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## President of IOC **Thomas Bach**

Double Olympic triathlon gold medallist Alistair Brownlee has been proposed for election to the International Olympic Committee (IOC) Athletes' Commission at Tokyo 2020.

The British Olympic Association (BOA) chose Brownlee as their candidate ahead of Rio 2016 cycling gold medallist Callum Skinner and London 2012 bronze medal-winning gymnast Kristian Thomas.

Four athletes from four different sports will be elected by secret ballot at next year's Olympic Games in the Japanese capital and automatically become members of the IOC.

National Olympic Committees (NOC) had until September 9 to put forward candidates.

They are currently being vetted by the IOC Ethics Commission for ethics, doping and background checks. Among those candidatures having already been publicly announced by their NOCs are Pau Gasol, who has played in the National Basketball Association for 18 years and been endorsed



by the Spanish Olympic Committee. Among those candidatures having already been publicly announced by their NOCs are Pau Gasol, who has played in the National Basketball Association for 18 years and been endorsed by the Spanish Olympic Committee.

The Italian National Olympic Committee, meanwhile, are putting forward Federica Pellegrini, winner of Olympic gold in the 200 metres freestyle at Beijing 2008.

The four athletes chosen will replace the outgoing members whose terms on the IOC Athletes' Commission come to an end at the conclusion of Tokyo 2020, and will serve an eight-year term through to Los Angeles 2028.



## President of Uganda **Yoweri K. Museveni**

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## State Sports Minister *Hamson D. Obua*

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## IOC Member & UOC President *William Blick*

It is with great pleasure that we bring you Uganda's Olympic history as we celebrate 65 wonderful years as members of the International Olympic Committee.

The 1972 Munich Games were indeed a magical year as John Akii bua unexpectedly blew away all opposition in the 400M hurdles final to win Uganda's first ever Olympic Gold medal setting a new world record in the process. Incidentally he also became the first athlete to do a lap of honour with his national flag leading the way to the winners lap of honour that we are now accustomed to. From that day onwards he cemented Uganda's mark at the Olympic Games and we have since won a total of two gold medals, four silver and five bronze medals. As we approach Tokyo 2020 Olympic Games in 2021 we anticipate the Akii Bua spirit to be ignited in Joshua Cheptegei (5000m and 10000m) Halima Nakayi (800m) Jacob Kiplimo (10000m and 5000m) to win Uganda's biggest medal overhaul at the Olympics. Our total qualified athletes will hit 32 being our biggest contingent at the Games.

Uganda has also had a rich history in promoting Olympic culture and education all over the country. Since 2012 we have



educated more than 2000 sports administrators and opened up more than 100 Olympic clubs across the country. With greater emphasis on the promotion of Olympic values we are slowly building a strong Olympic culture in our youth.

I have been extremely fortunate to have followed in the footsteps of the great late Major General Francis Nyangweso as the NOC President, ANOCA Executive Board member and IOC Member. This great honour was bestowed onto me by Dr Thomas Bach IOC President who nominated me as an IOC Member linked to an NOC function. Our hard work implementing Olympic solidarity programmes successfully put Uganda on the map as one of the leading NOCs in Africa. For God and my country!



## NCS chairman & UOC G. Secretary **Donald Rukare**

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## Editors **M. Namanya & J. Bakama**



This book is the first of its kind on Ugandan sport. It is a chronicle of the sub sector right from the inception of the Uganda Olympic Committee in 1955.

With quality visuals, in-depth articles, collated results, historical background, creative layout and design, the book takes you on a detailed Olympic journey.

It all begins with a Uganda Athletics Association letter to the International Olympic Committee that requested for Uganda's membership.

A special section was reserved to the men who have headed UOC starting with founding head Richard Posnet (1950-8) to the current leadership of William Blick.

As editors, our efforts in this project were given perspective from the numerous local and international events we have covered.

These include the Summer Olympics, Football World Cup, Commonwealth Games, IAAF World Championships, All Africa Games and World Boxing Championships, to mention but a few.

Having served as on Uganda's sports scribes' body USPA as president (Namanya) and general secretary (Bakama) also proved a huge resource in this project.

With more than a combined 40 years in the newsroom, we also endeavoured to make the best of our experience to bring forth a one stop publication for Olympism in Uganda.

To ensure breadth, we have endeavoured to make sure the book involves people who have been engaged in various ways of Uganda's Olympic story.

We engaged past UOC presidents, general secretaries and other executive members together with employees and the media to all tell their side of the story.

A section of the book captures the country's Olympic medallists: Leo Rwabwogo, Eridad Mukwanga, John Akii-Bua, John Mugabi, Davis Kamoga and Stephen Kiprotich.

We delve into detail in what it really took to lift these brave sportsmen to the Olympic podium.



# IOC Presidents Over the years

1894 - 1896

1



Demetrios Vikelas (Greece)  
IOC-Member: 1894 - 1897.

1896 - 1925

2



Baron Pierre de Coubertin (France).  
IOC-Member: 1894 - 1925

1925 - 1942

3



Henri de Baillet-Latour (Belgium)  
IOC-Member: 1903 - 1942

1946 - 1952

4



Sigrid Edström (Sweden)  
IOC-Member: 1921 - 1952

1952 - 1972

5



Avery Brundage (USA)  
IOC-Member: 1936 - 1972

1972 - 1980

6



Lord Killanin of Dublin and Spittal  
(Ireland)  
IOC-Member: 1952 - 1980

1980 - 2001

7



Juan Antonio Samaranch (Spain)  
IOC-Member: 1966 - 2010

2001 - 2013

8



Jacques Rogge (Belgium)  
IOC-Member: 1991 - to- Date

2013 - 2020

9



Dr. Thomas Bach (Germany)  
IOC-Member: 1991 - to- Date



# Presidents of the Uganda Olympic Committee

(1956-1958)

1



Sir Richard Posnett

1958-1959

2



N. P. Haddow

1959-1960

3



C. C. Spencer

1961-1962

4



Michael Macoun

1962-1965

5



Lawrence Kalule-Settala

1965-1967

6



Serwano Kulubya

1967-1971

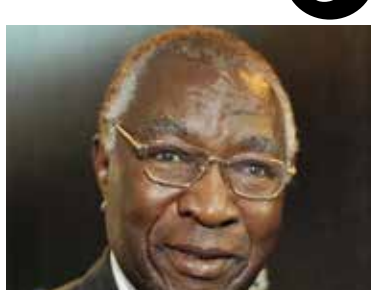
7



J. M. Okae

1981-2009

8



Frank Nyangweso

2009-2012

9



Roger Hanns Kiyonga Ddungu

2012-2021

10



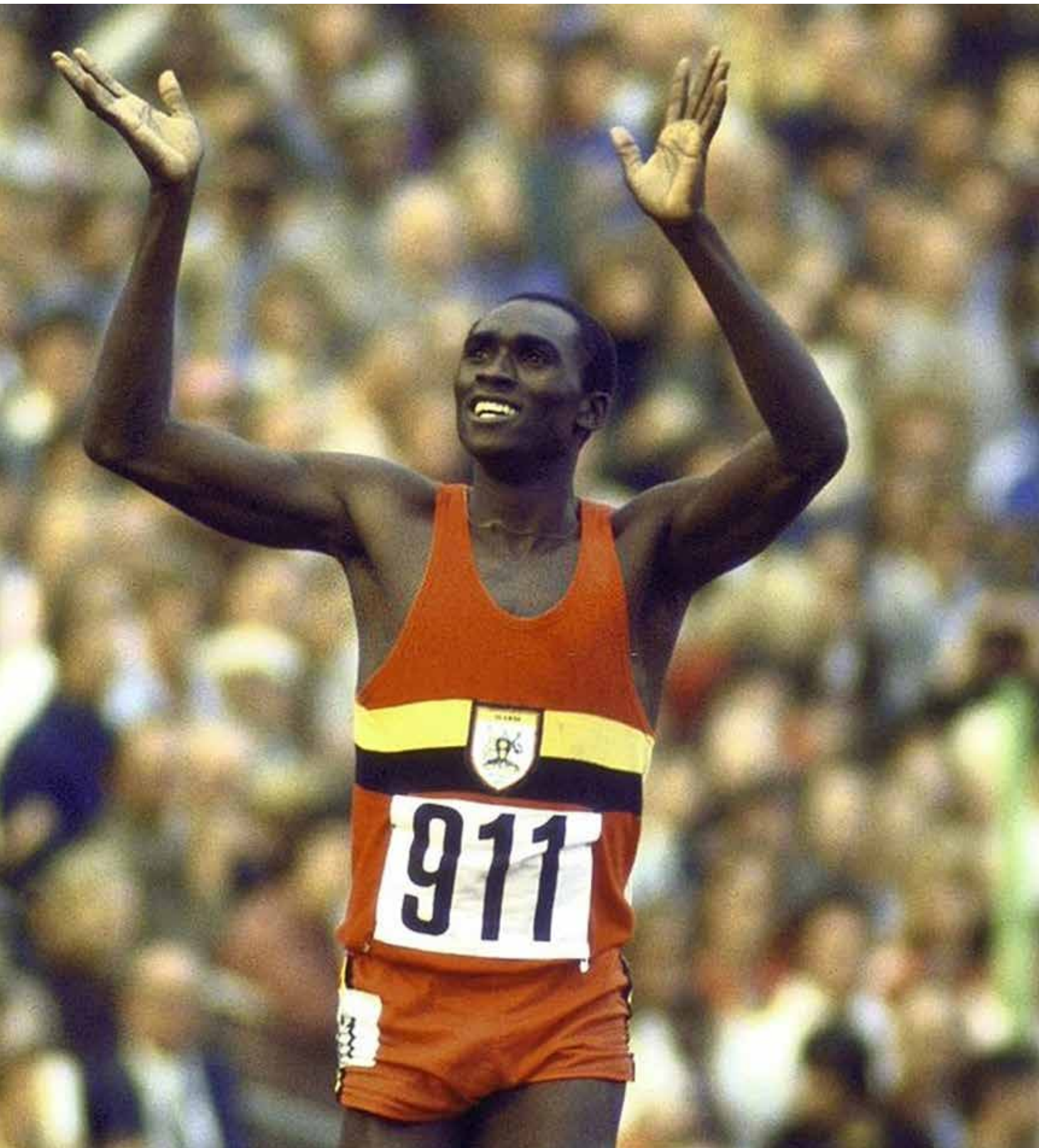
William Frederick Blick



XII

# Munich 1972

Akii-Bua, who was 23 years old and an Assistant Inspector of Police at the time, became the first African to win Olympic gold in an event under 800m, aside from being the first man to break the 48 sec barrier in the 400 metre hurdles, an event so gruelling its nickname is "The man killer". His victory in the 20th Olympiad was the first Olympic gold medal for Uganda since its maiden appearance in the Melbourne Games in 1956.



01

# London 2012

Stephen Kiprotich stunned the Kenyan challenge to clinch a surprise Olympic gold medal in the Marathon. Kiprotich followed in the footsteps of his compatriot John Akii-Bua, who was 400 metres hurdles champion 40 years earlier, and crossed the line in two hours, eight minutes and one second. Kiprotich looked to be starting to struggle, holding the back of his leg, but he suddenly produced a big surge, leapt to the front and pulled away.



613728490

# The evolution of Olympism in Uganda

1950

The Uganda Amateur Athletic Association is formed in Kampala. It is recognized by the International Olympic Committee six years later. Sir Richard Neil Posnett, a British colonial administrator, is its head until 1958.

1955

Sir Richard Posnett writes to the International Olympic Committee requesting that Uganda competes at the next edition of the Summer Olympics in Melbourne. Posnett requests that the Uganda Amateur Athletic Association acts as the Olympic Association of Uganda.

1956

Chancellor of the International Olympic Committee, Otto R. Mayer, writes on February 16 to confirm that Uganda Amateur Athletic Association, acting as the Uganda Olympic Committee, has become recognized by the International Olympic Committee after a meeting held in January at a session in Italy.



Sir Richard Posnett (R), a colonial administrator was the first head of the Uganda Olympic Committee.

1958

Lawrence Ogwang competes in the Commonwealth Games and finishes seventh in the triple jump and 13th in the long jump in Cardiff, Wales. But Thomas Kawere wins silver in the welterweight category in boxing.

1960

A young Cassius Clay visits Uganda's boxing camp in Rome, Italy and requests to train with them. Thomas Kawere, now a coach, gladly welcomes him. Cassius Clay would later convert to Islam and become Muhammad Ali, the greatest boxer of all time.



Thomas Kawere

1962

George Oywello wins Uganda heavyweight gold at the Commonwealth Games in Perth, Australia. Other medalists for Uganda are Kesi Odongo (silver in lightweight), Francis Nyangweso (bronze in light-middleweight) and John Sentongo (bronze in bantamweight).



Maj Gen Francis Nyangweso

1963

Boxer Francis Nyangweso, who represented Uganda in boxing at the last Olympics in Rome, Italy, quits the sport to join the army.



## The evolution of Olympism in Uganda

### 1964

Uganda sends a team of 13 athletes to the Tokyo Games in Japan. For the first time, the country takes female athletes to the Olympics. Mary Musani and Irene Muyanga are Uganda's first female Olympians.

### 1968

Uganda wins its first medals at the Olympics. Boxers Eridadi Mukwanga and Leo Rwabogo earn silver and bronze respectively in Mexico City. Mukwanga has the unique distinction of being the first Ugandan to win an Olympic medal.

### 1970

Leo Rwabogo wins Uganda silver at the Commonwealth Games in Edinburgh. He is beaten by England's Dave Needham in the final.

### 1971

Judith Ayaa wins 400m gold at the US-Pan Africa Games in a time of 54.69 at the Wallace Wade Stadium at Duke University in North Carolina before a crowd of 52,000. The event was dubbed 'USA vs Rest of the World.'

### 1972

John Akii-Bua, running with limited competitive experience in the 400m hurdless, wins Olympic Gold at the Munich edition in a world record time of 47.82 seconds. He ran in the inside lane and defeated United States rival Ralph Mann and Great Britain's Dave Hemery.



At the 1972 Olympic Games in Munich, a then unknown 23-year-old Ugandan athlete, John Akii-Bua, surprised the world by becoming the first man to run the 400m hurdles in under 48 seconds.

### 1974

Boxer Ayub Kalule wins the Amateur World Welterweight title at the inaugural World Championships in Havana, Cuba. He would later turn professional and base himself in Denmark, where he would become world light-middleweight champion.



One of Uganda's most decorated world boxing champion Ayub Kalule.

### 1975

US tennis star Arthur Ashe visits Uganda on a humanitarian trip. He would engage in a series of tennis exhibitions and social events. Ashe remains the only African-American to win the US Open and Wimbledon titles. He died of AIDS in 1993.



US tennis star Arthur Ashe



## The evolution of Olympism in Uganda

1976

Uganda joins several African countries to boycott the Montreal Games in Canada. A total of 29 countries stay away because IOC refused to ban New Zealand after the latter's Rugby Union national team toured South Africa in 1976 in defiance of the United Nation's calls for a sporting embargo.

1980

Teenage boxer Charles Lubulwa becomes Uganda's youngest ever Olympian at 15 years and 206 days during the Moscow Games. It is a record that still stands. Lubulwa would go on to represent Uganda at three Olympic Games.



Lubulwa was knocked out in his first match, losing to Hungarian György Gedó, at the 1980 Moscow Olympics.

1981

Former Olympian Francis Nyangweso, 41, becomes President of the Uganda Olympic Committee. Nyangweso had represented the country at the 1960 Summer Olympics.



Former Olympian Francis Nyangweso,

1982

Uganda wins three silver medals at the Commonwealth Games in Brisbane, Australia. Peter Rwamuhanda (400m hurdles), Ruth Kyalisiima (400m hurdles women) and John Kirisa (81kg men, boxing) put Uganda on the medals table.

1984

Ruth Kyalisima is the first Ugandan woman to be the country's flag bearer at the Olympics. She leads a team of 26 (24 men, two women) to the Los Angeles Games. Uganda finishes with no medal for the first time in 20 years.

1985

International Olympic Committee President Juan Antonio Samarach visits Uganda and promises to support the Olympics Movement in the country.



President Juan Antonio Samarach

1987

Javelin star Justin Arop is crowned Sports Personality of the Year by the Uganda Sports Press Association. He won javelin gold at the All Africa Games.

1988

Patrick Lihanda is Uganda's flagbearer of a 24-man team for the Seoul Olympics. Franco Wanyama reaches the quarter-finals but is soundly beaten by Kenya's Chris Sande. None of the other athletes threatens the medal bracket.



