



UGANDA ATHLETICS FEDERATION

4TH NATIONAL TRIALS RESULTS

12th April, 2025-Mandela National Stadium

Women

100m Heat 1

Wind: -0.3m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	2	114	Asinduru	Brenda	Terego	13.10
2	5	029	Kengonzi	Violet	Nalinya Lwantale SS Athletics Club	13.33
3	1	052	Suubi	Denise Ntege	Uganda Christian University Athletics Club	13.39
4	6	039	Awelo Mukasa	Fiona	Old Kampala SSS	13.55
5	8	583	Kawala	Shakira	Makindye	14.19
6	4	025	Kabasinguzi	Monica	Nalinya Lwantale SS Athletics Club	14.62
7	7	044	Aciro	Prisca	Paralympics committee	14.76
8	3	015	Akello	Victoria	Kids of Africa	14.82

100m Heat 2

Wind: -0.1m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	4	090	Koli	Evaline Ocen	Uganda Prisons Athletics Club	12.50
2	2	081	Apio	Agnes	Uganda Prisons Athletics Club	12.63
3	5	050	Atiang	Charity Mercy	Uganda Christian University Athletics Club	12.71
4	6	005	Awat	Mary	Gombe SSS Athletics Club	12.87
5	1	104	Anguparu	Pamela	UWA Athletics Club	13.22
6	3	026	Kobusinge	Salama	Nalinya Lwantale SS Athletics Club	13.30
7	8	013	Baty	Claire	KCCA Athletics Club	13.37
8	7	049	Loyo	Justine	Tororo	14.09

200m Heat 1

Wind: -0.1m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	2	041	Kaahwa	Annamary	Old Kampala SSS	26.88
2	5	026	Kobusinge	Salama	Nalinya Lwantale SS Athletics Club	27.23
3	4	015	Akello	Victoria	Kids of Africa	27.99
4	3	112	Asimasia	Queen Cathrine	Terego	30.87
	1	018	Nakudonia	Maureen	Kids of Africa	DNS

200m Heat 2

Wind: 0.1m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	5	039	Awelo Mukasa	Fiona	Old Kampala SSS	27.37
2	4	029	Kengonzi	Violet	Nalinya Lwantale SS Athletics Club	27.40
3	2	013	Baty	Claire	KCCA Athletics Club	27.96
4	6	113	Pangasia	Christine	Maracha	28.32
5	3	025	Kabasinguzi	Monica	Nalinya Lwantale SS Athletics Club	31.66
	1	003	Amuge	Mercy	Gombe SSS Athletics Club	DNS

200m Heat 3

Wind: 0.1m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	3	047	Akwenyi	Malvine	Tororo	25.54
2	6	005	Awat	Mary	Gombe SSS Athletics Club	25.70
3	4	090	Koli	Evaline Ocen	Uganda Prisons Athletics Club	25.92
4	5	050	Atiang	Charity Mercy	Uganda Christian University Athletics Club	26.16
5	1	001	Anamu	Vicky	Airforce Army SS	26.92
6	2	071	Nanziri	Emily	Uganda Police Athletics Club	26.95
7	7	583	Kawala	Shakira	Makindye	28.96

400m Heat 1

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	6	041	Kaahwa	Annamary	Old Kampala SSS	58.8
2	2	014	Namuwonge	Jennifer	KCCA Athletics Club	59.2
3	4	083	Apiyo	Scovia Lamwaka	Uganda Prisons Athletics Club	59.7
4	5	044	Aciro	Prisca	Paralympics committee	64.4
5	3	035	Gumoshabe	Rebecca	Ndejje University Athletics Club	76.0
	7	003	Amuge	Mercy	Gombe SSS Athletics Club	DNS

400m Heat 2

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	4	084	Auma	Mary	Uganda Prisons Athletics Club	57.27
2	3	107	Wonruku	Stella Akullu	Uganda Prisons Athletics Club	57.58
3	7	042	Mbabazi	Topister Peace	Old Kampala SSS	58.46
4	5	099	Idwara	Peninah	UPDF Athletics Club	58.63
5	6	001	Anamu	Vicky	Airforce Army SS	58.90
6	2	007	Abeja	Dorothy	Gulu University Athletics Club	60.11
7	1	103	Akullu	Monica	UWA Athletics Club	61.11

800m Heat 1

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	3	016	Ijorea	Margret	Kids of Africa	2:15.72
2	5	033	Ayikoru	Lilian	Ndejje University Athletics Club	2:18.57
3	8	076	Aguyo	Judith	Uganda Prisons Athletics Club	2:22.08
4	4	031	Acirocan	Vicky	Ndejje University Athletics Club	2:26.50
5	2	006	Kakyo	Masturah	Gombe SSS Athletics Club	2:26.70
6	1	116	Sitaku	Monica	Arua District	2:30.36
7	8	082	Apio	Sarah	Uganda Prisons Athletics Club	2:32.69
8	6	040	Basemera	Daphine	Old Kampala SSS	2:36.04
9	7	043	Wanyenya	Gift	Old Kampala SSS	2:36.94

