



UGANDA ATHLETICS FEDERATION

1ST NATIONAL TRIALS RESULTS

1ST March 2025-Mandela National Stadium

Women

100m Heat 1

Wind: 2.50m/s

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	3	029	Asinduru	Brenda	Terego	12.86
2	4	038	Akello	Molly	Uganda Christian University Athletics Club	13.17
3	2	028	Asimasia	Queen Cathrine	Terego	13.58
4	1	001	Asio	Vicky	Airforce Army SS	14.21

100m Heat 2

Wind: 1.60m/s

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	4	042	Mbwali	Bridget	Uganda Christian University Athletics Club	11.96
2	5	055	Koli	Evaline Ocen	Uganda Prisons Athletics Club	12.31
3	6	059	Acen	Rose Mary	UPDF Athletics Club	12.91
4	2	024	Acirocan	Vicky	Ndejje University Athletics Club	13.17
5	1	023	Kawala	Shakira	Makindye	13.87
6	3	033	Atim	Mercy	Tororo	14.62

200m Heat 1

Wind: -0.20m/s

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	2	029	Asinduru	Brenda	Terego	26.46
2	5	015	Namuwonge	Jennifer	KCCA Athletics Club	26.81
3	3	006	Acan	Agness	Gombe SSS Athletics Club	27.75
4	1	023	Kawala	Shakira	Makindye	28.15
5	4	008	Agoa	Nancy	Gombe SSS Athletics Club	28.82

200m Heat 2

Wind: 0.70m/s

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	5	031	Akwenyi	Malvine	Tororo	25.87
2	6	043	Suubi	Denise Ntege	Uganda Christian University Athletics Club	27.18
3	4	009	Amuge	Mercy	Gombe SSS Athletics Club	28.11
4	1	028	Asimasia	Queen Cathrine	Terego	28.45
5	2	033	Atim	Mercy	Tororo	30.00
6	3	007	Acheng	Hafsah Akulla	Gombe SSS Athletics Club	31.75

200m Heat 3

Wind: 1.90m/s

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	6	055	Koli	Evaline Ocen	Uganda Prisons Athletics Club	25.75
2	2	012	Awat	Mary	Gombe SSS Athletics Club	25.86
3	4	039	Atiang	Charity Mercy	Uganda Christian University Athletics Club	26.25
4	3	003	Anamu	Vicky	Amuria	26.29
5	5	053	Auma	Mary	Uganda Prisons Athletics Club	26.35
6	8	041	Atimango	Winnifred	Uganda Christian University Athletics Club	26.89
7	7	115	Marufa	Ahmed Dafala	Gombe SSS Athletics Club	28.08

400m Heat 1

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	5	031	Akwenyi	Malvine	Tororo	57.00
2	7	062	Desire	Josephine	Arua City	59.42
3	4	009	Amuge	Mercy	Gombe SSS Athletics Club	1:00.84
4	2	006	Acan	Agness	Gombe SSS Athletics Club	1:03.77
5	3	008	Agoa	Nancy	Gombe SSS Athletics Club	1:05.72
6	6	002	Chelengat	Esther	Airforce Army SS	1:18.23

400m Heat 2

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	5	003	Anamu	Vicky	Amuria	57.50
2	6	012	Awat	Mary	Gombe SSS Athletics Club	58.37
3	3	014	Abeja	Dorothy	Gulu University Athletics Club	58.77
4	4	054	Biryeri	Evelyn	Uganda Prisons Athletics Club	1:00.40
5	7	052	Apiyo	Scovia Lamwaka	Uganda Prisons Athletics Club	1:01.88
6	1	115	Marufa	Ahmed Dafala	Gombe SSS Athletics Club	1:03.46
7	8	027	Kajumba	Margret	Olympian Mutekanga Organisation (OMO)	1:08.06
8	2	007	Acheng	Hafsah Akulla	Gombe SSS Athletics Club	1:13.33

