

UGANDA ATHLETICS FEDERATION
2nd National Trials
March 16th, 2019
AT MANDELA NATIONAL STADIUM

Women

100m Women Heat 1

Wind: 1.8m/s

Pos	Lane	Full Names	Affiliation	Time
1	1	Zawedde Munawala	Mukono H/S	13.12
2	6	Idwara Peninah	Standard	13.30
3	3	Katushabe Jacinta	Lords Mead Vac.	13.78
4	2	Nyakato Lydia	Lords Mead Vac.	14.09
5	5	Layet Fiona	Old Kampala	14.35
6	4	Nakalili Aidah	Standard	15.71

100m Women Heat 2

Wind: 0.6m/s

Pos	Lane	Full Names	Affiliation	Time
1	6	Cheker Christine	Standard	13.67
2	5	Mwenyango Sherinah	Makerere Univ	14.02
3	2	Atemango Winfred	Gombe S.S	14.22
4	1	Akiriza Sandra	Entebbe Airforce	15.04
5	3	Waaku Prisca	Ndejje Univ	15.43
6	4	Namugenyi Doreen	Namakwa	16.59

100m Women Heat 3

Wind: 0.6m/s

Pos	Lane	Full Names	Affiliation	Time
1	4	Shida Leni	Police	12.03
2	2	Banuwa Moureen	Police	12.52
3	6	Apio Agnes	Standard	12.62
4	5	Gamba Mildred	TBAC	12.80
5	7	Adokorach Brenda	Prisons	13.10
6	3	Apolot Margaret	Kyambogo	13.20
7	1	Apolo Eunice	Prisons	13.21
8	8	Auma Mary Onapa	Kitgum	13.46

200m Women Heat 1

Wind: -0.7m/s

Pos	DOB	Full Names	Affiliation	Time
1	01/04/2002	Nyawere Christine	Rock High	26.08
2	12/05/2008	Katushabe Jacinta	Lords Meard Voc.	28.03
3	30/04/2005	Nyakato Lydia	Lords Meard Voc.	29.18
4	15/05/2003	Auma Nancy	Old Kampala	30.72

200m Women Heat 2

Wind: 0.2m/s

Pos	Lane	Full Names	Affiliation	Time
1	02/12/2003	Akidi Betty Bigombe	Gombe S.S	26.66
2	15/12/2005	Cheka Christine	Sprinters Sports	27.37
3	15/05/2001	Naddunga Moureen	Gombe S.S	27.66
4	02/12/2003	Atimango Winfred	Gombe S.S	29.18
5	-	Waku Prisca	Ndejje	32.68

200m Women Heat 3

Wind: 0.2m/s

Pos	Lane	Full Names	Affiliation	Time
1	6	Banura Moureen	Police	25.27
2	7	Apio Agnes	Standard	25.43
3	5	Aneno Agnes	Bidco	26.38
4	1	Apolot Margaret	Kyambogo Univ	26.81
5	2	Adokorach Brenda	Prisons	26.99
6	4	Apolo Eunice	Prisons	27.03
7	3	Akello Rehema	Sprinters Sports	27.70
8	8	Mwenyango Sherinah	Makerere Univ	28.75

400m Women Heat 1

Pos	Lane	Full Names	Affiliation	Time
1	8	Manirunva Fabiola	Sprinters Sports	1:00.18
2	1	Naddunga Moureen	Gombe S.S	1:01.94
3	5	Cheka Christine	Sprinters Sports	1:02.38
4	4	Alobo Nancy	Mukono High	1:02.84
5	2	Idwara Peninah	Standard	1:03.61
6	6	Awuma Nancy Brenda	Old Kampala	1:08.25
7	3	Nalukwago Ruth	Namakwa S.S.S	1:12.37

400m Women Heat 2

Pos	Lane	Full Names	Affiliation	Time
1	7	Shida Leni	Police	52.71
2	6	Nanziri Emily	Police	54.95
3	1	Aneno Agnes	Bidco	57.55
4	4	Akidi Betty Bigombe	Gombe S.S	57.98
5	8	Kyosimye Prossy	UWA	58.36
6	2	Apio Agnes	Standard	58.63
7	3	Akello Rehema	Sprinters Sports	1:01.26

