

UGANDA ATHLETICS FEDERATION

2nd National Trials

Saturday, March 19th, 2016 - Namboole Stadium

Women

100m Finals

Pos	Bib No.	Full Names:	Team:	Time:
1	52	Shida Leni	Police	12.1
2	120	Koli Everlyne	Prisons	12.5
3	560	Apolot Margaret	KCCA	12.7
4	481	Kyosimye Prossy	Ndejje	12.9
5	89	Nansaka Veronica	KCCA	13.1
6	476	Apio Flavia	Ndejje	13.3
7	430	Mbabazi Peace	UATA	14.5
8	296	Nuwamanya Rashida	Airforce	15.1

200m Heat 1

Pos	Bib No.	Full Names:	Team:	Time:
1	120	Koli Everlyne	Prisons	26.1
2		Akidi Betty	Gulu	27.0
3		Apio Nancy	Gulu	27.4
4		Akello Concy	KCCA	28.0
5		Namuwaya Shida	Airforce	31.9

200m Heat 2

Pos	Bib No.	Full Names:	Team:	Time:
1		Shida Leni	Police	24.3
2		Baty Claire	Nalinya	25.7
3		Abuu Sandra	Ndejje	26.4
4		Ajok Joyce	Prisons	26.7
5		Apolot Margaret	KCCA	27.0
6		Ajok Gloria B.	Ndejje	27.3

400m Finals

Pos	Bib No.	Full Names:	Team:	Time:
1	145	Wonruku Stella	Prisons	58.2
2		Aneno Agnes	Fame	58.7
3		Akidi Betty	Gulu	60.0
4	316	Baty Claire	Nalinya	61.0
5		Baako Joyce	Ndejje	62.1
		Ajok Brenda	Ndejje	DQ

1500m Finals

Pos	Bib No.	Full Names:	Team:	Time:
1		Ajok Dorcus	Prisons	4:30.1
2		Kasuubo Edna	Kamuli	4:34.0
3		Cheruto Jackline	Prisons	4:40.5
4		Chemutai Belinda	Arua	4:43.1
5	85	Amuron Agnes	Prisons	4:45.5
6		Nabaasa Jane	Ndejje	4:46.5
7		Cherubet Juliet	Ndejje	5:10.2
8		Amito Sharon	Gombe ss	5:11.3
9		Ashe Barbara	Prisons	5:18.4
10		Kifuko Shamim	Nalinya	5:18.9
11		Bigarireho Everlyne	Ndejje	5:22.1
12		Ndiwa Jackyne	Prisons	5:48.6
13		Aharizira Brenda	MUK	6:19.0

10,000m Finals

Pos	Bib No.	Full Names:	Team:	Time:
1		Cheptegei Rebecca	UPDF	35:48.0
2		Chesang Dorcus	Arua	36:19.4
3		Chelangat Shauline	Prisons	37:10.8
4	101	Chemutai Hellen	Prisons	39:47.4
5	91	Chebet Joan	Prisons	41:39.1
		Kimetto Beatrice	KCCA	DNF

4x100m Relays

Pos	Full Names:	Team	Time:
1	Gamba Mildred, Batyo Claire	TBAC	49.7
	Shida Leni, Baako Joyce		
2	Wonruku Stella, Apolo Eunice	Prisons	50.5
	Koli Everlyne, Ajok Joyce		
3	Nansaka Veronica, Apolot Margaret	KCCA	51.5
	Akello Concy, Akidi Betty		
4	Kyosimye Prossy, Apio Flavia	Ndejje	52.2
	Ajok Gloria, Abu Sandra		

Javelin Finals

Pos	Bib No.	Full Names:	Team:	Distance:
1	1	Lucy Aber	Police	46.83
2	355	Awidi Victoria	Gombe ss	46.81
3	356	Lalam Josephine	Gombe ss	45.42
4	289	Mirembe Peace	Airforce	39.90
5		Aloyo Betty	Ndejje	33.00
6		Lakareber Monica	Ndejje	31.81

Triple Jump Finals

Pos	Bib No.	Full Names:	Team:	Distance:
		Apio Flavia	Ndejje	NM
		Nabbasa Jane	Ndejje	NM
		Ajok Gloria B	Ndejje	NM
		Laker Winnifred	Gulu	NM
		Nansaka Veronica	KCCA	NM