800m Final

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	7	045	Chebet	Maureen	Kween	2:05.19
2	6	046	Leni	Shida	Uganda Police Athletics Club	2:07.07
3	8	057	Nabulo	Sarah Khafu	Uganda Prisons Athletics Club	2:14.27
4	5	037	Chemutai	Teddy	Tororo	2:16.92
5	1	062	Desire	Josephine	Arua City	2:24.84
6	8	013	Kakyo	Masturah	Gombe SSS Athletics Club	2:27.96
7	2	017	Golda	Victoria	Kitgum	2:29.87
8	3	018	Lakareber	Angel	Kitgum	2:32.89
9	7	051	Apio	Sarah	Uganda Prisons Athletics Club	2:33.96
10	5	036	Chelangat	Deborah	Tororo	2:34.32
11	4	030	Draru	Sharon	Terego	2:41.75
12	8	004	Nabaggala	Claire	Evzin Athletics Club	2:50.69
13	3	022	Otensia	Candiru	Makerere University Athletics Club	3:17.54

1500m Final

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	9	061	Naakayi	Halimah	UWA Athletics Club	4:21.25
2	8	035	Chebet	Zumurah	Tororo	4:40.09
3	4	005	Nasasira	Evas	Evzin Athletics Club	4:47.94
4	5	013	Kakyo	Masturah	Gombe SSS Athletics Club	5:01.54
5	7	019	Asara	Scovia	Koboko	5:07.64
6	1	018	Lakareber	Angel	Kitgum	5:28.67
7	6	016	Ajalo	Prossy	Kitgum	6:01.88
8	2	022	Otensia	Candiru	Makerere University Athletics Club	7:08.11

Discus Throw

Pos	Order	Bib No.	Surname	Givenname	Club/Association	Distance
1	1	010	Anena	Kevin Prisca	Gombe SSS Athletics Club	38.51
2	6	047	Aciro	Rose Mary	Uganda Prisons Athletics Club	32.05
3	4	026	Ajok	Teddy Goretty	Ndejje University Athletics Club	29.43
4	5	040	Atim	Oliver	Uganda Christian University Athletics Club	29.01
5	2	011	Apiyo	Michelle	Gombe SSS Athletics Club	26.83
6	7	049	Alanyo	Catherine	Uganda Prisons Athletics Club	26.50
7	3	021	Kengonzi	Beatrice Barbra	Makerere University Athletics Club	16.06

Javelin Throw

Pos	Order	Bib No.	Surname	Givenname	Club/Association	Distance
1	5	056	Lakot	Scovia	Uganda Prisons Athletics Club	40.27
2	3	032	Apoko	Winnie	Tororo	34.72
3	4	048	Akello Gloria	Ocen	Uganda Prisons Athletics Club	34.30
4	1	026	Ajok	Teddy Goretty	Ndejje University Athletics Club	32.25
5	6	060	Adongpiny	Marcy Keddy	UPDF Athletics Club	31.94
6	2	020	Anzoa	Anna Harriet	Makerere University Athletics Club	22.84

Long Jump

Pos	Order	Bib No.	Surname	Givenname	Club/Association	Distance
1	3	041	Atimango	Winnifred	Uganda Christian University Athletics Club	5.89
2	8	050	Alobo	Gladys	Uganda Prisons Athletics Club	5.52
3	6	056	Lakot	Scovia	Uganda Prisons Athletics Club	5.25
4	7	025	Adongcen	Kagwa	Ndejje University Athletics Club	5.09
5	4	052	Apiyo	Scovia Lamwaka	Uganda Prisons Athletics Club	5.05
6	1	024	Acirocan	Vicky	Ndejje University Athletics Club	4.78
7	2	034	Atyang	Mary	Tororo	4.39
8	5	032	Apoko	Winnie	Tororo	3.90

Shot Put

Pos	Order	Bib No.	Surname	Givenname	Club/Association	Distance
1	4	049	Alanyo	Catherine	Uganda Prisons Athletics Club	10.33
2	1	010	Anena	Kevin Prisca	Gombe SSS Athletics Club	9.95
3	3	047	Aciro	Rose Mary	Uganda Prisons Athletics Club	9.42
4	5	186	Abur	Mary	Gombe SSS Athletics Club	8.95
5	2	011	Apiyo	Michelle	Gombe SSS Athletics Club	7.82

