



UGANDA ATHLETICS FEDERATION
5TH NATIONAL TRIALS RESULTS
27TH APRIL, 2024-UGANDA CHRISTIAN UNIVERSITY

WOMEN

100m Heat 1

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|---------------------|---------------------------|------|
| 1 | 1 | 617 | Marufa Yasmin | Bombo S.S.S | 14.4 |
| 2 | 8 | 613 | Kabasinguzi Monica | Nalinya Lwantale Girls SS | 14.6 |
| 3 | 3 | 619 | Najjuma Shalom | Kids of Africa | 15.0 |
| 4 | 4 | 626 | Kalijja Jesca Jovia | Lukungu Athletics Academy | 15.3 |
| 5 | 5 | 615 | Nakato Fatumah | Makindye Municipality | 15.6 |
| 6 | 7 | 620 | Zawedde Destiny | Kids of Africa | 16.3 |
| 7 | 2 | 621 | Waseme Lilian | Makindye Municipality | 16.5 |
| 8 | 6 | 624 | Pasqualato Rosalba | Arua | 16.8 |

100m Heat 2

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|-------------------|---------------------------|------|
| 1 | 1 | 628 | Kengonzi Violet | Nalinya Lwantale Girls SS | 13.7 |
| 2 | 2 | 572 | Nabwire Sandra | Lukungu Athletics Academy | 14.0 |
| 3 | 4 | 611 | Asio Vicky | Airforce SS | 14.3 |
| 4 | 7 | 618 | Ziyada Mohammed | Bombo S.S.S | 14.5 |
| 5 | 3 | 629 | Nambi Sharon | Nalinya Lwantale Girls SS | 14.7 |
| 6 | 5 | 625 | Chiara Pasqualato | Arua | 15.2 |
| 7 | 6 | 623 | Aduno Margret | Makindye Municipality | 15.5 |

100m Heat 3

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|-------------------|---------------------------|------|
| 1 | 4 | 614 | Kobusinge Salaama | Nalinya Lwantale Girls SS | 13.5 |
| 2 | 6 | 634 | Apolo Eunice | Prisons | 13.9 |
| 3 | 2 | 627 | Anga Rita | Lukungu Athletics Academy | 14.2 |
| 4 | 1 | 622 | Apuya Christebela | Makindye Municipality | 14.7 |
| 5 | 5 | 612 | Nabirye Joan | Uganda Police | 14.9 |
| 6 | 3 | 616 | Kawala Shakirah | Makindye Municipality | 15.7 |

100m Heat 4

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|--------------------|----------------------|------|
| 1 | 2 | 631 | Nyawere Christine | UPDF | 12.3 |
| 2 | 3 | 661 | Koli Evaline Ocen | Uganda Prisons | 12.5 |
| 3 | 6 | 647 | Auma Mary | Uganda Prisons | 12.7 |
| 4 | 7 | 630 | Acen Rose Mary | UPDF | 12.9 |
| 5 | 8 | 636 | Atimango Winnifred | UCU | 13.1 |
| 6 | 1 | 646 | Anguparu Pamela | UWA | 13.7 |
| 7 | 5 | 542 | Chemutai Kezia | Tororo | 13.9 |
| 8 | 4 | 649 | Namatovu Clare | Kampala kids Academy | 14.5 |

400m Final

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|------------------------|----------------------------|--------|
| 1 | 1 | 543 | Ijorea Margaret | Kids of Africa | 59.0 |
| 2 | 7 | 556 | Idwara Peninah | UPDF | 59.3 |
| 3 | 4 | 546 | Mbabazi Peace Teopista | Old Kampala Athletics Club | 59.9 |
| 4 | 3 | 545 | Khawa Anna Mary | Old Kampala Athletics Club | 1:00.7 |
| 5 | 8 | 548 | Biryeri Evelyne | Uganda Prisons | 1:02.5 |
| 6 | 2 | 544 | Awelo Phiona Mukasa | Old Kampala Athletics Club | 1:02.8 |
| 7 | 6 | 547 | Aguyo Judith | Uganda Prisons | 1:03.5 |
| 8 | 5 | 542 | Chemutai Kezia | Tororo | 1:07.5 |



