



## NATIONAL OVER DISTANCE

28<sup>th</sup> February, 2026-Mandela National Stadium(Namboole)

### Women

#### 150m

Wind: -0.8m/s

Pos	Lane	Bib	Name	Date of Birth	Athlete Number	Club/Association	Time
1	3	105	Atiang Charity Mercy	08/12/2000	UA94695	Uganda Christian University Athletics Club	18.75
2	7	120	Koli Evaline Ocen	03/12/1994	UA72013	Uganda Prisons Athletics Club	18.80
3	6	118	Auma Esther	15/03/2003	UA81041	Uganda Prisons Athletics Club	18.94
4	1	101	Mulonde Hope	02/05/2005	UA36918	Lukungu Academy Athletics Club	20.76
5	4	102	Ocitiru Prossy	18/03/2008	UA97001	Lukungu Academy Athletics Club	20.90
	2	100	Akoli Joan	22/01/2007	UA66745	Akii Bua Athletics Club	DNS
	5	103	Akello Molly	04/05/2003	UA48963	Uganda Christian University Athletics Club	DNS
	8	129	Anguparu Pamela	18/04/1999	UA50053	UWA Athletics Club	DNS

#### 300m Heat 1

Pos	Lane	Bib	Name	Date of Birth	Athlete Number	Club/Association	Time
1	4	124	Suubi Denise Ntege	18/07/2004	UA98424	Uganda Prisons Athletics Club	39.47
2	1	101	Mulonde Hope	02/05/2005	UA36918	Lukungu Academy Athletics Club	44.28
3	3	102	Ocitiru Prossy	18/03/2008	UA97001	Lukungu Academy Athletics Club	44.46
4	5	134	Candiya Robinah	01/02/2001	UA86327	Uganda Prisons Athletics Club	48.01
	2	100	Akoli Joan	22/01/2007	UA66745	Akii Bua Athletics Club	DNS

#### 300m Heat 2

Pos	Lane	Bib	Name	Date of Birth	Athlete Number	Club/Association	Time
1	2	109	Akwenyi Malvine	10/05/2004	UA25874	Uganda Police Athletics Club	39.56
2	5	132	Nyawere Christine	01/06/2002	UA52025	UWA Athletics Club	40.31
3	4	105	Atiang Charity Mercy	08/12/2000	UA94695	Uganda Christian University Athletics Club	40.98
4	1	117	Atimango Winnifred	02/07/2002	UA36396	Uganda Prisons Athletics Club	41.61
5	3	106	Lakica Meron	22/05/2004	UA87913	Uganda Christian University Athletics Club	42.24
	6	133	Wonruku Stella Akullu	16/06/1999	UA58321	Uganda Prisons Athletics Club	DNS

#### 600m

Pos	Lane	Bib	Name	Date of Birth	Athlete Number	Club/Association	Time
1	4	112	Shida Leni	22/05/1994	UA55885	Uganda Police Athletics Club	1:28.73
2	2	110	Banura Mauren Akiiki	13/10/1996	UA16023	Uganda Police Athletics Club	1:31.21
3	3	109	Akwenyi Malvine	10/05/2004	UA25874	Uganda Police Athletics Club	1:32.21
4	5	116	Aguyo Judith	17/02/1992	UA38951	Uganda Prisons Athletics Club	1:32.49
5	6	128	Akullu Monica	28/11/2004	UA39552	UWA Athletics Club	1:34.91
6	7	133	Wonruku Stella Akullu	16/06/1999	UA58321	Uganda Prisons Athletics Club	1:36.32
7	1	111	Draru Rose	02/02/1997	UA25539	Uganda Police Athletics Club	1:39.40

#### 1000m

Pos	Lane	Bib	Name	Date of Birth	Athlete Number	Club/Association	Time
1	1	115	Aciru Knight	03/09/1998	UA18685	Uganda Prisons Athletics Club	2:41.27
2	2	123	Nabulo Sarah Khafu	04/01/2002	UA38568	Uganda Prisons Athletics Club	2:58.72
3	3	131	Chepkwemoi Vanjaline	07/01/2005	UA13921	UWA Athletics Club	3:34.21