Men

100m Heat 1

Wind: 3.50m/s

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	3	270	Imalingat	Charles	UPDF Athletics Club	11.00
2	5	189	Emojong	Solomon Franklyn	Ndejje University Athletics Club	11.12
3	4	275	Onyanga	Isaac	UPDF Athletics Club	11.22
4	2	220	Okello	Moses	Uganda Christian University	11.55
5		120	Otim	David Berkham	Gulu City	11.90
6	1	106	Osuwa Gift	Micheal	Airforce Army SS	12.23
7	7	166	Masisa	Fred	Makerere University Athletics Club	12.25

100m Heat 2

Wind: 2.70m/s

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	1	109	Munguleni	Deogracious	Arua City	11.02
2	5	191	Mukasa	Vincent	Ndejje University Athletics Club	11.09
3	7	242	Ambayo	Fred	Uganda Prisons Athletics Club	11.48
4	2	135	Kirabo	Darren	KCCA Athletics Club	11.79
5	3	147	Jjunju	Brian	Kids of Africa	12.25
6	6	221	Okello	Frank	Uganda Christian University Athletics Club	12.51
7	4	169	Nyaoke	Dylan Amuka	Makerere University Athletics Club	12.82

100m Heat 3

Wind: 1.30m/s

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	3	157	Freza	Yokwe Joseph	Koboko	11.26
2	5	192	Musinguzi	Davis	Ndejje University Athletics Club	11.76
3	2	136	Kisa	Timothy	KCCA Athletics Club	11.85
4	1	114	Kimanga	Henry	Gombe SSS Athletics Club	11.90
4	6	224	Owiny-Dollo	James	Uganda Christian University Athletics Club	12.25
5	4	176	Muloki	Elvis	Makindye	13.31
7	7	279	Nsiiro	Edward Ikonde	Wakiso	13.47

100m Heat 4**Wind: 3.70m/s**

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	6	253	Obaren	Aaron	Uganda Prisons Athletics Club	11.56
2	2	137	Kitiibwa	Emmanuel	KCCA Athletics Club	11.79
3	5	195	Opini	Godwill	Ndejje University Athletics Club	12.09
4	7	160	Innocent	Jimmy	Makerere University Athletics Club	12.98
5	4	177	Musasiza	Trevor	Makindye	14.78

100m Heat 5**Wind: 1.60m/s**

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	7	273	Odongo	Denish	UPDF Athletics Club	11.69
2	1	126	Mwikiriize	Lauben	Kampala Kids Academy Athletics Club	11.76
3	2	138	Marcelle	Aidan Tyler	KCCA Athletics Club	11.85
4	5	199	Nkesigamukama	Banet.	Ntungamo	11.93
5	6	230	Kakande Ruddy	Kawooya	Uganda Police Athletics Club	11.95
6	3	162	Kainerugaba	Adam	Makerere University Athletics Club	13.37
7	4	178	Mwanje	Muhammad	Makindye	17.57

100m Heat 6**Wind: 1.90m/s**

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	3	179	Ssemanda	Haman	Makindye	11.57
2	1	129	Omuniyokol	Brian	Kampala Kids Academy Athletics Club	11.70
3	7	164	Kaweesi	Francis	Makerere University Athletics Club	11.86
4	2	163	Kamoga	Sidney	Makerere University Athletics Club	11.89
5	5	131	Backman	Clydee	KCCA Athletics Club	12.01
6	6	141	Wani	Wilson	KCCA Athletics Club	12.19