800m Heat 1

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|-------------------------|----------------------------|--------|
| 1 | 5 | 543 | Ijorea Margaret | Kids of Africa | 2:19.8 |
| 2 | 1 | 675 | Namudope Rose | Lukungu Athletics Academy | 2:31.3 |
| 3 | 6 | 666 | Basemera Daphine | Old Kampala Athletics Club | 2:37.7 |
| 4 | 4 | 669 | Gimbo Madina | Nalinya Lwantale Girls SS | 2:40.8 |
| 5 | 3 | 672 | Kusuro Mercyline | Nalinya Lwantale Girls SS | 2:41.3 |
| 6 | 3 | 667 | Tsui Molly Hope | Kids of Africa | 2:52.5 |
| 7 | 8 | 626 | Kalijja Jesca Jovia | Lukungu Athletics Academy | 2:52.7 |
| 8 | 2 | 668 | Kisakye Prosperity | Kids of Africa | 3:05.9 |
| 9 | 5 | 673 | Birungi Michelle Gladys | Uganda Prisons | 3:09.3 |
| 10 | 1 | 665 | Agor Roup | South Sudan | 3:15.7 |
| 11 | 7 | 671 | Alonyo Esther | Nalinya Lwantale Girls SS | 3:17.8 |

800m Heat 2

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|-----------------------|----------------------------|--------|
| 1 | 3 | 677 | Wonruku Stella Akullu | Uganda Prisons | 2:14.6 |
| 2 | 8 | 676 | Chemutai Elizabeth | Tororo | 2:14.8 |
| 3 | 4 | 679 | Ayozu Grace | Ndejje University | 2:19.6 |
| 4 | 1 | 520 | Nasasira Evas | Evzin athletics club | 2:21.9 |
| 5 | 5 | 678 | Amongin Susan | UPDF | 2:25.7 |
| 6 | 2 | 680 | Ayikoru Lilian | West Nile | 2:28.0 |
| 7 | 4 | 674 | Apolot Ruth | Uganda Prisons | 2:33.5 |
| 8 | 7 | 570 | Okware Lillian Ajambo | Lukungu Athletics Academy | 2:37.5 |
| 9 | 3 | 670 | Amuge Sharon | Old Kampala Athletics Club | 2:41.4 |
| 10 | 6 | 527 | Cherukut Hellen | Airforce SS | 3:00.2 |

5000m Final

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|--------------------|---------------------------|---------|
| 1 | 11 | 514 | Cheptoek Ruth | UPDF | 16:40.6 |
| 2 | 7 | 525 | Chemutai Martha | Police | 16:50.9 |
| 3 | 10 | 524 | Cherop Risper | Police | 17:15.2 |
| 4 | 8 | 522 | Chebet Gloria | Police | 17:46.3 |
| 5 | 12 | 520 | Nasasira Evas | Evzin athletics club | 17:58.5 |
| 6 | 9 | 523 | Chelangat Sylvia | Police | 18:40.5 |
| 7 | 6 | 521 | Kobuhwezi Patricia | Mbarara Municipality | 19:54.2 |
| 8 | 4 | 516 | Kope Annet | Lukungu Athletics Academy | 20:09.1 |
| 9 | 2 | 515 | Chemutai Hope | Lukungu Athletics Academy | 20:53.9 |
| 10 | 3 | 517 | Mutonyi Brenda | Lukungu Athletics Academy | 20:55.9 |
| 11 | 1 | 513 | Chelangat Ruth | Airforce ss | 20:58.8 |
| 12 | 5 | 519 | Chebet Immaculate | Airforce SS | 21:47.8 |