### Long Jump

Pos	Order	Bib	Name	Date of Birth	Athlete Number	Club/Association	Distance
1	1	117	Atimango Winnifred	02/07/2002	UA36396	Uganda Prisons Athletics Club	5.82
2	4	122	Lakot Scovia	27/07/1999	UA99939	Uganda Prisons Athletics Club	5.51
3	3	113	Abeja Dorothy	31/12/2000	UA29843	Uganda Prisons Athletics Club	5.39
4	6	106	Lakica Meron	22/05/2004	UA87913	Uganda Christian University Athletics Club	5.29
5	7	134	Candiya Robinah	01/02/2001	UA86327	Uganda Prisons Athletics Club	5.00
6	2	108	Waaku Prisca	06/03/1997	UA43655	Uganda Christian University Athletics Club	4.91
	5	103	Akello Molly	04/05/2003	UA48963	Uganda Christian University Athletics Club	DNS

### Shot Put

Pos	Order	Bib	Name	Date of Birth	Athlete Number	Club/Association	Distance
1	4	121	Lakot Nancy	18/09/1990	UA82200	Uganda Prisons Athletics Club	10.49
2	8	130	Atim Oliver	26/12/1999	UA16039	UWA Athletics Club	10.35
3	1	104	Anena Kevin Prisca	28/01/2005	UA31284	Uganda Christian University Athletics Club	10.27
4	3	119	Auma Mary	21/01/1994	UA26941	Uganda Prisons Athletics Club	10.06
5	2	114	Aciro Rosemary	04/04/1998	UA54451	Uganda Prisons Athletics Club	9.43
	5	125	Akello Fiona	27/07/1996	UA50933	UPDF Athletics Club	DNS
	6	126	Anena Kevine	14/03/1996	UA79291	UPDF Athletics Club	DNS
	7	127	Oyella Cavine Alice	01/12/1995	UA16075	UPDF Athletics Club	DNS

### Men

#### 150m Heat 1

Wind: +0.8m/s

Pos	Lane	Bib	Name	Date of Birth	Athlete Number	Club/Association	Time
1	3	203	Omale Jan	27/01/2002	UA24535	Arua City	16.61
2	5	234	Okot Ambrose	06/09/2002	UA60447	Ntungamo District	16.78
3	4	212	Omunyokol Brian	02/12/2003	UA69894	Kampala Kids Academy Athletics Club	17.60
4	1	215	Kisa Timothy	14/02/2009	UA81765	KCCA Athletics Club	17.95
5	2	238	Ocilaje Pius	11/11/1985	UA47981	Tela Field Club	17.96
6	8	305	Kinyera Elvis	05/08/2002	UA63822	Zombo District	18.88
7	6	253	Masisa Fred	03/12/1997	UA30522	Uganda Paralympic Committee	19.20

#### 150m Heat 2

Wind: -0.2m/s

Pos	Lane	Bib	Name	Date of Birth	Athlete Number	Club/Association	Time
1	2	233	Kakande Kenneth	22/08/2005	UA84018	Nakawa	17.26
2	1	213	Epodoi Hananiah	29/07/2006	UA60589	KCCA Athletics Club	18.12
3	3	200	Abita Ephraim Joel	22/03/2008	UA21590	Agago District	18.38
4	7	304	Nsiro ikonde Edward	03/09/1991	UA20753	Wakiso District	19.78
5	5	228	Nsubuga Joseph Wenceslaus	28/09/1994	UA61211	Makerere University Athletics Club	20.03
	4	208	Kato Denis Odongo	03/08/2001	UA97051	Jinja District	DQ
	6	246	Nabaasa Erick	22/09/2002	UA97558	Uganda Christian University Athletics Club	DNS