100m Heat 7**Wind: 1.60m/s**

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	5	165	Kibumba	Semei Emmanuel	Makerere University Athletics Club	11.14
2	6	187	Ambayo	Boniface	Ndejje University Athletics Club	11.27
3	3	271	Obong	Brian Brackford	UPDF Athletics Club	11.45
4	4	132	Epodoi	Hananiah	KCCA Athletics Club	11.52
5	1	206	Oliabo	Jonathan	Soroti City	11.63
6	2	235	Torach	Stephen	Uganda Police Athletics Club	11.66
7	8	238	Abila	Hendry	Uganda Prisons Athletics Club	11.95
8	7	214	Ecodu	Nicholas	Tororo	12.17

100m Heat 8**Wind: 1.20m/s**

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	1	143	Babu	Meshack	Kenya	10.35
2	6	239	Aboda	Emmanuel	Uganda Prisons Athletics Club	10.63
3	4	142	Asamba	Dan Kiviasi	Kenya	10.70
4	3	248	Isabirye	Musa	Uganda Prisons Athletics Club	10.78
5	2	255	Obuto	Solomon	Uganda Prisons Athletics Club	10.80
6	5	226	Adome	Pius	Uganda Police Athletics Club	10.89
7	7	231	Masaba	Peter	Uganda Police Athletics Club	10.94
8	8	140	Sharif	Olipa	KCCA Athletics Club	11.00

200m Heat 1**Wind: 0.10m/s**

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	3	212	Adilu	Francis	Uganda Police Athletics Club	22.50
2	5	126	Mwikiriize	Lauben	Kampala Kids Academy Athletics Club	23.37
3	2	151	Sebagala Mbazzi	Mathius	Kids of Africa	26.54
4	1	112	Kabuye	Moses	Gombe SSS Athletics Club	27.52
	4	254	Oburu	Rogers	Uganda Prisons Athletics Club	DQ
	6	176	Muloki	Elvis	Makindye	DQ
	7	221	okello	Frank	Uganda Christian University	DQ

200m Heat 2**Wind: 0.80m/s**

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	5	143	Babu	Meshack	Kenya	21.02
2	3	219	Odongo	Dickens	Uganda Christian University Athletics Club	22.24
3	4	129	Omuniyokol	Brian	Kampala Kids Academy Athletics Club	23.68
4	7	230	Kakande Ruddy	Kawooya	Uganda Police Athletics Club	23.98
5	1	113	Kazora	Eriah	Gombe SSS Athletics Club	24.99
6	2	168	Nyanzi	Tebi	Makerere University Athletics Club	25.03
7	6	177	Musasiza	Trevor	Makindye	30.42

200m Heat 3**Wind: 2.50m/s**

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	4	274	Onencan	Brian	UPDF Athletics Club	22.43
2	5	131	Backman	Clydee	KCCA Athletics Club	23.97
3	2	197	Atugonza	Herbert	Ntungamo	24.74
4	3	223	Otieno	Glenn	Uganda Christian University Athletics Club	25.11
5	6	147	Jjunju	Brian	Kids of Africa	25.20

200m Heat 4**Wind: -0.40m/s**

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	5	157	Freza	Yokwe Joseph	Koboko	22.63
2	7	253	Obaren	Aaron	Uganda Prisons Athletics Club	23.26
3	2	204	Emukurait	Bram	Soroti City	23.66
4	6	179	Ssemanda	Haman	Makindye	23.76
5	1	120	Otim	David Berkham	Gulu City	24.16
6	4	133	Gwedda	Nahum	KCCA Athletics Club	25.03

200m Heat 5**Wind: 1.80m/s**

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	4	109	Munguleni	Deogracious	Arua City	22.59
2	3	229	Jagalo	Joshua	Uganda Police Athletics Club	23.22
3	2	205	Okiror	Herbert	Soroti City	23.64
4	7	199	Nkesigamukama	Banet.	Ntungamo	24.45
5	6	163	Kamoga	Sidney	Makerere University Athletics Club	24.48
6	5	135	Kirabo	Darren	KCCA Athletics Club	25.17

