



UGANDA ATHLETICS FEDERATION

5TH NATIONAL TRIALS RESULTS

26th April, 2025-Mandela National stadium

Women

200m Heat 1

Wind: +0.1m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	2	826	Ademun	Lydia	Tororo	26.53
2	8	845	Auma	Esther	Uganda Prisons Athletics Club	26.63
3	4	806	Namufumba	Zakia	Iganga Town View Athletics Club	27.89
4	6	813	Nampiina	Patience	Mayuge	29.29
5	3	803	Matana	Stella	Iganga Town View Athletics Club	29.48
6	5	807	Namulondo	Shakira	Iganga Town View Athletics Club	30.85
7	7	818	Gumoshabe	Rebecca	Ndejje University Athletics Club	31.68
	1	808	Salima	Ahmed	Kasese	DNS

200m Heat 2

Wind: -0.3m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	3	832	Mbwali	Bridget	Uganda Christian University Athletics Club	25.10
2	4	829	Aiang	Charity Mercy	Uganda Christian University Athletics Club	25.17
3	6	842	Apio	Agness	Uganda Prisons Athletics Club	25.38
4	5	846	Auma	Mary	Uganda Prisons Athletics Club	25.51
5	8	814	Acirocan	Vicky	Ndejje University Athletics Club	26.59
6	1	827	Akello	Molly	Uganda Christian University Athletics Club	28.01
7	7	857	Akoth	Innocent Margret	Tororo	29.34
	2	800	Anamu	Vicky	Airforce Army SS	DNS

400m Heat 1

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	6	839	Agiyo	Judith	Uganda Prisons Athletics Club	58.26
2	1	801	Acen	Betsy Juliet	Gulu University Athletics Club	58.79
3	5	833	Suubi	Denise Ntege	Uganda Christian University Athletics Club	59.06
4	3	835	Draru	Rose	Uganda Police Athletics Club	60.21
5	4	823	Kajumba	Margret	Olympian Mutekanga Organisation (OMO)	67.08
6	2	805	Nakaziba	Saida	Iganga Town View Athletics Club	70.54

400m Heat 2

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	3	824	Akwenyi	Malvine	Tororo	55.77
2	5	851	Biryeri	Evelyn	Uganda Prisons Athletics Club	56.67
3	4	846	Auma	Mary	Uganda Prisons Athletics Club	57.52
4	1	814	Acirocan	Vicky	Ndejje University Athletics Club	58.50
5	6	855	Akullu	Monica	UWA Athletics Club	58.67
6	2	861	Idwara	Peninah	UPDF Athletics Club	59.16
	7	800	Anamu	Vicky	Airforce Army SS	DNS

800m

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	5	838	Aciru	Knight	Uganda Prisons Athletics Club	2:03.71
2	4	836	Shida	Leni	Uganda Police Athletics Club	2:04.04
3	3	820	Orishaba	Marvarious	Ndejje University Athletics Club	2:06.75
4	6	850	Wonruku	Stella Akullu	Uganda Prisons Athletics Club	2:10.58
5	2	809	Ijorea	Margret	Kids of Africa	2:12.04
6	3	812	Oroma	Peace	Uganda Para Athletics	2:13.27
7	5	817	Ayozu	Grace	Ndejje University Athletics Club	2:13.46
8	7	843	Apio	Elizabeth	Uganda Prisons Athletics Club	2:13.89
9	1	804	Nabirye	Kafuko Joweri	Iganga Town View Athletics Club	2:32.65
10	7	819	Kapchebasa	Doricus	Ndejje University Athletics Club	2:36.16
11	8	811	Meram	Omer	Makerere University Athletics Club	2:59.77

Discus Throw

Pos	Order	Bib No.	Surname	Given Name	Club/Association	Distance
1	8	849	Lakot	Nancy	Uganda Prisons Athletics Club	34.67
2	4	828	Anena	Kevin Prisca	Uganda Christian University Athletics Club	33.81
3	6	837	Aciro	Rose Mary	Uganda Prisons Athletics Club	33.07
4	7	841	Alanyo	Catherine	Uganda Prisons Athletics Club	33.04
5	9	852	Lamwaka	Winnifred Komakech	Uganda Prisons Athletics Club	31.96
6	5	830	Atim	Oliver	Uganda Christian University Athletics Club	31.87
7	12	821	Abur	Mary	Ndejje University Athletics Club	26.04
8	3	816	Ajok	Teddy Goretty	Ndejje University Athletics Club	25.37
9	13	822	Lakica	Jennete	Ndejje University Athletics Club	24.92
10	10	854	Akello	Fiona	UPDF Athletics Club	22.91
11	2	810	Ssanyu	Emily	Kids of Africa	22.51
12	1	802	Ajok	Jackline	Iganga Town View Athletics Club	17.84
13	11	803	Matama	Stella	Iganga Town View Athletics Club	17.40
	14	860	Adongpiny	Mercy Keddy	UPDF Athletics Club	DNS