800m Heat 2

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	2	037	Orishaba	Marvarious	Ndejje University Athletics Club	2:09.95
2	4	048	Chemutai	Teddy	Tororo	2:12.60
3	5	061	Chelangat	Sylvia	Uganda Police Athletics Club	2:12.99
4	8	109	Chebet	Zumurah	Tororo	2:13.26
5	7	093	Nabulo	Sarah Khafu	Uganda Prisons Athletics Club	2:13.48
6	6	062	Chemutai	Febia	Uganda Police Athletics Club	2:15.33
7	1	034	Ayozu	Grace	Ndejje University Athletics Club	2:17.44
8	7	086	Chebet	Loise	Uganda Prisons Athletics Club	2:17.74
9	8	102	Akello	Priscilla	UWA Athletics Club	2:18.81
10	3	038	Amuge	Sharon	Old Kampala SSS	2:32.31

1500m

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	6	064	Chemutai	Scalet	Uganda Police Athletics Club	4:15.9
2	12	110	Cherop	Patience	Uganda Police Athletics Club	4:18.0
3	8	088	Chekwemioi	Brenda	Uganda Prisons Athletics Club	4:21.3
4	1	011	Cherotwo	Baskline	JOCDEF Athletics Club	4:24.3
5	7	065	Chemutai	Peace Hope	Uganda Police Athletics Club	4:36.9
6	10	101	Yeko	Isabel	UPDF Athletics Club	4:38.3
7	5	058	Chebet	Miracle	Uganda Police Athletics Club	4:44.6
8	9	096	Chelangat	Ariziki	UPDF Athletics Club	4:51.1
9	11	105	Chesang	Ndiwa Priscah	UWA Athletics Club	4:54.1
10	15	115	Asara	Scovia	Koboko	5:14.7
11	13	117	Obizu	Phiona	Arua District	5:22.1
12	14	111	Nasira	Bint	Arua City	5:32.7
13	4	024	Gimbo	Madina	Nalinya Lwantale SS Athletics Club	5:34.9
14	3	023	Basemera	Juliet	Nalinya Lwantale SS Athletics Club	6:19.0
	2	021	Candiru	Otensia	Makerere University Athletics Club	DNF

5000m

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	8	066	Cherop	Risper	Uganda Police Athletics Club	15:26.44
2	9	067	Cherop	Charity	Uganda Police Athletics Club	15:27.61
3	15	098	Cherop	Kerine	UPDF Athletics Club	15:29.53
4	2	055	Chebet	Peace	Uganda Police Athletics Club	15:37.44
5	7	063	Chemutai	Martha	Uganda Police Athletics Club	15:43.51
6	11	072	Yeko	Bentalin	Uganda Police Athletics Club	15:47.17
7	4	057	Chebet	Isella	Uganda Police Athletics Club	15:51.82
8	3	056	Chebet	Keziah	Uganda Police Athletics Club	16:01.50
9	5	059	Chekwemioi	Esther	Uganda Police Athletics Club	16:24.39
10	6	060	Chekwemioi	Financia	Uganda Police Athletics Club	16:28.39
11	1	054	Chebet	Gloria	Uganda Police Athletics Club	16:55.12
11	12	075	Aciru	Knight	Uganda Prisons Athletics Club	16:55.54
13	10	068	Cherotich	Recho	Uganda Police Athletics Club	18:09.35
14	13	087	Chebet	Risper	Uganda Prisons Athletics Club	18:39.42
	14	089	Chemutai	Belinda	Uganda Prisons Athletics Club	DNF
	16	106	Nakawesa	Teddy	Wakiso	DNS
	17	022	Meram	Omer	Makerere University Athletics Club	DNS
	18	097	Chepkwui	Nancy	UPDF Athletics Club	DNS

Discus Throw

Pos	Order	Bib No.	Surname	Given Name	Club/Association	Distance
1	3	091	Lakot	Nancy	Uganda Prisons Athletics Club	35.84
2	7	074	Aciro	Rosemary	Uganda Prisons Athletics Club	32.22
3	2	051	Atim	Oliver	Uganda Christian University Athletics Club	31.38
4	8	078	Alanyo	Catherine	Uganda Prisons Athletics Club	30.40
5	9	080	Amaido	Caroline	Uganda Prisons Athletics Club	27.93
6	1	020	Sanyu	Emily	Kids of Africa	21.46
7	5	027	Nakawooya	Faith	Nalinya Lwantale SS Athletics Club	14.09
8	6	028	Narule	Emily	Nalinya Lwantale SS Athletics Club	12.55
	4	004	Apiyo	Michelle	Gombe SSS Athletics Club	DNS

Javelin Throw

Pos	Order	Bib No.	Surname	Given Name	Club/Association	Distance
1	4	085	Awidi	Victoria	Uganda Prisons Athletics Club	42.66
2	5	092	Lakot	Scovia	Uganda Prisons Athletics Club	37.77
3	1	036	Lakica	Jennete	Ndejje University Athletics Club	36.41
4	3	077	Akello	Gloria Ocen	Uganda Prisons Athletics Club	34.92
5	6	030	Abur	Mary	Ndejje University Athletics Club	33.33
	2	045	Anzoa	Anna Harriet	Paralympics committee	DNS
	7	094	Adongpiny	Mercy Keddy	UPDF Athletics Club	DNS