200m Heat 6**Wind: 1.70m/s**

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	2	209	Ayikoecora	Ivan	Terego	22.94
2	6	206	Oliabo	Jonathan	Soroti City	23.23
3	5	164	Kaweesi	Francis	Makerere University Athletics Club	23.33
4	4	138	Marcelle	Aidan Tyler	KCCA Athletics Club	24.22
5	1	127	Ndiwolyoye	Nifu	Kampala Kids Academy Athletics Club	24.79
6	3	114	Kimanga	Henry	Gombe SSS Athletics Club	24.83

200m Heat 7**Wind: 1.00m/s**

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	2	250	Kalibata	Brian	Uganda Prisons Athletics Club	23.04
2	1	211	Osuta	Dison	Terego	23.06
3	6	214	Ecodu	Nicholas	Tororo	24.48
4	4	141	Wani	Wilson	KCCA Athletics Club	25.42
5	5	169	Nyaoke	Dylan Amuka	Makerere University Athletics Club	26.91

200m Heat 8**Wind: 0.70m/s**

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	5	142	Asamba	Dan Kiviasi	Kenya	21.84
2	3	232	Ngobi	Allan	Uganda Police Athletics Club	22.12
3	1	272	Ocira	Johm	UPDF Athletics Club	22.59
4	2	270	Imalingat	Charles	UPDF Athletics Club	22.67
5	6	242	Ambayo	Fred	Uganda Prisons Athletics Club	22.99

400m Heat 1

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	7	222	Okolimo	Joseph	Uganda Christian University Athletics Club	48.28
2	8	282	Khalid	Safi	Yumbe	50.30
3	1	208	Asiku	Godfrey	Terego	51.63
4	6	161	Kaddu	Venswa	Makerere University Athletics Club	54.49
5	3	168	Nyanzi	Tebi	Makerere University Athletics Club	57.68
6	5	128	Ntambi	Ernest	Kampala Kids Academy Athletics Club	1:00.13

400m Heat 2

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	3	274	Onencan	Brian	UPDF Athletics Club	49.76
2	4	134	Kiguli	Trevor	KCCA Athletics Club	52.18
3	8	205	Okiror	Herbert	Soroti City	53.56
4	2	197	Atugonza	Herbert	Ntungamo	54.65
5	5	172	Onyait	Phillip	Makerere University Athletics Club	56.07
6	6	112	Kabuye	Moses	Gombe SSS Athletics Club	1:06.00

400m Heat 3

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	3	247	Goni	Emmanuel	Uganda Prisons Athletics Club	49.41
2	5	209	Ayikoecora	Ivan	Terego	49.63
3	6	250	Kalibata	Brian	Uganda Prisons Athletics Club	50.43
4	4	113	Kazora	Eriah	Gombe SSS Athletics Club	58.45
5	2	154	Akena	Ronald	Kitgum	1:07.73

400m Heat 4

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	5	146	Mukhobe	Wiseman Were	Kenya	47.04
2	4	188	Chan	Wengo Godfrey	Ndeje University Athletics Club	47.36
3	3	159	Omuka	Kenneth	Makerere University Athletics Club	47.78
4	7	122	Nyeko	Johnson	Gulu University Athletics Club	47.79
5	6	240	Adoli	Haron	Uganda Prisons Athletics Club	47.85
6	8	212	Adilu	Francis	Uganda Police Athletics Club	48.55
7	1	268	Ariti	James	UPDF Athletics Club	49.25
8	2	211	Osuta	Dison	Terego	50.01

800m Heat 1

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	6	237	Abdallah	Simon	Uganda Prisons Athletics Club	1:54.68
2	7	282	Khalid	Safi	Yumbe	1:54.93
3	5	184	Amumpeire	Cosmas	Mbarara City	1:56.46
4	4	156	Aliunzi	Samuel Knowledge	Koboko	2:00.49
5	2	118	Obedi	Jacob	Gulu City	2:02.41