Franco Wanyama reached the quarter finals at the Seoul 1988 Olympics



## The evolution of Olympism in Uganda

### 1992

There is little to write home about for Team Uganda at the Barcelona Games. The eight-man team (two females, six males) led by Fred Muteweta hardly leaves an impression. Sprinter Francis Ogola advances in the 200 and 400m but doesn't qualify for the semi-finals.



1990 BOMBERS SQUAD: Standing L-R: Lubulwa, Mubiru, Dr Ssekajugo, Nyakana, Maj. Gen. Nyangweso (RIP), Sabata, Gen. Ali, Agong, Jimenez. Front, L-R: Wakabu, Juuko, Matata and Muteweta.

### 1993

Female Table Tennis star Mary Rosette Musoke is crowned Sports Personality of the Year by the Uganda Sports Press Association. She follows in the steps of fellow Olympian Francis Ogola who had won the 1992 award.

### 1996

Davis Kamoga wins bronze at the Olympics in Atlanta, USA in a race won by the great Michael Johnson. It is Uganda's second ever track medal at the Games, the first being John Akii-Bua's. It is also the country's first Olympic medal in 16 years.

### 1997

Davis Kamoga wins 400m silver at the World Championships in Athens. He is beaten by Johnson. On a sad note Uganda loses 1972 gold medallist John Akii-Bua after a long illness.



Davis Kamoga won Uganda a first Olympic Medal in 16 years. It was also the country's first track and field bronze at the Games.

### 1998

Uganda's first Olympic medalist Eridadi Mukwanga passes on. He will always be feted for eternity for his accomplishment in Mexico City 30 years before.

### 2001

Outgoing IOC President Juan Antonio Samarch donates \$5000 (Shs8.7m then) to the family of the late John Akii-Bua. IOC Member Major General Francis Nyangweso hands over the cheque to Akii-Bua's son Bua-Tony-Akii.



John Akii-Bua competing in the Men's 400 metres hurdles event at the 1972 Summer Olympics

### 2004

Uganda sends a team of 11 athletes to the 2004 Games. They are led by boxer Joseph Lubega. However, the team returns with no medal. The best performance is delivered by long distance runner Boniface Kiprop who finishes fourth.



Boniface Kiprop ran a season best time of 27:25.48 to finish fourth in the 10,000m final at the 2004 Athens Summer Olympics



## The evolution of Olympism in Uganda

### 2005

Dorcus Inzikuru becomes the first Ugandan, male or female, to win gold at the World Athletics Championships in Helsinki, Finland. She wins gold in the 3000m steeplechase.



World champion Dorcus Inzikuru of Uganda won the Commonwealth Games women's 3,000 metres steeplechase after a last-lap stumble ended Australian Melissa Rollison's brave challenge.

### 2006

Legendary American 400m runner Michael Johnson visits Uganda on a humanitarian mission. He pays a courtesy call to the Laureus Sports-supported Community Based Aids Program (COPAB) in Nakulabye. Johnson met his former competitor Kamoga.

### 2007

International Olympic Committee President Jacques Rogge visits Uganda. Rogge, a 1972 Olympian, enjoys dinner with legendary boxer Leo Rwabogo and Uganda's first Olympian Patrick Etolu.

### 2008

Former 400m hurdles national champion and 1984 Olympian Peter Rwamuhanda passes on. Rwamuhanda won bronze at the 1978 All-Africa Games and silver at the 1982 African championships.

### 2009

Uganda's only two-time Olympic medalist Leo Rwabogo passes on in Rugongo village in Kabarole district. Rwabogo won bronze in 1968 in Mexico and silver at the 1972 edition in Munich.

### 2010

Moses Kipsiro becomes only the second athlete in Commonwealth Games history to do the 5000 and 10,000m double. He accomplishes the feat in New Delhi, India. Kipsiro emulates the feat of New Zealand's Cecil Matthews who did his double in 1938.



Kipsiro made history by winning the 5000 and 10,000m double at the New Delhi edition of the Commonwealth Games.

### 2011

Uganda's first IOC Member and long-serving UOC President Major General Francis Nyangweso passes on after illness. He participated in boxing at the 1960 Olympics.

### 2012

Stephen Kiprotich becomes Uganda's second gold medalist after winning Marathon gold on the final day of the 2012 Olympics in London. President Yoweri Museveni rewards him with \$200,000 on the day he returns to Kampala.



Stephen Kiprotich won Uganda a second gold medal at the World's biggest Games on the final day of the London 2012 Olympics.



## The evolution of Olympism in Uganda

2013

Former Vice President William Blick is elected unopposed as new head of the Uganda Olympic Committee. Blick replaces Roger Hans Ddungu.

2015

Uganda Olympic Committee General secretary and Swimming Federation President Don Rukare appointed arbitrator at the International Court of Arbitration for Sports.



Above is William Blick , Uganda Olympic Committee President and below is Roger Hans Ddungu

2016

Uganda sends her largest team to the Olympics with 14 men and seven women to compete in athletics, boxing and swimming in Rio de Janeiro. But the team win no medal.

2018

UOC President William Blick makes history by becoming Uganda's second IOC Member in history at the 25th IOC Session in Buenos Aires, Argentina. The former President of the Uganda Rugby Union follows in the footsteps on Maj Gen Francis Nyangweso.



IOC President Thomas Bach welcomes new IOC Member William Blick during the session at the Hilton Hotel 9th Oct 2018.

2019

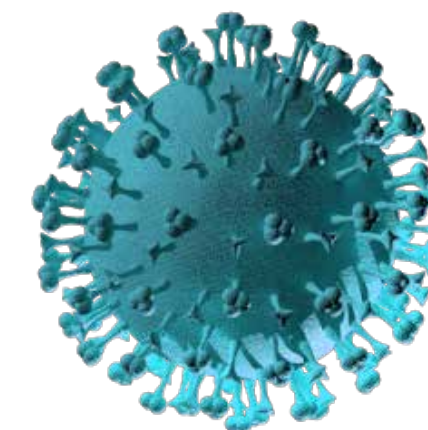
Halima Nakaayi wins Uganda the first ever gold in 800m at the World Athletics Championship in Doha, Qatar. Joshua Cheptegei meanwhile takes 10,000m gold at the same edition to become the undisputed global force of the distance.



Halimah Nakaayi won the women's 800m title at the IAAF World Championships in dramatic fashion in Doha.

2020

The Tokyo 2020 Olympics are postponed after the COVID-19 pandemic spreads like a bushfire all over the world. The Games are delayed by a year, frustrating preparations of Uganda's medal hopefuls Joshua Cheptegei and Halimah Nakaayi.



2021

William Blick, who championed the idea of term limits in the UOC constitution, steps down after serving two terms as President. He is replaced by Don Rukare, formerly General secretary of the body, in a serene election process.

BEGINNING OF  
THE **OLYMPIC**  
**MOVEMENT**  
IN UGANDA



# A humble beginning: How it all started in 1955

**T**oday the Uganda Olympic Committee has a fully-fledged secretariat with round-the-clock activities that run from January to December and involve every part of Uganda and beyond.

65 years later, that is the UOC of present-day. But it wasn't the case in 1955 when the colonial government hatched the idea of making Uganda compete at the 1956 Olympics in Melbourne.

Steered by Sir Richard Neil Posnett, the formation of the UOC was conceived after the British protectorate that Uganda was developed an interest in the idea of making her debut at the world Olympiad.

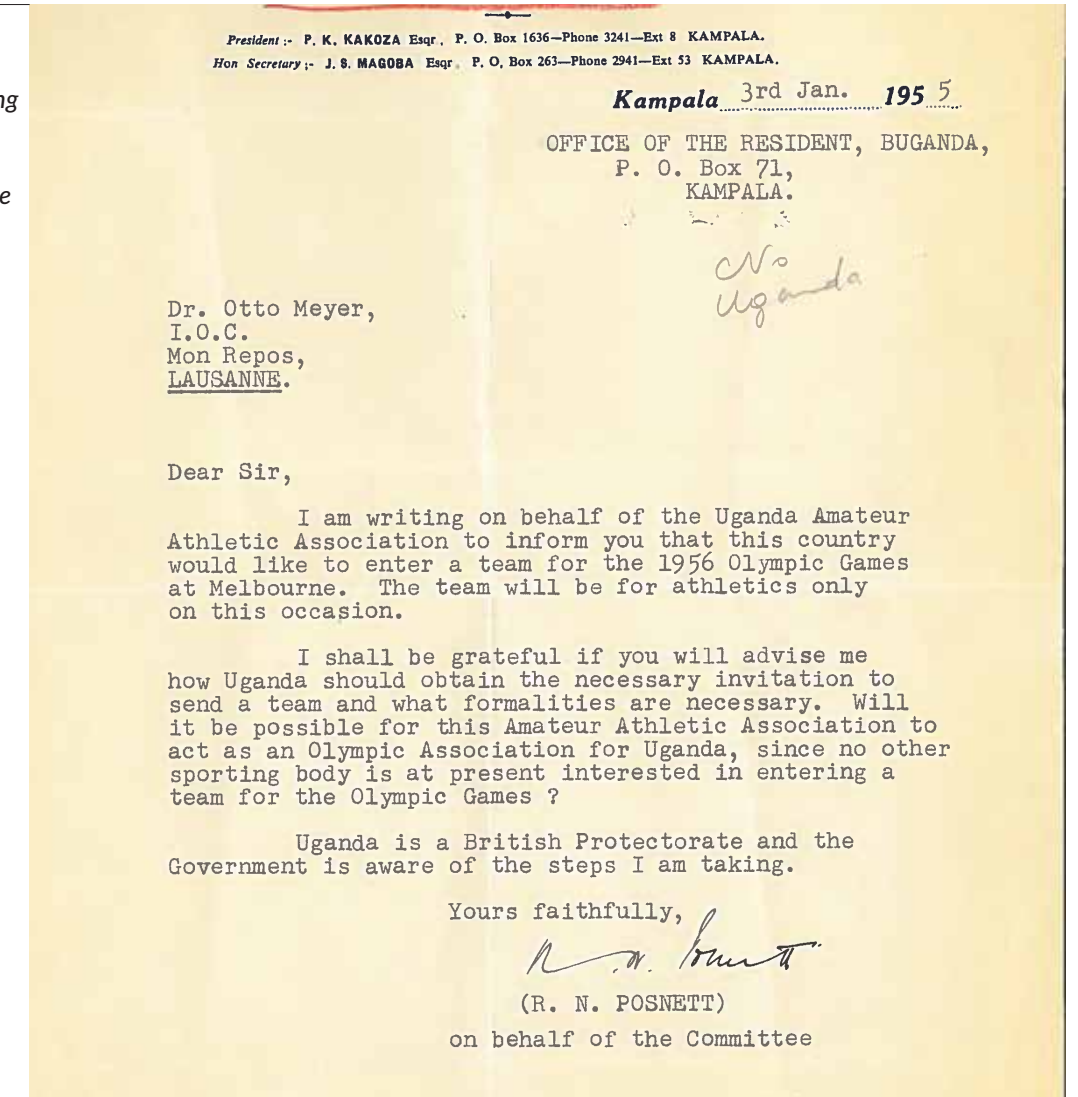
To do so, Posnett rode on the coattails of the Uganda Amateur Athletics Federation to request the International Olympic Committee to allow the protectorate send a team of athletes.

The letter was sent on the January 3, 1955 to Dr Otto Meyer of the IOC and he promptly replied the following month, noting that Uganda had been recognized by the session in Italy and the existing Uganda Amateur Athletics Federation would serve as the country's National Olympic Committee.



*Etolu was part of the first team Uganda sent to the Olympics in the 1956 edition held in Melbourne, Australia.*

*The letter Sir Richard Neil Posnett wrote to the IOC seeking permission to send Uganda to the 1956 Olympic Games. His request was granted and the rest, as they say, is history.*



"With the best of welcome, we wish you full success for the future with the request that you will keep high the Olympic ideal and the amateur spirit in your country," Meyer wrote.

Uganda would subsequently send three athletes, all in the men's track and field events, at the 1956 Olympics in Melbourne.

The three were Benjamin Nduga, Patrick Etolu and Lawrence Ogwang. Nduga was a sprinter, who actually won his first round heat but was eliminated in

the next round. He also raced in the 200m but failed to go beyond the first round.

Etolu competed in the high jump while Ogwang participated in the long jump and triple jump.

There were no medals for Uganda but in having representation at the Melbourne Games, the British protectorate had set in motion at a quadrennial habit that has passed the test of time since.

Uganda has sent teams to every Olympiad since with the only exception coming in 1976 when most of



Africa boycotted the Games in Montreal, Canada.

But it wasn't until the 1964 edition in Tokyo that Uganda finally sent a team to the Olympics with female representation. Sprinters Irene Muyanga and Mary Musani were the country's first female athletes at the Games.

The first medals for Uganda would arrive at the 1968 Olympics with boxers Edridadi Mukwanga and Leo Rwabogo winning silver and bronze respectively.

Arguably the defining Olympic story of Uganda would come at the 1972 version of the Games in Munich, Germany when John Akii-Bua won Uganda a first ever gold medal in a world record time in the 400m hurdles.

He beat US athlete Ralph Mann and David Hemery in a magnificent time of 47.82. So impressive was the time that it would have earned a podium finish at the last Olympics in Rio De Janeiro.

Uganda's next medal would come at the 1980 Olympics in Moscow when John Mugabi boxed his way to bronze.

It was very apparent at the time that boxing and athletics were the sports where Uganda boasted a competitive advantage, a fact that holds true to present day.

The editions of Los Angeles '84, Seoul '88 and '92 were all barren Games until Davis Kamoga raced to bronze in the 400m at Atlanta '96.

Again the country would have to wait for another 16 years before Stephen Kiprotich emulated Akii-Bua by winning Uganda gold; his coming in the marathon on the final day of the competition.



London 2012 Olympics Men's Marathon, gold medalist Stephen Kiprotich from Uganda coming behind the Kenyans

It was only the second time in Olympic history that the Ugandan national anthem was being played at the world's biggest Games.

But the Games are not just about medals; there is a lot more that has happened.

For instance at the 1972 Games, Uganda's hockey team made headlines by holding eventual gold medal winners West Germany to a 1-1 draw. It was a major story at the time seeing how West Germany were the hosts.



Dr Otto Meyer's prompt reply that showed that Uganda had been recognized by the IOC session in Italy and that the then existing Uganda Amateur Athletics Federation would serve as the country's National Olympic Committee ahead of the 1956 Games.

List of the Presidents of the Uganda Olympic Committee:

- 1. Sir Richard Posnettt (1956-1958)
- 2. N. P. Haddow (1958-1959)
- 3. C. C. Spencer (1959-1960)
- 4. Michael Macoun (1961-1962)
- 5. Lawrence Kalule-Settala (1962-1965)
- 6. Serwano Kulubya (1965-1967)
- 7. J. M. Okae (1967-1971)
- 8. Frank Nyangweso (1981-2009)
- 9. Roger Hanns Kiyonga Ddungu (2009-2012)
- 10. William Frederick Blick (2012-2021)

Over the 65 years, Uganda has produced some outstanding individuals who have gone on to scale the heights in the IOC. Maj Gen Francis Nyangweso was a boxer at the Olympics, President of the Uganda Olympic Committee and first IOC Member from Uganda.

And in 2018, William Fredrick Blick in became only the second IOC Member from the Pearl of Africa.