Shotput Finals

Pos	Bib No.	Full Names:	Team:	Distance:
1	289	Mirembe Peace	Airforce	10.65
2	03	Acan Janneth	Police	10.36
3	355	Awidi Victoria	Gombe ss	9.66
4		Amoo Jackline	Mukono H/S	9.65
5		Mbabazi Harriet	Gombe ss	8.33
6	463	Nahabwe Sharon	Ndejje	7.91

Men

100m Heat 1

Pos	Bib No.	Full Names	Team	Time
1		Mukama Ayub	KIU	11.1
2		Oija Fred	KCCA	11.2
3	395	Bahemuka Ronald	KCCA	11.4
4	288	Sizza Rashid	Airforce	11.6
5	618	Manzi Pidson	Prisons	11.7
6	425	Odongo Julius	UAFA	12.0

100m Heat 2

Pos	Bib No.	Full Names	Team	Time
11		Ssenono Micheal	UCU	10.7
2	382	Kalyowa Mansoor	KIU	11.4
3		Nkuutu Ibrahim	Fame	11.6
4		Tumwesigye Tony	KCCA	11.8
5	290	Kalinda Denis	Airforce	11.9
6		Oonyu Michael	Prisons	12.3
7		Kwesiga Deus	Mbarara	12.5
8		Moss Fredrick	UCU	15.5

100m Heat 3

Pos	Bib No.	Full Names	Team	Time
1	396	Elisa Nturanabo	KCCA	11.0
2	80	Adupa Walter	Prisons	11.1
3		Odongo Kiff Emma	KIU	11.3
4		Nkeshimanana Prosper	MUK	11.4
5	284	Ssuubi Edward	Wakiso	11.7
6		Jamono Edward	Ndejje	11.8
7		Enata Samuel	KCCA	11.9

100m Heat 4

Pos	Bib No.	Full Names	Team	Time
1	109	Isabirye Musa	Prisons	10.5
2	326	Byamukama Godwin	TBAC	10.6
3	479	Too-oroma Gerald	Ndejje	10.9
4		Odongo Elisha	UCU	11.0
5	477	Odoch Muzamil	Ndejje	11.2
6		Bongomin Fred	Ndejje	11.4
7		Oketcho Abubaker	KCCA	11.6

200m Heat 1

Pos	Bib No.	Full Names	Team	Time
1		Elisha Odongo	UCU	22.7
2		Bongomin Fred	Ndejje	22.9
3		Mukama Ayub	KIU	23.3
4		Bahemuka Ronald	KCCA	23.5
5		Natukwasa Kennedy	KIU	23.6
6		Ssuubi Edward	Wakiso	23.7

200m Heat 2

Pos	Bib No.	Full Names	Team	Time
1		Oroma Williamson	Gombe ss	23.2
2		Oija Fred	KCCA	23.5
3		Omondo Richard	UPDF	24.0
4		Tumwesigye Tony	KCCA	25.2
5		Watasa Joram	Prisons	26.0

200m Heat 3

Pos	Bib No.	Full Names	Team	Time
1		Niwamanya Brian	KCCA	22.3
2		Nturanabo Elisa	KCCA	23.0
3		Kwesiga Absolom	KIU	23.5
4		Tibyasa Phapang	MUK	24.2
5		Oonyu Michael	Prisons	24.5
6		Jurugo Gilbert	Prisons	24.8
7		Kayongo Abbas	KCCA	25.0
8		Kawa Moses	Wakiso	29.0

200m Heat 4

Pos	Bib No.	Full Names	Team	Time
1		Ssenono Mike	UCU	21.5
2		Adome Pius	TBAC	21.7
3		Okot Benson	UCU	21.9
4		Oketayot Francis	UCU	22.1
5		Ndani Brian	UCU	22.3
6		Mpalanyi Fred	TBAC	22.7

400m Heat 1

Pos	Bib No.	Full Names	Team	Time
1	461	Ongee Simon Peter	Ndejje	49.9
2	140	Opolot Andrew Moses	Prisons	50.3
3		Okello Moses	Fame	51.0
4	360	Oroma Williamson	Gombe ss	51.7
5		Jamono Edmond	Ndejje	52.7
6	137	Omoding James	Prisons	53.7
7	382	Kalyowa Mansoor	KIU	53.8
8		Kigenyi Ronald	Kololo ss	75.8