Long Jump

Pos	Order	Bib No.	Surname	Given Name	Club/Association	Distance
1	6	079	Alobo	Gladys	Uganda Prisons Athletics Club	5.59
2	2	010	Apiyo	Polline	Gulu University Athletics Club	5.48
3	1	009	Amarorwot	Sharon	Gulu University Athletics Club	5.37
4	8	083	Apiyo	Scovia Lamwaka	Uganda Prisons Athletics Club	4.91
5	5	070	Linda Evaline	Acan	Uganda Police Athletics Club	4.88
6	4	069	Ibida	Elizabeth	Uganda Police Athletics Club	4.40
	7	095	Aluk	Robina	UPDF Athletics Club	DNS

Shot Put

Pos	Order	Bib No.	Surname	Given Name	Club/Association	Distance
1	2	073	Acan	Jameth	Uganda Prisons Athletics Club	10.47
2	9	078	Alanyo	Catherine	Uganda Prisons Athletics Club	10.38
3	11	108	Laker	Mercy	Uganda Police Athletics Club	9.61
4	10	080	Amaido	Caroline	Uganda Prisons Athletics Club	9.23
5	1	008	Acen	Betsy Juliet	Gulu University Athletics Club	9.14
6	8	074	Aciro	Rosemary	Uganda Prisons Athletics Club	8.94
7	3	030	Abur	Mary	Ndejje University Athletics Club	8.56
	4	094	Adongpiny	Mercy Keddy	UPDF Athletics Club	DNS
	5	004	Apiyo	Michelle	Gombe SSS Athletics Club	DNS
	6	027	Nakawooya	Faith	Nalinya Lwantale SS Athletics Club	DNS
	7	028	Narule	Emily	Nalinya Lwantale SS Athletics Club	DNS

Men

100m Heat 1

Wind: 0.8m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	5	773	Munguleni	Deogracious	Arua City	11.32
2	6	619	Ankonishan	Simon Tonny	Olympian Mutekanga Organisation (OMO)	11.98
3	4	545	Gwedda	Nahum Favor	KCCA Athletics Club	12.14
4	8	652	Owiny-Dollo	James	Uganda Christian University Athletics Club	12.25
5	7	613	Rubangakene	Brian	Ntungamo	12.26
6	2	557	Bogere	Jacob	Kids of Africa	13.96
	1	535	Muwanguzi	Isaac	Kampala Kids Academy Athletics Club	DNS
	3	505	Kabuye	Moses	Gombe SSS Athletics Club	DNS

100m Heat 2

Wind: 0.9m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	2	604	Mukasa	Vincent	Ndejje University Athletics Club	10.98
2	6	641	Ekisa	James	Tororo	11.64
3	1	536	Mwikiriize	Lauben	Kampala Kids Academy Athletics Club	11.65
4	7	615	Kiwanyizi	Alex	Old Kampala SSS	12.36
5	8	590	Opakrwoth	Jamal	Makindye	13.22
	4	558	Ijunju	Brian	Kids of Africa	DQ
	3	506	Kato	Sulaiman	Gombe SSS Athletics Club	DNS
	5	584	Kiwamuka	Ashraf	Makindye	DNS

100m Heat 3

Wind: 0.1m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	2	605	Musinguzi	Davis	Ndejje University Athletics Club	11.53
2	7	624	Kaddu	Venswa	Paralympics committee	12.51
3	1	537	Ocira	Daniel	Kampala Kids Academy Athletics Club	12.53
4	4	562	Mutumba	Andrew	Kids of Africa	12.73
5	5	586	Muloki	Elvis	Makindye	13.07
6	6	643	Okoro	Jovine	Tororo	13.47
	8	516	Okot	Sunday	Gulu City	DQ
	3	507	Kazooru	Eria	Gombe SSS Athletics Club	DNS

100m Heat 4

Wind: -0.2m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	2	609	Opini	Godwill	Ndejje University Athletics Club	11.74
2	3	511	Eling	Denish	Gulu	11.85
3	1	544	Epodoi	Hananiah	KCCA Athletics Club	12.03
4	4	563	Omaruk	Joshua	Kids of Africa	12.04
5	6	650	Okello	Moses	Uganda Christian University Athletics Club	12.44
6	7	626	Masisa	Fred	Paralympics committee	12.50
7	5	587	Musasizi	Trevor	Makindye	14.39

100m Heat 5

Wind: 0.1m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	3	514	Canogura	Phillip	Gulu City	11.31
2	7	532	Opio	Eric	Kampala International University Athletics Club	11.49
3	6	676	Kakande	Ruddy Kawooya	Uganda Police Athletics Club	12.00
4	1	547	Kirabo	Darren	KCCA Athletics Club	12.09
5	8	769	Freza	Yokwe Joseph	Koboko	13.21
6	2	712	Ewich	Moses	Uganda Prisons Athletics Club	18.49
	4	564	Raiyed	Hussein	Kids of Africa	DNS
	5	588	Mwanje	Muhammad	Makindye	DNS

