



# UGANDA ATHLETICS FEDERATION 6TH NATIONAL TRIALS RESULTS

11TH MAY, 2024-UGANDA CHRISTIAN UNIVERSITY

## Women

### 200m Heat 1

Pos	Lane	Bib No.	Name	Affiliation	Time
1	6	101	Diciru Mary Grace	Makindye Municipal Athletics Association	30.3
2	3	105	Namande Joan	Inzikuru	30.6
3	1	102	Apuya Christabella	Makindye Municipal Athletics Association	31.4
4	7	110	Najjuma Shalom	Kids of Africa	31.9
5	8	103	Alezuyo Dorcus	Makindye Municipal Athletics Association	32.5
6	2	107	Sanctuary Reigns	Makerere University	32.9
7	4	109	Chelangat Dominah	Tororo	33.2
8	5	108	Zawedde Destiny	Kids of Africa	33.6

### 200m Heat 2

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	342	Amuge Mercy	Gombe SS	27.7
2	2	100	Nabunya Tracy	Makindye Municipal Athletics Association	27.9
3	6	348	Gutu Leah Hope	Tororo	29.3
4	4	345	Atim Lydia	Kids of Africa	29.5
5	5	182	Atim Mercy	Kids of Africa	30.2
6	1	106	Bisirikirwa Joy	Kids of Africa	32.3

### 200m Heat 3

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	350	Kobusinge Salaama	Nalinya Iwantale Girls School	29.4
2	4	241	Draru Rose	Uganda Police	29.6
3	6	240	Kaahwa Anna Mary	Old Kampala Athletics Club	30.0
4	7	340	Anguparu Pamela	UWA	30.1
5	5	245	Akongo Justine	Kampala Kids Academy	30.3
6	1	243	Nakato Jaliat	Iganga Town View SS	31.5
7	2	111	Atimango Hope Jacqueline	Tuku Afrika	34.3

### 200m Heat 4

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	349	Apio Agness	Uganda Prisons	25.5
2	7	343	Awat Mary	Gombe SS	26.0
3	8	344	Atiang Charity Mercy	UCU	26.3
4	2	347	Acen Rose Mary	UPDF	26.5
5	1	244	Abeja Dorothy	Gulu University	26.9
6	5	104	Biryeri Evelyne	Uganda Prisons	27.2
7	4	346	Waaku Prisca	UCU	28.5
8	6	341	Namatovu Clare	Kampala Kids Academy	30.3

### 400m Heat 1

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	250	Aguyo Judith	Uganda Prisons	1:02.5
2	2	249	Azio Milka	Divine Athletics Club	1:05.5
3	1	234	Nakato Jaliat	Iganga Town View SS	1:07.7
4	5	242	Kajumba Margret	Kids of Africa	1:11.7
	4	248	Apio Elizabeth	Divine Athletics Club	DQ

**400m Heat 2**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	3	246	Mbabazi Peace Tespistar	Old Kampala athletic club	59.4
2	4	247	Ijorea Margret	Kids of Africa	59.9
3	2	240	Kaahwa Anna Mary	Old Kampala Athletics Club	1:00.1
4	6	244	Abeja Dorothy	Gulu University	1:00.5
5	1	241	Draru Rose	Uganda Police	1:01.2
6	5	245	Akongo Justine	Kampala Kids Academy	1:06.9

**1500m Final**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	11	248	Chelimo Babra	Tororo	4:58.8
2	4	194	Apong Semmy	Kids of Africa	5:06.2
3	5	202	Cherotich Faith	Tororo	5:16.7
4	8	200	Chelangat Deborah	Tororo	5:18.1
5	1	196	Gimbo Madina	Nalinya Iwantale Girls School	5:25.4
6	6	195	Cherop Joy	Tororo	5:36.2
7	9	198	Chemutai Hope	Tororo	5:45.6
8	10	199	Apio Elizabeth	Divine Athletics Club	5:51.0
9	12	203	Katoko Aisha	Makindye Municipal Athletics Association	5:53.0
10	7	201	Chemutai Joan	Tororo	5:59.3
11	2	193	Nsimiire Doris	Makerere University	6:08.7
12	3	197	Alonyo Esther	Nalinya Iwantale Girls School	6:58.9

