	222	Ongom Gerald	Airforce	24.2
7	6	375	Okello Mathew	Uganda Police	24.5
	5	221	Opiyo Kenneth Payesu	Gulu University	DQ

**200m Heat 6**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	1	227	Okwii Erick	UWA	21.6
2	6	226	Okolimo Joseph	UCU	22.0
3	7	365	Nyeko Johnson	Gulu University	22.2
4	2	228	Masaba Peter	Makerere University	22.5
5	4	150	Jagalo Joshua	Uganda Police	22.8
6	5	373	Ajalo Joshua	Kids of Africa	23.1
7	3	367	Odong Innocent	Gulu City	23.4
	8	235	Obong Brian Brackford	UPDF	DQ

**400m Heat 1**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	5	371	Onen Kennedy	Prisons athletics club.	49.2
2	2	365	Nyeko Johnson	Gulu University	49.5
3	8	378	Omuka Kenneth	Makerere University	50.0
4	7	373	Ajalo Joshua	Kids of Africa	50.5
5	6	380	Oweka Samuel	UPDF	50.8
6	1	361	Olanya Reagan	Ndejje University	51.3
7	4	355	Ambayo Fred	West Nile	56.0
8	3	363	Eragu Joseph	UPDF	DQ

**400m Heat 2**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	367	Odong Innocent	Gulu City	50.9
2	1	364	Otema Simon	Ndejje University	52.3
3	3	366	Wanume yahaya	Uganda Police Athletics Club	53.9
4	2	345	Kaweesi Francis	Makerere University	54.5
5	6	360	Omollo Innocent Lazzo	Makerere University	54.8
6	8	374	Komakech Moses	Prisons athletics club.	55.7
7	5	346	Kaddu Venswa	Para athletics	56.1
8	7	347	Ocom Geoffrey Beridwogo	UPDF	56.3

**400m Heat 3**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	5	372	Adilu Francis	Uganda Police Athletics Club	53.0
2	3	348	Magali Ivan	Mayuge District	56.2
3	2	339	Mukose Girisomu	Iganga Town View SS	57.7
4	6	340	Okurut Sam	Iganga Town View SS	61.2
5	1	342	Lokoru Martin	Airforce	62.3
6	4	381	Tibyasa Phabang	Makerere University	63.9

**400m Heat 4**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	382	Ssajjabbi Christopher	Makindye Municipality	55.4
2	1	335	Ssebakaki Abdul	Makindye Municipality	57.4
3	3	343	Mutumba Andrew	Kids of Africa	59.5
4	7	359	Mutumba Rashid	Kids of Africa	60.3
5	5	377	Oyet Patrick Micheal	Gulu City	DQ
6	2	375	Okello Mathew	Uganda Police Athletics Club	DQ
7	6	341	Wandera Gilbert	Airforce	DQ

**400m Heat 5**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	7	362	Nahurira Ronald	Mbarara Municipality	51.8
2	5	334	Wananda Earnest	Old Kampala SS athletic club	53.7
3	6	376	Labeja Patrick	Kampala Kids Academy	55.4
4	4	333	Atuyambe Rashad	Old Kampala SS athletic club	58.5
5	1	332	Kazooro Eria	Gombe SS Athletic Club	61.3
6	2	331	Musigazi Henry	Bombo SS	63.9
7	3	344	Sande Allocious	Airforce	64.3

**800m Heat 1**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	8	302	Rwotokonya Emmanuel	St Joseph's College Layibi	2:05.2
2	5	165	Ogen Innocent	Kampala Kids Academy	2:09.3
3	4	167	Ssozi Sufiyan	Makerere University	2:10.6
4	6	164	Tinkamanyire Innocent	Gombe SS Athletic Club	2:12.6
5	5	166	Ssetyabule Gabriel	Kids of Africa	2:21.4
6	1	298	Tulyatunga Solomon	Mbarara Municipality	2:25.0
7	1	309	Cheptuket Isham	Airforce	2:31.4
8	7	163	Hakim Noah	Bombo SS	2:31.6
9	3	168	Ssemra Araphat	Gombe SS Athletic Club	2:33.5
10	3	169	Kabwama Edirisa	Kids of Africa	3:08.5

**800m Heat 2**

Pos	Lane	Bib No.	Names	Affiliation	Time
1	6	142	Kirano Shafiq	UWA	1:54.0
2	7	141	Apenyo Bekele	Prisons athletics club.	1:54.4
3	8	147	Omara Raymond	Airforce	1:56.2
4	3	140	Ocen Robin	Prisons athletics club.	1:57.4
5	4	144	Onekgiu Jimmy Jasper	Ndejje University	1:57.8
6	8	161	Ongee Felix Ouma	Prisons athletics club.	<b>1:58.8</b>
7	1	143	Faraha Issa	Gulu City	2:00.1
9	5	145	Ndibailawa Jamiru	KIU	2:04.3
10	5	146	Tolit Cliff Godfrey	Makerere University	2:11.0
	1	366	Wanume Yahaya	Uganda Police Athletics Club	DNF
	2	162	Goni Emmanuel	Uganda prison athletics club	DQ