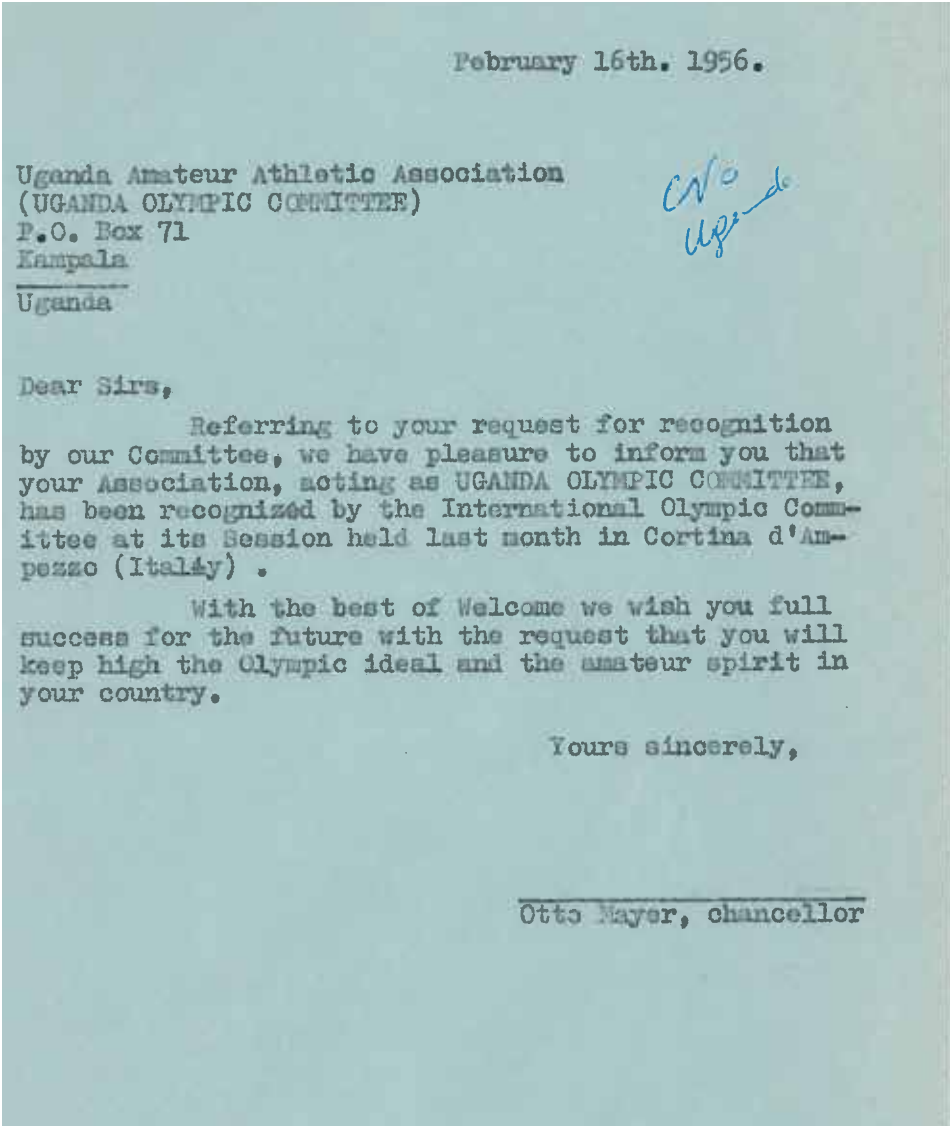
Uganda has benefited from IOC Solidarity courses in

sport and along the way, a number of the country's top athletes have had their careers transformed.

The has also helped the UOC with various capacity building courses and the country today boasts a wealth of options in sports leadership and management.

When Sir Posnettt wrote to the IOC in 1965, little did he know what the future held.

But 65 years later, the Olympic movement has grown in leaps and bounds. And the sky is the limit today.





# The inaugural Uganda Olympians Association reunion

**T**he Uganda Olympians Association (UOA) was constituted and officially affiliated to the World Olympians Association in 2015.

The mission of the UOA is to unite in Uganda and promote Olympism by bringing the Olympians together and encourage their involvement in education, youth inspiration and public service.

This mission aligns well with the slogan of the World Olympians Association (WOA) which reads 'Service to Olympiansm, Service to Society'.

UOA, steered by the vision of general secretary Moses Musonge Moses, has been moving around whole of

the country to trace Olympians.

He has been to Moyo, Arua, Soroti, Tororo, Kapchorwa and Kampala. The main objective is to know which Olympians are alive or dead. UOA has also dug over the world wide web to reach out to long lost Olympians.

It has indeed been a long journey to consolidate the whereabouts of Olympians. So far, UOA has succeeded in figuring out the whereabouts of more than 80% of Olympians from Uganda.

UOC President Ganzi Mugula says UOA needed to know the actual composition of its members before forging the way forward.

Front Row L-R: John Siryakibbe, Abdu Tebazalwa, Rose Musani, Ganzi Mugula (UOA President), Justine Bayiga, William Blick (IOC member and President UOC), John Kakooza, Geoffrey Nyeko, Davis Lusimbo, Mary Musani, John Bosco Waigo

Back Row L-R: Patrick Lihanda, William Dralu, Benjamin Longiross, Charles Kizza, Pius Olowo, Kyakutema Faridah, Donald Rukare (Gen. Secretary UOC), Musonge Moses (Gen. Secretary UOA), Jamila Lunkuse, Irene Ajambo, John Munduga, Charles Lubulwa, Sunday Kizito, Margaret Tumusiime.



Uganda Olympic Committee General Secretary Don Rukare (left) handing over a certificate to Uganda's Olympian from the 1960 Games in Tokyo, Aggrey Awori.



In December 2019, the Olympians Association held their first reunion of athletes who have represented Uganda at the world's biggest Games.

It was a rich list of former athletes who attended including names from as far back as the 1960 edition in Rome to the 2016 version in Rio de Janeiro.

The idea of the meeting was to bring together Olympians from different eras to meet one another to better the bond and cohesion for which they exist.

Some of the Olympians had not seen one another for

more than half a century. It was a very nostalgic and emotional moment for most of them in attendance,

With a scheduled arrival time of 09:00 hrs, many of them arrived so as not to miss out the recognition of their existence by the Uganda Olympic Committee.

Once Faridah Kyakutema opened the glorious day with a prayer, the Olympians embarked on business proper.

Musonge and Ganzi expressed their gratitude to UOC for facilitating the day and believing in the cause of Olympians in the country.



Being the first time Olympians were meeting, all members were requested to introduce themselves.

Beyond mentioning names, the Olympians were required to name the events they took part in and the years when they represented Uganda.

Those who attended were:

1. Ganzi Mugula Semu (swimming and team captain London 2012),
2. Moses Musonge (athletics, Seoul 1988),
3. Joel Otim (athletics, Barcelona 1992),
4. John Munduga (boxing and team captain Moscow 1980),
5. Godfrey Nyeko (boxing, Moscow 1980 and Los Angeles 1984),
6. Patrick Lihanda (boxing, Moscow 1980 and Los Angeles 1984),
7. Davis Lusimbo (boxing, Barcelona 1992) and Paul Mutambuze (table tennis, Atlanta 1996).

Others were:

Charles Kizza (boxing, Atlanta 1996), John Siryakibbe (boxing, Moscow 1980), Charles Lubulwa (boxing, Moscow 1980, Los Angeles 1984, Seoul 1988), Faridah Kyakutema (athletics, Seoul 1988), Benjamin Longiross (athletics, Seoul 1988), Justine Bayiga (athletics, Beijing 2008), Irene Ajambo (weightlifting, Athens 2004), John Kakooza (boxing, Los Angeles 1984), Sande Kizito (boxing and team captain Sydney 2000) and Adam Kassim (boxing, Sydney 2000).

The last batch included:

Margaret Tumusiime (archery Sydney 2000), Rose Musani (athletics, Munich 1972), Abdu Tebazalwa (boxing, Sydney 2000), John Bosco Waigo (boxing, Seoul 1988), Jamila Lunkuse (swimming, London 2012 and Rio 2016), William Dralu (athletics, Mexico 1968,

Munich 1972), Pius Olowo (athletics, Moscow 1980), Mary Musani (athletics, Tokyo 1964), Aya Nakitanda (swimming, Beijing 2008) and Aggrey Awori (athletics, Rome 1960, Tokyo 1964).

The next session involved awarding of the Olympians with certificates and pins from WOA by IOC member and President of the Uganda Olympic Committee William Blick together with the General secretary Dr. Donald Rukare.

This was a very proud moment for the Olympians because their achievements, some of which dated decades back, were being recognised in the latter stages of their lives.

There was palpable excitement at the UOC offices.

Meanwhile the Olympians' post-nominal letters, which were unveiled in 2017 to serve as a symbolic recognition of ex-athletes in society, were issued to them.

These will help Olympians to promote social, charitable, and community-based work.

They will also act as a unifying reminder of their achievements and of their responsibility to embody the values of Olympism in everyday life.

The lettering is a symbol of dedication, concentration and commitment to sport and success. It also provides a link to the global network of Olympians.

Speeches were then delivered by Ganzi, who took the Olympians through the history of how the National Olympic Association was established and later on affiliated to WOA.

Rukare highlighted the role the National Olympic Committee plays together with the Olympians to give



London 2012 Marathon gold medalist Stephen Kiprotich (middle) meeting the then British High Commissioner to Uganda Alison Blackburne. Left is former UOC treasurer Godfrey Nuwagaba



back to Sport. He implored Olympians to get more involved at federation and NOC activities because they have the knowledge to pass down to the youth.

He also mentioned to Olympians that IOC has courses available for them if they so wish to enhance their education. He noted that it was very pertinent that UOA creates a database of its Olympians.

It is this database, Rukare observed, that will be important to help the NOC make programmes that appreciate and recognise the Olympians.

Blick welcomed the Olympians to their inaugural reunion and expressed confidence that their association would grow in leaps and bounds to serve the best interests of Olympism and Olympic values.

## CHAPTER 1

# THE FIVE PILLARS



# Nyangweso, a soldier, boxer and administrator of distinction



IOC member Ugandese Francis Were Nyangweso taken 16 July 2001 during the 112th session of International Olympic Committee in Moscow. The 112th IOC session elected earlier in the day the new President of the IOC. / AFP

**F**rancis Nyangweso was by all measures a man of distinction.

He not only stands out as Uganda's most decorated sports administrator, but also an elite soldier and boxer of repute.

Nyangweso, who died in 2011 at 71, spent 28 years as the head of Uganda Olympic Committee, and was also an International Olympic Committee executive member.

His time in the IOC also had him serving as member of the Committee's Culture and Olympic Education Commission. He was also a member of the Olympic Solidarity Commission.

He also had a meteoric rise in the International Boxing Association hierarchy where he became Vice President.

A former banker, Nyangweso had a long and high-ranking military and political career that included posts with the Ugandan Ministry of Culture, Community Development, Youth and Sports, the Foreign Office and the National Chamber of Commerce.

Nyangweso and President Idi Amin had a special relationship. They were at first team-mates before Nyangweso served as the dictator's Chief of Staff and later on Minister.

But while Amin is best remembered for his brutal nine-year regime, Nyangweso stands out as the general who used his grounding in sport to scale new heights.

Nyangweso in a 1974 interview attributed his rise in sports and the military to his initial training in sports.

"Sports has taught me to be disciplined and tolerant, to

value public relations, and to keep my nerves, a thing that is very important for soldiers," said Nyangweso in his prime.

"...but above all, to remain natural at all times," he added, in a publication titled Sports In Uganda, published by the Ministry of Information and Broadcasting in 1975.

Tracing his roots at Nsambya Primary School and Namilyango College, Nyangweso was an avid sportsman who enjoyed football, tennis and volleyball in addition to boxing.

Together with Amin in the 1950s they were East African heavyweight champions. Nyangweso soared even higher winning a gold medal in the Israel Hapeal Games in 1961.

Regarded as one of Uganda's best boxers of his generation, Nyangweso represented the nation at the 1958 Commonwealth Games held in Cardiff and the 1960 Rome Olympics before ending his amateur career with a bronze at the 1962 Commonwealth Games in Perth.

Looking back at his time as a boxer, Nyangweso in a 1997 interview, observed that boxers of current times lacked passion and determination.

During our days, if one was a boxer, he felt gifted and loved the sport. Today's sportsmen do not take pride in their sport. They have to be chased here and there, they have to be locked indoors during training. Officials and coaches do not sleep at night so that they can keep an eye on them

They want enjoyment before anything else. But discipline and absenteeism from certain pleasures are essential if sportsmen are to be successful."



Nyangweso (seated, third right) poses for a photo with a team of Uganda's sports representatives in an undated photo. He left an imprint on the UOC both as a sportsman and administrator.

This observation not only followed years as an active boxer, but also as an administrator that also had Nyangweso serving as head of Uganda's amateur boxing and also National Council of Sports chairman.

Nyangweso gave credit to his former team-mate and coach Tom Kawere. "He was not only a great team-mate, but also a very inspirational coach. He is a boxing pillar."

Nyangweso always remembered several incidents during his times with Kawere.

One of this was in 1954 when he boxed and beat a man twice his age; the other was during the Kenya versus Uganda Millington Drake Trophy Tournament (that later became Urafiki) when he met a certain British soldier by the surname Ponel.

He beat Ponel on two occasions, but Nyangweso recalls: "After beating him, I could not eat for two days. I was vomiting for two days. The man punched my stomach to the extent that my tummy could not accept any food."

He was actively involved when boxers Leo Rwabwogo, Eridad Mukwanga and John Mugabi together with athletes John Akii-Bua and Davis Kamoga brought Uganda Olympic glory.

But there was also the controversial side of Nyangweso. His name was mentioned in the bribery scandal that rocked the Olympics Movement in 1999, but Nyangweso survived the purge that saw several African members being expelled or resigning from the IOC.



Nyangweso (middle) attending the Supreme Council of Sports in Africa meet in September 1996



Maj Gen. Francis Nyangweso exchanges pleasantries with the former South Africa President and freedom fighter Nelson Mandela

Back home, Nyangweso also came off as the iron fisted administrator.

He strongly fought any form of opposition- the most memorable being in 1994 when he beat a coalition of the Education and Sports Ministry, National Council of Sport and a collection of some of the most influential sports federations.

In a court battle that ensued, Nyangweso also emerged supreme with Justice Berko ruling that

those who were eyeing his position had no powers to oust him.

But as he grew older battling with diabetes his grip on the Committee weakened. He was eventually replaced by his vice President Roger Hans Ddungu.

Like incumbents have always proved, the February 2012 UOC presidency polls were supposed to be a straightforward continuation of Maj. Gen Nyangweso's 32-year reign.



Nyangweso (4TH R) and members of the IOC meet the legendary leader and President of Cuba Fidel Castro

His vice President Roger Ddungu had sold Nyangweso a dummy into believing that former UOC executive member Moses Twesigomwe was to be his challenger at the elections.

And true to Ddungu's scheme, Twesigomwe presented himself on election day.

Nyangweso was to later find out the real challenger was actually Ddungu. It is said

that some new blood in UOC had infiltrated Nyangweso's camp eight months before the polls and convinced several members to throw him out.

Come election day, Twesigomwe stepped down and immediately Ddungu stood up for election, winning with a 15-5 vote landslide.

The politics aside, sports also flowed in his family with his sons Michael Wandera and



Nyangweso representing Uganda at an International Sports Conference.



A youthful Nyangweso at a cocktail with international dignitaries.

Leonard Were playing for the national rugby team. Michael later served as Uganda Rugby Union secretary and continues to play an active role in the union.

Wandera is a lawyer while Were is a doctor. Wandera once described his father as "a very

liberal and objective man" who "always [let] us do the things we like".

That's indeed an insight into the General's mind whom many would have expected to see his offspring take to the ring and military.



# Sev Obura on setting the foundation of UOC



| SEV OBURA |                             |
|-----------|-----------------------------|
| Games     | 1962                        |
| Country   | Uganda                      |
| Event     | Athletics - Long Jump - Men |
| Position  | 11                          |
| Result    | 23'9 1/4' (7.24m) feet      |

Sev Obura's passion for sport was evident right from his childhood day. He is remembered for his role in setting the indigenous foundation for the UOC



Sev Obura is one of the few surviving members of an elite group of senior administrators who set Uganda Olympic Committee's foundation.

The Makerere University Economics graduate of 1975 teamed up with Maj. Gen. Francis Nyangweso, Raphael Sebugwawo Amooti, Yesero Mugenyi and Pius Oluo to constitute one of UOC's first entirely indigenous Committees.

Going by the profiles of the personalities, there couldn't have been a more formidable combination.

Nyangweso, who took the mantle as chairman, was the Minister in charge of sports; Ssebugwawo was a High Court judge; Mugenyi was a prominent lawyer while Oluo was National Council of Sports chairman.

Obura, also an old boy of the prestigious St Mary's College Kisubi, was a high ranking Bank of Uganda official, who for many years served as Deputy Director of Research.

Ssebugwawo passed on 1978, three years before the group completed reviewing the Committee's constitution.

Obura, serving as general secretary/treasurer, was one of the brains behind clauses in the constitution barring government intervention.

That the constitution was ratified by the International Olympic Committee instead of NCS, as was the case with other local sports bodies, further played to UOC's independence.

On that foundation, critics argue, UOC managed to barricade itself from scrutiny yet it enjoyed unlimited control on Olympic, Commonwealth and All Africa Games national teams.

"Independence is paramount in UOC's operations," Obura like all the other Committee members always stressed.

It was in the same argument that Justice J.P. Berko in 1994 premised his ruling in favour of Nyangweso and his executive after Moses Ali, the then FUFA President, and others challenged the Committee's legitimacy.

"Obura is in that breed of selfless administrators whose contribution in the development of sports in Uganda is priceless," notes another former UOC executive Nicholas Onegi P'Minga.