800m Women Finals

Pos	DOB	Full Names	Affiliation	Time
1	25/11/1987	Nanziri Emily	Police	2:11.68
2	16/06/1999	Wonruku Stella	Prisons	2:12.95
3	04/04/1994	Nyakato Jennifer	Makerere Univ	2:15.54
4	04/01/2004	Nabulo Sarah	Tororo	2:20.51
5	01/01/2003	Ikazi Janet	Sprinters Sports	2:22.96
6	01/02/2003	Ajupo Barbara	Standard	2:25.11
7	28/07/2000	Itongo Stella	South Sudan	2:30.11
8	10/11/1997	Nasasira Evas	Makerere Univ	2:37.43
9	10/01/1993	Asiimwe Grace	KIU	3:47.61

1500m Women

Pos	DOB	Full Names	Affiliation	Time
1	28/12/1993	Amuron Agnes	Police	4:40.35
2	06/05/1997	Cherop Risper	Ndejje	4:42.77
3	16/08/2002	Njeri Lucy	Sacred Heart, Gulu	5:05.44
4	28/11/2002	Aciro Vicky	Gombe S.S	5:06.02
5	06/04/2003	Akum Mary Gorrett Osit	UWA	5:19.82
6	07/08/2002	Nabugosi Martha	Airforce	5:25.50
7	25/05/2004	Nabakooza Christine	Toggo Sports	6:04.18
8	14/03/2003	Alisi Norah Lillian	Namakwa	6:08.30
9	10/01/1993	Asimit Grace	KIU	7:37.08
	21/01/2004	Namakula Tricia	Old Kampala	DNS
	27/07/2004	Aciro Prossy	Old Kampala	DNS

3000m Women Finals

Pos	DOB	Full Names	Affiliation	Time
1	23/08/1993	Nanyondo Winnie	UWA	9:27.25
2	01/08/1999	Niyomunkuzi Francine	Sprinters Sports/Burundi	9:41.94
3	07/04/1997	Changwony Pamela	Ndejje Univ	10:08.51
4	25/12/2004	Sukuku Benna	Sprinters Sports	10:33.20
5	02/07/1986	Adero Nyakisi	Prisons	10:37.22
6	28/02/2003	Chemutai Shendrine	Standard	11:36.63
7	27/07/2004	Aciro Prossy	Old Kampala	11:40.19
	10/08/2004	Cheptegei Hilda	Sprinters Sports	DNF
	12/06/2004	Chebet Hildah	Entebbe Airforce	DNS
	24/12/2003	Chekwenboi Joy	Namakwa S.S	DNS
	14/03/2003	Alisi Norah Lillian	Namakwa S.S	DNS
	21/01/2004	Namakula Tricia	Old Kampala	DNS
	22/04/2002	Amoit Sherina	Namakwa S.S	DNS

Discus Women

Pos	Bib No.	Full Names	Team	Distance
1		Lalam Josephine Joyce	Police	39.15
2		Aciro Rose Mary	Ndejje	36.12
3		Anek Winnie	Ndejje	35.10
4		Amoo Jackline	Ndejje	32.16
5		Driwaru Jacquiline	Gombe	32.10
6		Nyachwo Angella Mery	Jinja Nursing	24.23
7		Anek Scovia olanya	Gombe	24.13
8		Yapcheberom Juliet	Prisons	19.65

Javelin Women

Pos	Bib No.	Full Names	Team	Distance
1		Lalam Josephine Joyce	Police	49.31
2		Awidi Victoria	Prisons	46.97
3		Anek Winnie	Ndejje	42.77
4		Driwaru Jacquiline	Gombe	40.82
5		Laakom Bibiana	UAFA	39.02

Long Jump Women

Pos	Bib No.	Full Names	Team	Distance
1		Unyuthfua Mary Zawadi	Police	5.46
2		Acan Evelyn Linda	Police	5.19
3		Atto Sidonia	UCU	5.17
4		Atimango Winfred	Gombe	5.12
5		Lacot Scovia	Secret Heart	5.05
6		Nabasa Jane	Ndejje	4.96
7		Adeke Susan	Ndejje	4.58