4X400m Relay Final

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|-----------------------|---------------------------|--------|
| 1 | 2 | 677 | Wonruku Stella Akullu | Uganda Prisons | 3:58.4 |
| | | 647 | Auma Mary | | |
| | | 548 | Biryeri Evelyne | | |
| | | 661 | Koli Evaline Ocen | | |
| DQ | 1 | 569 | Ocitiru Prossy | Lukungu Athletics Academy | DQ |
| | | 572 | Nabwire Sandra | | |
| | | 570 | Okwale Lillian Ajambo | | |
| | | 675 | Namudope Rose | | |
| DQ | 3 | 556 | Idwara Peninah | UPDF | DQ |
| | | 630 | Acen Rose Mary | | |
| | | 678 | Amongin Susan | | |
| | | 631 | Nyawere Christine | | |

Discus

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|--------------------------|---------------------|-------|
| 1 | 3 | 641 | Amaido Caroline | Uganda Prisons | 30.47 |
| 2 | 4 | 642 | Oyella Kevin Alice | UPDF | 30.40 |
| 3 | 2 | 530 | Nalubwama Hasifah | Mpigi District | 22.12 |
| 4 | 1 | 526 | Kengonzi Beatrice | Makerere University | 16.64 |
| 5 | 7 | 645 | Sanyu Emily | Kids of Africa | 15.44 |
| 6 | 6 | 644 | Tibenda Judith | Kids of Africa | 12.14 |
| 7 | 5 | 643 | Namulindwa Destiny Suzan | Kids of Africa | 12.08 |

Javelin

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|----------------------|----------------|-------|
| 1 | 5 | 529 | Lakot Scovia | Uganda Prisons | 33.48 |
| 2 | 4 | 530 | Nalubwama Hasifah | Mpigi District | 32.24 |
| 3 | 2 | 527 | Cherukut Hellen | Airforce SS | 26.40 |
| 4 | 3 | 528 | Apiyo Lamwaka Scovia | Uganda Prisons | 23.42 |
| 5 | 1 | 526 | Kengonzi Beatrice | Para | 15.10 |

MEN**200m Heat 1**

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|-------------------------|----------------------------|------|
| 1 | 8 | 551 | Wananda Earnest | Old Kampala Athletics Club | 23.9 |
| 2 | 1 | 681 | Kwizerimana Shaban | Old Kampala Athletics Club | 25.2 |
| 3 | 5 | 550 | Atuyambe Rashad | Old Kampala Athletics Club | 25.5 |
| 4 | 6 | 689 | Lyada Moses | Bombo S.S.S | 25.8 |
| 5 | 7 | 683 | Tusubira Mark | Lukungu Athletics Academy | 26.1 |
| 6 | 4 | 696 | Sebagala Mattias | Kids of Africa | 27.2 |
| 7 | 2 | 698 | Bogere Jacob | Kids of Africa | 28.7 |
| 8 | 3 | 682 | Wakabili Kezekia Balaam | Lukungu Athletics Academy | 30.7 |

200m Heat 2

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|------------------|-----------------------|------|
| 1 | 5 | 700 | Sserwada Paul | Kids of Africa | 24.4 |
| 2 | 7 | 695 | Walera Ferguson | Makindye Municipality | 27.0 |
| 3 | 2 | 699 | Mugaya Wickliffe | Makindye Municipality | 27.8 |
| 4 | 1 | 702 | Kizito Patrick | Kids of Africa | 30.1 |
| 5 | 8 | 701 | Bagenda Quincy | Kids of Africa | 30.4 |
| 6 | 3 | 704 | Musoke Lamech | Kids of Africa | 30.7 |
| 7 | 6 | 707 | Ayiko Emmanuel | Bombo S.S.S | 31.0 |
| 8 | 4 | 706 | Kirabo Steven | Kids of Africa | 31.4 |

200m Heat 3

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|-----------------------|----------------------------|------|
| 1 | 4 | 684 | Ssemanda Haman | Makindye Municipality | 23.4 |
| 2 | 7 | 693 | Emukurait Bram | KCCA | 24.2 |
| 3 | 6 | 563 | Ssajjabbi Christopher | Makindye Municipality | 24.4 |
| 4 | 8 | 534 | Otim David Beckham | St Joseph's College Layibi | 24.9 |
| 5 | 5 | 709 | Okullu Jacob | Entebbe Municipality | 25.2 |
| 6 | 1 | 535 | Lusiba Alex | Kids of Africa | 25.7 |
| 7 | 3 | 703 | Raiyed Hussein | Kids of Africa | 26.2 |
| 8 | 2 | 694 | Ssenabulya Yassin | Kiboga | 27.5 |