#### 150m Heat 3

Wind: -0.2m/s

Pos	Lane	Bib	Name	Date of Birth	Athlete Number	Club/Association	Time
1	2	216	Kitiibwa Arnold	09/09/2007	UA88545	KCCA Athletics Club	17.86
2	5	214	Gwedda Nahum Favour	02/05/2007	UA37172	KCCA Athletics Club	18.09
3	3	255	Asobola Emmanuel	25/11/2004	UA68896	Uganda Police Athletics Club	18.37
4	7	257	Kakande Ruddy Kawooya	30/04/2004	UA59258	Uganda Police Athletics Club	18.65
5	6	239	Wandera Denis	11/10/1973	UA43110	Tela Field Club	19.86
6	4	207	Obura Richard	01/09/1991	UA13551	Inzikuru Sports Academy	19.87
	1	295	Davidpower Trump	30/12/1999	UA66528	USA	DNS



## 150m Heat 4

Wind: +0.2m/s

Pos	Lane	Bib	Name	Date of Birth	Athlete Number	Club/Association	Time
1	3	260	Mukasa Vincent	01/01/2003	UA30934	Uganda Police Athletics Club	16.73
2	4	265	Ajalu Joshua	15/02/1994	UA63269	Uganda Prisons Athletics Club	17.09
3	5	275	Obong Emmanuel	07/06/1996	UA25453	Uganda Prisons Athletics Club	17.12
4	1	206	Otim David Berkham	22/05/2008	UA78369	Gulu City	17.28
5	2	248	Ogenrwot Churchill Beandocker	10/07/2001	UA66493	Uganda Christian University Athletics Club	17.99
6	6	291	Odongo Denish	27/03/1994	UA16914	UPDF Athletics Club	18.12
7	8	209	Kigenyi Reagan	05/11/2002	UA86630	Kampala International University	20.17
	7	294	Onyanga Isaac	10/02/1998	UA14876	UPDF Athletics Club	DNS

## 150m Heat 5

Wind: -0.6m/s

Pos	Lane	Bib	Name	Date of Birth	Athlete Number	Club/Association	Time
1	4	235	Deng Thiep Deng Malek	18/07/2008	UA16122	South Sudan	16.14
2	2	254	Adome Pius	09/01/1993	UA96250	Uganda Police Athletics Club	16.14
3	5	259	Masaba Peter	10/05/1999	UA25415	Uganda Police Athletics Club	16.28
4	6	276	Obuto Solomon	30/12/1992	UA18891	Uganda Prisons Athletics Club	16.40
5	7	247	Odongo Dickens	26/06/2001	UA74744	Uganda Christian University Athletics Club	16.58
6	1	243	Batte Keith	18/05/2002	UA20204	Uganda Christian University Athletics Club	16.58
7	8	289	Obong Brian Brackford	17/12/1998	UA68036	UPDF Athletics Club	17.74
	3	217	Olipa Sharif	25/10/1997	UA19221	KCCA Athletics Club	DNS

## 300m Heat 1

Pos	Lane	Bib	Name	Date of Birth	Athlete Number	Club/Association	Time
1	4	233	Kakande Kenneth	22/08/2005	UA84018	Nakawa	35.45
2	1	250	Ongaya Robins Onappa	03/12/2002	UA63056	Uganda Christian University Athletics Club	35.65
3	5	245	Kideganono Lawrence	17/01/2005	UA85256	Uganda Christian University Athletics Club	36.72
4	2	227	Malimba Sajars Wepukhulu	29/06/1990	UA55281	Makerere University Athletics Club	37.25
5	2	201	Ayate Kim Junior	20/12/2006	UA36263	Akii Bua Athletics Club	37.64
6	7	244	Engwau Fidel	30/11/2003	UA43725	Uganda Christian University Athletics Club	37.68
7	3	213	Epodoi Hananiah	29/07/2006	UA60589	KCCA Athletics Club	39.80
8	8	282	Oyirwoth Jacob	21/03/1988	UA86695	Uganda Prisons Athletics Club	42.68