Shotput Women

Pos	Bib No.	Full Names	Team	Distance
1		Acan Janneth	Police	12.12
2		Laker Mercy	police	11.17
3		Anek Winnie	Ndejje	9.67
4		Drinaru Jackline	Gombe	8.90
5		Anek Scovia Olanya	Gombe	8.30
6		Nansumba Patricia	Namakwa S.S	8.26
7		Yacheberom Juliet	Prisons	8.07

100m Men Heat 1

Wind: 1.9m/s

Pos	Lane	Full Names	Affiliation	Time
1	8	Ngobi Allan	Makindye	11.25
2	7	Kamusi Gideon	Mukono H/S	11.67
3	4	Abwola Mark	Layibi College	11.80
4	3	Senteza Francis	-	12.11
5	2	Ocen Francis	Paralympics	12.42
6	1	Mubajje Sam	Paralympics	12.48
7	6	Bashire James	Namakwa S.S	12.91
8	5	Kakuru Julius	-	14.81

100m Men Heat 2

Wind: 0.2m/s

Pos	Lane	Full Names	Affiliation	Time
1	8	Obaren Aaron	Serere	11.39
2	2	Kivumbi Ivan	Jinja Nursing	11.74
3	6	Sahidi Paul	Namakwa S.S	12.14
4	5	Kinomugabi Willy	UAFA	12.22
5	8	Epau Philip	Jinja Nursing	12.23
6	1	Maiso Michael	Namugongo	12.56
7	7	Mubongi Wilbroad	Entebbe Airforce	12.78
8	4	Muhumuza Ivan	Makindye	14.06

100m Men Heat 3**Wind: -0.9m/s**

Pos	Lane	Full Names	Affiliation	Time
1	3	Ayup Chaol	Gombe S.S	11.4
2	4	Batte Keith	UAFA	11.4
3	1	Kiguli Trevor	Sprinter Sports	11.6
4	6	Akora Tonny	Namakwa S.S	11.9
5	5	Mugabe Robert	UIAHMS	12.1
6	2	Lubega Edrisa	UAFA	12.1
7	7	Wandera Denis	UAFA	12.9

100m Men Heat 4**Wind: -0.1m/s**

Pos	Lane	Full Names	Affiliation	Time
1	6	Oruma Gerald	Prisons	11.37
2	2	Ongopit Emmanuel	Soroti District	12.31
3	4	Toolit Bixiler	Toggo Sports	12.48
4	3	Mbine Balaam	UCU	12.56
5	7	Mpanga Fred	Makindye	13.33
6	8	Lukemwa Patrick	Standard	15.38
7	1	Kyaligonza Michael	UIC	15.45
	5	Were Stephen	Wakiso	DQ

100m Men Heat 5**Wind: 1.7m/s**

Pos	Lane	Full Names	Affiliation	Time
1	4	Lomutho Rajab	Sprinters Sports	11.11
2	8	Kakaire Sam	Entebbe Airforce	11.32
3	3	Okello Darius	Ndejje Univ	11.43
5	1	Kilama Daniel	UPDF	11.51
5	6	Tumwesigye Tony	Sprinters Sports	11.65
6	2	Tebajjwa Nicholas	Sprinters Sports	11.72
7	7	Waiguta Godfrey	Sprinters Sports	12.87
8	5	Luganda Reagan	-	14.37

100m Men Heat 6**Wind: 0.1m/s**

Pos	Lane	Full Names	Affiliation	Time
1	3	Aboda Emmanuel	Makindye	10.87
2	2	Nuwagaba Emmanuel	Police	10.91
3	4	Okot Benson	UAFA	10.97
4	7	Modi Shadrick	Police	10.99
5	5	Oija Fred	Police	11.12
6	6	Okwir Eric	UWA	11.19
7	8	Omodo Denis Isaac	Sprinters Sports	11.31
8	1	Niwamanya Brian	Police	11.36