400m Heat 2

Pos	Bib No.	Full Names	Team	Time
1	475	Odiya Johnson	Ndejje	50.5
2		Natukwasa Kennedy	KIU	51.6
3	390	Omara Denis	KIU	51.7
4		Nkeshimana Prosper	MUK	52.0
5		Abwanga Kenneth	KCCA	52.6
6	285	Gusena Jimmy	Oling	53.2
7	403	Ongodia Yuventino	KCCA	55.0

400m Heat 3

Pos	Bib No.	Full Names	Team	Time
1		Ngaimoko Alli	Police	47.5
2		Oyuku Benson	Prisons	48.5
3		Ogwok Daniel	Prisons	48.7
4		Anywar Johnson	Ndejje	48.9
5		Ndani Brian	UCU	49.2
6		Okot Benson	UCU	49.7
7		Oketayot Francis	UCU	50.8

800m Heat 1

Pos	Bib No.	Full Names	Team	Time
1		Yeshe Kevin	Arua	1:58.0
2		Cankura Robert	Gombe ss	2:02.1
3		Ndibanoha John	MUK	2:03.3
4		Ahimbisibwe Justus	KIU	2:04.0
5		Kibudda Muhamood	MUK	2:06.7
6		Arop Michael	Prisons	2:07.0
7		Okello James	Jinja	2:14.3
8		Mutumba Timothy	Kololo ss	2:53.7

800m Heat 2

Pos	Bib No.	Full Names	Team	Time
1	75	Okwera Willy Oryem	KCCA	1:58.0
2	137	Omoding James	Prisons	2:03.6
3	366	Maganda Innocent	MUK	2:05.4
4		Tumusiime Allan	MUK	2:05.6
5		Nkeshimana Prosper	MUK	2:08.2
6	369	Mayinja Denis	MUK	2:10.1
7	373	Nkuruziza Manirakiza	MUK	2:10.5
8	422	Kasirivu Musa	Mukono	2:18.5
9		Makerere Augustine	MUK	2:32.9

800m Heat 3

Pos	Bib No.	Full Names	Team	Time
1		Turihabwe Fortunata	Ndejje	1:56.7
2		Apenyo Bekele	Gombe ss	1:57.1
3		Omusugu Nathan	Jinja Modern	1:57.3
4		Asiimwe Patrick	KCCA	2:01.5
5		Ausi Balikowa	Fame	2:02.6
6		Ngeywo Paul	Ndejje	2:08.0
7		Olemukan Cosmas	KCCA	2:08.3
8		Isabirye Tadeo	Jinja Modern	2:19.1
		Kawa Moses	Wakiso	DNF

800m Heat 4

Pos	Bib No.	Full Names	Team	Time
1		Wabutwa Farid	MUBS	1:50.3
2		Rutto Goefrey	Prisons	1:50.8
3		Letting Ezekiel	KIU	1:54.0
4		Uma Joseph	Standard	1:57.6
5		Adriko Robinson	KCCA	1:59.4
6		Adar Jimmy	Prisons	2:00.0
7		Emong David	KU	2:01.5
		Opiny Leonard	KCCA	DNF

3000m SC Finals

Pos	Bib No.	Full Names	Team	Time
1	304	Ayeko Simon	UPDF	9:06.7
2		Oneil Williams	Bahamas	9:38.3
3		Kiprop Daniel	Arua	9:57.6
4		Kibet Francis	Airforce	10:00.4
5		Kiprono Keter	Ndejje	10:01.3
6		Sande Lawrence	Gulu	10:20.5
		Canwat Joel	Gombe ss	DNF
		Kiguli Trevor	KCCA	DNF