Javelin Throw

Pos	Order	Bib No.	Surname	Given Name	Club/Association	Distance
1	2	822	Lakica	Jennete	Ndejje University Athletics Club	44.42
2	6	847	Awidi	Victoria	Uganda Prisons Athletics Club	42.91
3	7	848	Lakot	Scovia	Uganda Prisons Athletics Club	39.72
4	4	831	Atimango	Winnifred	Uganda Christian University Athletics Club	38.62
5	1	821	Abur	Mary	Ndejje University Athletics Club	37.00
6	9	854	Akello	Fiona	UPDF Athletics Club	34.00
7	3	825	Apoko	Winnie	Tororo	31.62
8	5	840	Akello	Gloria Ocen	Uganda Prisons Athletics Club	31.47
9	8	802	Ajok	Jackline	Iganga Town View Athletics Club	27.19
	10	860	Adongpiny	Mercy Keddy	UPDF Athletics Club	DNS

Long Jump

Pos	Order	Bib No.	Surname	Given Name	Club/Association	Distance	Wind
1	4	859	Apiyo	Polline	Gulu University Athletics Club	5:59	-1.5m/s
2	8	848	Lakot	Scovia	Uganda Prisons Athletics Club	5:55	-1.6m/s
3	6	815	Adongcen	Lillian	Ndejje University Athletics Club	5:40	+2.2m/s
4	2	844	Apiyo	Scovia Lamwaka	Uganda Prisons Athletics Club	5:22	+0.1m/s
5	3	853	Adong	Domidy	UPDF Athletics Club	5:09	-1.8m/s
6	1	834	Waaku	Prisca	Uganda Christian University Athletics Club	4:60	+1.9m/s
7	7	806	Namufumba	Zakia	Iganga Town View Athletics Club	4:26	-1.8m/s
8	5	847	Awidi	Victoria	Uganda Prisons Athletics Club	4:23	-0.3m/s
	9	862	Ahuk	Robina	UPDF Athletics Club	NM	

4X100m Relay

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	1	842	Apiyo	Agness	Uganda Prisons Athletics Club A	47.93
		863	Koli	Eveline Ocen		
		850	Wonruku	Stella Akullu		
		846	Auma	Mary		
2	3	832	Mbwali	Bridget	Uganda Christian University Athletics Club	48.17
		829	Atiang	Charity Mercy		
		827	Akello	Molly		
		831	Atimango	Winnifred		
3	2	837	Aciro	Rose Mary	Uganda Prisons Athletics Club B	50.41
		851	Biryeri	Evelyn		
		845	Auma	Esther		
		844	Apiyo	Scovia Lamwaka		

Men

100m Heat 1

Wind: +0.6m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	6	566	Mukasa	Vincent	Ndejje University Athletics Club	11.21
2	4	544	Omaruk	Joshua	Kids of Africa	11.99
3	2	518	Okello	Brian	Iganga Town View Athletics Club	12.49
4	7	585	Omoket	Isaac	Tororo	12.75
	8	612	Oburu	Roger's	Uganda Prisons Athletics Club	DNS
	1	500	Lukonero	Timothy	Airforce Army SS	DNS
	3	537	Emukurait	Bram	KCCA Athletics Club	DNS
	5	551	Akanyijuka	Ivan	Makerere University Athletics Club	DNS

100m Heat 2

Wind: +1.3m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	5	553	Kibumba	Semei Emmanuel	Makerere University Athletics Club	11.22
2	6	567	Musinguzi	Davis	Ndejje University Athletics Club	11.23
3	2	529	Ongom	Gerard	Kampala International University Athletics Club	11.70
4	8	635	Nauale	Nathan	UPDF Athletics Club	11.94
	7	591	Okello	Moses	Uganda Christian University Athletics Club	DNS
	1	505	Ogwang	Alzira Sadida	Divine Athletics Club	DNS
	3	538	Kirabo	Darren Luke Ogwang	KCCA Athletics Club	DNS
	4	545	Raiyed	Hussein	Kids of Africa	DNS