100m Heat 6				Wind: 0.6m/s		
Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	5	591	Ssemanda	Harman	Makindye	11.55
2	8	774	Sunday	Pascal	Arua city	11.62
3	3	539	Omuniyokol	Brian	Kampala Kids Academy Athletics Club	11.96
4	1	548	Kitiibwa	Emmanuel	KCCA Athletics Club	12.29
5	2	500	Okidi	Emmanuel Akena	Agago	12.69
6	7	561	Lusiba	Alex	Kids of Africa	13.18
	4	578	Nyaoke	Dylan Amuka	Makerere University Athletics Club	DNS
	6	538	Ogal	Amos	Kampala Kids Academy Athletics Club	DNS

100m Heat 7				Wind: -0.1m/s		
Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	7	603	Liay	Ayup Khoak Khor	Ndejje University Athletics Club	11.50
2	3	542	Isamukâ	Thomas	Katakwi	11.54
3	8	516	Okot	Sunday	Gulu City	11.83
4	4	580	Semwanga	Terry	Makerere University Athletics Club	11.87
5	2	502	Nyago	Rouben	Airforce Army SS	11.97
6	1	549	Marcelle	Aidan Tyler	KCCA Athletics Club	12.25
7	5	616	Kwizerimana	Shaban	Old Kampala SSS	12.65
	6	569	Katelenga	Hamuza	Lamwo	DNS

100m Heat 8				Wind: 1.6m/s		
Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	4	683	Masaba	Peter	Uganda Police Athletics Club	10.90
2	5	686	Ngobi	Allan	Uganda Police Athletics Club	11.10
3	3	752	Onyanga	Isaac	UPDF Athletics Club	11.21
4	1	577	Kibumba	Semei Emmanuel	Makerere University Athletics Club	11.33
5	8	611	Yikii	Jimmy	Ndejje University Athletics Club	11.68
6	6	725	Oburu	Roger's	Uganda Prisons Athletics Club	11.75
7	7	748	Ocira	John	UPDF Athletics Club	12.17
8	2	644	Omoket	Isaac	Tororo	12.46

200m Heat 1				Wind: 0.5m/s		
Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	6	691	Ajalu	Joshua	Uganda Prisons Athletics Club	22.91
2	7	620	Kirunda	John Speke	Olympian Mutekanga Organisation (OMO)	23.19
3	4	772	Ayikocora	Ivan	Terego	23.22
4	1	562	Mutumba	Andrew	Kids of Africa	25.87
	2	500	Okidi	Emmanuel Akena	Agago	DNS
	3	505	Kabuye	Moses	Gombe SSS Athletics Club	DNS
	5	543	Emukurait	Bram	KCCA Athletics Club	DNS
	8	589	Okello	Willy	Makindye	DNS

200m Heat 2				Wind: -0.4m/s		
Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	4	769	Freza	Yokwe Joseph	Koboko	22.85
2	7	621	Muhimbo	Duncan	Olympian Mutekanga Organisation (OMO)	22.86
3	6	713	Goni	Emmanuel	Uganda Prisons Athletics Club	22.99
4	8	517	Otim	David Berkham	Gulu City	24.15
5	5	551	Timothy	Kisa	KCCA Athletics Club	24.57
	1	584	Kiwanuka	Ashraf	Makindye	DNS
	2	507	Kazoora	Eria	Gombe SSS Athletics Club	DNS
	3	588	Mwanje	Muhammad	Makindye	DNS

200m Heat 3**Wind: -0.2m/s**

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	5	766	Osuta	Dison	Terego	23.09
2	1	539	Omunyokol	Brian	Kampala Kids Academy Athletics Club	23.32
3	4	619	Ankomishan	Simon Tonny	Olympian Mutekanga Organisation (OMO)	24.19
4	3	545	Gwedda	Nahum Favor	KCCA Athletics Club	24.70
5	2	591	Ssemanda	Harman	Makindye	24.83
6	8	573	Ikamalayo	Gordon	Makerere University Athletics Club	33.37
	6	546	Kiguli	Trevor	KCCA Athletics Club	DNS
	7	634	Okiror	Herbert	Soroti City	DNS

200m Heat 4**Wind: 0.9m/s**

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	3	514	Canogura	Phillip	Gulu City	22.65
2	8	516	Okot	Sunday	Gulu City	23.40
3	5	576	Kaweesi	Francis	Makerere University Athletics Club	23.50
4	7	638	Yedjowk	Acuil	South Sudan	23.89
5	6	566	Servadda	Paul	Kids of Africa	25.36
6	1	558	Jjunju	Brian	Kids of Africa	25.52
	2	564	Raiyed	Hussein	Kids of Africa	DNS
	4	506	Kato	Sulaiman	Gombe SSS Athletics Club	DNS