200m Men Heat 1**Wind: 1.8m/s**

Pos	DOB	Full Names	Affiliation	Time
1	28/12/2001	Makoma Robert	Tororo	23.11
2	09/01/2002	Ogenwot Andrew	Gombe S.S	24.18
3	13/06/2004	Toolit Bixilier	Toggo Sports	24.37
4	04/04/1994	Opwonya Resty	Kyambogo Univ	24.73
5	21/09/2004	Pitiki Aalikai	TBAC	25.22
6	17/01/2004	Kidega Nono Lawrence	Gombe S.S	25.73
7	15/08/1999	Laker Isaac	Namakwa S.S	26.72

200m Men Heat 2**Wind: 1.9m/s**

Pos	DOB	Full Names	Affiliation	Time
1	12/05/1995	Ngobi Allan	Makindye	22.27
2	07/07/1994	Opio Sam	UPDF	22.75
3	02/02/2002	Ayup Choal	Gombe S.S	23.39
4	28/12/1996	Ongopit Emmanuel	Soroti	24.48
5	01/01/1991	Waiguta Godfrey	Sprinters Sports	25.21
6	20/06/1998	Ochen Francis	Paralympics	25.25
7	07/07/1995	Kaddu Venswa	Mityana	26.78
8	-	Mpanga Fred	Makindye	27.00

200m Men Heat 3**Wind: -0.6m/s**

Pos	DOB	Full Names	Affiliation	Time
1	29/03/1998	Ojok Justine	Ndejje	22.82
2	17/12/1999	Obong Brian	Gombe S.S	23.10
3	26/11/1999	Nyogeza Nelson	Nikiri College, Gulu	23.33
4	26/07/1994	Kagera Edward	Makerere Univ	23.92
5	12/12/1997	Mugabe Robert	UIAHMS	24.14
6	03/08/2000	Senteza Klein	Mengo S.S	24.16
7	03/06/1997	Mbine Balaam	UCU	25.51
8	21/06/1993	Maiso Michael	Namugongo	25.91

200m Men Heat 4

Wind: 1.8m/s

Pos	DOB	Full Names	Affiliation	Time
1	05/05/2004	Lomutho Rajab	Sprinters Sports	22.42
2	-	Obaren Aaron	Serere	22.68
3	-	Okello Darius	Ndejje Univ	22.87
4	18/05/2002	Batte Keith	UAFA	22.90
5	24/11/2003	Kiguli Trevor	Sprinters Sports	23.33
6	-	Ekaju Sam	Police	23.34
7	-	Bwaga Bashir	Makerere Univ	23.92
8	05/05/1996	Kamusi Gideon	Mukono H/S	24.00

200m Men Heat 5

Wind: 1.6m/s

Pos	Lane	Full Names	Affiliation	Time
1	1	Okot Benson	UAFA	21.73
2	2	Aboda Emmanuel	Makindye	21.93
3	5	Oroma Emmanuella	UAFA	22.19
4	8	Jagalo Joshua	Police	22.26
5	7	Bahemuka Ronald	Kyambogo Univ	22.36
6	4	Modi Shedrick	Police	22.70
7	6	Adupa Walter Ocen	Prisons	23.10
8	3	Kakaire Sam	Entebbe Airforce	23.34

400m Men Heat 1

Pos	Lane	Full Names	Affiliation	Time
1	2	Okello Simon Peter	Bugema	49.93
2	5	Obong Brian. B	Gombe ss	50.47
3	8	Nyongesa Nelson	Gulu Bishop	50.49
4	1	Adupa Daniel	Old Kampala	50.83
5	7	Ojok Justin	Ndejje Univ	52.44
6	4	Mubajje Sam	Paralympics	55.42
7	6	Mukose Najib	Jinja S.S	56.54

400m Men Heat 2

Pos	Lane	Full Names	Affiliation	Time
1	5	Chan-wengo Godfrey	Makindye	47.82
2	1	Erimo Kokas	South Sudan	48.95
3	7	Ekaju Sam	Police	51.99
4	4	Opwonya Resty	Kyambogo Univ.	53.87
5	6	Owor Charles	Layibi College	56.12
6	8	Patiki Aalikai	TBAC	56.53
	2	Bwaga Bashir	Makerere	DQ