100m Heat 3

Wind: -0.3m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	7	639	Onyanga	Isaac	UPDF Athletics Club	11.17
2	4	546	Sawad	Twaha	Kids of Africa	11.61
3	1	506	Eling	Denish	Gulu	11.76
4	5	555	Omollo	Innocent	Makerere University Athletics Club	11.77
5	2	532	Mwikiriize	Lauben	Kampala Kids Academy Athletics Club	11.83
6	8	646	Odongo	Mathew Wyclif	Wakiso	11.85
7	3	541	Kisa	Timothy	KCCA Athletics Club	11.86
8	6	582	Wandera	Denis	Tela Field Club	13.14

100m Heat 4

Wind: +1.1m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	4	562	Tumwine	Briden	Mbarara City	11.73
2	2	535	Omuniyokol	Brian	Kampala Kids Academy Athletics Club	11.80
3	1	517	Odong	Jasper	Iganga Town View Athletics Club	11.96
4	7	595	Jimmy	Innocent	Uganda Para Athletics	12.57
5	3	543	Bogere	Jacob	Kids of Africa	13.78
	5	584	Ekisa	James	Tororo	DNS
	6	598	Asobola	Emmanuel	Uganda Police Athletics Club	DNS

100m Heat 5

Wind: +2.1m/s

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	4	613	Obuto	Solomon	Uganda Prisons Athletics Club	10.77
2	7	590	Okabo	Santos	Uganda Christian University Athletics Club	10.90
3	5	633	Imalingat	Charles	UPDF Athletics Club	11.03
4	8	601	Abila	Hendry	Uganda Prisons Athletics Club	11.09
5	6	611	Obaren	Aaron	Uganda Prisons Athletics Club	11.30
6	1	586	Okello	Darius	Tuku Afrika Athletics Club	11.31
7	2	570	Yikii	Jimmy	Ndejje University Athletics Club	11.56
	3	550	Yokwe	Freza Joseph	Koboko	DNS

400m Heat 1

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	1	507	Odong	Innocent	Gulu City	48.93
2	3	588	Batte	Keith	Uganda Christian University Athletics Club	49.54
3	4	620	Omongin	Joel	Uganda Prisons Athletics Club	54.17
4	5	544	Omaruk	Joshua	Kids of Africa	55.31
5	2	534	Ntambi	Ernest	Kampala Kids Academy Athletics Club	59.12
	2	637	Olum	Peter John	UPDF Athletics Club	DNS

400m Heat 2

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	5	638	Onencan	Brian	UPDF Athletics Club	49.12
2	6	546	Sawad	Twaha	Kids of Africa	52.45
3	2	547	Sserwadda	Paul	Kids of Africa	55.45
4	4	624	Oyirwoth	Jacob	Uganda Prisons Athletics Club	56.36
5	3	593	Otibaka	Afizu	Uganda Christian University Athletics Club	59.61
6	1	515	Ngobi	Harnan	Iganga Town View Athletics Club	64.84

400m Heat 3

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	6	550	Yokwe	Freza Joseph	Koboko	50.98
2	3	594	Tusherure	Turyatunga	Uganda Christian University Athletics Club	52.78
3	2	554	Mdroimana Ahmed	Inzoudine	Makerere University Athletics Club	53.33
4	1	533	Ndiwolye	Nifu	Kampala Kids Academy Athletics Club	55.31
5	4	625	Solimo	Jophisan	Uganda Prisons Athletics Club	56.02
	5	500	Lukonero	Timothy	Airforce Army SS	DNS

400m Heat 4

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	3	556	Omuka	Kenneth	Makerere University Athletics Club	46.43
2	4	641	Okwii	Erick	UWA Athletics Club	47.55
3	6	630	Ariti	James	UPDF Athletics Club	47.94
4	2	622	Ongee	Felix Ouma	Uganda Prisons Athletics Club	48.12
5	5	592	Okolimo	Joseph	Uganda Christian University Athletics Club	48.23
6	8	631	Eragu	Joseph	UPDF Athletics Club	51.09
7	1	579	Deng	Kuol	South Sudan	52.58
8	7	602	Ajalu	Joshua	Uganda Prisons Athletics Club	52.60