5000m Finals

Pos	Bib No.	Full Names	Team	Time
1		Kibet Peter	Prisons	13:56.6
2		Chemtingen Martin	Prisons	14:00.7
3		Kateregga John	Kamuli	14:23.4
4		Ayeko Anthony	Arua	14:27.0
5		Chebet Stephen	Standard	14:33.9
6		Kiprop Moses	KCCA	14:38.8
7		Bahati Sadiq	Ndejje	14:45.2
8		Mutai Alex	KCCA	14:48.2
9		Ssebuuma Gonzaga	MUK	14:49.7
10		Mutai Ezra	Ndejje	14:50.8
11		Lubega Robert	Arua	14:57.5
12		Kibet Difas	Prisons	15:04.7
13		Adbuls Majid	KCCA	15:20.0
14		Kiprotich Alex	Standard	15:21.3
15		Kimei Isaac	Ndejje	15:22.8
16		Mukama Phillip	Gombe ss	15:41.6

	Munir Mohammed	KCCA	DNF
	Ongom Timothy	Ndejje	DNF
	Alongu Gerald	KCCA	DNF
	Okiror John	MUK	DNF
	Nyerere Jaffar	KCCA	DNF
	Kwesiga Ballon	Airforce	DNF
	Makerere Augustine	MUK	DNF
	Monisak Benard Brian	UCU	DNF
	Manrikiza Nkurunziza	MUK	DNF
	Asooka Arthur Nsubuga	Makindye	DNF
	Kakulu Hassan	UAFA	DNF
	Ocheng Daniel	UAFA	DNF
	Makoli Patrick	Luweero	DNF
	Ruhweza Ibrahim	KIU	DNF
	Kasirivu Musa	Mukono	DNF
	Akampurira Frank	Ndejje	DNF
	Tumuhimbise Simon	Ndejje	DNF
	Ndibanoha John	MUK	DNF
	Olum Sam	Prisons	DNF
	Canwat Joel	Gombe ss	DNF
	Wana Brian	Prisons	DNF

4x100m Relays

Pos	Full Names	Team	Time
1	Isabirye Musa; Odera	Prisons	41.8
	Adupa ; Nyeko		
2	Oketayot Francis; Okot	UCU	42.3
	Ndani Brian; Ssenono		
3	Byamukama Godwin; Adome Pius	TBAC	42.7
	Wabutwa Farid; Bingi Daniel		
4	Ocilaje Pius; Abubakari	KCCA	42.9
	Opiny Leonard; Obutu Solomon		
5	Bongomin; Anywar Johnson	Ndejje	43.2
	Tooroma; Odoch Benjamin		
6	Omara; Kwesiga Absolom	KIU	45.0
	Odongo; Mukama		
	Sizza; Oja	Airforce	DQ
	Kalinda; Oroma		

Javelin Finals

Pos	Bib No.	Full Names	Team	Distance
1	466	Ocaya Brian	Ndejje	57.99
2	78	Ssenoga David	KCCA	57.75
3	134	Okello Robert	Prisons	54.58
4		Ojara Denis	Prisons	53.73
5	300	Kabagambe Amos	Airforce	53.35
6		Ocaya David	Ndejje	52.55
7		Wokorach Jacob	Ndejje	51.80
8		Openy Martin	Mukono	45.79

Discus Finals

Pos	Bib No.	Full Names	Team	Distance
1		Wokorach Jacob	Ndejje	37.86
2		Odong J. Baya	Mukono H/S	35.42
3		Oyet Richard	Ndejje	33.56
4		Omedel Emmanuel	Mbale	33.28

5		Mabanga Patrick	Makindye	31.81
6		Aziz Mustafa	Airforce	31.63
7		Odongkara Patrick	Gombe ss	31.54
8		Akena Godfrey	Mukono H/S	26.75

High Jump Finals

Pos	Bib No.	Full Names	Team	Height
1	473	Okello Emma	Ndejje	180cm
2	138	Onang Chris	Prisons	180cm
3	470	Okwera James	Ndejje	170cm
4	357	Odongkara Patrick	Gombe ss	170cm

Long Jump Finals

Pos	Bib No.	Full Names	Team	Distance
1	136	Okot Alfred	Prisons	7.15
2	470	Okwera James	Ndejje	6.84
3	358	Odong Denis	Gombe ss	6.65
4	467	Ocaya David	Ndejje	6.63
5	473	Okello Emmanuel	Ndejje	6.55
6		Oringa Polycarp	UPDF	6.28
7		Oryem Polycarp	KCCA	6.23
8		Ongodia Yuventino	KCCA	5.66