



CENTRAL REGION CHAMPIONSHIP
Saturday June 28th, 2025-Mandela National Stadium(Namboole)

Women

100m Final Wind: -1.2m/s

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	3	26	Mbwali	Bridget	Uganda Christian University Athletics Club	12.11
2	4	37	Koli	Evaline	Uganda Prisons Athletics Club	12.22
3	1	48	Nyawere	Christine	UWA Athletics Club	12.56
4	6	16	Akwenyi	Malvine	Tororo	12.79
5	7	45	Anguparu	Pamela	UWA Athletics Club	13.20
6	2	15	Akoth	Innocent	Tororo	13.78
7	8	49	Kawala	Shakira	Makindye	14.45
8	5	8	Asizaci	Brenda	Ndejje University Athletics Club	15.51

100m Heat 1 Wind: +0.3m/s

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	5	37	Koli	Evaline	Uganda Prisons Athletics Club	12.09
2	2	8	Asizaci	Brenda	Ndejje University Athletics Club	12.40
2	3	16	Akwenyi	Malvine	Tororo	12.42
3	6	48	Nyawere	Christine	UWA Athletics Club	15.05
	4	23	Atiang	Charity Mercy	Uganda Christian University Athletics Club	DQ

100m Heat 2 Wind: +0.7m/s

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	4	26	Mbwali	Bridget	Uganda Christian University Athletics Club	13.10
2	5	45	Anguparu	Pamela	UWA Athletics Club	13.24
3	3	15	Akoth	Innocent	Tororo	13.64
4	6	49	Kawala	Shakira	Makindye	14.39
	2	10	Awelo Mukasa	Fiona	Old Kampala SSS	DNS

400m

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	6	16	Akwenyi	Malvine	Tororo	54.46
2	5	44	Akullu	Monica	UWA Athletics Club	55.38
3	3	35	Auma	Mary	Uganda Prisons Athletics Club	55.83
4	4	50	Wonruku	Stella Akullu	Uganda Prisons Athletics Club	55.87
5	1	3	Namuwonge	Janipher	KCCA Athletics Club	56.85
6	2	1	Abeja	Dorothy	Gulu University Athletics Club	59.19

800m

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	4	21	Chemutai	Teddy	Tororo	2:07.92
2	2	19	Chebet	Zumurah	Tororo	2:09.56
3	7	43	Akello	Priscilla	UWA Athletics Club	2:12.44
4	3	20	Chemutai	Kezia	Tororo	2:21.16
	5	46	Chebet	Sarah	UWA Athletics Club	DNS
	6	47	Chesang	Ndiwa Priscah	UWA Athletics Club	DNS



4x100m Relay

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	2	67	Apio	Agness	Uganda Prisons Athletics Club A	47.71
		37	Koli	Eveline		
		50	Wonruku	Stella Akullu		
		35	Auma	Mary		
2	1	44	Akullu	Monica	UWA Athletics Club	49.68
		43	Akello	Priscilla		
		45	Anguparu	Pamela		
		48	Nyawere	Christine		
3	4	66	Auma	Esther	Uganda Prisons Athletics Club B	51.16
		34	Alobo	Gladys		
		38	Lakot	Scovia		
		32	Akello	Gloria Ocen		
4	3	26	Mbwali	Bridget	UCU Athletics Club	54.49
		23	Atiang	Charity Mercy		
		27	Nsubi	Denise Ndege		
		25	Atimango	Winifred		

Discus Throw

Pos	Order	Bib No.	Surname	Given Name	Affiliation	Mark
1	6	22	Anena	Kevin Prisca	Uganda Christian University Athletics Club	36.69
2	8	31	Aciro	Rose Mary	Uganda Prisons Athletics Club	35.22
3	9	33	Alanyo	Catherine	Uganda Prisons Athletics Club	34.15
4	7	24	Atim	Oliver	Uganda Christian University Athletics Club	31.72
5	10	39	Lamwaka	Winnifred	Uganda Prisons Athletics Club	31.28
6	2	30	Ocwee	Pepetra	Uganda Police Athletics Club	30.16
7	11	42	Oyella	Cavine Alice	UPDF Athletics Club	30.04
8	1	7	Apur	Mary	Ndejje University Athletics Club	26.72
9	5	18	Chebet	Milka	Tororo	25.65
10	3	41	Akello	Fiona	UPDF Athletics Club	25.54
11	4	14	Achieng	Faith	Tororo	24.47