200m Heat 4

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|----------------------|------------------|------|
| 1 | 8 | 585 | Kalibata Brain | Tuku Africa | 22.4 |
| 2 | 1 | 711 | Wakilo Denis | UPDF | 23.0 |
| 3 | 5 | 719 | Makubuya Trevor | UPDF | 24.9 |
| 4 | 6 | 687 | Kimanga Henry Watira | Gombe SSS | 25.1 |
| 5 | 2 | 662 | Omaruk Joshua | Kids of Africa | 25.5 |
| 6 | 3 | 721 | Bamusibira Rogers | Kamuli District | 25.6 |
| 7 | 4 | 708 | Ssekanjoko Isa | Inzikuru Academy | 26.3 |
| 3 | 7 | 692 | Abila Henry | Uganda Prisons | DQ |

200m Heat 5

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|------------------|-----------------|------|
| 1 | 2 | 537 | Ongom Gerald | Airforce | 23.2 |
| 2 | 1 | 586 | Ocom Geoffrey | UPDF | 24.9 |
| 3 | 5 | 717 | Wandera Denis | Tela Field Club | 26.6 |
| 4 | 4 | 685 | Mutumba Rashid | Kids of Africa | 27.0 |
| 5 | 3 | 690 | Nsiiro Edward | Wakiso | 27.2 |
| 6 | 6 | 562 | Kiprotich Graham | Tororo | 27.4 |
| 7 | 7 | 691 | Lubowa Jacob | Kampala Central | 29.1 |

200m Heat 6

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|----------------------|----------------------------|------|
| 1 | 5 | 716 | Ochola Philip | St Joseph's College Layibi | 22.7 |
| 2 | 3 | 710 | Mukasa Vincent | Ndejje University | 22.9 |
| 3 | 4 | 564 | Oyet Patrick Michael | Ndejje University | 23.3 |
| 4 | 2 | 705 | Jjunju Brian | Kids of Africa | 25.5 |
| 5 | 7 | 567 | Mutumba Andrew | Kids of Africa | 25.8 |
| 6 | 1 | 718 | Sabiiti Robert | UPDF | 26.0 |
| | 6 | 686 | Olibo John | UPDF | DQ |

200m Heat 7

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|-----------------------|-----------------|------|
| 1 | 1 | 688 | Isabirye Musa | Uganda Prisons | 21.6 |
| 2 | 7 | 712 | Ocira John | UPDF | 21.7 |
| 3 | 6 | 715 | Obuto Solomon | Uganda Prisons | 22.0 |
| 4 | 3 | 568 | Nyeko Johnson | Gulu University | 22.2 |
| 5 | 5 | 720 | Onyanga Isaac | UPDF | 22.5 |
| 6 | 2 | 713 | Esou Emmanuel | UPDF | 22.7 |
| 7 | 4 | 566 | Ajalu Joshua | Kids of Africa | 22.9 |
| 8 | 8 | 714 | Obong Brian Brackford | UPDF | 23.2 |

400m Heat 1

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|--------------------|----------------------------|--------|
| 1 | 2 | 552 | Ssebakaki Abdul | Makindye Municipality | 55.5 |
| 2 | 4 | 554 | Ogen Innocent | Kampala Kids Academy | 56.4 |
| 3 | 5 | 550 | Atuyambe Rashad | Old Kampala Athletics Club | 57.2 |
| 4 | 6 | 565 | Ssetyabule Gabriel | Kids of Africa | 58.1 |
| 5 | 3 | 562 | Kiprotich Graham | Tororo | 1:00.5 |
| 6 | 1 | 549 | Otibaka Afizu | Makerere University | 1:05.5 |
| 7 | 7 | 555 | Omara Augustine | Kids of Africa | 1:06.4 |
| 8 | 8 | 557 | Oryema Godfrey | Kids of Africa | 1:10.3 |

