

UOC PEDIA

—Monthly Insights—

INSIDE

October 2025: Issue 10

eqUIP Workshop

MUBS & UOC/CGU Memorandum of Understanding (MoU)

Uganda Modern Pentathlon receiving fencing equipment donation from GB Pentathlon

UOC council meeting

The 10th Youth Camp of the Chinese Olympic Committee

Dancesport AGM

Flag off of team UG to ISG Riyadh

Federation's Corner

eqUIP WORKSHOP

The Commonwealth Games Association of Zambia hosted the Commonwealth Sport eqUIP Workshop from October 6 to 10, 2025, in Lusaka, Zambia. The workshop brought together interns and supervisors from various Commonwealth countries to enhance skills, knowledge, and collaboration in sports administration. Commonwealth Games Uganda was represented by Christine Nabukalu, the Commonwealth Games Uganda eqUIP intern, accompanied by Mr. Elijah Njawuzi, the Administrator.



Team 20 with their supervisors

MUBS AND UOC/CGU SIGNED MOU TO STRENGTHEN SPORTS GOVERNANCE

Makerere University Business School (MUBS) and the Uganda Olympic Committee/Commonwealth Games Uganda (UOC/CGU) signed a Memorandum of Understanding (MoU) aimed at enhancing collaboration in the areas of training and capacity building.

Under this partnership, the two institutions committed to developing and offering joint short courses in sports governance and management. Plans were also made to introduce diploma, undergraduate, and postgraduate degree programs to further strengthen professional development in the sports sector.

The UOC/CGU was represented by Dr. Donald Rukare, Ms. Beatrice Ayikoru and Mr. Moses Mwase, while MUBS was represented by Prof. Moses Muhwezi, the Principal, alongside Prof. Mwesigwa, the Dean of the Faculty of Business, and several senior management and faculty members.

This collaboration marked a significant step toward professionalizing sports management in Uganda through academic excellence and practical training opportunities.



UOC/CGU and MUBS officials signing a collaboration MoU

UGANDA MODERN PENTATHLON RECEIVED FENCING EQUIPMENT DONATION FROM GB PENTATHLON

Uganda Modern Pentathlon received a donation of fencing equipment from Dr. Tad Charles of GB Pentathlon, affiliated with the University of Cambridge. The equipment, valued at £250, was officially handed over to the President and Secretary General of Uganda Modern Pentathlon in the presence of Dr. Donald Rukare, President of the Uganda Olympic Committee (UOC), at the UOC Headquarters. This generous support marked a significant step towards strengthening the federation's technical capacity and promoting the growth of the sport in Uganda. Uganda Modern Pentathlon also announced that it was in the process of establishing a partnership with GB Modern Pentathlon and working towards introducing Para-Pentathlon, thereby expanding inclusivity and opportunities within the sport.



Mr. Joseph Collins SSEMMANDA, Dr. Tad Charles, President Donald RUKARE and Mr. Simon Peter KOMAKECH

UOC/CGU HELD IT'S SECOND COUNCIL MEETING AT HEADQUARTERS

The Uganda Olympic Committee/Commonwealth Games Uganda (UOC/CGU) held its second Council Meeting at its headquarters in Lugogo. The meeting brought together representatives from various sports federations, associations, and commissions to share updates on sports activities and events that had taken place over the past three months, as well as those planned for the coming months. The session served as an important platform for collaboration, reflection, and strategic planning within the Olympic and Commonwealth sports movement in Uganda. UOC/CGU was honored by the presence of Prof. Celestino Obua and his team from the National Anti-Doping Organization (NADO), whose participation enriched the discussions with valuable insights on integrity and clean sport.



The different federations during the council meeting

THE 10TH YOUTH CAMP OF THE CHINESE OLYMPIC COMMITTEE

The 10th Youth Camp of the Chinese Olympic Committee took place at Beijing Sport University, Beijing, China, welcoming 55 young delegates from 24 countries and regions including Shadir BWOGL from Uganda under the theme “Youth Together for an Olympic Future of Unity.”

The programme included expert lectures, dialogues with athletes such as Wang Beixing (world speed-skating champion), cultural visits, team-building activities (e.g., traditional Chinese games, ice-breaking sessions) and sports skill sessions.

The camp's goals were to promote the Olympic values of friendship, respect and excellence; to enhance cross-cultural understanding among youth; and to strengthen cooperation among National Olympic Committees.

Participants benefited from interactive formats: traditional cultural experiences (fan painting, table-tennis passing with chopsticks), visits to Olympic venues, and teamwork competitions that encouraged mutual learning and international friendship.



The delegates from different countries

DANCESPORT AGM

On October 4, 2025, the Uganda Dancesport Federation (UDF) marked a pivotal moment in its young but vibrant history with the successful conclusion of its 5th Annual General Meeting and second-ever executive election, held at the prestigious Pope Paul VI Memorial Hotel.

Graced by Dr. Donald Rukare, President of the Uganda Olympic Committee, and a senior sports officer from the National Council of Sports, the event was a celebration of growth, unity, and democratic transition.

The highlight of the day was the election of Innocent Amutuheire (in absentia) as the new President, succeeding Sharifah Sanyu. His four-year term will be governed by a newly adopted policy that limits leadership to two terms (bisanja) a move unanimously endorsed by the assembly to promote accountability and fresh vision.