**1500m Final**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	8	306	Omara Tonny	Prisons athletics club.	3:52.7
2	13	288	Mugume Barnabas	South Western Region	4:00.0
3	3	299	Kurube Fadhil Jaffar	Airforce	4:05.0
4	9	308	Emong David	Prisons athletics club.	4:06.2
5	5	294	Agong Mike	Tuku Africa	4:08.9
6	15	297	Tenywa Edreen	Uganda Police	4:10.3
7	6	292	Obedi Jacob	Gombe SS Athletic Club	4:13.2
8	14	305	Owene Daniel	Tuku Africa	4:19.8
9	18	303	Cherotich Emmanuel	UPDF	4:22.5
10	10	291	Bizike Ayub	Iganga Town View SS	4:27.7
11	17	304	Okwir Brian Louis	St Joseph's College Layibi	4:28.4
12	11	290	Ocen Denish	Iganga Town View SS	4:33.0
13	12	289	Lokujo Charles Moini	Lukungu Athletics Academy	4:36.7
14	7	293	Bamusubire Rogers	Kamuli District	4:42.4
15	20	344	Sande Allocious	Airforce	4:59.1
16	4	298	Tulyatunga Solomon	Mbarara Municipality	4:59.8
17	16	295	Kiisa Victor	Makindye Municipality	5:07.7
18	1	309	Cheptuket Isham	Airforce	5:16.3
19	19	302	Rwotokonya Emmanuel	St Joseph's College Layibi	DQ
20	2	307	Okullo musa	Prisons athletics club.	DQ

5000m Final

Pos	Lane	Bib No.	Name	Affiliation	Time
1	22	187	Akampa Seth	South Western Region	14:51.7
2	10	201	Akram Salim	Tororo	15:33.5
3	13	195	Arapkutwo Jabeth	Tororo	15:38.3
4	27	176	Kyimba Joseph	Bombo SS	15:42.9
5	25	178	Katurebe Edson	Mbarara Municipality	15:47.5
6	26	376	Labeja Patrick	Kampala Kids Academy	15:58.6
7	20	190	Mugoda James	UCU	15:59.5
8	23	189	Musinguzi John Francis	Makerere University	16:06.1
9	24	175	Wanok Morrison	Ndejje University	16:10.3
10	3	179	Ayeko Ezekiel	Iganga Town View SS	16:19.1
11	16	191	Kiplangat Esau	Ndejje University	16:24.9
12	19	192	Nsimiramukama Edgar	Mbarara Municipality	16:54.0
13	11	199	Kibet Shedrack	Tororo	17:02.4
14	5	181	Chemutai Amon	Iganga Town View SS	17:02.7
15	28	198	Ogwang Gerald	Tuku Afrika	17:05.8
16	7	183	Kiprotich Meshak	Iganga Town View SS	17:12.6
17	4	180	Chebet Johnson	Iganga Town View SS	17:12.9
18	14	197	Okello Oscar	Tuku Afrika	17:18.8
19	8	184	Mutebi Henry	Kampala Kids Academy	17:28.3
20	29	196	Akamumpa Edgar	Mbarara Municipality	17:45.3
	6	182	Tumuhise Jethro	Iganga Town View SS	DNF
	18	193	Aryamanya Anold	Mbarara Municipality	DNF
	9	185	Kwemboi Ezekiel Kwerit	Iganga Town View SS	DNF
	21	186	Othieno Felix	Makerere University	DNF
	17	188	Ndagijimana Butamenya Antoine	Makerere University	DNF
	15	194	Tukahiwa Benjamin	Kampala Kids Academy	DNF
	12	200	Kwemboi Eddy	Tororo	DNF
	2	202	Akanyijuka Clecent	UWA	DNF
	1	295	Kiisa Victor	Makindye Municipality	DNF