400m Heat 2

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|-----------------------|----------------------------|--------|
| 1 | 7 | 551 | Wananda Earnest | Old Kampala Athletics Club | 52.9 |
| 2 | 8 | 582 | Rwotokonya Emmanuel | St Joseph's College Layibi | 53.3 |
| 3 | 4 | 564 | Oyet Patrick Michael | Ndejje University | 54.0 |
| 4 | 1 | 563 | Ssajjabbi Christopher | Makindye Municipality | 54.2 |
| 5 | 6 | 583 | Ogenrwot Daniel | St Joseph's College Layibi | 56.4 |
| 6 | 2 | 567 | Mutumba Andrew | Kids of Africa | 59.3 |
| 7 | 3 | 553 | Hakim Noah | Bombo S.S.S | 1:04.0 |
| | 5 | 586 | Ocom Geoffrey | UPDF | DQ |

400m Heat 3

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|---------------------|---------------------|------|
| 1 | 2 | 584 | Adoli Haron | Uganda Prisons | 47.8 |
| 2 | 4 | 574 | Chan Wengo Godfrey | Uganda Prisons | 48.2 |
| 3 | 1 | 559 | Omuka Kenneth | Makerere University | 48.2 |
| 4 | 8 | 575 | Erimu Kokas | Uganda Prisons | 48.7 |
| 5 | 3 | 580 | Onen Kennedy | Uganda Prisons | 48.9 |
| 6 | 6 | 578 | Oroma Williamson | Uganda Police | 49.1 |
| 7 | 7 | 568 | Nyeko Johnson | Gulu University | 49.5 |
| 8 | 5 | 577 | Oweka Samuel Saddam | UPDF | 50.3 |

400m Heat 4

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|-----------------------|---------------------|------|
| 1 | 2 | 576 | Akemkwene Peter | Ndejje University | 49.6 |
| 2 | 5 | 561 | Ongee Felix Ouma | Uganda Prisons | 50.0 |
| 3 | 6 | 581 | Ariti James | UPDF | 50.3 |
| 4 | 8 | 566 | Ajalu Joshua | Kids of Africa | 51.3 |
| 5 | 3 | 585 | Kalibata Brain | Tuku Africa | 51.5 |
| 6 | 1 | 579 | Apenyo Bekele | Uganda Prisons | 52.2 |
| 7 | 7 | 560 | Omollo Innocent Lazzo | Makerere University | 53.7 |
| 8 | 4 | 558 | Nifu Ndiwoloye | Kyambogo University | 55.2 |

1500m Heat 1

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|-------------------------------|----------------------------|--------|
| 1 | 16 | 597 | Labeja Patrick | Kampala Kids Academy | 4:05.6 |
| 2 | 1 | 607 | Kibet Evans | Uganda Police | 4:08.8 |
| 3 | 15 | 604 | Mutai Levi | Uganda Police | 4:11.3 |
| 4 | 3 | 606 | Cherotic Ivan | Uganda Police | 4:16.9 |
| 5 | 14 | 605 | Cherotich Jacob | Uganda Police | 4:19.7 |
| 6 | 4 | 589 | Kiplimo Alex | Uganda Police | 4:24.0 |
| 7 | 12 | 592 | Ndagijimana Butamenya Antoine | Makerere University | 4:27.5 |
| 8 | 5 | 583 | Ogenrwot Daniel | St Joseph's College Layibi | 4:30.2 |
| 9 | 8 | 588 | Okwir Brian Louis | St Joseph's College Layibi | 4:32.6 |
| 10 | 9 | 595 | Ssemakula Regan | Kids of Africa | 4:39.4 |
| 11 | 11 | 594 | Abdalla Abdulkadir | Makerere University | 4:40.7 |
| 12 | 2 | 602 | Ssozi Sufiyan | Makerere University | 4:46.9 |
| 13 | 10 | 587 | Turyasingura Andrew | Ndejje University | 4:56.6 |
| 14 | 13 | 598 | Lugolobi Julius | Kids of Africa | 5:23.8 |
| 15 | 7 | 601 | Kabwama Edirisa | Kids of Africa | 5:50.9 |
| 16 | 6 | 599 | Assimwe Nesta | Kids of Africa | 6:11.3 |