200m Heat 5**Wind: -0.3m/s**

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	2	641	Ekisa	James	Tororo	23.46
2	1	511	Eling	Denish	Gulu	23.76
3	3	725	Oburu	Roger's	Uganda Prisons Athletics Club	23.90
4	4	580	Semwanga	Terry	Makerere University Athletics Club	24.49
5	6	571	Akanyijuka	Ivan	Makerere University Athletics Club	26.76
	5	582	Ali	Bale	Makindye	DNS
	7	642	Hasaluga	Luka	Tororo	DNS

200m Heat 6**Wind: -0.5m/s**

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	4	542	Isamukâ	Thomas	Katakwi	23.42
2	2	652	Owiny-Dollo	James	Uganda Christian University Athletics Club	24.01
3	3	502	Nyago	Rouben	Airforce Army SS	24.14
4	6	597	Ssajjabbi	Christopher	Nakawa	25.28
5	5	617	Obok	James	Old Kampala SSS	26.96
6	7	734	Oyir-Rwot	Jacob	Uganda Prisons Athletics Club	27.04
	1	578	Nyaoke	Dylan Amuka	Makerere University Athletics Club	DNS

200m Heat 7**Wind: -0.4m/s**

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	5	648	Odongo	Dickens	Uganda Christian University Athletics Club	22.41
2	3	676	Kakande	Ruddy Kawooya	Uganda Police Athletics Club	24.16
3	2	563	Omaruk	Joshua	Kids of Africa	24.29
4	1	586	Muloki	Elvis	Makindye	26.97
5	4	587	Musasizi	Trevor	Makindye	30.45
	6	618	Wananda	Earnest	Old Kampala SSS	DNS

200m Heat 8**Wind: -0.6m/s**

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	5	651	Okolimo	Joseph	Uganda Christian University Athletics Club	21.81
2	8	739	Ariti	James	UPDF Athletics Club	22.05
3	3	686	Ngobi	Allan	Uganda Police Athletics Club	22.23
4	6	675	Jagalo	Joshua	Uganda Police Athletics Club	23.11
5	7	694	Ambayo	Fred	Uganda Prisons Athletics Club	23.15
6	2	748	Ocira	John	UPDF Athletics Club	23.57
7	4	650	Okello	Moses	Uganda Christian University Athletics Club	25.25
8	1	643	Okoro	Jovine	Tororo	26.44

400m Hurdles

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	4	100	Olum	Peter John	UPDF Athletics Club	60.37
2	2	751	Onencan	Brian	UPDF Athletics Club	61.41
3	3	737	Wandera	Derick	Uganda Prisons Athletics Club	69.27
	4	589	Okello	Willy	Makindye	DNS

400m Heat 1

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	5	766	Osuta	Dison	Terego	49.7
2	7	647	Bate	Keith	Uganda Christian University Athletics Club	49.9
3	2	597	Ssajjabbi	Christopher	Nakawa	54.5
4	1	615	Kiwanyizi	Alex	Old Kampala SSS	56.8
5	6	509	Tinkamanyire	Innocent	Gombe SSS Athletics Club	59.1
6	4	734	Oyir-Rwot	Jacob	Uganda Prisons Athletics Club	59.8
7	3	569	Katelenga	Hamuza	Lamwo	63.1

400m Heat 2

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	4	772	Ayikoeora	Ivan	Terego	49.8
2	2	621	Muhimbo	Duncan	Olympian Mutekanga Organisation (OMO)	50.3
3	3	634	Okiror	Herbert	Soroti City	53.7
4	5	510	Abwola	Mark	Gulu	56.5
5	6	761	Nsiro	Ikonde	Wakiso	63.5
	1	538	Ogal	Amos	Kampala Kids Academy Athletics Club	DNS

400m Heat 3

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	4	642	Tubua	Richard	Arua City	50.6
2	2	618	Wananda	Earnest	Old Kampala SSS	51.0
3	5	624	Kaddu	Venswa	Paralympics committee	52.2
4	1	613	Rubangakene	Brian	Ntungamo	53.1
5	6	628	Musau	Nasur	Paralympics committee	56.0
6	7	737	Wandera	Derick	Uganda Prisons Athletics Club	57.9
7	3	571	Akanyijuka	Ivan	Makerere University Athletics Club	59.4
8	8	625	Kibet	Jeremiah	Paralympics committee	59.9

400m Heat 4

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	5	755	Okwii	Erick	UWA Athletics Club	46.7
2	4	521	Nyeko	Johnson	Gulu University Athletics Club	47.6
3	2	739	Ariti	James	UPDF Athletics Club	48.0
4	7	751	Onencan	Brian	UPDF Athletics Club	48.4
5	3	512	Oroma	Williamson	Uganda Police Athletics Club	50.3
6	8	599	Ambayo	Boniface	Ndejje University Athletics Club	50.5
7	1	638	Yedjowk	Acuil	South Sudan	52.9
	6	653	Adilo	Francis	Uganda Police Athletics Club	DNS