Obura's passion for sport was evident right from his childhood days in Dokolo district in Lango sub region and later Kisubi. "I generally loved sports but athletics was however my first love," said Obura in a 2012 interview. At his prime he represented Uganda at the 1962 Commonwealth Games in Perth, Australia, in the long jump, finishing 11th with a 7.25-meter jump.

"I could have probably done better but it was my first competition at this level. Then, I also had to balance academics with sport," said Obura.

Unlike today when getting a field events representative is a national team rarity, the country that time had a strong entry that also featured Patrick Etolu (h/jump), William Kamanyi (l/jump), Lawrence Ogwang (triple jump).

Benson Ishiepai (440 yard hurdles) and Amos Omolo (440 yards) with a bronze each were Uganda's medalists in the November 22 to December 1 Games.

As an administrator Obura played a key role in IOC President Juan Antonio Samaranch's visit to Uganda in 1986.



Obura's closeness with then IOC president Samaranch enabled the latter come pay a courtesy visit to Uganda in 1985



"My position on UOC brought me very close to Samaranch. This closeness persuaded him to come to Uganda in 1985.

When he was here, he enriched us with priceless tips on how to further strengthen UOC. Thereafter I took him to visit Kasubi Tombs and then to the source of the Nile in Jinja."

He was privileged to still be in the Olympic fraternity in 1998 when another IOC Jacques Rogge visited Uganda.

Obura in 2000 became Uganda National Olympic Academy (UNOA) President, this status also made him a member of the International Olympic Academy (IOA).

This is the main educational and cultural institution of the IOC. Established in 1948, the IOA, headquartered in Athens, Greece, is charged with educating young people, college students, educators, Olympic athletes and sports journalists about the Olympic ideals and show how to promote them in society.

One of Obura's best moments, like many Ugandans at the time, came in 1972, when John Akii-Bua, a young policemen hailing from the same region like him won Uganda's first Olympic gold medal. Forty years later, Obura was around to also celebrate Uganda's second Olympic gold won by Stephen Kiprotich at the London Games.



"It came as huge sweet surprise," stated Obura, who like many Ugandans, had not expected the Ugandan Prisons warder to make it to the medal podium.

"I first heard it (the golden news) on BBC Radio....," said Obura whose excitement upon Kiprotich's win saw him dash from his Naguru home to Monitor Publications headquarters in Namuwongo to share the joy of someone he admitted not knowing before that historic day.

"...I could not believe the news. Then I had to run to TV to atleast catch the highlights. Fortunately, I watched the highlights and up to now I cannot believe it. The boy delivered us. Forty years without gold and a boy born in 1989 comes up to win today....unbelievable," Obura stated.

The veteran administrator, then 76, was overcome by emotion. "Now even if I die at least I have seen two gold medals in Olympics under the UOC I helped form," said Obura. "But to tell you the truth, I only

Obura in 2000 became Uganda National Olympic Academy (UNOA) president, this status also made him a member of the International Olympic Academy (IOA). This is the main educational and cultural institution of the IOC

knew that if we were to win any medal, it had to come from Moses Kipsiro or Dorcus Inzikuru."

Obura, now 84, is confined to his Naguru home with health complications. Don't rule out the fact that he could be of those few lucky Ugandans to witness a third Ugandan gold given that the next Olympics in Tokyo are this year.

With contenders like Joshua Cheptegei and Halimah Nakaayi, fresh from World Championship triumphs. Uganda will indeed be eyeing more gold in Tokyo.

# Salim Musoke, the IWF Wall of Fame member



Musoke (R), was inducted into the International Weightlifting Federation (IWF) wall of Fame becoming the first African to get such recognition. He is a highly qualified administrator, referee and coach of the sport.

Some figures genuinely transcend sport. They are not just sport. They are more than sport. They have lived and breathed sport that a time comes when they are not just the sport they cherish; they are the sport and the sport is them.

One such individual has been involved as an athlete since 1976 and 44 years later shows no sign of slowing.

We are talking about Salim Ssenkungu Musoke, the Uganda Weightlifting Federation President who has been part of the Uganda Olympic Committee for the last 40 years.

In late 2019, he was inducted into the International Weightlifting Federation (IWF) wall of Fame becoming the first African to get such recognition.

“I am delighted to pass over this Wall of Fame award from IWF to you, recognizing your unprecedented effort towards the game of weightlifting not only in Uganda but worldwide,” noted Serbian IWF technical officer Professor Milan Mihajlovic when appreciating the veteran administrator.

It was an honour that was richly deserved for Musoke, who today is a highly qualified administrator, referee and coach of the sport.

At International level, Musoke combines a number of positions; he is East Africa Weightlifting Federation chairman, first vice President of the Weightlifting Federation of Africa (WFA), chairman of the WFA coaching and refereeing Committee and a member for the IWF commission.

He also serves as a category 1 IWF technical official, an IWF coaching and refereeing instructor, and an executive member of the Afro-Asian Games.

The septuagenarian also sits on the executive board of the Islamic Solidarity Sports.

Musoke has fond memories of how his journey in the Uganda Olympic Committee started.

“In 1980 I joined as a council member but in two years I had become a board member,” he recalls.

“By then we were very few federations on the Committee – I think about five. Those five were weightlifting, athletics, boxing, handball and swimming if my memory serves me well.

Through a combination of dedication and hard work, Musoke was soon standing out and would soon become a regular flyer with national team contingents all over the world.

“But my first trip as an Olympian and a coach – I will call myself an Olympian because without the coaches you can’t have an Olympian athlete, was in 1984 at the Los Angeles Olympics in the US.

Musoke would return to the 1988 Seoul, South Korea Olympics as a coach but did skip the 1992 Games in Barcelona, Spain.

“In 1996 I travelled as a coach of the Uganda Weightlifting team in Atlanta in the US and then made the contingent to the Sydney 2000 Olympics as a member of the Uganda Olympic Committee.”

By the time the Athens Olympic Games arrived in the Summer of 2004, Musoke had gained enough experience to be entrusted as the Chef De Mission of the Games by UOC President and IOC Member Maj Gen Francis Nyangweso.

“In 2008 in Beijing, China I was there as an official of the Uganda Olympic Committee because among



In late 2019, Salim Musoke (white goatie) was inducted into the International Weightlifting Federation (IWF) wall of Fame becoming the first African to get such recognition

other things my President (Nyangweso) was not very safe and I was one of the best people to handle him. Likewise, I had to attend several meetings on his behalf.”

Come London 2012, he would travel to the London Olympics as an International referee of the Games.

“I was a Category 1 IWF referee and also secretary for the championships.”

Since joining the Uganda Olympic Committee in 1980, Musoke has not travelled for only two out of a possible nine Olympic editions – Barcelona 1992 and Rio 2016.

The former teacher started his career in sport as a

boxer in the 1960s before venturing into soccer as a goalkeeper. Later on, he tried to forge a career as a wrestler in the mid-70s.

By this time, he had grown in stature and was one of the managers of entertainment in Cape Town Villas (near Munyonyo) during the Idi Amin regime.

“I used my capacity to bring some of the strongest wrestling championships at the Cape Town Villas,” he recalls. In 1978, Musoke decided to register and later affiliate the Uganda Weightlifting Federation to the Weightlifting Federation of Africa.

And the following year the country’s first batch of weightlifters travelled to Alexandria, Egypt.



“I went with Sserwadda from the Ministry of Education, Dr Ntege Ssengendo with his two physicians and 10 athletes. All in all, it was a team of 17 and we managed to get about three bronze medals.”

Musoke then scaled the ladders to become an executive board member of the Weightlifting Federation of Africa in 1979.

Only four years later, he pulled off the enviable feat of sending a Ugandan team of weightlifters to Cape Town, South Africa at the height of apartheid.

Throughout the 80s and 90s, Musoke remained loyal to his weightlifting calling and travelled to Zimbabwe with the Ugandan team in 1995 for the All Africa Games.

The next two editions of the All Africa Games in South Africa and Nigeria in 1999 and 2003 would see Musoke form an integral part of Uganda’s delegations with the country represented in the discipline at both editions.

“If I remember well, Irene Ajambo actually won bronze in Nigeria,” he notes.

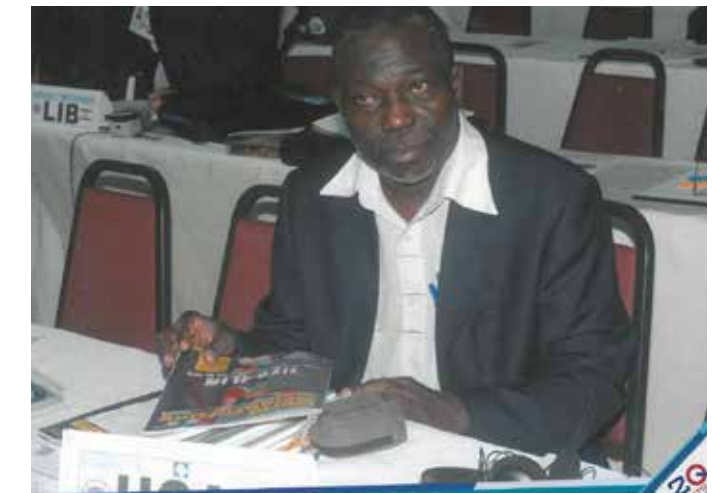
“After here, we decided to start the Afro-Asia Games in 2003 and the first edition was held in India where I was the Chief De Mission of the African team.”

In 2007, Musoke was at the All Africa Games in Algeria. For the next edition his beloved weightlifting team was left out and as such he wasn’t part of the Maputo edition in Mozambique in 2011.

By the time of the Games that were hosted in Congo Brazzaville in 2015, Musoke would travel there as an International Technical Official of (ITO) weightlifting. He also doubled as an official of the Ugandan weightlifting team.



Musoke serves as a category 1 IWF technical official, an IWF coaching and refereeing instructor, and an executive member of the Afro-Asian Games

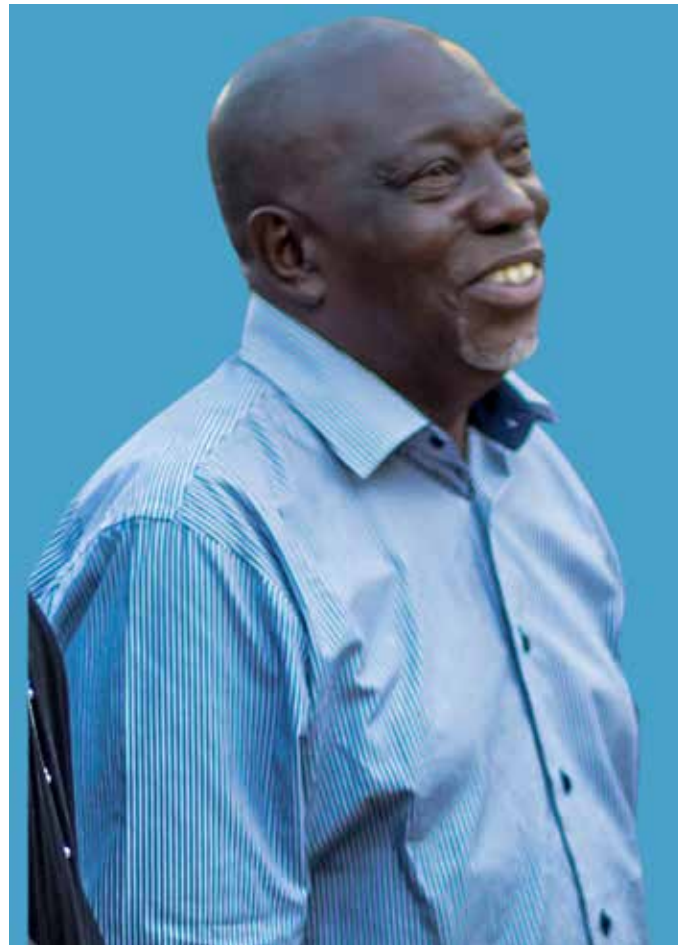


Musoke scaled heights to become an executive board member of the Weightlifting Federation of Africa in 1979

In Rabat, for the All Africa Games in Morocco, he was once again invited as an ITO for the continental body.

Earlier in 2017 in Algiers, the Weightlifting Federation of Africa appointed him as First Vice President of the continental body.

Musoke holds various other responsibilities including but not limited to being a member of the membership commission of the IOC and a chairman for coaching and research in Africa. He is also a certified technical person to conduct courses around the world.



**TOP RIGHT:** Musoke has also enjoyed his stints as Chef De Mission for various Games

In the 1998 Commonwealth Games in Malaysia, Musoke was a member of the team that travelled to represent Uganda. He would return to the Games in 2002, but this time in Manchester where he flew as an official of the National Olympic Committee.

The 70-year-old has been part of the Commonwealth Games editions in the ensuing years where he has doubled as a Team Uganda official and a representative of the governing body of weightlifting.

Musoke has scaled so many peaks but none comes close to Athens 2004.



**TOP LEFT:** Musoke almost inevitably also has tremendous pride in becoming a member of the Wall of Fame.

“Being Chef De Mission is arguably the highlight of my career and involvement in sports,” he says.

“When you are a Chef De Mission, you represent the country. Even for the sports minister to access the Games Village, clearance must come from you.

“The minister must say ‘Dear Sir, I want to come and see the athletes’ and the authority to allow him or not rests with you.”

Musoke almost inevitably also has tremendous pride in becoming a member of the Wall of Fame.

“I became the first African to enter the Wall of Fame; it was given to me in Tashkent, Uzbekistan.”

His favourite Olympic editions from a personal standpoint are Sydney 2000 and Beijing 2008 while his least favourite experience at the world’s biggest Games was in Atlanta ’96, where ironically Uganda won a first medal in 16 years.



**TOP LEFT:** Musoke is one of the people that ran the Islamic Solidarity Sports Federations under IOC until he became an executive board member eight years ago.

“We had disagreements with the then NCS General secretary Abbey Lutaya but I found my way to Atlanta on my own and to help our weightlifter Ali Kavuma at the Games. However, our relationship (with Lutaya) is now fine.”

Musoke has worked with various sports ministers including Henry Oryem Okello, Charles Bakkabulindi and Geraldine Namirembe Bitamazire, and the commissioner for Physical Education in the Ministry of Education and Sports Omara Apita and believes all the aforementioned names can attest to his commitment to ensure that Uganda was represented at all International meets for weightlifting.

The father of 20 has not let his love for weightlifting come in the way of family.

In fact Musoke has gone great lengths to interest his children into the sport, some of whom have represented the country.

“My son Lanny Kimbowa, a former national weightlifter, is the Executive Director of Islamic Solidarity Sports Federations. Actually, I hadn’t



**TOP RIGHT:** Musoke awards one of the podium finishers at one of the Games

mentioned that I am one of the people running the Islamic Solidarity Sports Federations under IOC.

“I have been working with the technical Committee for ISSF for a number of years until I became an executive board member, which has been for eight years now.”

Musoke is still going strong in sport in the evening of his life and his passion and dedication to weightlifting has not been diminished by time.

# Nicholas P'Minga: The sports missionary



During his reign as a police officer, Nicholas P'Minga was strategically positioned to start clinics and demonstration Games. He began with Kibuli Police Training School and Nsambya barracks.

**N**icholas P'Minga was not your ordinary Ugandan sports achiever. The retired police officer etched his name in the annals of Ugandan sport in a unique way.

He did not make his way amongst Uganda's greats by winning Olympic medals or becoming an executive of a world sports body.

P'Minga stands out for his introductory role in eight Olympic sports into Uganda.

"You could call me a missionary of sorts. I spread the gospel of handball, archery, canoeing, kayak, kayak freestyle, Slalom and dragon boat," states P'Minga.

It all began in 1971 when P'Minga, then in swimming, together with fellow coaches George Odeke (athletics) and James Adoa (basketball) went for a course in then West Germany.

It was here that he saw the Germans practicing these disciplines for the 1972 Munich Olympics.

He immediately fell in love with them and took it upon myself to pick every detail regarding these disciplines."

As a police officer, he was strategically positioned to start clinics and demonstration Games. He began with Kibuli Police Training School and Nsambya barracks. Next of course were the ordinary schools.

## Handball

Looking back at how he introduced the Games, P'Minga says he began with handball in 1971.

Given the simplicity of the game that is played on similar principles like football, it spread very fast.

"In 1974 we participated in the first Africa Women Championships where we won bronze in Tunisia. The Peoples Republic of China in 1976 gave us a big boost of 200 balls. This was one of the gestures that helped us spread the game. Uganda's best handball moment came in 1995 when Railways Handball Club won the Women's Commonwealth Championships in India."