Javelin Throw

Pos	Order	Bib No.	Surname	Given Name	Affiliation	Mark
1	1	9	Lakica	Jenneth	Ndejje University Athletics Club	44.52
2	7	36	Awidi	Victoria	Uganda Prisons Athletics Club	40.69
3	5	29	Agenorwot	Innocent	Uganda Police Athletics Club	39.69
4	12	38	Lakot	Scovia	Uganda Prisons Athletics Club	38.85
5	13	40	Adongo	Domidy	UPDF Athletics Club	36.98
6	9	30	Ocwee	Pepetra	Uganda Police Athletics Club	36.87
7	6	32	Akello	Gloria Ocen	Uganda Prisons Athletics Club	36.57
8	11	25	Atimango	Winnifred	Uganda Christian University Athletics Club	36.47
9	4	17	Apoko	Winnie	Tororo	34.51
10	8	7	Apur	Mary	Ndejje University Athletics Club	34.27
11	10	41	Akello	Fiona	UPDF Athletics Club	33.14
12	2	12	Kabasinguzi	Beatrice	Tela Field Club	23.43
	3	13	Robert	Mugabe	Tela Field Club	DNS

Long Jump

Pos	Order	Bib No.	Surname	Given Name	Affiliation	Mark
1	1	25	Atimango	Winnifred	Uganda Christian University Athletics Club	5.93
2	2	38	Lakot	Scovia	Uganda Prisons Athletics Club	5.59
3	6	34	Alobo	Gladys	Uganda Prisons Athletics Club	5.53
4	3	40	Adongo	Domidy	UPDF Athletics Club	5.44
5	5	28	Acan	Evaline Linda	Uganda Police Athletics Club	4.92
6	7	6	Angunda	Joy	Ndejje University Athletics Club	4.56
	4	2	Apiyo	Polline	Gulu University Athletics Club	DNS



Men

200m Final Wind: -0.5m/s

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	5	753	Adome	Pius	Uganda Police Athletics Club	21.47
2	4	785	Okwii	Erick	UWA Athletics Club	21.64
3	3	712	Omuka	Kenneth	Makerere University Athletics Club	21.77
4	7	750	Okolimo	Joseph	Uganda Christian University Athletics Club	21.80
5	6	755	Ngobi	Allan	Uganda Police Athletics Club	21.84
6	2	754	Masaba	Peter	Uganda Police Athletics Club	21.98
7	1	747	Odongo	Dickens	Uganda Christian University Athletics Club	22.03
8	8	732	Abur	Abraham Abur	South Sudan	22.34

200m Heat 1 Wind: +0.3m/s

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	5	753	Adome	Pius	Uganda Police Athletics Club	21.86
2	3	732	Abur	Abraham Abur	South Sudan	22.15
3	7	775	Ocira	John	UPDF Athletics Club	23.02
4	1	706	Ndiwolye	Nifu	Kampala Kids Academy Athletics Club	24.69
6	6	771	Oyirwoth	Jacob	Uganda Prisons Athletics Club	26.59
	2	709	Emukurait	Bram	KCCA Athletics Club	DNS
	4	745	Batte	Keith	Uganda Christian University Athletics Club	DNS

200m Heat 2 Wind: +0.9m/s

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	7	785	Okwii	Erick	UWA Athletics Club	21.73
2	5	754	Masaba	Peter	Uganda Police Athletics Club	22.01
3	4	747	Odongo	Dickens	Uganda Christian University Athletics Club	22.17
4	3	733	Malek	Deng Thiep	South Sudan	22.20
5	1	707	Ntambi	Ernest	Kampala Kids Academy Athletics Club	26.12
6	2	716	Tibyasa	Phabang	Makerere University Athletics Club	27.20
	6	778	Onyanga	Isaac	UPDF Athletics Club	DNS

200m Heat 3 Wind: +2.2m/s

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	1	712	Omuka	Kenneth	Makerere University Athletics Club	21.71
2	6	755	Ngobi	Allan	Uganda Police Athletics Club	21.89
3	3	722	Ssemanda	Harman	Makindye	22.98
4	5	749	Okello	Moses	Uganda Christian University Athletics Club	24.07
5	7	782	Muhwezi	Abraham Lincoln	UWA Athletics Club	24.19
6	2	720	Opakrwoth	Jamal	Makindye	26.29
	4	739	Wandera	Denis	Tela Field Club	DNS