The assembly drew participation from 122 districts, representing all 18 regional associations, reflecting the federation's growing national footprint and commitment to inclusive governance.

This milestone event not only reaffirmed UDF's dedication to transparency and development but also set the stage for a dynamic new chapter in promoting dancesport across Uganda.



Members who attended the AGM

FLAG OFF OF TEAM UGANDA TO THE 6TH ISLAMIC SOLIDARITY GAMES

The official flag-off ceremony for Team Uganda was held ahead of their participation in the 6th Islamic Solidarity Games, scheduled to take place from November 7 to 21, 2025, in Riyadh, Saudi Arabia.

During the ceremony, officials commended the athletes for their dedication and commitment to representing Uganda on the international stage. The team will compete in seven sporting disciplines, namely Aquatics, Athletics, Boxing, Para Powerlifting, Table Tennis, Weightlifting, and Wrestling.

The Islamic Solidarity Games, organized under the Islamic Solidarity Sports Association (ISSA), bring together athletes from member countries to promote unity, cooperation, and cultural exchange through sports. Uganda's participation reflects the country's growing presence and competitiveness in international sporting events.



The flag off ceremony for the 6th Islamic Solidarity Games

Federation's Corner

GYMNASTICS



Dr. Donald RUKARE handing over the trophy to the winners.

The Gymnastics Association of Uganda successfully hosted the Gymnastics Independence Day Festival at the Old Kampala Sports Arena. The colorful event brought together athletes, coaches, and spectators in celebration of Uganda's Independence through sport.

The festival was graced by the Association's President, Ms. Harriet Aya, who commended the participants for their passion and discipline. Teams from the Democratic Republic of Congo joined their Ugandan counterparts, creating a lively atmosphere of regional friendship and competition.

The performances showcased remarkable skill and creativity among the young gymnasts, highlighting the growing potential of gymnastics in Uganda. The event demonstrated that the talent truly exists and only needs continuous support and development to reach international standards. The successful hosting of this festival reaffirmed Uganda's commitment to promoting gymnastics as one of the emerging sports disciplines in the country.

CECS Level One Coaching Course

The CECS Level One Coaching Course concluded in style at Namboole Stadium, marking another milestone in advancing athletics development in Uganda. The week-long training brought together coaches from across the country to enhance their technical knowledge and coaching capacity under the Uganda Athletics.

The closing ceremony was officiated by Uganda Olympic Committee (UOC) President, Dr. Donald Rukare, who commended the participants for their dedication and commitment throughout the intensive 7-day training. He emphasized the importance of continuous capacity building for coaches as a foundation for grassroots sports development and athlete excellence.

The course provided a platform for aspiring and practicing coaches to acquire modern coaching techniques, athlete management skills, and a deeper understanding of the principles of athletics coaching.

The successful conclusion of the CECS Level One course represented a significant step forward for Uganda Athletics, reinforcing efforts to professionalize coaching and nurture future champions across the nation.



Dr. Donald Rukare, Ms. Beatrice Ayikoru and participants.

UGANDA TABLE TENNIS SHINES AFRICA AND BEYOND



Ugandan female badminton Medalist

October 2025 will go off as one of the most successful months in the history of Uganda's table tennis association following decent performances.

Uganda's team of six players in Tunisia for the Africa Senior Championship was covered in glory in what in table tennis circles is dubbed 'girls day out'.

This after Parvin Judith Nangonzi and Jemimah Nakawala won Uganda's first medal (a bronze at that) for a while in the Doubles.

That duo joined by Judith Mirembe then wrote themselves in folklore with imperious performances in the team event in which they returned with a silver medal and importantly qualified Uganda to the London 2026 World Table Tennis team championship at which the sport will celebrate a century.

SWIMMING ZONE THREE- PEATED IN STYLE



The Ugandan swimming team

Uganda successfully retained the Africa Aquatics Zone III Championship title at the 10th edition held from October 16–19, 2025, at Kasarani Stadium in Nairobi, scoring a total of 3,933 points. Uganda dominated both the women's (1,802 points) and men's (1,991 points) categories, securing the continental crown on foreign soil for the third consecutive year and the fifth overall title (after victories in 2015, 2021, 2023, 2024, and 2025).

Kenya finished second with 3,572.5 points, while Tanzania took third with 3,270.5 points. Team captain Ampaire Namanya credited the team's strong preparation for overcoming stiff competition from the hosts.

Uganda's standout swimmers included Nisha Pearl Najjuma (6 gold, 1 silver, 1 bronze), Jinan Nakato, Elijah Ayesiga, Kristian Bwisho, Tyrah Muganzi, Jonathan Kaweesa, Peyton Suubi, Rahmah Nakasule, Tara Kisawuzi, and Kyle Kaweesa, who collectively delivered exceptional performances across all age categories.

Uganda Olympic Committee |
Commonwealth Games Uganda
Plot 2-10 Heskethbell Road, Lugogo sports
complex
Facebook:
facebook.com/ugandaolympic.com
LinkedIn: Uganda Olympic Committee
Instagram: Official UOC
YouTube: @UgandaOlympicCommittee
X: official UOC
Email: uoc@nocuganda.org
Tel: +256 200 960293
Website: www.nocuganda.org
© 2025 – Uganda Olympic Committee