## Rowing

He introduced the sport in 1980 also through the Uganda Police. "We were however constrained by facilities. Thank God the International Rowing Federation three decades later gave us a grant of 18 very expensive boats."

Six of these were for singles, six were for doubles while the balance carried four rowers each. The world body FISA said this was one of the biggest grants ever to be made to Africa. With the offer we were in 2007 at Port Bell able to host our first ever International coaching course.

## Archery

He brought it to Uganda in 1984. Like the other disciplines, he launched it with a police club. Two years later we were privileged to get an International coaching course. Ugandan archers today compete at the Olympics.

## Canoeing

He brought the modern version of the sport in 1988. The police force where he was still a serving officer was again his launch pad.

Unlike the other disciplines that he introduced, this one already had a traditional version active in Uganda.



Events like the National Regatta and Royal Regatta were already very popular. Today they are held annually. The latter is particularly very popular amongst the Baganda and is attended by his Majesty the King of Buganda-the Kabaka.

### Kayak

He started off the sport with a Police Club. This became the first indigenous club in a sport that was being run by European clubs. These were mainly from Bujagali Falls in Jinja.

He later applied for membership to the International Federation (ICF). The membership was granted and today the sport is quite popular.

### Freestyle Kayak

This one started in 1994 with the Jinja rafting club. It was originally local water surfing but when he introduced them to the International Canoe Federation. They later affiliated to the national canoe federation.

This sport is the same as kayaking only that here there is freedom. It is free of all forms of stylish regattas. It is very popular particularly at Bujagali.

### Slalom

It was introduced in 2000 at Bujagali through a very strong rafting club. It is one of the biggest water sports in Uganda. Tourists come from all over to try it out at Bujagali.

“It is however one of the most dangerous and challenging sports. It takes a lot of nerve to manage the rough and rapid waters,” notes P’Minga.

But despite the risks there are athletes who have



*P'Minga brought Archery to Uganda in 1984. Like the other disciplines, he launched it with a police club. Two years later we were privileged to get an International coaching course.*

stood out. One of these is Bujagali based Proscovia Mirembe. She has trained with the International Canoe Federation. She also won Uganda’s first gold and silver medals in the Africa Slalom Championships and the Africa Slalom Championships.

### Dragon Boat

The crew of a standard dragon boat is typically 22, comprising 20 paddlers in pairs facing toward the bow of the boat, 1 drummer or caller at the bow facing toward the paddlers, and 1 sweep (a steerer) standing at the rear of the boat.

Dragon boats however vary in length and the crew size. These vary from small dragon boats with 10 paddlers up to the traditional boats which have upwards of 50 paddlers, plus drummer and sweep.

Dragon boat races are mainly conducted during occasions like coronations of kings and other national celebrations.



Before P’Minga’s retirement from the police he had requested the International Dragon Boat Federation (IDBF) for a grant of boats. They offered four boats with all the accessories. But they are still held by URA because of lack of money to pay taxes.

Today the Uganda’s handball, rowing, archery, free kayak, slalom and canoeing bodies are all national bodies.

They are all recognized by both the National Council of Sports and Uganda Olympic Committee. They are also accredited to their Africa and world bodies. Uganda has also sent teams to events as prestigious as the Olympics.

### Challenges

He however notes that he hasn’t received full support from the respective authorities. “I have been told many times that some of these sports are too expensive to be fully embraced. This is demoralizing. I pray for equal UOC support for all discipline. I am sure all these sports will one day win medals for Uganda.”

P’Minga says he could have done with more support. “Imagine taking on this responsibility with a policeman’s salary as the only source of funding. It would however not be fair not to commend Uganda Police for its infrastructure and human resource support.”

### Swimming with crocodiles

P’Minga, who started off as a swimming coach in police, recounts his childhood days with nostalgia. “I learnt how to swim in River Nile. It was fun but also risky as you had to overcome the current and crocodiles.”

He says their parents motivated them to learn how to

swim because fishing was the tradition amongst the Alur in Pakwach district.

“We were told that should a crocodile, hippopotamus, or storm capsize our boat, we would be able to escape only if we knew how to swim.”

After serving under two UOC Presidents, P’Minga is best suited to make judgement of the past and present respective Committees.

### How is UOC faring?

P’Minga, who joined UOC in 1978 and left in 2009, makes a comparison.

“The previous executive was not as open as the current one. There is more teamwork today. Previously there was a lot of back stabbing.”



*As a police officer, he was strategically positioned to start clinics and demonstration Games. He began with Kibuli Police Training School and Nsambya barracks. Next of course were the ordinary schools. He passed away in May 2020*



# Gabriel Oloka: The shield of UOC

Ugandan sport recently lost another doyen of the industry'. Gabriel Oloka passed on in November 2020 at 82 years.

The retired police officer is reputed for introducing fencing in Uganda. He was also at the forefront of popularising shooting . This was all on top of being actively involved in football and darts earlier in his career.



UOC General secretary Gabriel Oloka addresses a meeting.

He later concentrated on refereeing after suffering a major injury. His administrative roles were further enhanced with a position on the Kampala District Football Association executive.

It was at about this time that he stumbled in to Olympism. This was at elective general assembly of Uganda Olympic Committee in 1980.

His move into these new administrative waters was followed by numerous executive posts, the highest being Secretary General.

Through the 1990s and 2000s he was a key player that ensured that Maj. Gen. Francis Nyangweso's long serving executive sailed through rough waters.

The UOC executive was always at loggerheads with the government arm responsible for running sport-- NCS.

It was a bitter battle for control that in 1994/climaxed in a historic court battle where UOC emerged victor.

"The day NCS realise that we are both authorities with special rights that the other can't revoke, is the day good working relations will prevail," Oloka stated after Justice Berko's Had GH Court ruling.

He was one of those officials who put up a spirited fight to protect Nyangweso in 2009. But as it turned out this was to be the General's last battle to protect his presidency.

Oloka chose to work with the new team in 2009 unlike some of his colleagues who took on rebel status.

" The Olympic spirit doesn't allow fighting a body you established," Oloka was once quoted saying.

For that reason he chose to work with William Block's executive. He was very active in the education department.

"He played a key role in bridging the gap between old guard and the young blood that is in charge of the Lugogo offices today'," explains a current executive member.

Carolynne Adongo, daughter of Oloka and current Secretary General of the fencing body says the future of fencing in Uganda very bright.

Together with recently elected fencing President Kenneth Orwinyo they commend National Council of Sports for a helping hand in clearing outstanding taxes and demurraje got equipment held by Uganda Revenue Authority.

Adongo believes they have mobilised enough resource to make an impact as one of Uganda's medal winning disciplines.

"We have acquired enough equipment and have trained over 60 athletes."

Oloka was privileged to savour some of the fruits of his baby in March 2020 when the sport won a medal at it's inaugural outing.

Renee Nasozi won silver at the Africa Junior Championships in Ghana. "We could have even done better with better funding, Oloka noted at the time.

This was indeed a milestone considering that there numerous Ugandan sports that have been in existence for decades and have never got to such heights.



Adongo rules out participation in Tokyo saying they are yet to get the competitive edge at global level. But France 2004 should be a sure deal insists Adongo.

Featuring in Paris will be yet another milestone in fulfilling the old man's legacy and we are working tirelessly towards that.'

Looking back at the times of her dad's .in sport, Adongo reveals that at the time of his death fencing was his first love. " He invested loads of resource in the sport. He always told us that as the young blood we were the ones who would make it grow. He was the happiest man when the sport got International Fencing Federation ratification in 2014."

This was understandable considering that he had made the initial application in 2007.

Oloka was confident the sport would transcend all forms of boundaries. His appeal was to all the respective parties to join hands and make this a reality.

"If we can get away around the expensive equipment, we can make this one of Uganda's most popular sports."

One of the first seeds in popularising the sport was laid at GEMS Cambridge International School in Luzira where fencing body first set base.

With closure of the school recently headquarters were shifted to Uganda's biggest sports complex - Namboole.

"Yes, we have had a few setbacks, but I must say we are good to go,' confidently notes Adongo.

True, with the schools development program key on their priorities, the future is indeed bright. Even Oloka must be smiling in his resting place.

## CHAPTER 2

*The Palazzetto dello Sport is a multifunctional building , mainly used for sports, located in Rome in the Parioli district . Conceived and designed in 1956 by the architect Annibale Vitellozzi and by the engineer Pier Luigi Nervi , it was built between 1956 and 1957 to host some events of the 17th Olympic Games in Rome . It has been unused since 2018, the date on which it was the seat of the internal matches of the Virtus Roma Basketball after having also been, in previous years, until 1983 and, again, between 2000 and 2003; also he hosted the team volleyball Men's Club Italy to A2 [1] and, until 2013, the M. Roma . Still, it hosted the Roma Volleyball , a company dissolved in 2002, and the Eurobasket Roma until 2019.*

# CHANGING FACES

Uganda's Olympic  
teams since 1956





# 1956, Melbourne

**Athletics:** - Patrick Etolu, Benjamin Ndugga and Lawrence Ogwang.



## Overview

For the only time in the history the Games of the Olympiad were contested in two different countries (there was a slight exception to this in 1920). In 1949, the IOC awarded the Olympics to Australia by a single vote. This was to be the first time the Games would be held in the southern hemisphere and necessitated the Games being held very late in the year to take advantage of the early part of the Australian Summer. The IOC would later learn dismayed that Australian quarantine laws would not allow the importation of horses for the equestrian events without an extended quarantine period. It was decided, in violation of the Olympic Charter, to contest separate [Olympic Equestrian Games] in Stockholm, Sweden.

| UGANDA AT THE 1956 MELBOURNE                                            |  |  |  |  |
|-------------------------------------------------------------------------|--|--|--|--|
| Host City: Melbourne, Australia (November 22, 1956 to December 8, 1956) |  |  |  |  |
| Opening Ceremony: November 22, 1956                                     |  |  |  |  |
| Closing Ceremony: December 8, 1956                                      |  |  |  |  |
|                                                                         |  |  |  |  |
| Events for Uganda: 5 in 1 sport                                         |  |  |  |  |
| Participants for Uganda: 3 (3 men and 0 women)                          |  |  |  |  |
| Youngest Participant for Uganda: Patrick Etolu (21 years, 252 days)     |  |  |  |  |
| Oldest Participant for Uganda: Lawrence Ogwang (23 years, 346 days)     |  |  |  |  |
| Most Medals for Uganda (Athlete): No medalists                          |  |  |  |  |

| RK | ATHLETE         | GENDER | AGE | SPORT     |
|----|-----------------|--------|-----|-----------|
| 1  | Patrick Etolu   | Male   | 21  | Athletics |
| 2  | Ben Nduga       | Male   |     | Athletics |
| 3  | Lawrence Ogwang | Male   | 23  | Athletics |



Betty Cuthbert wins gold in the 1956 Melbourne Olympic Games.



When Ron Clarke was 19 years old, he was chosen to light the Olympic Flame in the stadium during the opening ceremony of the 1956 Summer Olympics in Melbourne.



Etolu represented Uganda at the 1956 Olympics. He was a high jumper.



The XVI Olympiad marked the first use of computers to keep results of competitions and the first Games South Africa was barred from for its racist policy of apartheid. 5,000 athletes competed from 93 countries. Indonesia and North Korea did not participate.



Hec Hogan, right, with his 100m bronze medal and first and second placegetters Bob Morrow and Thane Baker both from the US, at the 1956 Olympic Games in Melbourne. Photo: couriermail.com.au



Prince Philip waves to the crowd at the 1956 Olympics Games in Melbourne. Photo: couriermail.com.au



Official 1956 Melbourne Olympics torch, comprised of aluminum alloy, measuring 16? in length and 5.5? at its widest point, designed by Ralph Lavers and manufactured by Waco Ltd. The torch was modeled after the one used for the 1948 London Olympics, with the upper part in the shape of a cauldron with three ‘cut-outs’ of the Olympic rings, encircled below by the inscription, “XVI Olympiad 1956: Olympia-Melbourne.” Burner is absent. After its lighting in Olympia on November 2, 1956, the flame made its way through the Middle East and South Asia en route to Australia, where the relay ended at the opening ceremony on November 22. All together, the flame was carried by 3,181 torchbearers over 4,912 km on land. An iconic torch from the first Games to be held outside Europe or North America.



# 1960, Rome

**Athletics:** - Gadi Ado Kamurre,Erasmus Amukun, Aggrey Awori and John Baptist Okello.

**Boxing:** - Grace Peter Seruwagi, John Francis Kisekka, Francis Nyangweso, Peter Paul Odhiambo, George Oywello and John Sentongo.



## Overview

Rome was awarded the [1908 Olympics] but eventually turned them down after Mt. Vesuvius erupted and the Italian government claimed it needed money to rebuild the cities affected by that disaster. Fifty-two years later the Olympics would return to the eternal city. Never before, and possibly never again, were the ancient and modern civilizations so intertwined at an Olympics. The 1960 Olympics were a wonder. In an Olympic world that was becoming more and more involved in political problems, the Rome Olympics were almost entirely devoid of controversy and politics.



Grace Peter Seruwagi, who made it to the Rome Olympics, paid a courtesy visit to President Museveni before he passed on in 2018.

| UGANDA AT THE 1960 ROMA                                           |  |  |  |  |
|-------------------------------------------------------------------|--|--|--|--|
| Host City: Roma, Italy (August 25, 1960 to September 11, 1960)    |  |  |  |  |
| Opening Ceremony: August 25, 1960                                 |  |  |  |  |
| Closing Ceremony: September 11, 1960                              |  |  |  |  |
|                                                                   |  |  |  |  |
| Events for Uganda: 11 in 2 sports                                 |  |  |  |  |
| Participants for Uganda: 10 (10 men and 0 women)                  |  |  |  |  |
| Youngest Participant for Uganda: Sam Amukun (19 years, 278 days)  |  |  |  |  |
| Oldest Participant for Uganda: Frank Kisekka (33 years, 247 days) |  |  |  |  |
| Most Medals for Uganda (Athlete): No medalists                    |  |  |  |  |

| RK | ATHLETE           | GENDER | AGE | SPORT     |
|----|-------------------|--------|-----|-----------|
| 1  | Sam Amukun        | Male   | 23  | Athletics |
| 2  | Aggrey Awori      | Male   | 25  | Athletics |
| 3  | Ernest Mabwa      | Male   | 23  | Boxing    |
| 4  | Henry Mugwanya    | Male   | 21  | Boxing    |
| 5  | Mary Musani       | Female | 20  | Athletics |
| 6  | Irene Muyanga     | Female | 20  | Athletics |
| 7  | Jorem Ochana      | Male   | 29  | Athletics |
| 8  | Alex Odhiambo     | Male   | 21  | Boxing    |
| 9  | Peter P. Odhiambo | Male   | 27  | Boxing    |
| 10 | James Odongo      | Male   | 19  | Athletics |
| 11 | Virgil Okiring    | Male   | 22  | Athletics |
| 12 | Amos Omolo        | Male   | 27  | Athletics |
| 13 | George Oywello    | Male   | 25  | Boxing    |



The XVII Olympiad in Rome returned the Games to their origin country for the first time in over 50 years due to the relocation of the 1908 Games. It was also the first time the Games were fully televised and the first time the Olympic Anthem was used.



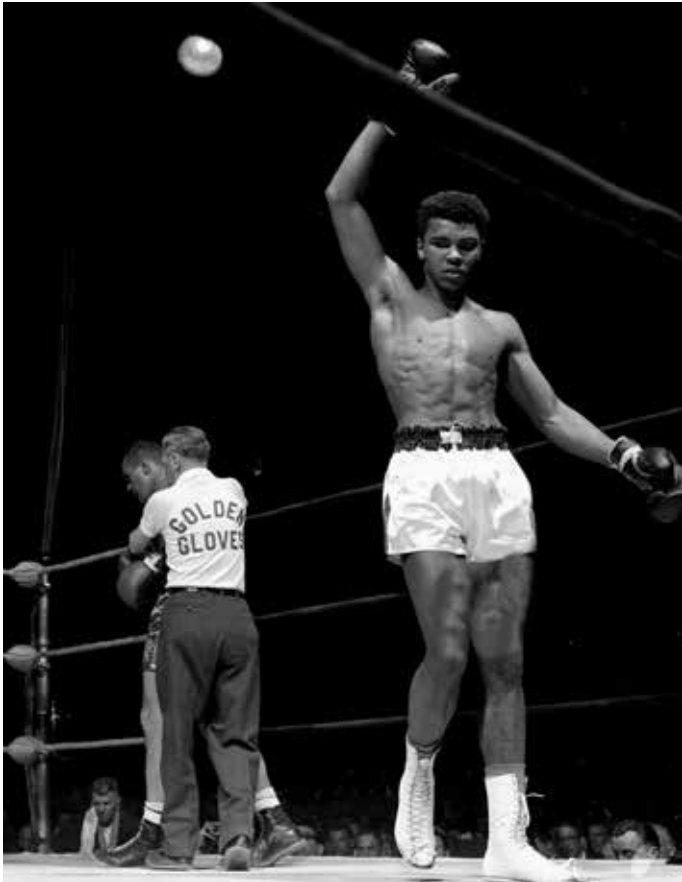
The men's 200 metres was held on 2 September and 3 September as part of the Athletics at the 1960 Summer Olympics, which were held in Rome. 74 athletes from 54 nations entered, but only 62 athletes from 47 nations ultimately competed.