**4X100m Relay**

Pos	Lane	Bib No.	Name	Affiliation	Time
1	4	335	Wonruku Stella Akullu	Uganda Prisons	49.3
		334	Auma Mary		
		333	Koli Evaline Ocen		
		349	Apio Agness		
2	3	341	Namatovu Clare	Kampala Kids Academy	54.8
		350	Kobusinge Salaama		
		245	Akongo Justine		
		340	Anguparu Pamela		
	2	347	Acen Rose Mary	UPDF	DQ
		104	Biryeri Evelyne		
		250	Aguyo Judith		
		210	Adongo Domedy		
	1	209	Zawadi Mary	Uganda Police	DQ
		244	Abeja Dorothy		
		241	Draru Rose		
		247	Ijorea Margret		
	5	343	Away Mary	UCU	DQ
		208	Atimango Winnifred		
		344	Atiang Charity Mercy		
		346	Waaku Prisca		

**Javelin**

Pos	Order	Bib No.	Name	Affiliation	Distance
1	2	277	Chebet Milka	Tororo	31.75
2	1	278	Nalubwama Hasifah	Mpigi	27.10
3	3	276	Aluku Sarah	UPDF	26.25

**Long Jump**

Pos	Order	Bib No.	Name	Affiliation	Distance
1	3	208	Atimango Winnifred	UCU	5.73
2	1	210	Adongo Domedey	UPDF	5.59
3	2	209	Zawadi Mary	Uganda Police	5.03

**Short Put**

Pos	Order	Bib No.	Name	Affiliation	Distance
1	6	183	Oyella Kevin Alice	UPDF	9.37
2	5	184	Anena Kevin	UPDF	9.25
3	8	186	Atim Oliver	UCU	9.24
4	7	278	Nalubwama Hasifah	Mpigi	7.96
5	9	182	Atim Mercy	Kids of Africa	7.72
6	1	189	Sanyu Emily	Kids of Africa	6.61
7	4	185	Akankwasa Joan	Kids of Africa	6.35
8	2	188	Tibenda Judith	Kids of Africa	6.23
9	3	187	Kengonzi Beatrice	Makerere University	5.02

**MEN****100m Heat 1**

Pos	Lane	Bib	Name	Affiliation	Time
1	2	174	Okot Benson	UWA	10.2
2	6	175	Isabirye Musa	Uganda Prisons	10.7
3	1	178	Obuto Solomon	Uganda Prisons	10.9
4	5	173	Ngobi Allan	Uganda Police	11.1
5	8	176	Okolimo Joseph	UCU	11.3
6	3	180	Esou Emmanuel	UPDF	11.5
7	7	147	Ocira John	UPDF	11.7
8	4	226	Ajalu Joshua	Kids of Africa	11.8

**100m Heat 2**

Pos	Lane	Bib	Name	Affiliation	Time
1	7	141	Okabo Santos	UCU	10.9
2	1	144	Mukasa Vincent	Ndejje University	11.1
3	4	143	Obong Brian Brackford	UPDF	11.4
4	6	154	Ambayo Fred	Kids of Africa	11.6
5	5	164	Abila Henry	Uganda Prisons	11.9
6	8	167	Kamoga Sidney	Makerere University	12.2
7	2	146	Emukurait Brian	KCCA	12.6
8	3	142	Wandera Denis	Tela Field club	12.8

**100m Heat 3**

Pos	Lane	Bib	Name	Affiliation	Time
1	4	168	Wakilo Denis	UPDF	11.1
2	7	171	Omodo Denish Isaac	UCU	11.4
3	3	170	Ongom Gerald	Airforce	11.6
4	6	220	Bwambale Joshua	Divine Athletics Club	11.8
5	2	215	Omollo Innocent Lazzo	Makerere University	12.1
6	1	148	Ewich Moses	Uganda Prisons	12.3
7	8	181	Makubuya Trevor	UPDF	12.7
8	5	179	Wabwire Derick	Bombo army ss	13.0