800m Heat 2

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	1	104	Krube	Fadil Jaffar	Airforce Army SS	1:56.90
2	3	150	Sawad	Twaha Alli	Kids of Africa	1:58.25
3	7	265	Salih	Mohamed	Uganda Prisons Athletics Club	1:58.55
4	2	121	Rwotokonya	Emmanuel	Gulu City	1:59.23
5	5	210	Ededria	Robert Paul	Terego	2:07.95
6	4	167	Mbayo	Douglas	Makerere University Athletics Club	2:13.00

800m Heat 3

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	5	228	Cheptoyek	Nicholas	Uganda Police Athletics Club	1:52.30
2	4	213	Cheptai	Wadil	Tororo	1:59.51
3	2	152	Serwadda	Paul	Kids of Africa	2:10.69
4	1	130	Peko	Gerald	Kampala Kids Academy Athletics Club	2:13.62
5	3	170	Obong	Aron	Makerere University Athletics Club	2:21.63
	6	266	Salih Mohamed	Mohieldin Mohamed	Uganda Prisons Athletics Club	DNS

800m Heat 4

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	1	108	Alema	Brian	Arua City	1:55.95
2	2	139	Naturinda	Mubarakah	KCCA Athletics Club	2:02.41
3	6	261	Omongin	Joel	Uganda Prisons Athletics Club	2:04.33
4	3	155	Lukwiya	Mathew	Kitgum	2:04.92
5	4	173	Ssozi	Sufiyan	Makerere University Athletics Club	2:06.76

800m Heat 5

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	3	227	Chemos	Ezekiel	Uganda Police Athletics Club	1:48.89
2	5	246	Erimu	Kokas	Uganda Prisons Athletics Club	1:49.32
3	8	285	Ogwal	Samuel	Uganda Prisons Athletics Club	1:50.78
4	2	262	Ongee	Felix Ouma	Uganda Prisons Athletics Club	1:51.04
5	4	105	Omara	Raymond	Airforce Army SS	1:53.02
6	7	283	Labeja	Patrick	Kampala Kids Academy Athletics Club	1:58.51
7	6	215	Owor	Paul	Tororo	2:11.53
8	1	218	Lokujo	Charles Moini	Uganda Christian University Athletics Club	2:16.38

1500m Heat 1

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	10	251	Kiprotich	Sam Kapkureny	Uganda Prisons Athletics Club	3:47.33
2	1	111	Ategeka	Brian Adams	Evzin Athletics Club	4:01.10
3	11	260	Oketcho	John	Uganda Prisons Athletics Club	4:04.52
4	9	234	Tenywa	Edreen	Uganda Police Athletics Club	4:06.07
5	14	155	Lukwiya	Mathew	Kitgum	4:14.25
6	16	210	Ededria	Robert Paul	Terego	4:17.36
7	8	221	Okello	Frank	Uganda Christian University Athletics Club	4:18.38
8	2	149	Lucky Tuggelley	Razaq	Kids of Africa	4:19.63
9	7	203	Nduwimana	Joel	Refugees in Uganda	4:24.30
10	6	200	Dushime	Nervy Kent	Refugees in Uganda	4:26.28

11	17	218	Lokujo	Charles Moini	Uganda Christian University Athletics Club	4:30.47
12	12	281	Tusingwire	Francis	Wakiso	4:33.59
13	4	174	Tumusime	Gad Rauben	Makerere University Athletics Club	4:35.22
14	15	170	Obong	Aron	Makerere University Athletics Club	4:53.07
15	3	158	Akanyijuka	Ivan	Makerere University Athletics Club	5:16.40
	13	128	Ntambi	Ernest	Kampala Kids Academy Athletics Club	DNF