American sprinter Wilma Rudolph during competition at the 1960 Rome Olympics. (Mondadori Portfolio via Getty Images)



Regarded as the fastest woman in the world during the 1960s, Wilma Rudolph overcame several ailments as well as polio to become the first American woman to win three gold medals in track and field at a single Olympic Games.



Eighteen-year-old Cassius Clay (Muhammad Ali) raises his arm in victory after knocking out Gary Jawish in the 1960 Inter-city championships at Madison Square Garden.



# 1964, Tokyo

**Athletics:** - Sam Amukun, Aggrey Awori, Mary Musani, Irene Muyanga, Jorem Ochana, James Odongo, Virgil Okiring, Amos Omolo

**Boxing:** - George Oywello, Alex Odhiambo, Peter P. Odhiambo, Ernest Mabwa, Henry Mugwany



## Overview

For the first time, the Olympic Games were awarded to an Asian country. The Japanese were eager to prove that they had recovered from the horrors of World War II and, to emphasize the point, they chose as the final torch bearer, Yoshinori Sakai, who had been born in Hiroshima on the day the atom bomb immolated that city.



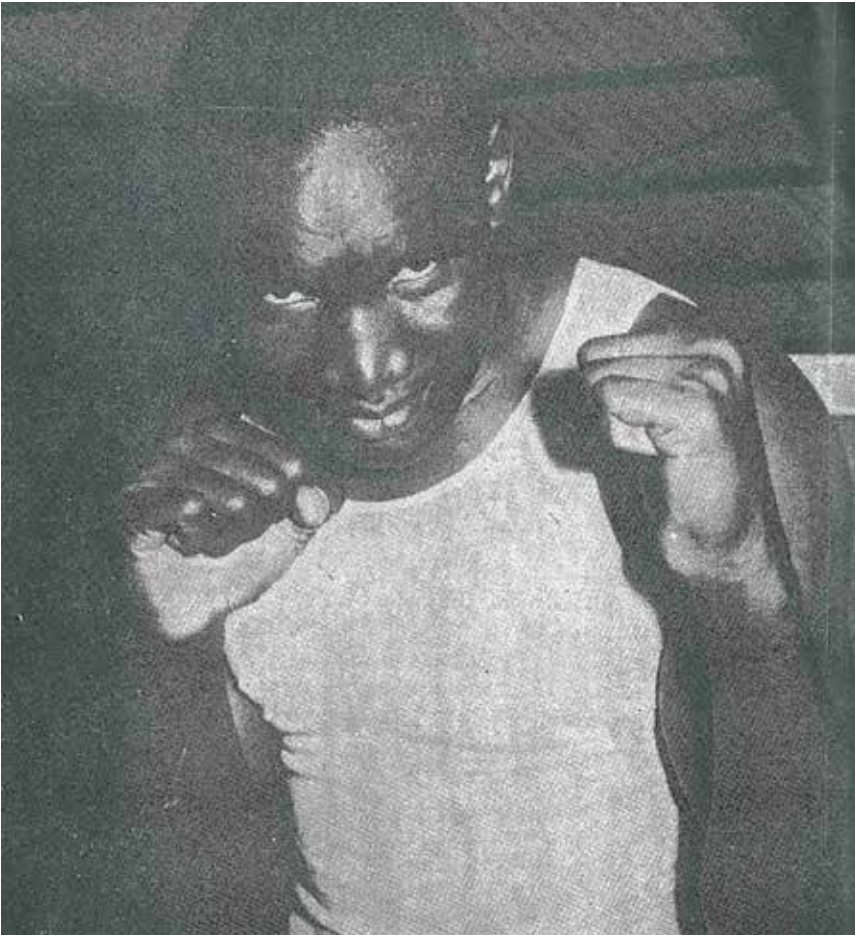
Before he became a celebrated politician, Aggrey Awori was known for his athletics prowess that led him to the 1964 Olympics

| UGANDA AT THE 1964 TOKYO                                           |  |  |  |  |
|--------------------------------------------------------------------|--|--|--|--|
| Host City: Tokyo, Japan (October 11, 1964 to October 24, 1964)     |  |  |  |  |
| Opening Ceremony: October 10, 1964                                 |  |  |  |  |
| Closing Ceremony: October 24, 1964                                 |  |  |  |  |
|                                                                    |  |  |  |  |
| Events for Uganda: 14 in 2 sports                                  |  |  |  |  |
| Participants for Uganda: 13 (11 men and 2 women)                   |  |  |  |  |
| Youngest Participant for Uganda: James Odongo (19 years, 315 days) |  |  |  |  |
| Oldest Participant for Uganda: Jorem Ochana (29 years, 116 days)   |  |  |  |  |
| Most Medals for Uganda (Athlete): No medalists                     |  |  |  |  |

| RK | ATHLETE           | GENDER | AGE | SPORT     |
|----|-------------------|--------|-----|-----------|
| 1  | Sam Amukun        | Male   | 23  | Athletics |
| 2  | Aggrey Awori      | Male   | 25  | Athletics |
| 3  | Ernest Mabwa      | Male   | 23  | Boxing    |
| 4  | Henry Mugwanya    | Male   | 21  | Boxing    |
| 5  | Mary Musani       | Female | 20  | Athletics |
| 6  | Irene Muyanga     | Female | 20  | Athletics |
| 7  | Jorem Ochana      | Male   | 29  | Athletics |
| 8  | Alex Odhiambo     | Male   | 21  | Boxing    |
| 9  | Peter P. Odhiambo | Male   | 27  | Boxing    |
| 10 | James Odongo      | Male   | 19  | Athletics |
| 11 | Virgil Okiring    | Male   | 22  | Athletics |
| 12 | Amos Omolo        | Male   | 27  | Athletics |
| 13 | George Oywello    | Male   | 25  | Boxing    |



The 1964 Games were the first to be telecast internationally without the need for tapes to be flown overseas, as they had been for the 1960 Olympics in Rome.



George Oywello , a Ugandan boxer. Born in Gulu, Uganda, Oywello competed for Uganda in both the 1960 Olympics in Rome and the 1964 Olympics in Tokyo.



Mary Musani , a Ugandan hurdler. She competed in the women's 80 metres hurdles at the 1964 Summer Olympics.



# 1968, Mexico City

**Athletics:** - William Santino Dralu, Musa Moustapha, Amos Omolo

**Boxing:** - David Jackson, Andrew Kajjo, Eridad Mukwanga, Douglas Odaaga, Alexander Odhiambo, George Ouma, Leo Rwabowgo.



## Overview

For the first time, the Olympic Games were awarded to an Asian country. The Japanese were eager to prove that they had recovered from the horrors of World War II and, to emphasize the point, they chose as the final torch bearer, Yoshinori Sakai, who had been born in Hiroshima on the day the atom bomb immolated that city.



Picture taken on September 10, 1972 at Munich Bulgarian Georgi Kostadinov (R) fighting with Uganda's Leo Rwabwogo (L) during the Flyweight clas final as part of 1972 Munich Olympics Games (Photo by - / IOPP / AFP) (Photo credit should read -/AFP via Getty Images)

| UGANDA AT THE 1968 MEXICO                                          |  |  |  |  |  |  |
|--------------------------------------------------------------------|--|--|--|--|--|--|
| Host City: Mexico (October 12, 1968 to October 27, 1968)           |  |  |  |  |  |  |
| Opening Ceremony: October 12, 1968                                 |  |  |  |  |  |  |
| Closing Ceremony: October 27, 1968                                 |  |  |  |  |  |  |
|                                                                    |  |  |  |  |  |  |
| Events for Uganda: 14 in 2 sports                                  |  |  |  |  |  |  |
| Participants for Uganda: 11 (11 men and 0 women)                   |  |  |  |  |  |  |
| Youngest Participant for Uganda: David Jackson (19 years, 13 days) |  |  |  |  |  |  |
| Oldest Participant for Uganda: Amos Omolo (31 years, 222 days)     |  |  |  |  |  |  |
| Most Medals for Uganda (Athlete):                                  |  |  |  |  |  |  |
| Eridadi Muk-wanga and Leo Rwabwogo (1 medal)                       |  |  |  |  |  |  |

| RK | ATHLETE          | GENDER | AGE | SPORT     | SILVER | BRONZE |
|----|------------------|--------|-----|-----------|--------|--------|
| 1  | Eridadi Mukwanga | Male   | 25  | Boxing    | 1      |        |
| 2  | Leo Rwabwogo     | Male   | 19  | Boxing    |        | 1      |
| 3  | William Dralu    | Male   | 21  | Athletics |        |        |
| 4  | David Jackson    | Male   | 19  | Boxing    |        |        |
| 5  | Andrew Kajjo     | Male   | 20  | Boxing    |        |        |
| 6  | Mohamed Muruli   | Male   | 21  | Boxing    |        |        |
| 7  | Mustafa Musa     | Male   | 21  | Athletics |        |        |
| 8  | Alex Odhiambo    | Male   | 25  | Boxing    |        |        |
| 9  | Douglas Ogada    | Male   | 19  | Boxing    |        |        |
| 10 | Amos Omolo       | Male   | 31  | Athletics |        |        |
| 11 | Matthias Ouma    | Male   | 22  | Boxing    |        |        |



The Games of the XIX Olympiad were marred by political unrest. 10 days before the Opening Ceremony, the Mexican army shot over 1,000 student protestors, killing 267 of them. The Games continued with little comment on the issue, and during an award ceremony for winning Gold and Bronze for the 200-meter race, two U.S. athletes raised a single black-gloved hand in salute to the Black Power movement, resulting in being barred from the Games.



Wilson Kiprugut of Kenya, silver medallist in the Men's 800 metres, during the Summer Olympic Games in Mexico City, circa October 1968



Bronze medalist Mario Guilloti of Argentina fights against Andrew Kajjo of Uganda during the Men's 67kg weight class as part of the 1968 Olympic Games on October, 1968 in Mexico City, Mexico.



# 1972, Munich

**Athletics:** - John Akii-Bua, Vitus Ashaba, Judith Ayaa, Silver Ayoo, William Santino Dralu, Abraham Munaabi, Rose Musani, Fulgence Rwabu.

**Boxing:** - David Jackson, Muhammad Muruli, Deogratius Musoke, Peter POdiambo, James Odwori, John Opio, Leo Rwabwogo.

**Hockey:** -Joseph Kagimu, Isaac Chirwa, Herbert Kajumba, Upkars Kapoor, Elly Kitamirike, William Lobo, Ajap Matharu, George Moares, Polycarp Perera, Amarjit Sandu, Lajinder Sandhu, Ajit Singh, Avtar Singh, Kudip Singh Malkit Singh



## Overview

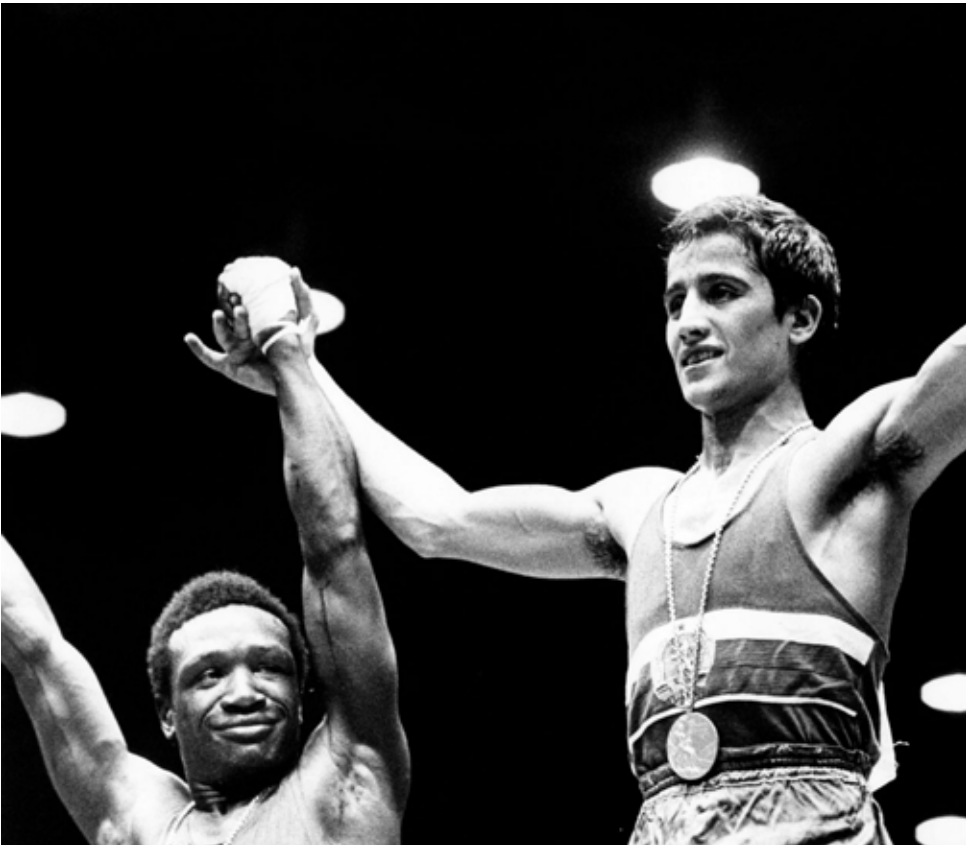
The Munich Olympics began beneath the warm Summer sun of a Bavarian afternoon and ended in the cool autumn twilight of a German evening. They began as The Games of Peace and Joy, in which the West German government attempted to atone for the militaristic Nazi image so associated with the [1936 Berlin Games].

| UGANDA AT THE 1972 MUNCHEN                                                 |
|----------------------------------------------------------------------------|
| Host City: Munchen, West Germany (August 26, 1972 to September 11, 1972)   |
| Opening Ceremony: August 26, 1972                                          |
| Closing Ceremony: September 11, 1972                                       |
|                                                                            |
| Events for Uganda: 19 in 3 sports                                          |
| Participants for Uganda: 33 (31 men and 2 women)                           |
| Youngest Participant for Uganda: Rose Musani (16 years, 28 days)           |
| Oldest Participant for Uganda: Elly Kitamireke (41 years, 16 days)         |
| Most Medals for Uganda (Athlete): Leo Rwabwogo and John Akii-Bua (1 medal) |

| RK | ATHLETE               | GENDER | AGE | SPORT     | GOLD | SILVER |
|----|-----------------------|--------|-----|-----------|------|--------|
| 1  | John Akii-Bua         | Male   | 22  | Athletics | 1    |        |
| 2  | Leo Rwabwogo          | Male   | 23  | Boxing    |      | 1      |
| 3  | Paul Adiga            | Male   | 20  | Hockey    |      |        |
| 4  | Vitus Ashaba          | Male   | 29  | Athletics |      |        |
| 5  | Judith Ayaa           | Female | 20  | Athletics |      |        |
| 6  | Silver Ayoo           | Male   | 21  | Athletics |      |        |
| 7  | Isaac Chirwa          | Male   | 20  | Hockey    |      |        |
| 8  | William Dralu         | Male   | 25  | Athletics |      |        |
| 9  | David Jackson         | Male   | 22  | Boxing    |      |        |
| 10 | Joseph Kagimu         | Male   | 27  | Hockey    |      |        |
| 11 | Herbert Kajumba       | Male   | 22  | Hockey    |      |        |
| 12 | Elly Kitamireke       | Male   | 41  | Hockey    |      |        |
| 13 | Willie Lobo           | Male   | 35  | Hockey    |      |        |
| 14 | George Moraes         | Male   | 29  | Hockey    |      |        |
| 15 | Abraham Munabi        | Male   | 31  | Athletics |      |        |
| 16 | Mohamed Muruli        | Male   | 25  | Boxing    |      |        |
| 17 | Rose Musani           | Female | 16  | Athletics |      |        |
| 18 | Deogratias Musoke     | Male   | 23  | Boxing    |      |        |
| 19 | Peter Odhiambo        | Male   | 21  | Boxing    |      |        |
| 20 | James Odwori          | Male   | 20  | Boxing    |      |        |
| 21 | John Opio             | Male   | 20  | Boxing    |      |        |
| 22 | Matthias Ouma         | Male   | 26  | Boxing    |      |        |
| 23 | Polycarp Pereira      | Male   | 40  | Hockey    |      |        |
| 24 | Fulgence Rwabu        | Male   | 24  | Athletics |      |        |
| 25 | Ajit Singh Bhogal     | Male   | 29  | Hockey    |      |        |
| 26 | Kuldip Singh Bhogal   | Male   | 22  | Hockey    |      |        |
| 27 | Avtar Singh Bhurji    | Male   | 27  | Hockey    |      |        |
| 28 | Jagdish Singh Kapoor  | Male   | 24  | Hockey    |      |        |
| 29 | Upkar Singh Kapoor    | Male   | 34  | Hockey    |      |        |
| 30 | Ajaip Singh Matharu   | Male   | 34  | Hockey    |      |        |
| 31 | Amarjit Singh Sandhu  | Male   | 17  | Hockey    |      |        |
| 32 | Rajinder Singh Sandhu | Male   | 27  | Hockey    |      |        |
| 33 | Malkit Singh Sondh    | Male   | 24  | Hockey    |      |        |



The XX Olympiad is most remembered for the Palestinian terrorist attack that resulted in the death of 11 Israeli athletes. Despite this, the Opening Ceremonies continued a day later than scheduled and 7,000 athletes from 122 countries competed.