**100m Heat 4**

Pos	Lane	Bib	Name	Affiliation	Time
1	4	149	Obaren Aaron	Uganda Prisons	11.8
2	3	212	Oyugi Donald	Divine Athletics Club	12.1
3	7	177	Makimoh Boniface	Tororo	12.3
4	1	158	Omaruk Joshua	Kids of Africa	12.5
5	6	153	Wamono Fred	Tororo	12.7
6	5	172	Kimanga Henry Watira	Gombe SS	12.9
7	2	157	Serwada Paul	Kids of Africa	13.1
8	8	221	Lunyera Moses	Divine Athletics Club	13.4

**100m Heat 5**

Pos	Lane	Bib	Name	Affiliation	Time
1	7	218	Toolit Edmond	Divine Athletics Club	12.2
2	1	150	Mutumba Andrew	Kids of Africa	12.5
3	3	166	Amanyire Martin	Makerere University	12.8
4	8	159	Rayied Hussein	Kids of Africa	13.1
5	5	155	Olowo Dodovico	Inzikuru	13.5
6	6	156	Kilptoyek Isaac	BOMBO S. S	13.7
7	4	145	Kiyimba Joseph	BOMBO S. S	14.1
8	2	161	Musoke Lamech	Kids of Africa	15.0

**100m Heat 6**

Pos	Lane	Bib	Name	Affiliation	Time
1	5	223	Odyek Patrick	Divine Athletics Club	12.2
2	3	169	Asimwe Nester	Kids of Africa	14.3
3	1	140	Kirabo Steven	Kids of Africa	14.9
4	2	134	Ayiko Emmanuel	Kids of Africa	15.3
5	4	162	Bogere Jacob	Kids of Africa	15.7

**100m Heat 7**

Pos	Lane	Bib	Name	Affiliation	Time
1	1	136	Owiny Dollo James	UCU	11.8
2	3	151	Kideganono Lawrance	Boston High school	12.1
3	5	205	Ocom Geoffrey	UPDF	12.5
4	4	219	Atugonza Godfrey	Divine Athletics Club	12.6
5	6	160	Asimwe Sheldon	Kids of Africa	15.4
	2	152	Ssekanjoko Isa	Inzikuru	DQ

**100m Heat 8**

Pos	Lane	Bib	Name	Affiliation	Time
1	4	135	Laker Isaac	Tuku Afrika	11.5
2	3	137	Oringa Lawrence	UCU	11.7
3	5	217	Ocom Maxwell	Divine Athletics Club	12.0
4	2	213	Bayo Simon	Divine Athletics Club	12.6
5	1	236	Omoket Isaac	Tororo	12.8
6	6	163	Kibirige John	Kids of Africa	13.1
7	7	165	Kizito Patrick	Kids of Africa	15.4

**400m Heat 1**

Pos	Lane	Bib	Name	Affiliation	Time
1	8	228	Mutu Allan	Divine Athletics Club	54.8
2	7	221	Lunyera Moses	Divine Athletics Club	56.9
3	3	219	Atugonza Godfrey	Divine Athletics Club	57.4
4	1	235	Gidongo Timothy	Tororo	59.9
5	6	231	Omara Augustine	Kampala Kids Academy	1:07.2
6	5	232	Odere Jovan	KKA	1:08.6
7	4	233	Ochaya Brian	KKA	1:09.6
8	2	238	Kainerugaba Adam	Uganda Para	1:10.0

**400m Heat 2**

Pos	Lane	Bib	Name	Affiliation	Time
1	6	211	Omuka Kenneth	Makerere University	49.3
2	4	227	Ariti James	UPDF	49.5
3	1	207	Goni Emmanuel	Uganda Prisons	52.8
4	2	226	Ajalu Joshua	Kids of Africa	53.2
5	8	237	Wananda Earnest	Old Kampala athletic club	53.5
6	5	215	Omollo Innocent Lazzo	Makerere University	53.9
7	3	224	Okullu Jacob	Entebbe Municipality	54.7
8	7	214	Farahan Issa	Gulu City	56.2