4 x 100m Relay

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	133	Aboda Emmanuel	Team Uganda A	40.6
		135	Adome Pius		
		134	Ngobi Allan		
		136	Okot Benson		
2	7	225	Isabirye Musa	Team Uganda B	41.2
		223	Obuto Solomon		
		380	Ocira John		
		227	Okwii Erick		
3	3	229	Onyanga Isaac	UPDF	43.6
		234	Ariti James		
		231	Esou Emmanuel		
		212	Wakilo Denis		
4	5	132	Okello Darius	Tuku Africa	43.9
		362	Nahurira Ronald		
		236	Laker Isaac		
		364	Ojok Justin		
5	6	271	Kibet Jacob Gerizim	Bombo SS	44.2
		408	Sserubirizi Garvin		
		176	Skiyimba Joseph		
		331	Musigazi Henry		
6	8	372	Adilu Francis	Uganda Police	45.4
		230	Kiguli Trevor		
		360	Omollo Innocent Lazzo		
		366	Wanume yahaya		
7	2	150	Jagalo Joshua	Makerere University	50.6
		228	Masaba Peter		
		355	Ambayo Fred		
		378	Omuka Kenneth		
8	1	240	Ngobi Dickson	Iganga Town View SS	50.8
		290	Odong Jasper		
		241	Okurut Sam		
		239	Maganda Barack		

**Discus**

Pos	Order	Bib No	Name	Affiliation	Distance
1	14	386	Odong Martin	Uganda Prisons	35.20
2	1	151	Odong Baya	Uganda Police	35.14
3	7	149	Okumu Junior	Gombe SS Athletic Club	34.80
4	15	153	Abonga Denisco	UPDF	34.73
5	6	326	Oceng Moses Jinaro	Uganda Prisons	34.70
6	5	383	Odongkara Patrick	Uganda Wildlife Authority	34.48
7	2	152	Oyuku Benson Leo	UPDF	33.79
8	13	320	Orach Richard	Kampala University	32.32
9	8	379	Ojara Jackson Pope	UPDF	31.62
10	3	410	Mwaka Johnson	Uganda Prisons	31.39
11	11	321	Komakech Regan Semei	44	30.33
			Komakech Allan	Kampala University	DNS
	4	384	Muganyizi Mesearch	Bombo SS	NM
	9	409	Mugulusi Balack	Iganga Town View SS	NM
			Tukamuheebwa Anthony	Uganda Wildlife Authority	DNS
	10	148	Jjuko Owen	Bombo SS	NM

**Javelin**

Pos	Order	Bib No	Name	Affiliation	Distance
1	3	410	Mwaka Johnson	Uganda Prisons	60.12
2	8	326	Oceng Moses Jinaro	Uganda Prisons	58.22
3	4	325	Ociti Jacob	Ndejje University	47.58
4	5	327	Nyekolobo Gilbert	Kampala University	41.77
5	1	408	Sserubirizi Garvin	Bombo SS	36.90
6	2	409	Mugulusi Balack	Iganga Town View SS	36.74
7	7	329	Gali Maka Emmanuel	Uganda Police	25.83
8	6	328	Obia Isaac	Makerere University	24.57
			Ocaya David	Uganda Wildlife Authority	DNS
			Oketayot Pius	Restore Leadership High School	DNS

**Long Jump**

Pos	Order	Bib No	Name	Affiliation	Distance
1	6	276	Okello Charles	Uganda Prisons	7.37
2	15	374	Komakech Moses	Uganda Prisons	7.17
3	4	274	Odongo Denish	UPDF	7.03
4	5	275	Okumu Junior	Gombe SS Athletic Club	6.76
5	12	282	Ogenrwot Churchill	Kitgum	6.62
6	9	279	Okino Yubu	St Joseph's College Layibi	6.59
7	14	257	Yikii Jimmy	Uganda Prisons	6.40
8	1	269	Ochola Philips	St Joseph's College Layibi	6.30
9	13	300	Otim David Beckham	St Joseph's College Layibi	6.17
10	8	278	Kideganono Lawrence	Boston High School	5.98
11	7	277	Lusiba Alex	Kids of Africa	5.94
12	11	281	Oketayot Pius	Restore Leadership High School	5.78
13	10	280	Ogenrwot Daniel Sadat	Restore Leadership High School	5.20
14	2	271	Kibet Jacob Gerizim	Bombo SS	5.20
15	3	273	Lutwama Joshua	Bombo SS	4.75

**Short Put**

Pos	Order	Bib No	Name	Affiliation	Distance
1	4	386	Odong Martin	Uganda Prisons	13.14
2	6	321	Komakech Regan Semei	Uganda Prisons	11.68
3	1	379	Ojara Jackson Pope	UPDF	11.67
4	2	383	Odongkara patrick	Uganda Wildlife Authority	11.37
5	7	323	Onencan Bob	Uganda Prisons	11.11
6	10	322	Odida Moses	Iganga Town View SS	10.29
7	8	320	Orach Richard	Kampala University	9.84
8	5	385	Jurugo Samuel	Uganda Prisons	9.78
9	9	327	Nyekolobo Gilbert	Kampala University	9.68
10	3	384	Muganyizi Mesearch	Bombo SS	6.45