Picture taken on September 10, 1972 at Munich during the medal ceremony after the finals of the boxing tournament of the Olympic Games. The photo shows the Gold medal winner Bulgarian Georgi Kostadinov (R) with the Silver medalist Leo Rwabwogo (L)



Ugandan hurdler, John Akii-Bua (1949 - 1997, centre, with arms raised) surrounded by photographers at the Olympic Stadium after winning the Men's 400 Meters Hurdles at the Olympic Games in Munich, Germany, 2nd September 1972. Akii-Bua won the event in a new world record time of 47.82 seconds.



# 1980, Moscow

**Athletics:** - John Akii-Bua, Justin Arop, Judith Ayaa, Charles Dramiga, Fidelis Ndyabagye and Pius Olowo.

**Boxing:** - George Kabuto, Charles Lubulwa, John Mugabi, John Munduga, Geoffrey Nyeko, Peter Peter Odhianbo, John Siryakibbe



## Overview

In late December 1979, Soviet tanks invaded Afghanistan. On 26 July 1980, [Volker Beck] (GDR) won a gold medal in the 400 metre hurdles at the Moscow Olympics. Unrelated events? Hardly.



LAS VEGAS - MARCH 10,1986: Marvin Hagler (R) throws a punch against John Mugabi during the fight at Caesars Palace, Outdoor Arena in Las Vegas, Nevada. Marvin Hagler won the WBC middleweight title,WBA World middleweight title and IBF middleweight title by a KO 11. (Photo by: The Ring Magazine via Getty Images)

| HOST CITY: MOSKVA, SOVIET UNION (JULY 20, 1980 TO AUGUST 3, 1980)     |
|-----------------------------------------------------------------------|
| Opening Ceremony: July 19, 1980                                       |
| Closing Ceremony: August 3, 1980                                      |
|                                                                       |
| Events for Uganda: 12 in 2 sports                                     |
| Participants for Uganda: 13 (13 men and 0 women)                      |
| Youngest Participant for Uganda: Charles Lubulwa (15 years, 206 days) |
| Oldest Participant for Uganda: Pius Olowo (32 years, 41 days)         |
| Most Medals for Uganda (Athlete): John Mugabi (1 medal)               |

| RK | ATHLETE           | GENDER | AGE | SPORT     | SILVER |
|----|-------------------|--------|-----|-----------|--------|
| 1  | John Mugabi       | Male   | 20  | Boxing    | 1      |
| 2  | John Akii-Bua     | Male   | 30  | Athletics |        |
| 3  | Justin Arop       | Male   | 22  | Athletics |        |
| 4  | Silver Ayoo       | Male   | 29  | Athletics |        |
| 5  | Charles Dramiga   | Male   | 26  | Athletics |        |
| 6  | George Kabuto     | Male   | 24  | Boxing    |        |
| 7  | Charles Lubulwa   | Male   | 15  | Boxing    |        |
| 8  | John Munduga      | Male   | 19  | Boxing    |        |
| 9  | Fidelis Ndyabagye | Male   | 30  | Athletics |        |
| 10 | Geofrey Nyeko     | Male   | 21  | Boxing    |        |
| 11 | Peter Odhiambo    | Male   | 22  | Boxing    |        |
| 12 | Pius Olowo        | Male   | 32  | Athletics |        |
| 13 | John Siryakibbe   | Male   | 17  | Boxing    |        |



The XXII Olympiad marks the first and only Games to take place in Eastern Europe. 65 countries boycotted the Games due to the Soviet Union's war in Afghanistan. An "Olympic Boycott Games" known as the Liberty Bell Classic was held at the same time in Philadelphia to host competitors from those countries who boycotted.



John Akii-Bua won the 400 meter hurdles Olympic Gold medal in Munich 1972 in 47.82 seconds, a world record, leaving the silver and bronze medalists six meters behind.

Ethiopian long distance athlete Miruts Yifter (R) of the Ethiopia team raises his arms in the air in celebration on the medal podium after crossing the finish line to win the gold medal in the final of the Men's 10,000 metres event at the 1980 Summer Olympics.



Ugandan welterweight boxer John "The Beast" Mugabi celebrating the first round knockout of his opponent, Brazilian Carlos Antunes Fonesca. (Photo by Tony Harris/ PA Images via Getty Images)



# 1984, Los Angeles

**Athletics:** - Wilson Achia, Evelyn Adiru, Justin Arop, John Goville, Ruth Kyalisima, Moses Kyeswa, Chaerles Mbazira, Michael Okot, Vincent Ruguga and Peter Rwamuhanda.

**Boxing:** - William Bagonza, William Galiwango, Vicky Byarugaba, Jonathan Kirisa, John Kakooza, Patrick Lihanda, Geoffrey Nyeko, Peter Okumu, Dodovic Owiny and John Siryakibbe.

**Cycling:** - Ernest Buule, Muhammad Mukasa

**Swimming:** - Daniel Mulumba

**Weightlifting:** - John Kyazze



## Overview

After 52 years, the Summer Olympic returned to the United States in 1984, and once again, the Games came to Los Angeles. Looking for respite after the previous three difficult Olympics, the IOC would not find it in Los Angeles.

| HOST CITY: LOS ANGELES, UNITED STATES (JULY 29, 1984 TO AUGUST 12, 1984) |  |  |  |  |
|--------------------------------------------------------------------------|--|--|--|--|
| Opening Ceremony: July 28, 1984                                          |  |  |  |  |
| Closing Ceremony: August 12, 1984                                        |  |  |  |  |
|                                                                          |  |  |  |  |
| Events for Uganda: 24 in 5 sports                                        |  |  |  |  |
| Participants for Uganda: 26 (24 men and 2 women)                         |  |  |  |  |
| Youngest Participant for Uganda: Fred Bunjo (19 years, 142 days)         |  |  |  |  |
| Oldest Participant for Uganda: Peter Rwamuhanda (30 years, 243 days)     |  |  |  |  |
| Most Medals for Uganda (Athlete): No medalists                           |  |  |  |  |

| RK | ATHLETE           | GENDER | AGE | SPORT         |
|----|-------------------|--------|-----|---------------|
| 1  | Wilson Achia      | Male   | 25  | Athletics     |
| 2  | Evelyn Adiru      | Female | 22  | Athletics     |
| 3  | Justin Arop       | Male   | 26  | Athletics     |
| 4  | William Bagonza   | Male   | 23  | Boxing        |
| 5  | Fred Bunjo        | Male   | 19  | Weightlifting |
| 6  | Ernest Buule      | Male   |     | Cycling       |
| 7  | Vicky Byarugaba   | Male   | 29  | Boxing        |
| 8  | William Galiwango | Male   | 23  | Boxing        |
| 9  | John Goville      | Male   | 22  | Athletics     |
| 10 | John Kakooza      | Male   | 19  | Boxing        |
| 11 | Jonathan Kiriisa  | Male   | 25  | Boxing        |
| 12 | Ruth Kyalisima    | Female | 28  | Athletics     |
| 13 | John Kyazze       | Male   | 30  | Weightlifting |
| 14 | Moses Kyeswa      | Male   | 26  | Athletics     |
| 15 | Patrick Lihanda   | Male   | 22  | Boxing        |
| 16 | Charles Lubulwa   | Male   | 19  | Boxing        |
| 17 | Charles Mbazira   | Male   | 26  | Athletics     |
| 18 | Muharud Mukasa    | Male   |     | Cycling       |
| 19 | Daniel Mulumba    | Male   | 21  | Swimming      |
| 20 | Geofrey Nyeko     | Male   | 25  | Boxing        |
| 21 | Mike Okot         | Male   | 25  | Athletics     |
| 22 | Peter Okumu       | Male   | 21  | Boxing        |
| 23 | Dodovic Owiny     | Male   | 30  | Boxing        |
| 24 | Vincent Ruguga    | Male   | 24  | Athletics     |
| 25 | Peter Rwamuhanda  | Male   | 30  | Athletics     |
| 26 | John Siryakibbe   | Male   | 21  | Boxing        |



In response to the United States' boycott of the 1980 Moscow Games, the Soviet Union and 13 other countries boycotted the Los Angeles-based XXIII Olympiad. These Games also saw the return of China for the first time since 1952.



Kyeswa finished seventh in 4 x 400 metres relay at the 1984 Summer Olympics, together with teammates John Goville, Peter Rwamuhanda and Mike Okot.



Basketball player Michael Jordan prepares to shoot a free throw during a game at the 1984 Olympics in Los Angeles.



1988: Sebastian Seb Coe of Great Britain in action for Haringey Athletic Club during the 1500 Metres Heat event at the Olympic Trails in Birmingham, England. Coe failed to make the Team for the 1988 Olympic Games in Seoul, South Korea. \ Mandatory Credit: Bob Martin/Allsport



# 1988, Seoul

**Athletics:** - Oliver Acii, Jane Ajilo, Justin Arop, Grace Buzu, John Goville, Ruth Kyalisiima, Benjamin Longiros, Moses Musonge, Jackson Ogwang, Michael Okot, Sunday Olweny, Vincent Ruguga, Joseph Ssali.

**Boxing:** - Patrick Lihanda, Charles Lubulwa, Frederick Muteweta, Edward Obewa, Daniel Odindo, Kazmir Omona, John Bosco Waigo, Franco Wanyama

**Weightlifting:** - Ali Kavuma, Joseph Kuteesa

| UGANDA AT THE 1988 SEOUL                                              |
|-----------------------------------------------------------------------|
| Host City: Seoul, South Korea (September 17, 1988 to October 2, 1988) |
| Opening Ceremony: September 17, 1988                                  |
| Closing Ceremony: October 2, 1988                                     |
|                                                                       |
| Events for Uganda: 22 in 3 sports                                     |
| Participants for Uganda: 24 (20 men and 4 women)                      |
| Youngest Participant for Uganda: Fred Muteweta (17 years, 226 days)   |
| Oldest Participant for Uganda: Ruth Kyalisima (32 years, 315 days)    |
| Most Medals for Uganda (Athlete): No medalists                        |



## Overview

In late September 1981, when the IOC awarded the 1988 Olympics to Seoul, the Olympic world was stunned. The choice was highly controversial as many prominent nations in the Olympics Movement, notably the Soviet Bloc nations, did not have diplomatic relations with the Seoul government. After the political problems that had marred the last few Olympics, there was widespread concern that another boycott would ensue because of this.

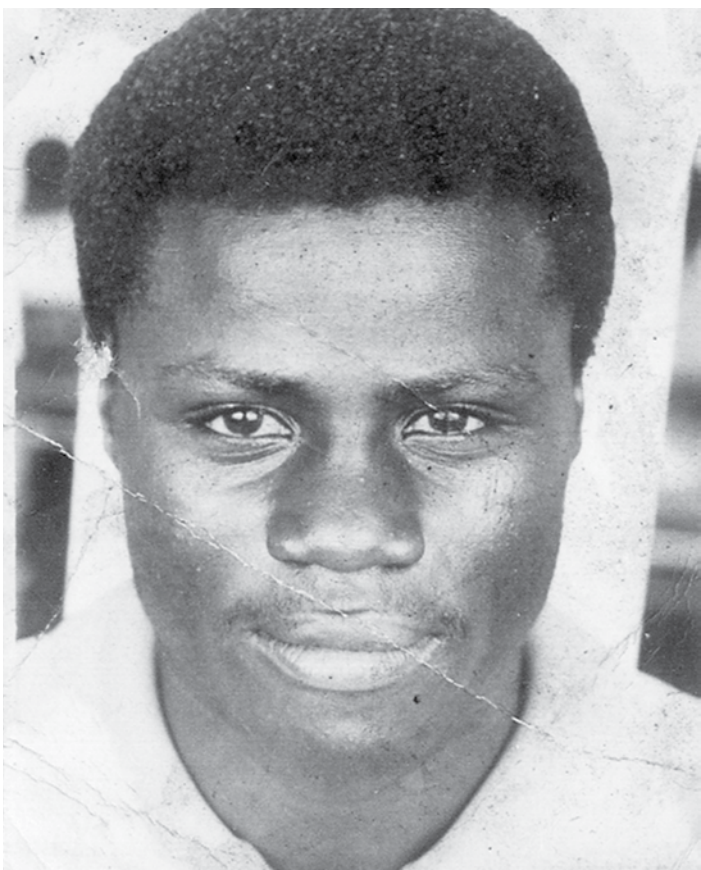
| RK | ATHLETE              | GENDER | AGE | SPORT         |
|----|----------------------|--------|-----|---------------|
| 1  | Oliver Acii          | Female | 18  | Athletics     |
| 2  | Justin Arop          | Male   | 30  | Athletics     |
| 3  | Grace Buzu           | Female | 19  | Athletics     |
| 4  | John Goville         | Male   | 26  | Athletics     |
| 5  | Joseph Kaddu Kutfesa | Male   | 18  | Weightlifting |
| 6  | Ali Kavuma           | Male   | 21  | Weightlifting |
| 7  | Farida Kyakutewa     | Female | 26  | Athletics     |
| 8  | Ruth Kyalisima       | Female | 32  | Athletics     |
| 9  | Patrick Lihanda      | Male   | 26  | Boxing        |
| 10 | Benjamin Longiros    | Male   | 25  | Athletics     |
| 11 | Charles Lubulwa      | Male   | 23  | Boxing        |
| 12 | Moses Musonge        | Male   | 20  | Athletics     |
| 13 | Fred Muteweta        | Male   | 17  | Boxing        |
| 14 | Emmanuel Nsubuga     | Male   | 20  | Boxing        |
| 15 | Edward Obewa         | Male   | 26  | Boxing        |
| 16 | Dan Odindo           | Male   | 25  | Boxing        |
| 17 | Fred Ogwang          | Male   | 29  | Athletics     |
| 18 | Mike Okot            | Male   | 29  | Athletics     |
| 19 | Sunday Olweny        | Male   | 21  | Athletics     |
| 20 | Kasmiro Omona        | Male   | 25  | Boxing        |
| 21 | Vincent Ruguga       | Male   | 28  | Athletics     |
| 22 | Joseph Ssali         | Male   | 20  | Athletics     |
| 23 | John Boscoe Waigo    | Male   | 21  | Boxing        |
| 24 | Franco Wanyama       | Male   | 20  | Boxing        |



Angered that the IOC did not nominate them to co-host the Games of the XXIV Olympiad, North Korea attempted to rally countries in a boycott but only succeeded in convincing allies Ethiopia, Cuba, and Nicaragua. These Games marked a return to their International popularity. 159 countries competed, represented by 8,391 athletes.



Canadian sprinter Ben Johnson made the biggest story out of the Seoul '88 Olympics. He won the 100m in emphatic style before testing positive for a banned substance. He was later disqualified.



Wanyama fought for Uganda at the Seoul Olympics, turned professional in Belgium and travelled the world fighting some of the finest boxers of his generation in the Nineties.