800m Heat 1

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	7	669	Cheptoris	Dan	Uganda Police Athletics Club	1:56.51
2	8	765	Khalid	Safi	Yumbe	1:56.96
3	2	518	Rwotokonya	Emmanuel	Gulu City	1:58.36
4	4	550	Naturinda	Mubarakah	KCCA Athletics Club	1:58.75
5	5	565	Sawad	Twaha	Kids of Africa	2:02.56
6	6	767	Eledria	Robert Paul	Terego	2:04.86
7	1	501	Baguma	Brian	Airforce Army SS	2:10.04
8	3	533	Alekete	Stephen	Kampala Kids Academy Athletics Club	2:15.16
9	8	504	Ojuka	Ronald	Divine Athletics Club	2:43.96

800m Heat 2

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	7	750	Ogwang	Solomon	UPDF Athletics Club	1:54.53
2	4	568	Chekwech	Timothy	Kween	1:56.29
3	8	636	Salih Mohamed	Mohiedin Mohamed	South Sudan	1:58.73
4	7	702	Chelimo	Crispin	Uganda Prisons Athletics Club	1:59.86
5	8	770	Aliunzi	Samuel Knowledge	Koboko	2:01.20
6	1	531	Ndibailawa	Jamilu	Kampala International University Athletics Club	2:02.58
7	3	560	Lucky Tuggeley	Razaq	Kids of Africa	2:04.43
8	5	594	Mpwerize	Kenneth	Mbarara City	2:07.04
	2	534	Labeja	Patrick	Kampala Kids Academy Athletics Club	DNF

800m Heat 3

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	5	662	Chemos	Ezekiel	Uganda Police Athletics Club	1:47.56
2	8	671	Cheptoyek	Nicholas	Uganda Police Athletics Club	1:47.84
3	6	729	Ogwal	Samuel	Uganda Prisons Athletics Club	1:48.25
4	2	598	Akemkwene	Peter	Ndejje University Athletics Club	1:48.25
5	1	554	Maloba	Cosmas Wambunda	Kenya	1:52.74
6	7	637	Thon	Abraham Guot	South Sudan	1:54.60
7	8	519	Farang	Issah	Gulu University Athletics Club	2:01.27
8	3	635	Osman	Ali	South Sudan	2:04.97
	4	711	Erimu	Kokas	Uganda Prisons Athletics Club	DNF

1500m Heat 1

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	1	503	Chelangat	Davis	Arua	3:54.1
2	15	673	Cherop	Markos	Uganda Police Athletics Club	3:56.8
3	17	741	Chelimo	Calvin	UPDF Athletics Club	3:57.1
4	7	622	Murungi	Shafick	Olympian Mutekanga Organisation (OMO)	4:02.7
5	11	660	Chelimo	Samuel	Uganda Police Athletics Club	4:09.3
6	8	627	Mubage	Brian	Paralympics committee	4:10.9
7	18	744	Kiprop	Dan	UPDF Athletics Club	4:11.6
8	9	632	Ndagijimana Butamenya	Antoine	Refugees in Uganda	4:11.9
9	6	593	Aganyira	Brian	Masindi	4:22.3
10	13	666	Chemutai	Joshua	Uganda Police Athletics Club	4:22.6
11	16	728	Odongo	Moris	Uganda Prisons Athletics Club	4:23.6
12	12	663	Chemos	Mudafar	Uganda Police Athletics Club	4:25.3
13	10	646	Alungi	Ismael	Uganda Christian University Athletics Club	4:36.4
14	14	670	Cheptoyek	Brian	Uganda Police Athletics Club	4:43.1
15	5	585	Mayanja	Trevour	Makindye	4:48.8
16	4	572	Husayn	Bin Miradji	Makerere University Athletics Club	5:02.0
17	2	523	Obura	Richard	Inzikuru Sports Academy	5:21.1
	4	527	Chemutai	Calvin	JOCDEF Athletics Club	DNS

1500m Heat 2

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	9	645	Salimo	Akram	Tororo	3:54.5
2	2	525	Chebet	Isaiah	JOCDEF Athletics Club	3:54.8
3	13	668	Chepkwui	Joshua	Uganda Police Athletics Club	4:02.9
4	18	764	Alema	Brian	Arua City	4:05.2
5	1	513	Acire	Nicholas	Gulu City	4:06.8
6	11	661	Chemos	Jocktan	Uganda Police Athletics Club	4:12.8
7	16	743	Cherukut	Milton	UPDF Athletics Club	4:16.5
8	6	596	Twinamatsiko	Brian	Mbarara City	4:16.7
9	14	696	Ateke	Andrew	Uganda Prisons Athletics Club	4:17.1
10	4	579	Olinga	Haron	Makerere University Athletics Club	4:17.6
11	15	735	Rasimoni	Jadid	Uganda Prisons Athletics Club	4:18.7
12	10	659	Chelegoi	Michael	Uganda Police Athletics Club	4:23.0
13	12	665	Chemusto	Meshak	Uganda Police Athletics Club	4:32.2
14	7	623	Chebet	Musam	Paralympics committee	4:34.3
15	17	747	Namara	Godfrey	UPDF Athletics Club	4:37.4
16	3	567	Ssetyabule	Gabriel	Kids of Africa	4:49.9
	5	592	Tukahirwa	Benjamin	Makindye	DNF