400m Men Heat 3

Pos	Lane	Full Names	Affiliation	Time
1	2	Eragu Joseph	Makindye	47.48
2	4	Oroma Williamson	UAFA	47.69
3	3	Kwemoi Caleb	Ndejje Univ	47.99
4	5	Ndani Brian	UAFA	48.78
5	6	Bahemuka Ronald	Kyambogo Univ	49.32
6	8	Okabo Santos	Sprinters sports	49.74
7	1	Inebulwa Denis	UPDF	50.09
8	7	Adupa Walter Ocen	Prisons	50.38

800m Men Heat 1

Pos	DOB	Full Names	Affiliation	Time
1	11/12/2000	Kwemoi Filex	Standard	1:56.92
2	09/07/2000	Angella Quinto	Mukono H/S	1:59.60
3	08/09/2002	Otim Emmanuel	UAFA	2:01.94
4	19/07/2001	Agong Mike	Namakwa S.S	2:07.78
5	27/11/2001	Okello Oscar	Namakwa S.S	2:09.95
6	03/08/2003	Agong Ceasor	Mukono H/S	2:11.04
7	09/01/1989	Lubega Abdulkarim	Paralympics	2:17.73
8	10/02/2005	Haras Fadhil	Mbuya	2:33.34
9	15/05/2004	Lugemwa Patrick	UAFA	2:56.29

800m Men Heat 2

Pos	DOB	Full Names	Affiliation	Time
1	23/05/2002	Onen Kennedy	Layibi College	1:52.95
2	05/07/2001	Abraham Dhuor Makur	South Sudan	1:58.21
3	07/07/1996	Nyeko Charles	Ndejje	2:01.29
4	21/12/1994	Etyang Aggrey	Kenya	2:05.98
5	30/11/2001	Oyikuru Alfred	UAFA	2:10.88
6	02/11/1984	Mwiranda Abdu	Mityana	2:26.28
7	08/03/2001	Kamulegeya Isaac	Mukono	2:38.57
	23/03/1996	Inebulwa Denis	UPDF	DNF

800m Men Heat 3

Pos	DOB	Full Names	Affiliation	Time
1	-	Ogwok Daniel	Prisons	1:52.59
2	11/12/2001	Kirano Patrick	Sports Sprinters	1:53.20
3	15/08/2000	Ocen Robin	Sprinters Sports	1:54.46
4	10/09/2003	Cherotich Dan	Police	1:57.24
5	10/10/1989	Makore Patrick	UPDF	2:02.82
6	10/06/1992	Omome Stephen	UPDF	2:04.98
	11/10/1996	Eyiru Goeffrey	Amuria	DNF
	01/01/1999	Arop Michael	Prisons	DNF

800m Men Heat 4

Pos	DOB	Full Names	Affiliation	Time
1	03/06/2000	Dradiga Tom	UCU	1:48.80
2	24/04/2001	Kwemoi Caleb	Ndejje Univ	1:49.25
3	25/12/2001	Osuje Emmanuel	Bugema/Police	1:50.60
4	-	Jamonu Edmond	UAFA	1:51.18
5	20/12/2001	Kibet Joshua	Entebbe Airforce	1:51.43
6	-	Wabutwa Farid	UWA	1:51.67
7	30/04/2000	Yesho Kevin	Prisons	1:52.85
8	27/09/2000	Apenyo Bekele	Gombe S.S	2:00.26