200m Heat 4 Wind: +1.3m/s

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	5	750	Okolimo	Joseph	Uganda Christian University Athletics Club	22.02
2	3	727	Mukasa	Vincent	Ndejje University Athletics Club	22.87
3	4	741	Ekisa	James	Tororo	23.13
4	6	757	Ajalu	Joshua	Uganda Prisons Athletics Club	23.16
5	1	721	Sewanonad	Hamfrey	Makindye	25.95
6	2	723	Ssendagala	Julius	Makindye	26.79

200m Heat 5 Wind: -1.1m/s

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	6	761	Isabirye	Musa	Uganda Prisons Athletics Club	22.24
2	3	744	Okello	Darius	Tuku Afrika Athletics Club	23.39
3	5	759	Ambayo	Fred	Uganda Prisons Athletics Club	23.74
4	4	752	Owiny-Dollo	James	Uganda Christian University Athletics Club	24.01
5	1	708	Omuniyokol	Brian	Kampala Kids Academy Athletics Club	24.25
6	2	730	Kasagga	Rashid	Paralympics committee	27.06



400m Heat 1

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	3	743	Tekkwo	Francis	Tororo	51.78
2	1	751	Onapa	Robinson	Uganda Christian University Athletics Club	52.75
3	4	706	Ndiwolye	Nifu	Kampala Kids Academy Athletics Club	53.17
4	6	723	Ssendagala	Julius	Makindye	56.52
5	5	707	Ntambi	Ernest	Kampala Kids Academy Athletics Club	58.59
	2	729	Wananda	Earnest	Old Kampala SSS	DNS
	7	771	Oyirwoth	Jacob	Uganda Prisons Athletics Club	DNS

400m Heat 2

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	4	712	Omuka	Kenneth	Makerere University Athletics Club	47.22
2	5	785	Okwii	Erick	UWA Athletics Club	47.66
3	6	786	Opiny	Leonard	UWA Athletics Club	49.04
4	7	774	Eragu	Joseph	UPDF Athletics Club	50.23
5	8	740	Ecodu	Nicholas	Tororo	52.28
6	1	759	Ambayo	Fred	Uganda Prisons Athletics Club	53.58
	2	700	Nyeko	Johnson	Gulu University Athletics Club	DNS
	3	773	Ariti	James	UPDF Athletics Club	DNS

800m

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	7	766	Ogwal	Samuel	Uganda Prisons Athletics Club	1:49.13
2	5	731	Abdallah	Simon	South Sudan	1:49.50
3	7	735	Salih	Mohamed	South Sudan	1:54.00
4	6	734	Osman	Ali	South Sudan	1:55.53
5	1	703	Ndibailawa	Jamiru	Kampala International University Athletics Club	2:03.26
6	4	715	Ssozi	Sufiyan	Makerere University Athletics Club	2:11.03
7	8	784	Okodi	Justin Opio	UWA Athletics Club	2:13.08
8	3	714	Nsubuga	Joseph	Makerere University Athletics Club	2:19.92
9	8	793	Kinyera	Elvis	Zombo	2:26.82
	2	711	Lucky Tuggelley	Razaq	Kids of Africa	DNS

1500m

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	9	769	Omara	Tonny	Uganda Prisons Athletics Club	3:47.35
2	11	780	Krop	Domenic	UWA Athletics Club	3:49.11
3	5	725	Akemkwene	Peter	Ndejje University Athletics Club	3:49.53
4	12	788	Wabutwa	Farid	UWA Athletics Club	3:54.27
5	8	768	Oketcho	John	Uganda Prisons Athletics Club	4:02.73
6	10	779	Etiau	Rashid	UWA Athletics Club	4:09.14
7	7	756	Tenywa	Edreen	Uganda Police Athletics Club	4:11.69
8	6	742	Kiprotich	Laban Kiprui	Tororo	4:14.79
9	2	705	Mukasa	Benedict	Kampala Kids Academy Athletics Club	4:19.88
	4	719	Matovu	Antonio	Makindye	DNF
	1	704	Sanayi	Sanay	Kampala International University Athletics Club	DNS
	3	713	Husayn	Bin Miradji	Makerere University Athletics Club	DNS