1500m Heat 3

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	13	717	Kiprop	Hosea	Uganda Prisons Athletics Club	3:44.3
2	14	731	Omara	Tonny	Uganda Prisons Athletics Club	3:44.9
3	11	705	Chemutai	Silas	Uganda Prisons Athletics Club	3:49.8
4	8	699	Chelangat	Caleb	Uganda Prisons Athletics Club	3:53.3
5	4	685	Mutai	Levi	Uganda Police Athletics Club	4:04.2
6	12	706	Cheptoyek	Boaz	Uganda Prisons Athletics Club	4:05.7
7	9	700	Chelangat	Madi	Uganda Prisons Athletics Club	4:07.1
8	10	704	Chemutai	Allan	Uganda Prisons Athletics Club	4:09.3
9	3	679	Kwemoi	Abraham	Uganda Police Athletics Club	4:10.5
10	7	697	Bosha	Ryan	Uganda Prisons Athletics Club	4:11.8
11	15	732	Otucu	Emmanuel	Uganda Prisons Athletics Club	4:18.8
12	1	654	Ayeko	Jacob	Uganda Police Athletics Club	4:28.7
13	2	658	Chelangat	Markos	Uganda Police Athletics Club	4:35.8
	5	688	Sande	Jacob	Uganda Police Athletics Club	DNS
	6	689	Solimo	Jophisan	Uganda Police Athletics Club	DNS

1500m Wheel Chair

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	1	629	Ocira	Richard	Paralympics committee	4:30.8
2	2	627	Mubage	Brian	Paralympics committee	5:14.9

3000m steeplechase

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	9	736	Rotich	Gideon	Uganda Prisons Athletics Club	8:56.92
2	10	746	Kwemoi	Aggrey	UPDF Athletics Club	9:01.24
3	1	526	Chebet	Abel	JOCDEF Athletics Club	9:06.94
4	6	682	Kwerit	Leonard	Uganda Police Athletics Club	9:08.05
5	7	715	Kibet	Ronny	Uganda Prisons Athletics Club	9:38.11
6	5	678	Komom	Chrispus	Uganda Police Athletics Club	9:43.08
7	12	730	Mugoba	James	Uganda christain University Athletics Club	10:04.59
8	3	655	Chebet	Elisha	Uganda Police Athletics Club	10:19.35
9	8	716	Kiplimo	Daniel	Uganda Prisons Athletics Club	10:26.18
10	4	656	Chebet	Lucious	Uganda Police Athletics Club	10:42.33
	2	602	Kiplangat	Esau	Ndejje University Athletics Club	DNF
	11	754	Naipei	Kiptoo Hillary	UWA Athletics Club	DNS

5000m Heat 1

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	16	723	Kwemboi	Ivan	Uganda Prisons Athletics Club	14:09.48
2	13	693	Akwech	Peter	Uganda Prisons Athletics Club	14:09.78
3	15	720	Kituri	Levi	Uganda Prisons Athletics Club	14:27.68
4	3	541	Keino	Sammy Kangogo	Kapchorwa	14:47.43
5	12	690	Wangwe	Brian	Uganda Police Athletics Club	15:02.22
6	11	681	Kwemoi	Enock	Uganda Police Athletics Club	15:03.52
7	14	707	Cheptoyek	Enock Arapbukondin	Uganda Prisons Athletics Club	15:09.96
8	6	610	Wanok	Morrison	Ndejje University Athletics Club	15:20.60
9	18	745	Kusuro	Keneth	UPDF Athletics Club	15:28.47
10	7	612	Mpirirwe	Alex	Ntungamo	15:40.14
11	24	768	Adule	Cosmas	Arua Dist	15:50.32
12	8	630	Opio	Daniel	Paralympics committee	16:53.63
13	5	581	Tumusiime	Gad Rauben	Makerere University Athletics Club	17:55.67
	1	529	Byarugaba	Derrick	Kabale	DNF
	9	631	Oryema	Jonas	Paralympics committee	DNF
	10	633	Nduwimana	Joel	Refugees in Uganda	DNF
	17	742	Cherotich	Emmanuel	UPDF Athletics Club	DNF
	20	759	Kiiza	Johnmary	Wakiso	DNF
	21	760	Lujja	Lawrence	Wakiso	DNF
	22	762	Nsubuga	Julius	Wakiso	DNF
	23	763	Tumuhaise	Vallence	Wakiso	DNF
	2	530	Ivan	Kawooya	Kampala International University Athletics Club	DNS
	4	556	Weere	Godfrey	Kiboga	DNS
	19	758	Buyondo	Sulaiman	Wakiso	DNS