Pos	Lane	Bib	Name	Date of Birth	Athlete Number	Club/Association	Time
1	5	268	Chan Wengo Godfrey	16/06/1999	UA75297	Uganda Prisons Athletics Club	33.43
2	3	264	Adoli Haron	08/10/1994	UA82559	Uganda Prisons Athletics Club	33.45
3	2	263	Aboda Emmanuel	15/04/1997	UA88314	Uganda Prisons Athletics Club	33.66
4	8	249	Okolimo Joseph	22/12/2002	UA10768	Uganda Christian University Athletics Club	34.57
5	1	243	Batte Keith	18/05/2002	UA20204	Uganda Christian University Athletics Club	34.97
6	4	288	Imalingat Charles	17/04/1998	UA90385	UPDF Athletics Club	35.60
7	6	266	Ambayo Fred	20/09/2004	UA83243	Uganda Prisons Athletics Club	36.28
8	7	290	Ocira John	04/08/1995	UA91171	UPDF Athletics Club	36.43

## 600m Heat 1

Pos	Lane	Bib	Name	Date of Birth	Athlete Number	Club/Association	Time
1	3	222	Munguchi Innocent	05/02/2009	UA59073	Lukungu Academy Athletics Club	1:28.73
2	4	223	Ainembabazi Gerald	18/10/2002	UA36508	Makerere University Athletics Club	1:31.04
3	8	220	Ssetyabule Gabriel	13/11/2001	UA37153	Kids of Africa Athletics Club	1:31.91
4	6	258	Kivumbi Rippon	17/05/1995	UA63591	Uganda Police Athletics Club	1:31.98
5	2	219	Weere Godfrey	04/04/1991	UA14041	Kiboga District	1:37.48
	7	201	Ayate Kim Junior	20/12/2006	UA36263	Akii Bua Athletics Club	DNS
	1	204	Okullu Jacob	15/12/2002	UA17713	Entebbe	DNS
	5	242	okello Darius	24/12/1996	UA92489	Tuku Afrika Athletics Club	DNS

## 600m Heat 2

Pos	Lane	Bib	Name	Date of Birth	Athlete Number	Club/Association	Time
1	2	230	Omuka Kenneth	18/12/1998	UA39163	Makerere University Athletics Club	1:17.54
2	4	270	Erimu Kokas	25/02/1996	UA94925	Uganda Prisons Athletics Club	1:17.55
3	5	280	Ongee Felix Ouma	03/09/1995	UA31178	Uganda Prisons Athletics Club	1:17.91
4	7	300	Okwii Erick	10/03/1994	UA29761	UWA Athletics Club	1:18.68
5	1	218	Cheptoyek Nicholas	01/01/2004	UA12804	Uganda Prisons Athletics Club	1:18.71
6	3	236	Riiny Karkon Ngot Riiny	20/11/2006	UA45345	South Sudan	1:21.74
	6	287	Eragu Joseph	10/05/1997	UA80160	UPDF Athletics Club	DNS
	7	299	Okot Benson	31/12/1996	UA32560	UWA Athletics Club	DNS
	8	301	Opiny Leonard	12/12/1991	UA50190	UWA Athletics Club	DNS



### 1000m

Pos	Lane	Bib	Name	Date of Birth	Athlete Number	Club/Association	Time
1	8	269	Dradriga Tom	17/06/1996	UA88009	Uganda Prisons Athletics Club	2:21.68
2	10	296	Krop Domenic	04/12/2004	UA97289	UWA Athletics Club	2:23.70
3	2	210	Ndibailawa Jamilu	27/06/2000	UA13345	Kampala International University	2:38.81
4	7	262	Solimo Jophisan	26/08/2004	UA77105	Uganda Police Athletics Club	2:39.98
5	9	281	Otucu Emmanuel	22/12/1997	UA97110	Uganda Prisons Athletics Club	2:42.74
6	6	241	Othim Matthew	11/10/2004	UA68450	Tororo	2:46.59
7	5	240	Andima Sunday Okole	02/05/1997	UA63905	Terego District	2:46.66
8	1	202	Obema Alex Eric	01/03/1987	UA98217	Arua	3:01.55
9	3	224	Husayn Bin Miradji	21/06/2009	UA73098	Makerere University Athletics Club	3:06.99
	4	226	Kimbowa Richard Ssembatya	01/01/1996	UA29931	Makerere University Athletics Club	DNS