**400m Heat 3**

Pos	Lane	Bib	Name	Affiliation	Time
1	5	218	Toolit Edmond	Divine Athletics Club	53.5
2	7	229	Nifu Ndiwoloye	Kyambogo University	54.1
3	3	222	Mroimana Ahmed roimana	Comoros	54.6
4	2	206	Acelun Kokas	UPDF	55.2
5	1	213	Bayo Simon	Divine Athletics Club	56.4
6	4	234	Onyango Ian	Tororo	56.8
7	8	223	Odyek Patrick	Divine Athletics Club	57.4
8	6	236	Omoket Isaac	Tororo	1:01.1

**400m Heat 4**

Pos	Lane	Bib	Name	Affiliation	Time
1	8	225	Okodi Denish	Divine Athletics Club	51.5
2	6	220	Bwambale Joshua	Divine Athletics Club	53.1
3	3	217	Ocom Maxwell	Divine Athletics Club	53.8
4	1	204	Malimba Sajars Wepukhulu	Makerere University	54.2
5	2	216	Ssajjabbi Christopher	Makindye Municipal Athletics Association	54.8
6	7	212	Oyugi Donald	Divine Athletics Club	55.1
7	5	230	Lokujo Charles	Lukungu Academy	55.7
8	4	205	Ocom Geoffrey	UPDF	56.1

**800m Heat 1**

Pos	Lane	Bib	Name	Affiliation	Time
1	2	129	Orono Mathew	Tororo	2:16.7
2	3	132	Lugolobi Drake	Kids of Africa	2:22.1
3	6	123	Okello Jolly Joe	Inzikuru	2:23.6
4	8	133	Kawewa Emmanuel	Makerere University	2:28.5
5	1	131	Obaloker Isaac Oroma	Inzikuru	2:29.3
6	7	125	Byabagambi Khalid	Mbarara Municipality	2:33.3
7	5	127	Oryema Godfrey	Kampala Kids Academy	2:38.0
8	4	126	Ochaya Brian	KKA	2:40.6

**800m Heat 2**

Pos	Lane	Bib	Name	Affiliation	Time
1	8	117	Kipyeko Isaac	Kipsiro Moses Foundation	1:57.0
2	4	119	Krube Fadil Jaffar	Airforce	1:58.4
3	1	124	Ogen Innocent	Kampala Kids Academy	2:07.0
4	2	230	Lokujo Charles	Lukungu Academy	2:07.8
5	5	228	Mutu Allan	Divine Athletics Club	2:09.8
6	3	116	Mbabazi Andrew	Kampala Kids Academy	2:10.1
7	7	120	Tusherure Turyatunga Tush	UCU	2:14.1
8	8	122	Nsubuga Joseph	Makerere University	2:23.8
	6	130	Kirabo Cedrick	Kids of Africa	DNF

**800m Heat 3**

Pos	Lane	Bib	Name	Affiliation	Time
1	3	115	Ogwal Samuel	Uganda Prisons	1:53.3
2	5	214	Farahan Issa	Gulu City	2:00.8
3	8	113	Wanume Yahaya	Uganda Police	2:00.8
4	4	114	Oketcho John	Uganda Prisons	2:01.2
5	7	225	Okodi Denish	Divine Athletics Club	2:02.8
6	6	112	Okello Frank	UCU	2:03.3
7	8	118	Ndibailawa Jamiru	KIU Academy	2:05.8
8	1	128	Kato Ronald	Uganda Prisons	2:17.2
9	2	121	Tudyatunga Solomon	Mbarara Municipality	2:23.8