1500m Men Heat 1

Pos	DOB	Full Names	Affiliation	Time
1	04/12/2004	Krop Dominic	Sprinters Sports	4:01.76
2	08/09/2002	Otim Emmanuel	UAFA	4:06.89
3	09/10/2002	Okello Franck	Sprinters Sports	4:13.24
4		Kaweesi Alex	Toggo Sports	4:14.11
5		Wange Brian	Makerere Univ	4:22.71
6		Kaddu Venswa	Mityana	4:22.71
7		Arkanjilo Lodao Loki	South Sudan	4:22.72
8	03/08/2003	Agong Ceasor	Mukono H/S	4:25.59
9	06/06/2002	Luteezo Geoffrey	Entebbe Airforce	4:25.74
10		Lubega Abdul Karim	Makerere Univ	4:34.65
11		Kakande Michael	Toggo Sports	4:34.65
12	30/11/2004	Cheptoyek Onesmus	Police	4:35.91
13		Tembuli Muzamil	Bugiri	4:37.30
14	30/11/2004	Cheptoyek Isreal	Police	4:46.86
15	21/06/1997	Oketcho Raymond	Namayingo	4:53.74
16		Kazibwe Richard	Makerere Univ	4:55.49
17	02/11/1984	Mwiranda Abdul	Mityana	4:57.53
18		Sekasolo Geofrey	Toggo Sports	4:59.38
19	28/12/2004	Kiplangat Davis	Entebbe Airforce	5:12.37

1500m Men Heat 2

Pos	DOB	Full Names	Affiliation	Time
1	26/09/1992	Rutto Geoffrey	Prisons	3:50.74
2		Biziyaremye Rodriguez	Sprinters Sports	3:50.96
3	21/11/2000	Chebet Stephen	UAFA	3:55.61
4	10/03/1994	Ongom Timothy	TBAC	3:56.53
5	21/12/2000	Kwemoi Felix	Standard	4:01.49
6		Chelangat Boniface	Police	4:03.31
7		Etiang Aggrey	Kenya	4:04.73
8	28/12/2001	Omara Tony	Layibi College	4:05.58
9	27/07/2003	Jechebet Marjam	UAFA	4:05.77
10	12/04/1997	Manirakiza Ahmed	KU	4:07.02
11		Deng Mawien	South Sudan	4:07.46
12	29/07/2000	Quinto Angella	Mukono High	4:08.30
13	13/03/2000	Ndibanoha John	UAFA	4:10.43
14		Cherop Alex	Vision	4:10.59
15		Kipsakit Elisha	Tororo	4:11.29
16		Agaba Aggrey	Makerere Univ	4:12.00
17		Deng Anthony	South Sudan	4:14.44
18	19/05/1992	Obando Nelson	Bugiri	4:17.44
19	25/12/2003	Kamworor Joseph	UAFA	4:22.71
20	26/10/1997	Gumisiriza Patrick	Entebbe Airforce	4:29.01
21		Blessedrwan Peter	Police	4:38.89
		Eyiru Geoffrey	Amuria	DNS

5000m Men

Pos	Lane	Full Names	Affiliation	Time
1		Ssebuuma Gonzaga	UAFA	14:36.37
2		Yach Majok	South Sudan	14:44.30
3		Kipsang David	Ndejje	14:45.71
4		Mayanja Abu	UWA	14:47.31
5		Ategeka Brian Adams	UAFA	14:52.61
6		Kibet Benjamin	Vision	14:56.14
7		Jamono Edmond	UAFA	14:56.15
8		Kimbowwa George Williams	UAFA	15:07.58
9		Agotre Primo	Entebbe Airforce	15:17.44
10		Kusiimwa Deo	Kampala Univ	15:21.51
11		Lubega Robert	UAFA	15:32.49
12		Akech Akok	South Sudan	15:34.98
13		Canwat Joel	UCU	15:42.31
14		Mutai Kevin	Standard	15:44.99
15		Luteezo Geoffrey	Entebbe Airforce	15:47.98
16		Rotich Levi	Namakwa	15:48.64
17		Manirakizza Jimmy	Arua	15:49.64
18		Kwemoi Denis	Entebbe Airforce	15:51.64