1500m Heat 2

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|---------------------|----------------------------|--------|
| 1 | 5 | 610 | Otim Emmanuel | Makerere University | 3:52.3 |
| 2 | 4 | 591 | Kipsisey David | UPDF | 4:02.9 |
| 3 | 11 | 590 | Ategeka Brian Adams | Evzin athletics club | 4:06.4 |
| 4 | 6 | 596 | Okello Frank | UCU | 4:13.6 |
| 5 | 12 | 582 | Rwotokonya Emmanuel | St Joseph's College Layibi | 4:16.1 |
| 6 | 9 | 608 | Chemos Jacktan | Uganda Police | 4:27.4 |
| 7 | 3 | 593 | Okullo Musa | Uganda Prisons | 4:47.5 |
| 8 | 2 | 609 | Nyogo Adam | Uganda Police | 4:51.3 |
| 9 | 1 | 603 | Nsubuga Joseph | Makerere University | 5:04.3 |
| 10 | 7 | 600 | Kirabo Cedric | Kids of Africa | 5:16.2 |
| | 13 | 575 | Erimu Kokas | Uganda Prisons | DNF |

5000m Final

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|----------------------|----------------------------|---------|
| 1 | 13 | 658 | Akampa Seth | South western Region | 14:22.6 |
| 2 | 3 | 655 | Kwerit Leonard | Uganda Police | 14:42.9 |
| 3 | 15 | 590 | Ategeka Brian Adams | Evzin athletic club | 14:57.6 |
| 4 | 7 | 653 | Ayeko Joshua | Uganda Police | 15:07.1 |
| 5 | 1 | 659 | Nyakuni Moses | Arua District | 15:07.5 |
| 6 | 12 | 657 | Opio James | Kikooko | 15:45.0 |
| 7 | 5 | 654 | Cherop Enock | Uganda Police | 15:54.1 |
| 8 | 4 | 652 | Kwemoi Edwin | Uganda Police | 16:06.0 |
| 9 | 14 | 663 | Mugoda James | UCU | 16:24.0 |
| 10 | 11 | 651 | Katurebe Edson | Mbarara Municipality | 16:37.6 |
| 11 | 8 | 650 | Cheptok John Twalla | UWA | 18:05.3 |
| 12 | 6 | 656 | Mutai Ken | Lukungu Athletics Academy | 18:48.2 |
| | 10 | 588 | Okwir Brian Louis | St Joseph's College Layibi | DNF |
| | 9 | 648 | Cherukut Aron Twalla | Kapchorwa District | DNF |
| | 2 | 660 | Kawooya Ivan | Rubaga | DNF |

4X400m Relay Final

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|---------------------|----------------|--------|
| 1 | 2 | 574 | Chan Wengo Godfrey | Uganda Prisons | 3:13.1 |
| | | 561 | Ongee Felix Ouma | | |
| | | 580 | Onen Kennedy | | |
| | | 584 | Adoli Haron | | |
| 2 | 3 | 578 | Oroma Williamson | Uganda Police | 3:15.1 |
| | | 559 | Omuka Kenneth | | |
| | | 568 | Nyeko Johnson | | |
| | | 576 | Akemkwene Peter | | |
| 3 | 1 | 713 | Esou Emmanuel | UPDF | 3:25.9 |
| | | 577 | Oweka Samuel Saddam | | |
| | | 781 | Ariti James | | |
| | | 712 | Ocira John | | |

Senior Javelin -800g

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|---------------------|----------------------------|-------|
| 1 | 1 | 632 | Mwaka Johnson | Uganda Prisons | 59.25 |
| 2 | 2 | 509 | Opiyo Denis Comboni | St Joseph's College Layibi | 52.48 |
| 3 | 4 | 518 | Nyekolobo Gilbert | Kampala University | 46.30 |
| 4 | 5 | 511 | Orach Richard | Kampala University | 42.16 |
| 5 | 3 | 512 | Komakech Richard | St Joseph's College Layibi | 40.90 |
| 6 | 6 | 633 | Obura Richard | Inzikuru | 35.00 |
| 7 | 7 | 640 | Esbern Buldolsen | Kids of Africa | 33.83 |