**5000m Final**

Pos	Lane	Bib	Name	Affiliation	Time
1		269	Kibet Laban	Uganda Prisons	14:50.8
2		252	Niwesinguzi Daniel	Uganda Prisons	14:53.2
3		268	Kibet Rooney	Uganda Prisons	15:09.8
4		256	Amumpire Cosmas	Mbarara Municipality	15:18.2
5		266	Mande Eluid	Tororo	15:34.9
6		258	Tumukunde Dandas	Mbarara Municipality	15:54.5
7		259	Ssempebwa Emmy	Mbarara Municipality	16:01.8
8		267	Kwemoi Caleb	UPDF	16:03.1
9		251	Mugoda James	UCU	16:12.2
10		253	Ndagijimana Butamenya An	Makerere University	16:15.8
11		257	Mugisa Regan	Mountains of the moon University	16:23.3
12		260	Otucu Emmanuel	Uganda Prisons	16:27.4
13		254	Musana Ezekiel	Mbarara Municipality	16:37.0
14		255	Monday Kevin	Makindye Municipal Athletics Association	16:51.9
15		262	Kiisa Victor	Makindye Municipal Athletics Association	17:52.0
		265	Samir Khemis	Soroti city	DNF
		261	Mutono Brian	UCU	DNF
		263	Canogura Denish	Kampala University	DNF
		264	Mulema Isaac	Makindye Municipal Athletics Association	DNF

### 4 X 100M Relay

Pos	Lane	Bib	Name	Affiliation	Time
1	3	338	Masaba Peter	Makerere	42.1
		211	Omuka Kenneth		
		173	Ngobi Allan		
		337	Adome Pius		
2	1	171	Omodo Denish Isaac	UCU	42.5
		141	Okabo Santos		
		137	Oringa Lawrence		
		176	Okolimu Joseph		
3	6	143	Obong Brian Brackford	UPDF	42.9
		147	Ocira John		
		168	Wakilo Danis		
		180	Esou Emmanuel		
4	7	225	Okodi Denis	Divine Athletics Club	47.3
		220	Bwambale Joshua		
		219	Atugonza Godfrey		
		218	Toolit Edmond		
5	5	179	Wabwiire Derick	Bombo Army	47.9
		339	Odokonyero Jackson		
		206	Acelun Kokas		
		181	Makubuya Trevor		
6	4	154	Ambayo Fred	Kids of Africa A	48.7
		226	Ajalu Joshua		
		157	Serwada Paul		
		336	Jjunju Brian		
7	2	158	Omaruk Joshua	Kids of Africa B	49.8
		150	Mutumba Andrew		
		163	Kibirige John		
		272	Lusiba Alex		

### Discus

Pos	Order	Bib No.	Name	Affiliation	Distance
1	5	282	Akena Moses	UWA	39.90
2	9	270	Odongkara Patrick	UWA	38.94
3	2	285	Opiyo Oscar	Uganda Prisons	36.10
4	1	286	Odong Martin	Uganda Prisons	35.46
5	8	279	Ojara Jackson Pop	UPDF	34.13
6	6	281	Orach Richard	Kampala University	34.13
7	3	284	Oyuku Benson Leo	UPDF	33.71
8	4	283	Ejupa Adamz	Lukungu Academy	29.24
9	7	280	Komakech Hallan	Kampala University	21.50

### Javelin

Pos	Order	Bib No.	Name	Affiliation	Distance
1	3	190	Nyekolobo Gilbert	Kampala University	48.37
2	4	283	Ejupa Adamz	Lukungu Academy	46.05
3	5	281	Orach Richard	Kampala University	43.68
4	2	191	Obura Richard	Inzikuru	38.88
5	1	192	Engole Charles	Inzikuru	32.35

### Long Jump

Pos	Order	Bib No.	Name	Affiliation	Distance
1	2	273	Okello Charles	Uganda Prisons	7.13
2	3	275	Komakech Moses	Uganda Prisons	7.13
3	1	271	Odongo Denish	UPDF	7.02
4	4	274	Kideganono Lawrance	Boston High school	6.25
5	5	272	Lusiba Alex	Kids of Africa	5.93

### Tiple Jump

Pos	Order	Bib No.	Name	Affiliation	Distance
1	1	273	Okello Charles	Uganda Prisons	15.05
2	2	139	Ogenrwot churchill	UCU	13.82
	3	138	Yikii Jimmy	Uganda Prisons	NM
			Komakech Regan Semei	Uganda Prisons	DNS