1500m Heat 2

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	15	184	Amumpeire	Cosmas	Mbarara City	3:51.23
2	13	108	Alema	Brian	Arua City	3:57.24
3	9	244	Bua Julius	Peter	Uganda Prisons Athletics Club	3:57.28
4	7	216	Salimo	Akram	Tororo	4:04.40
5	2	153	Opio	James	Kikooko (U) Ltd Athletics Club	4:11.97
6	6	202	Ndagjimana Butamenya	Antoine	Refugees in Uganda	4:13.80
7	11	263	Otucu	Emmanuel	Uganda Prisons Athletics Club	4:15.17
8	1	125	Ayesiga	Johnson	Kampala Kids Academy Athletics Club	4:17.97
9	10	258	Odongo	Moris	Uganda Prisons Athletics Club	4:19.23
10	8	233	Solimo	Jophisan	Uganda Police Athletics Club	4:19.33
11	3	171	Olinga	Haron	Makerere University Athletics Club	4:21.60
12	5	198	Atwine	Frank	Ntungamo	4:23.08
13	14	167	Mbayo	Douglas	Makerere University Athletics Club	4:23.92

5000m Final

Pos	Lane	Bib No.	Surname	Givenname	Club/Association	Time
1	8	207	Chol	Jacob	South Sudan	14:22.5
2	13	111	Ategeka	Brian Adams	Evzin Athletics Club	14:56.4
3	1	101	Ayiko	Felix	Airforce Army SS	15:05.4
4	15	153	Opio	James	Kikooko (U) Ltd Athletics Club	15:27.0
5	2	107	Adule	Cosmas	Arua	15:47.4
6	9	243	Ateke	Andrew	Uganda Prisons Athletics Club	15:56.3
7	18	198	Atwine	Frank	Ntungamo	16:26.9
8	14	125	Ayesiga	Johnson	Kampala Kids Academy Athletics Club	16:46.9
9	19	281	Tusingwire	Francis	Wakiso	17:32.3
10	16	181	Aganyira	Brian	Masindi	18:51.5
	3	110	Ssekitoleko	Isaac	Entebbe	DNF
	7	183	Wamwayi	Absolm Hassan	Mbale	DNF
	11	280	Ssebunya	Joel Collins	Wakiso	DNF
	17	182	Nabaasa	Mathias	Masindi	DNF
	20	154	Akena	Ronald	Kitgum	DNF

Javelin Throw

Pos	Order	Bib No.	Surname	Givenname	Club/Association	Distance
1	2	144	Kilonzo	Boniface	Kenya	66.90
2	1	103	Kiprotich	Alexander	Airforce Army SS	66.25
3	5	256	Oceng	Moses Jinaro	Uganda Prisons Athletics Club	58.10
4	4	264	Otwal	Mark	Uganda Prisons Athletics Club	58.05
5	3	252	Mwaka	Johnson	Uganda Prisons Athletics Club	55.81

Long Jump

Pos	Order	Bib No.	Surname	Givenname	Club/Association	Distance
1	3	259	Okello	Charles	Uganda Prisons Athletics Club	7.34
2	8	120	Otim	David Berkham	Gulu City	7.09
3	6	219	Ogenrwot	Churchill	Uganda Christian University Athletics Club	7.09
4	5	189	Emojong	Solomon Franklyn	Ndejje University Athletics Club	6.95
5	7	273	Odongo	Denish	UPDF Athletics Club	6.80
6	2	196	Yikii	Jimmy	Ndejje University Athletics Club	6.46
7	1	119	Oroma	Paul	Gulu City	5.84
8	11	116	Rackara	Hassan Gracious	Gombe SSS Athletics Club	5.64
9	4	162	Kainerugaba	Adam	Makerere University Athletics Club	5.10

Shot Put

Pos	Order	Bib No.	Surname	Givenname	Club/Association	Distance
1	6	257	Odong	Martin	Uganda Prisons Athletics Club	12.77
2	4	256	Oceng	Moses Jinaro	Uganda Prisons Athletics Club	12.76
3	5	194	Ojara	Jackson Pope	Ndejje University Athletics Club	11.89
4	7	267	Abonga	Denisco	UPDF Athletics Club	10.89
5	3	249	Jurugo	Samuel	Uganda Prisons Athletics Club	10.71
6	2	190	Lakica	Ivan	Ndejje University Athletics Club	9.46
7	8	117	Rupiny	Solomon	Gombe SSS Athletics Club	8.50
8	1	186	Abur	Mary	Ndejje University Athletics Club	8.48