### 2 Mile

Pos	Lane	Bib	Name	Date of Birth	Athlete Number	Club/Association	Time
1	7	256	Cherotwo Solomon	30/05/2005	UA18008	Uganda Police Athletics Club	8:48.47
2	18	221	Chemusto Emmanuel Jacob	13/01/2001	UA32568	Uganda Police Athletics Club	8:54.68
3	16	306	Comboni Daniel	24/07/1994	UA35771	Uganda Prisons Athletics Club	8:55.13
4	2	205	Ategeka Brian Adams	11/11/1997	UA98418	Evzin Athletics Club	9:11.10
5	9	271	Kiprotich Sam Kapkureny	03/10/2004	UA91491	Uganda Prisons Athletics Club	9:13.70
6	3	211	Ayesiga Johnson	15/03/2004	UA36794	Kampala Kids Academy Athletics Club	9:19.14
8	10	273	Mbabazi Christopher	13/12/1995	UA39278	Uganda Prisons Athletics Club	9:37.04
9	8	267	Ateke Andrew	11/10/1996	UA75723	Uganda Prisons Athletics Club	9:38.54
10	17	295	Yeko Elisha	05/08/2006	UA19946	Makerere University Athletics Club	9:46.21
11	13	293	Okech Charles	03/06/1996	UA11923	UPDF Athletics Club	10:44.55
	12	284	Wandera Derick	08/09/1997	UA92263	Uganda Prisons Athletics Club	DNF
	1	302	Tukamuheebwa Anthony	17/06/1998	UA74335	UWA Athletics Club	DNS
	5	231	Tolit Cliff Godfrey	08/05/1999	UA49115	Makerere University Athletics Club	DNS
	11	283	Tukamushaba Ronald	12/12/2006	UA65727	Uganda Prisons Athletics Club	DNS
	14	303	Kuganja Ebenezar	14/10/2007	UA64092	Wakiso District	DNS

### Long Jump

Pos	Order	Bib	Name	Date of Birth	Athlete Number	Club/Association	Distance
1	4	206	Otim David Berkham	22/05/2008	UA78369	Gulu City	7.39
2	3	279	Okello Charles	03/03/1997	UA36834	Uganda Prisons Athletics Club	7.38
3	2	272	Komakech Moses	14/11/1995	UA46464	Uganda Prisons Athletics Club	7.12
4	5	248	Ogenrot Churchill Beandocker	10/07/2001	UA66493	Uganda Christian University Athletics Club	6.57
5	1	225	Kainerugaba Adam	25/01/1993	UA13387	Makerere University Athletics Club	5.41

### Shot Put

Pos	Order	Bib	Name	Date of Birth	Athlete Number	Club/Association	Distance
1	6	277	Oceng Moses Jinaro	26/03/1993	UA88238	Uganda Prisons Athletics Club	13.28
2	7	278	Odong Martin	01/06/1988	UA54832	Uganda Prisons Athletics Club	12.51
3	2	237	Bakanzewa Joel	27/04/1984	UA18644	Tela Field Club	11.74
4	11	298	Odongkara Patrick	05/11/1995	UA77225	UWA Athletics Club	11.58
5	5	274	Mwaka Johnson	01/01/1995	UA78062	Uganda Prisons Athletics Club	10.77
6	3	252	Watmon Jordan William	15/03/2005	UA44918	Uganda Christian University Athletics Club	10.62
7	10	297	Muhereza Davis	20/12/1994	UA74708	UWA Athletics Club	10.09
	1	229	Ojok Isaac	08/09/1998	UA44814	Makerere University Athletics Club	DNS
	4	261	Odong Baya	24/11/1995	UA13924	Uganda Police Athletics Club	DNS
	8	285	Abonga Denisco	03/04/1990	UA88114	UPDF Athletics Club	DNS
	9	292	Ojara Jackson Pope	07/08/1998	UA79563	UPDF Athletics Club	DNS
	12	302	Tukamuheebwa Anthony	17/06/1998	UA74335	UWA Athletics Club	DNS