5000m

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	7	760	Comboni	Daniel	Uganda Prisons Athletics Club	15:02.21
2	6	728	Wanok	Morrison	Ndejje University Athletics Club	15:36.34
3	1	701	Cherukut	Aron	JOCDEF Athletics Club	16:02.70
4	8	789	Asiku	Harbert	Wakiso	17:05.20
5	12	794	Orombi	Herbert	Zombo	17:51.90
	2	702	Mbonimpa	Loick	Kampala International University Athletics Club	DNF
	3	710	Weere	Godfrey	Kiboga	DNF
	5	724	Mumbere	Rogers	Nakawa	DNF
	9	790	Okumu	Dodoviko	Wakiso	DNF
	4	718	Lukyamuzi	Julius	Makindye	DNS
	10	791	Tugume	Simon Peter	Wakiso	DNS
	11	792	Walakira	Daniel	Wakiso	DNS

4x400m Relay

Pos	Lane	Bib No.	Surname	Given Name	Affiliation	Mark
1	3	788	Wabutwa	Farid	UWA Athletics Club	3:15.78
		786	Opiny	Leonard		
		790	Okumu	Dodoviko		
		785	Okwii	Erick		
2	2	849	Onen	Kennedy	Uganda Prisons Athletics Club	3:19.80
		757	Ajalu	Joshua		
		766	Ogwal	Samuel		
		759	Ambayo	Fred		
3	4	753	Adome	Pius	Uganda Police Athletics Club	3:23.98
		754	Masaba	Peter		
		850	Adilu	Francis		
		755	Ngobi	Allan		
4	1	742	Kiprotich	Laban Kiprui	Tororo	3:32.70
		741	Ekisa	James		
		743	Tekkwo	Francis		
		740	Ecodu	Nicholas		

Discus Throw

Pos	Order	Bib No.	Surname	Given Name	Affiliation	Mark
1	3	787	Tukamuheebwa	Anthony	UWA Athletics Club	40.92
2	1	758	Akena	Moses	Uganda Prisons Athletics Club	40.43
3	4	764	Oceng	Moses Jinaro	Uganda Prisons Athletics Club	40.09
4	7	772	Abonga	Denisco	UPDF Athletics Club	37.55
5	6	770	Opiyo	Oscar	Uganda Prisons Athletics Club	37.11
6	10	783	Odongkara	Patrick	UWA Athletics Club	36.52
7	8	777	Ojara	Jackson Pope	UPDF Athletics Club	36.52
8	5	765	Odong	Martin	Uganda Prisons Athletics Club	33.73
9	9	781	Muhereza	Davis	UWA Athletics Club	31.35
10	2	763	Mwaka	Johnson	Uganda Prisons Athletics Club	30.46
	11	738	Manige	Onesmus	Tela Field Club	DNS

Long Jump

Pos	Order	Bib No.	Surname	Given Name	Affiliation	Mark
1	6	776	Odongo	Denish	UPDF Athletics Club	7.59
2	5	767	Okello	Charles	Uganda Prisons Athletics Club	7.32
3	4	762	Komakech	Moses	Uganda Prisons Athletics Club	7.29
4	1	726	Liy	Ayup Khoak Khor	Ndejje University Athletics Club	7.10
5	3	748	Ogenrwot	Churchill	Uganda Christian University Athletics Club	7.06
6	2	746	Kideganono	Lawrence	Uganda Christian University Athletics Club	6.56
	7	720	Opakrwoth	Jamal	Makindye	DNS
	8	721	Sewanonad	Hamfrey	Makindye	DNS

Shot Put

Pos	Order	Bib No.	Surname	Given Name	Affiliation	Mark
1	1	764	Oceng	Moses Jinaro	Uganda Prisons Athletics Club	13.17
2	2	765	Odong	Martin	Uganda Prisons Athletics Club	12.84
3	3	770	Opiyo	Oscar	Uganda Prisons Athletics Club	12.43
4	8	736	Bakanzewa	Joel	Tela Field Club	11.69
5	5	777	Ojara	Jackson Pope	UPDF Athletics Club	11.54
6	4	772	Abonga	Denisco	UPDF Athletics Club	10.65
7	6	781	Muhereza	Davis	UWA Athletics Club	10.35
8	10	751	Onapa	Robinson	Uganda Christian University Athletics Club	9.75
	7	783	Odongkara	Patrick	UWA Athletics Club	DNS
	9	737	Kayo	Kenneth	Tela Field Club	DNS