5000m Heat 2

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	6	667	Chemutai	Job	Uganda Police Athletics Club	13:40.82
2	17	710	Cherotich	Victor	Uganda Prisons Athletics Club	13:41.05
3	13	701	Chelangat	Leonard	Uganda Prisons Athletics Club	13:43.90
4	11	687	Rotich	Sailas	Uganda Police Athletics Club	13:45.28
5	18	718	Kiprotich	Ivan	Uganda Prisons Athletics Club	13:52.81
6	1	528	Kipyeko	Dan	JOCDEF Athletics Club	13:55.99
7	7	674	Chesuro	Jabeth	Uganda Police Athletics Club	14:00.69
8	23	695	Arapsatya	Jabeth	Uganda Prisons Athletics Club	14:02.21
9	8	677	Kiprotich	Connel	Uganda Police Athletics Club	14:03.55
10	19	719	Kipsang	David	Uganda Prisons Athletics Club	14:18.49
11	20	738	Yeko	Sam	Uganda Prisons Athletics Club	14:25.83
12	12	698	Chebet	Aziz	Uganda Prisons Athletics Club	14:28.27
13	22	757	Wabutwa	Farid	UWA Athletics Club	14:29.73
14	16	709	Cherop	Nelson	Uganda Prisons Athletics Club	14:31.04
15	15	708	Cherop	Dominic	Uganda Prisons Athletics Club	14:41.73
16	9	680	Kwemoi	Edwin	Uganda Police Athletics Club	14:43.76
17	14	703	Chemonges	Abraham Robert	Uganda Prisons Athletics Club	14:45.87
18	5	664	Chemos	Nelson	Uganda Police Athletics Club	14:55.61
19	2	552	Cheruiyot	Dennis	Kenya	14:58.48
20	21	740	Ayeko Caleb	Sabila	UPDF Athletics Club	15:19.94
21	3	553	Kiprono	Mathew	Kenya	15:26.50
	10	684	Mugambe	Micheal	Uganda Police Athletics Club	DNF
	24	771	Feku	Geodffrey	Koboko	DNF
	4	657	Chebet	Abel	Uganda Police Athletics Club	DNS

Discus Throw

Pos	Order	Bib No.	Surname	Given Name	Club/Association	Distance
1	2	692	Akena	Moses	Uganda Prisons Athletics Club	38.06
2	1	607	Obedgiu	Rogers	Ndejje University Athletics Club	37.34
3	9	726	Oceng	Moses Jinaro	Uganda Prisons Athletics Club	37.07
4	4	756	Tukamuheebwa	Anthony	UWA Athletics Club	36.87
5	8	608	Ojara	Jackson Pope	Ndejje University Athletics Club	33.79
6	10	727	Odongo	Martin	Uganda Prisons Athletics Club	32.92
7	3	753	Muhereza	Davis	UWA Athletics Club	31.17
8	7	733	Otwal	Mark	Uganda Prisons Athletics Club	27.65
	5	524	Galimaka	Emmanuel	Jinja	DNS
	6	724	Mwaka	Johnson	Uganda Prisons Athletics Club	DNS

Javelin Throw

Pos	Order	Bib No.	Surname	Given Name	Club/Association	Distance
1	3	733	Otwal	Mark	Uganda Prisons Athletics Club	55.31
2	2	724	Mwaka	Johnson	Uganda Prisons Athletics Club	52.79
3	4	515	Ojok	Christopher	Gulu City	47.69
4	1	524	Galimaka	Emmanuel	Jinja	26.95

Long Jump

Pos	Order	Bib No.	Surname	Given Name	Club/Association	Distance
1	3	517	Otim	David Berkham	Gulu City	7.01
2	9	722	Komakech	Moses	Uganda Prisons Athletics Club	6.91
3	10	749	Odongo	Denish	UPDF Athletics Club	6.87
4	11	649	Ogenrwot	Churchill	Uganda Christian University Athletics Club	6.81
5	6	611	Yiki	Jimmy	Ndejje University Athletics Club	6.77
6	2	603	Liai	Ayup Khoak Khor	Ndejje University Athletics Club	6.74
7	7	574	Kainerugaba	Adam	Makerere University Athletics Club	5.41
8	5	644	Omoket	Isaac	Tororo	5.27
9	1	561	Lusiba	Alex	Kids of Africa	5.22
	4	532	Opio	Eric	Kampala International University Athletics Club	DNS
	8	601	Kawuma	Christopher	Ndejje University Athletics Club	DNS

Shot Put

Pos	Order	Bib No.	Surname	Given Name	Club/Association	Distance
1	2	727	Odongo	Martin	Uganda Prisons Athletics Club	12.91
2	3	726	Oceng	Moses Jinaro	Uganda Prisons Athletics Club	12.85
3	6	721	Komakech	Regan Semei	Uganda Prisons Athletics Club	11.82
4	5	520	Nokrach	Alfred	Gulu University Athletics Club	11.74
5	4	508	Rupiny	Solomon	Gombe SSS Athletics Club	11.65
	1	608	Ojara	Jackson Pope	Ndejje University Athletics Club	DNS

Triple Jump

Pos	Order	Bib No.	Surname	Given Name	Club/Association	Distance
1	2	649	Ogenrwot	Churchill	Uganda Christian University Athletics Club	14.23
2	1	590	Opakrwoth	Jamal	Makindye	10.76
3	3	573	Ikamalayo	Gordon	Makerere University Athletics Club	9.47
	4	522	Omara	Brian Mugisha	Gulu University Athletics Club	DNS