19		Kabagambe Julius	UAFA	15:53.02
20		Ndibanoha John	UAFA	15:57.36
21		Marko Opiyen	South Sudan	16:02.79
22		Omara Patrick	Prisons	16:14.55
		Mutebi Henry	Kyambogo	DNF
		Chebet Eliud	Ndejje Univ	DNF
		Uyikuru Alfred	UAFA	DNF
		Ongiro Cleophas	UPDF	DNF
		Museka Mathias	Makerere Univ	DNF
		Kazibwe Richard	Makerere Univ	DNF
		Kiprop Alex	Vision	DNF
		Ayeko Caleb	Prisons	DNF
		Walugembe Aaron	Sprinters Sports	DNF
		Kyambadde Lawrence	Entebbe Airforce	DNF
		Kiprotich Sam	Namakwa S.S	DNF
		Makori Patrick	UPDF	DNF
		Sunday Lawrence	Namayingo	DNF
		Haras Fadhil	Mbuya	DNF
		Mwiranda Abdu	Mityana	DNF
		Tolit Cliff Godfrey	Mukono H/S	DNF
		Kibet Ronny	Standard	DNF
		Wabwire Cephias	UIAHMS	DNF
		Kamaniro Nelson	UIAHMS	DNF
		Ssempijja Cyrus	Kyambogo	DNF
		Okiror Stephen	Bugiri	DNF
		Obando Nelson	Bugiri	DNF
		Rutaru Mathias	Ndejje Univ	DNF
		Tembuli Muzamuru	Bugiri	DNF
		Oseku Tom Brian	Kyambogo	DNF
		Letting Ezekiel	KIU	DNF

4X100m Relays Men

Pos	Lane	Full Names	Affiliation	Time
		Obuto Solomon		
1	3	Opio Denis	UWA	41.25
		Okwii Erick		
		Opiny Leonard		
		Jagalo Joshua		
2	2	Adome Pius	Police	41.26
		Maliyamungu Yahaya		
		Nuwagaba Emmanuel		
		Ojok Justine		
3	6	Nyeko Charles	Ndejje	43.98
		Okello Darius		
		Kilama Daniel		

		Omodo Denis Isaac		
4	4	Lomutho Rajab	Sprinters Sports	44.43
		Canwengo Godfrey		
		Adupa Walter		
		Akankwasa Brian		
5	1	Kakaire Sam	Entebbe Airforce	44.76
		Opio Sam		
		Inebulwa Denis		
		Basire James		
6	5	Saudi Paul	Namakwa S.S	47.21
		Ofwonya Resty		
		Akora Tony		

Discus Men

Pos	Bib No.	Full Names	Team	Distance
1		Wokorach Jacob	Ndejje	38.68
2		Opio Oscar	Prisons	36.03
3		Oyet Richard	Police	34.88
4		Tukamuhebwa Anthony	Sprinters Sports	33.04
5		Ojara Denis	Prisons	33.04
6		Komakech Thomas	Layibi College	32.46
7		Akena Moses	UCU	31.03
8		Lubangakene Gasper	Gombe	26.14

Shotput Men

Pos	Bib No.	Full Names	Team	Distance
1		Wokorach Jacob	Ndejje	12.96
2		Opio Oscar	Prisons	12.02
3		Odokonyero Francis	UCU	12.01
4		Ojara Denis	Prisons	10.66
5		Komakech Reagan Semei	Layibi College	10.58
6		Komakech Thomas	Layibi College	10.56
7		Rubagaken Gasper	Gombe	10.08
8		Okello Denis	Namakwa SS	9.50

long Jump Men

Pos	Bib No.	Full Names	Team	Distance
1		Komakech Moses	SSA	7.04
2		Bitek Francis	UAFA	6.84
3		Odong Denis	UCU	6.82
4		Oketayot Francis	Police	6.82
5		Okello Charles	UPDF	6.81
6		Oryem Polycarp	UAFA	6.65
7		Okello Emmanuel	Ndejje	6.51
8		Ogenwot Andrew	Gombe	6.34

Javelin Men

Pos	Bib No.	Full Names	Team	Distance
1		Mwaka Johnson	Ndejje	62.57
2		Opio Oscar	Prisons	56.92
3		Ojara Denis	Prisons	55.16
4		Wokorach Jacob	Ndejje	54.18
5		Ocaya David	Ndejje	53.00
6		Rachkara Godfrey	Layibi College	50.93
7		Opio Denis	Mukono	45.64