800m Heat 1

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	8	568	Onegiu	Jimmy Jasper	Ndejje University Athletics Club	1:52.17
2	2	509	Farahan	Issah	Gulu University Athletics Club	1:53.35
3	6	539	Naturinda	Mubarakah	KCCA Athletics Club	1:55.91
4	5	528	Ndibailawa	Jamiru	Kampala International University Athletics Club	2:01.25
5	8	617	Odongo	Moris	Uganda Prisons Athletics Club	2:02.65
6	7	557	Aganyira	Brian	Masindi	2:04.27
7	7	560	Mpwerize	Kenneth	Mbarara City	2:04.31
8	4	516	Ocen	Denish	Iganga Town View Athletics Club	2:04.43
9	1	508	Ogenrwot	Fedinand	Gulu City	2:06.40
10	3	511	Bizike	Ayubu	Iganga Town View Athletics Club	2:08.67

800m Heat 2

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	4	605	Dradriga	Tom	Uganda Prisons Athletics Club	1:45.97
2	8	618	Ogwal	Samuel	Uganda Prisons Athletics Club	1:47.86
3	1	531	Labeja	Patrick	Kampala Kids Academy Athletics Club	1:52.44
4	7	614	Ocen	Robin	Uganda Prisons Athletics Club	1:53.72
5	6	583	Cheptai	Wadil	Tororo	1:54.95
6	2	549	Mugume	Barnabas	Kigezi High Altitude Athletics Club	1:56.56
7	5	581	Salih Mohamed	Mohelin Mohamed	South Sudan	1:56.98
8	7	580	Osman	Ali	South Sudan	2:01.26
9	8	623	Otucu	Emmanuel	Uganda Prisons Athletics Club	2:04.34
	6	848	Chan Wengo	Godfrey	Ndejje University Athletics Club	DNF
	3	577	Abdallah	Simon	South Sudan	DNS

1500m Heat 1

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	10	610	Niwemusinguzi	Daniel	Uganda Prisons Athletics Club	4:00.44
2	6	530	Ayesiga	Johnson	Kampala Kids Academy Athletics Club	4:01.61
3	9	603	Ateke	Andrew	Uganda Prisons Athletics Club	4:12.17
4	5	527	Kinyera	Dickens	Kampala International University Athletics Club	4:15.55
5	1	514	Muwaya	Peter	Iganga Town View Athletics Club	4:18.81
6	11	645	Nsubuga	Julius	Wakiso	4:19.34
7	7	575	Nduwimana	Joel	Refugees in Uganda	4:21.71
8	2	520	Tumuhise	Jethro	Iganga Town View Athletics Club	4:38.92
9	3	521	Obura	Richard	Inzikuru Sports Academy	5:05.00
	4	522	Thomas	Driskey	Inzikuru Sports Academy	DNS
	8	576	Niyomwungere	Willy De L'or	Refugees in Uganda	DNS

1500m Heat 2

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	11	619	Omara	Tonny	Uganda Prisons Athletics Club	3:43.14
2	12	642	Wabutwa	Farid	UWA Athletics Club	3:48.20
3	9	600	Tenywa	Edreen	Uganda Police Athletics Club	4:06.63
4	2	524	Byarugaba	Derrick	Kabale	4:11.58
5	7	574	Ndagijimana	Butamenya Antoine	Refugees in Uganda	4:12.47
6	4	564	Kiplangat	Esau	Ndejje University Athletics Club	4:15.46
7	6	573	Dushime	Nervy Kent	Refugees in Uganda	4:29.66
8	8	587	Alungi	Ismael	Uganda Christian University Athletics Club	4:33.76
9	1	513	Kwemboi	Ezekiel Kwerit	Iganga Town View Athletics Club	4:35.08
10	3	552	Husayn	Bin Miradji	Makerere University Athletics Club	5:11.20
	10	604	Bua	Julius Peter	Uganda Prisons Athletics Club	DNF
	5	571	Karumu	Sylevester	Olympian Mutekanga Organisation (OMO)	DNS