Junior Javelin -600g

| Pos | Lane | Bib No. | Name | Affiliation | Time |
|-----|------|---------|----------------|----------------|-------|
| 1 | 1 | 600 | Kirabo Cedrick | Kids of Africa | 26.91 |
| 2 | 2 | 639 | Kwagala Malcom | Kids of Africa | 19.81 |

Long Jump

| Pos | Order | Bib No | Name | Affiliation | Distance |
|-----|-------|--------|---------------------|----------------------------|----------|
| 1 | 1 | 531 | Okello Charles | Uganda Prisons | 7.24 |
| 2 | 7 | 539 | Odongo Denish | UPDF | 6.97 |
| 3 | 9 | 538 | Okino Yubu | St Joseph's College Layibi | 6.81 |
| 4 | 5 | 534 | Otim David Beckham | St Joseph's College Layibi | 6.67 |
| 5 | 4 | 536 | Kideganono Lawrance | Boston High School | 6.50 |
| 6 | 11 | 541 | Yikii Jimmy | Uganda Prisons | 6.49 |
| 7 | 10 | 540 | Okello John | Lukungu Athletics Academy | 6.20 |
| 8 | 6 | 535 | Lusiba Alex | Kids of Africa | 5.70 |
| | 2 | 532 | Jjuuko Owen | Bombo S.S.S | NM |
| | 3 | 533 | Kibet Jacob Gerizim | Bombo S.S.S | NM |
| | 8 | 537 | Ongom Gerald | Airforce | NM |

Shot Put

| Pos | Order | Bib No | Name | Affiliation | Distance |
|-----|-------|--------|----------------------|----------------------------|----------|
| 1 | 1 | 500 | Odong Martin | Uganda Prisons | 12.79 |
| 2 | 2 | 501 | Opiyo Oscar | Uganda Prisons | 12.65 |
| 3 | 4 | 503 | Oceng Moses Jinaro | Uganda Prisons | 12.57 |
| 4 | 11 | 510 | Komakech Regan Semei | Uganda Prisons | 12.24 |
| 5 | 3 | 502 | Odongkara Patrick | UWA | 11.91 |
| 6 | 6 | 506 | Nokrach Alfred | Unity Athletic Club | 11.56 |
| 7 | 8 | 507 | Ojara Jackson pope | UPDF | 11.54 |
| 8 | 13 | 511 | Orach Richard | Kampala University | 10.50 |
| 9 | 5 | 505 | Bakanzewa Joel | Tela Field Club | 10.46 |
| 10 | 9 | 509 | Opiyo Denis Comboni | St Joseph's College Layibi | 10.15 |
| 11 | 7 | 508 | Jurugo Samuel | Uganda Prisons | 9.63 |
| 12 | 14 | 504 | Kayo Kenneth | Tela Field Club | 9.21 |
| 13 | 12 | 518 | Nyekolobo Gilbert | Kampala University | 9.20 |
| 14 | 10 | 512 | Komakech Richard | St Joseph's College Layibi | 8.82 |

Triple Jump

| Pos | Order | Bib No | Name | Affiliation | Distance |
|-----|-------|--------|-----------------|----------------------------|----------|
| 1 | 5 | 531 | Okello Charles | Uganda Prisons | 14.95 |
| 2 | 3 | 664 | Ayup Khoak Khor | Ndejje University | 14.76 |
| 3 | 6 | 538 | Okino Yubu | St Joseph's College Layibi | 13.40 |
| 4 | 2 | 541 | Yikii Jimmy | Uganda Prisons | 13.30 |
| 5 | 4 | 540 | Okello John | Lukungu Athletics Academy | 12.97 |
| | 1 | 662 | Omaruk Joshua | Kids of Africa | NM |