5000m

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	2	502	Chelogoi	Feb	Arua	13:58.33
2	3	503	Cherotwo	Calvin	Arua	14:22.56
3	1	501	Chebet	Enos	Arua	14:26.23
4	16	578	Chol	Jacob	South Sudan	14:33.11
5	4	504	Musau	Titus	Arua	14:52.40
6	17	609	Mbabazi	Christopher	Uganda Prisons Athletics Club	14:52.72
7	13	561	Mugume	Henry	Mbarara City	15:31.29
8	14	569	Wanok	Morrison	Ndejje University Athletics Club	15:36.65
9	19	634	Kwamoi	Philex	UPDF Athletics Club	15:38.02
10	12	559	Bagatuzayo	Lucienocm	Mbarara City	16:09.32
11	22	510	Arapkutwo	Jabeth	Iganga Town View Athletics Club	16:26.73
	20	643	Kiiza	Johnmary	Wakiso	DNF
	5	523	Ssenyonga	Kevin Muyinza	Jinja	DNF
	6	525	Kiiza	Edson	Kabarole	DNF
	7	526	Kateregga	Akram	Kampala International University Athletics Club	DNF
	11	558	Nabende	Patrick	Mbale	DNF
	21	644	Lujja	Lawrence	Wakiso	DNF
	8	536	Bwambale	Collins Mbauta	Kasese	DNS
	9	542	Weere	Godfrey	Kiboga	DNS
	10	548	Akampa	Seth	Kigezi High Altitude Athletics Club	DNS
	15	572	Mugisa	Reagan	Olympian Mutekanga Organisation (OMO)	DNS
	18	626	Solimo	Jophisan	Uganda Prisons Athletics Club	DNS

Long Jump

Pos	Order	Bib No.	Surname	Given Name	Club/Association	Distance	Wind
1	8	608	Komakeh	Moses	Uganda Prisons Athletics Club	7.07	+0.2m/s
2	9	636	Odongo	Denish	UPDF Athletics Club	7.05	+2.2m/s
3	2	565	Liay	Ayup Khoak Khor	Ndejje University Athletics Club	6.94	+0.1m/s
4	4	570	Yikii	Jimmy	Ndejje University Athletics Club	6.93	+0.1m/s
5	3	589	Ogenrwot	Churchill	Uganda Christian University Athletics Club	6.80	+0.6m/s
6	7	519	Okema	Joseph	Iganga Town View Athletics Club	6.03	+0.9m/s
7	1	563	Kahuma	Christopher	Ndejje University Athletics Club	5.97	+0.6m/s
	5	585	Omoket	Isaac	Tororo	DNS	
	6	594	Tusherure	Turyatunga	Uganda Christian University Athletics Club	DNS	
	10	590	Okabo	Santos	Uganda Christian University Athletics Club	DNS	

Shot Put

Pos	Order	Bib No.	Surname	Given Name	Club/Association	Distance
1	4	615	Oceng	Moses Jinaro	Uganda Prisons Athletics Club	13.01
2	5	616	Odongo	Martin	Uganda Prisons Athletics Club	12.89
3	9	607	Komakeh	Regan Semei	Uganda Prisons Athletics Club	11.82
4	11	647	Nokrach	Alfred	Gulu University Athletics Club	11.75
5	6	621	Onencan	Bob	Uganda Prisons Athletics Club	11.08
6	7	627	Abonga	Denisco	UPDF Athletics Club	10.54
7	3	606	Jurugo	Samuel	Uganda Prisons Athletics Club	10.05
8	2	512	Gwaita	Yonasani	Iganga Town View Athletics Club	7.17
	8	519	Okema	Joseph	Iganga Town View Athletics Club	DNS
	10	640	Muhereza	Davis	UWA Athletics Club	DNS

4X100m Relay

Pos	Lane	Bib No.	Surname	Given Name	Club/Association	Time
1	3	613	Obuto	Solomon	Uganda Team B	40.37
		916	Adoli	Aaron		
		648	Chan Wengo	Godfrey		
		641	Okwii	Eric		
2	4	918	Isabirye	Musa	Uganda Team A	40.53
		917	Adome	Pius		
		915	Masaba	Peter		
		914	Aboda	Emmanuel		
3	1	588	Batte	Keith	Uganda Christian University Athletics Club	42.61
		590	Okabo	Santos		
		508	Ogenrwot	Churchhill		
		592	Okolimo	Joseph		
4	2	639	Onyanga	Isaac	UPDF Athletics Club	43.10
		630	Ariti	James		
		638	Onencan	Brian		
		631	Eragu	Joseph		
5	5	919	Ambayo	Fred	Uganda Prisons Athletics Club	44.03
		601	Abila	Hendry		
		602	Ajalu	Joshua		
		611	Obaren	Aaron		
6	6	612	Oburu	Roger's	Kampala International University Athletics Club	46.22
		536	Bwambale	Collins Mbauta		
		533	Ndiwoloye	Nifu		
		532	Mwikiriize	Lauben		