# 1992, Barcelona

**Athletics:** - Michael Lopeyok, Edith Nakiyingi, Francis Ogola, Joel Otim,

**Boxing:** - Davis Lusimbo, Frederick Muteweta and Godfrey Wakabu

**Table tennis:** -Mary Musoke



## Overview

Barcelona had bid to host the Olympic Games in [1924], [1936], and [1940], without success. In 1986, when the IOC awarded the 1992 Olympic Games to Barcelona, it was considered by many to be in honor of IOC President [Juan Antonio Samaranch], as he was a native of Barcelona. But the Barcelona Olympics became the Games of the New World Order, and they were the most highly attended Olympics in history, both in terms of countries and athletes attending. After four consecutive Olympics with some form of protest or boycott, the Barcelona Olympics were boycott-free.



Larry Bird (L) , Michael Jordan (M), and Magic Johnson (R) of the United States National Team pose for a photo during the 1992 Summer Olympics in Barcelona, Spain. They were key member of the famed Dream team.

| UGANDA AT THE 1992 BARCELONA                                        |  |  |  |  |
|---------------------------------------------------------------------|--|--|--|--|
| Host City: Barcelona, Spain (July 24, 1992 to August 9, 1992)       |  |  |  |  |
| Opening Ceremony: July 25, 1992                                     |  |  |  |  |
| Closing Ceremony: August 9, 1992                                    |  |  |  |  |
|                                                                     |  |  |  |  |
| Events for Uganda: 9 in 3 sports                                    |  |  |  |  |
| Participants for Uganda: 8 (6 men and 1 woman)                      |  |  |  |  |
| Youngest Participant for Uganda: Francis Ogola (19 years, 32 days)  |  |  |  |  |
| Oldest Participant for Uganda: Michael Lopeyok (30 years, 175 days) |  |  |  |  |
| Most Medals for Uganda (Athlete): No medalists                      |  |  |  |  |

| RK | ATHLETE         | GENDER | AGE | SPORT        |
|----|-----------------|--------|-----|--------------|
| 1  | Michael Lopeyok | Male   | 30  | Athletics    |
| 2  | Davis Lusimbo   | Male   | 26  | Boxing       |
| 3  | Moosaka         |        |     | Table Tennis |
| 4  | Fred Muteweta   | Male   | 21  | Boxing       |
| 5  | Edith Nakiyingi | Female | 23  | Athletics    |
| 6  | Francis Ogola   | Male   | 19  | Athletics    |
| 7  | Joel Otim       | Male   | 21  | Athletics    |
| 8  | Godfrey Wakaabu | Male   | 22  | Boxing       |



Because of a ruling in 1994 by the IOC to make the Olympic Games (including Winter Games) occur in alternating even-numbered years, this was the last year both Summer and Winter Olympic Games took place in the same year. It was also the first since 1972 to be unaffected by boycotts. 9,365 athletes competed, representing 169 countries. Nations of the former Soviet Union joined under The Unified Team consisting of 12 of the former 15 republics.



Barcelona 1992-: he men's marathon was won by South Korea's Hwang Young-Cho



Above: Mary Musoke (table tennis ) and Godfrey Wakabu at the Barcelona 1992 Olympics opening ceremony. Musoke (left) as she looks today.



# 1996-Atlanta

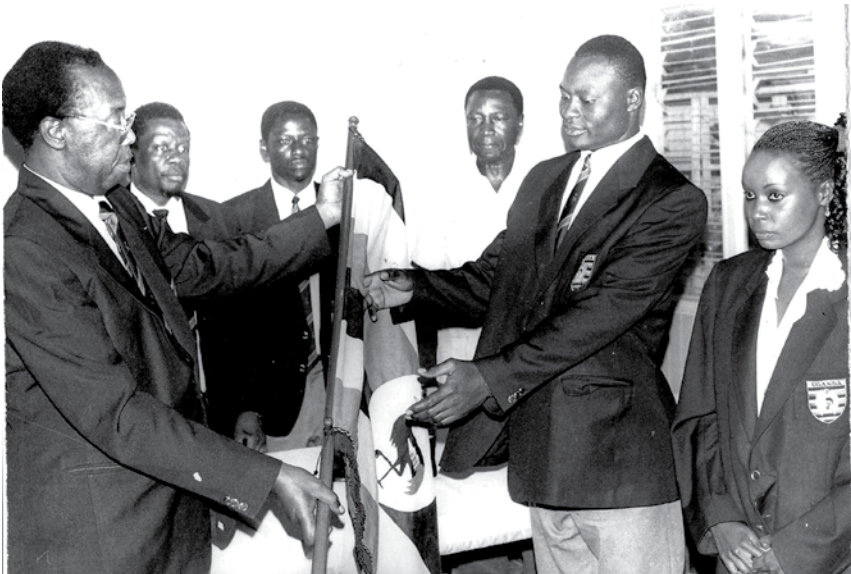
Abram Lutaya (Chief de Mission), Ronald Kisolo (doctor), Absolom Ojwang (athletics coach), Dick Katende (boxing coach), Francis Mulinda (coach table tennis), Salim Musoke (coach weight lifting).

**Athletes-** Julius Achon, Grace Birungi, Davis Kamoga

**Boxing:** - Charles Bakule Kizza, Franco Ogentho.

**Table tennis:** - June Kyakobye, Paul Mutambuze, Mary Musoke

**Weightlifting:** - Ali Kavuma.



Boxer and Team Captain Charles Kizza receiving the flag as the team was setting off for Atlanta '96.



## Overview

In September 1994, the IOC celebrated the 100th anniversary of the reestablishment of the Olympic Games at the Centennial Olympic Congress in Paris. It was but a prelude to the 1996 Olympic Games, which were called the Centennial Olympic Games, celebrating the 100th anniversary of the 1st Games of the Modern Olympiad.

| UGANDA AT THE 1996 ATLANTA                                          |  |  |  |  |  |
|---------------------------------------------------------------------|--|--|--|--|--|
| Host City: Atlanta, United States (July 20, 1996 to August 4, 1996) |  |  |  |  |  |
| Opening Ceremony: July 19, 1996                                     |  |  |  |  |  |
| Closing Ceremony: August 4, 1996                                    |  |  |  |  |  |
|                                                                     |  |  |  |  |  |
| Events for Uganda: 9 in 4 sports                                    |  |  |  |  |  |
| Participants for Uganda: 10 (7 men and 2 women)                     |  |  |  |  |  |
| Youngest Participant for Uganda: Julius Achon (19 years, 230 days)  |  |  |  |  |  |
| Oldest Participant for Uganda: Paul Mutambuze (31 years, 257 days)  |  |  |  |  |  |
| Most Medals for Uganda (Athlete): Davis Kamoga (1 medal)            |  |  |  |  |  |

| RK | ATHLETE        | GENDER | AGE | SPORT         | BRONZE |
|----|----------------|--------|-----|---------------|--------|
| 1  | Davis Kamoga   | Male   | 28  | Athletics     | 1      |
| 2  | Julius Achon   | Male   | 19  | Athletics     |        |
| 3  | Franco Agentho | Male   | 22  | Boxing        |        |
| 4  | Grace Birungi  | Female | 22  | Athletics     |        |
| 5  | Ali Kavuma     | Male   | 29  | Weightlifting |        |
| 6  | Charles Kizza  | Male   | 22  | Boxing        |        |
| 7  | June Kyakobye  | Female | 29  | Table Tennis  |        |
| 8  | Moosaka        |        |     | Table Tennis  |        |
| 9  | Paul Mutambuze | Male   | 31  | Table Tennis  |        |
| 10 | Francis Ogola  | Male   | 23  | Athletics     |        |



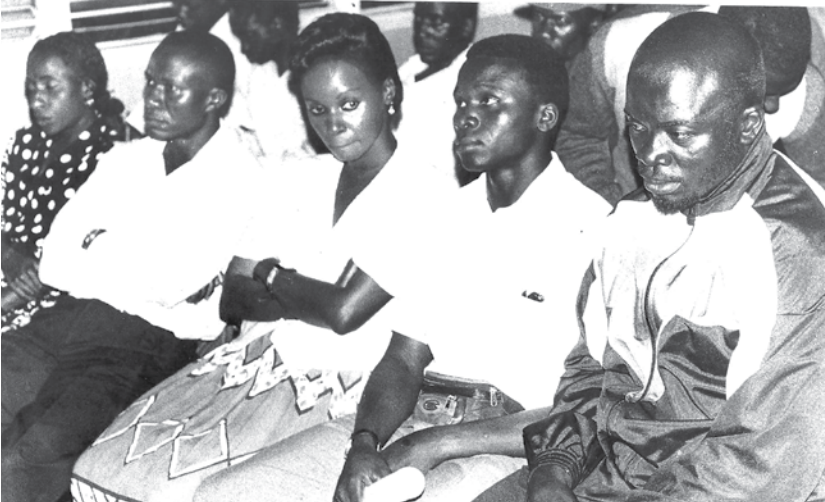
The XXVI Olympiad marked the centennial of the Games' founding in 1896. was the first to occur without government support, which led to a commercialization of the Games. A pipe bomb that exploded in Atlanta's Olympic Park killed two people, but motive and perpetrator were never determined. A record 197 countries and 10,320 athletes competed.



400m / Men Atlanta 1996 29.7.96, Silver for Roger Black / GBR, Gold for Michael Johnson / USA, Bronze for Davis Kamoga / UGA



FORMER national champion Paul Mutambuze led the first round of the Commonwealth Games trials and moved closer to competing at the one event that has eluded him.



The 1996 Atlanta Olympics team gets a briefing before departure for the US.



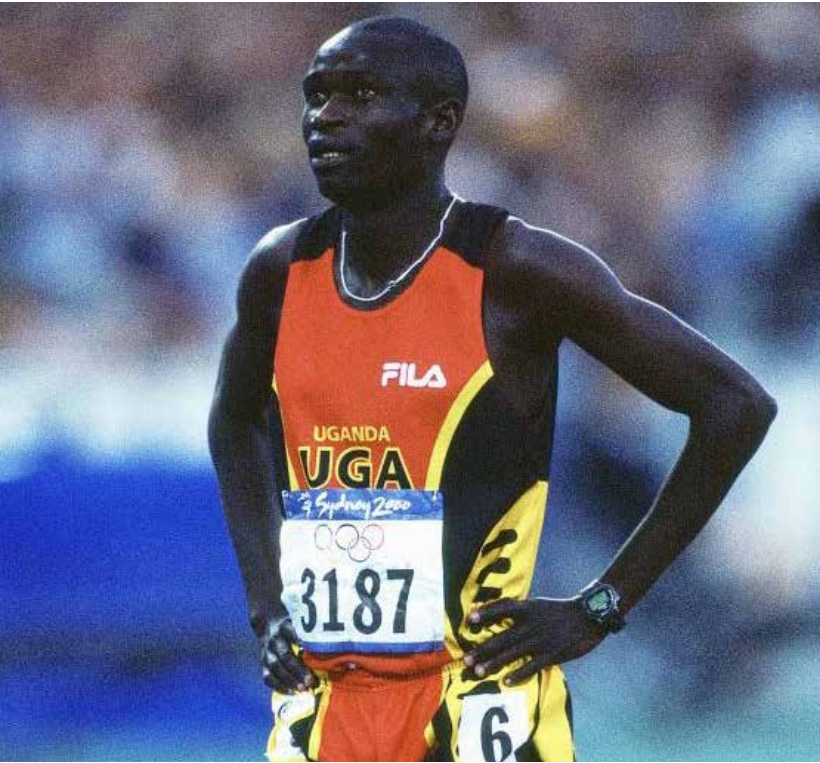
# 2000, Sydney

**Athletics:** - Davis Kamoga, Paskar Owor, Grace Birungi, Julius Achon and Alex Malinga  
**Boxing:** - Jackson Asiku, Adam Kassim, Abdul Tebazalwa and Sande Kizito  
**Swimming:** -Joe Atuhairre and Supra Singh  
**Table tennis:** - Mary Musoke  
Archery Margaret Tumusiime



## Overview

In September 1993, when the IOC voted on the host city for the 2000 Olympic Games, Sydney won. And in early October 2000, at the close of the Games of the XXVIIth Olympiad, Sydney had won again. The Australian city demonstrated to the world how to conduct an Olympic Games. At the Closing Ceremony, President [Juan Antonio Samaranch] declared the Sydney Olympics the “best ever”, and nobody disagreed.



Julius Achon (born 12 December 1976) is a Ugandan retired middle distance runner who specialised in the 800 metres and 1500 metres. Achon once held the 800m American Collegiate in-season Record with a time of 1:44.55 set in 1996 as a student at George Mason University. He competed in both the 1996 and 2000 Summer Olympics.

| UGANDA AT THE 2000 SYDNEY                                             |  |  |  |  |
|-----------------------------------------------------------------------|--|--|--|--|
| Host City: Sydney, Australia (September 13, 2000 to October 1, 2000)  |  |  |  |  |
| Opening Ceremony: September 15, 2000                                  |  |  |  |  |
| Closing Ceremony: October 1, 2000                                     |  |  |  |  |
|                                                                       |  |  |  |  |
| Events for Uganda: 13 in 5 sports                                     |  |  |  |  |
| Participants for Uganda: 13 (9 men and 3 women)                       |  |  |  |  |
| Youngest Participant for Uganda: Supra Singhal (18 years, 203 days)   |  |  |  |  |
| Oldest Participant for Uganda: Margaret Tumusiime (38 years, 89 days) |  |  |  |  |
| Most Medals for Uganda (Athlete): No medalists                        |  |  |  |  |

| RK | ATHLETE            | GENDER | AGE | SPORT        |
|----|--------------------|--------|-----|--------------|
| 1  | Julius Achon       | Male   | 23  | Athletics    |
| 2  | Jackson Asiku      | Male   | 21  | Boxing       |
| 3  | Joe Atuhairre      | Male   | 22  | Swimming     |
| 4  | Grace Birungi      | Female | 26  | Athletics    |
| 5  | Davis Kamoga       | Male   | 32  | Athletics    |
| 6  | Sunday Kizito      | Male   | 25  | Boxing       |
| 7  | Alex Malinga       | Male   | 26  | Athletics    |
| 8  | Moosaka            |        |     | Table Tennis |
| 9  | Kassim Napa Adam   | Male   | 24  | Boxing       |
| 10 | Paskar Owor        | Male   | 19  | Athletics    |
| 11 | Supra Singhal      | Female | 18  | Swimming     |
| 12 | Abdul Tebazalwa    | Male   | 20  | Boxing       |
| 13 | Margaret Tumusiime | Female | 38  | Archery      |



Praised as one of the best Games in Olympic history, the XXVII Olympiad played host to 199 countries and was relatively unaffected by the controversy of any type. The United States earned the most medals, followed by Russia, China, and Australia.



Mary Musoke at the Sydney Olympics.



Sydney 2000 Torch



Commemorative pin souvenir for the Sydney 2000 Olympic Games. This pin depicts the Australian flag, the Sydney Opera House and the official Olympic logo.



16 Jul 2000: Jackie Joyner-Kersey #494 of the USA leaps in the Womens Long Jump Finals during the 2000 U.S. Olympic Track & Field Team Trials at the Hornet Stadium in Sacramento, California.Mandatory Credit: Jed Jacobsohn / Allsport



# 2004, Athens

**Athletics:** - Dorcus Inzikuru, Wilson Busienei, Boniface Kiprop and Paskar Owor

**Boxing:** -Sadat Tebazalwa, Sam Rukundo, Brian Mayanja, Jolly Katongole, Joseph Lubega

**Swimming:** - Edward Luberenga

**Weightlifting:** -Irene



## Overview

The Athens Olympic Games were a return of the Olympics Movement to its roots, as the Ancient Olympic Games were held in Greece, in Ancient Olympia, on the Peloponnesus Peninsula. The [first Modern Olympic Games were held in Athens], and in [1906, Athens again hosted an Olympic Games]. In 1990, Athens bid to host the [1996 Olympic Games], the Centennial Olympics, but lost out to Atlanta.



Dorcus Inzikuru is a Ugandan track and field athlete, competing in the steeplechase. She won the inaugural world title in women's 3000 m steeplechase, as well as the first Commonwealth title in the event. Her coach is Renato Canova. Sometimes her name is spelt "Docus".

| UGANDA AT THE 2004 ATHINA                                           |  |  |  |  |
|---------------------------------------------------------------------|--|--|--|--|
| Host City: Athina, Greece (August 11, 2004 to August 29, 2004)      |  |  |  |  |
| Opening Ceremony: August 13, 2004                                   |  |  |  |  |
| Closing Ceremony: August 29, 2004                                   |  |  |  |  |
|                                                                     |  |  |  |  |
| Events for Uganda: 10 in 4 sports                                   |  |  |  |  |
| Participants for Uganda: 11 (9 men and 2 women)                     |  |  |  |  |
| Youngest Participant for Uganda: Irene Ajambo (17 years, 24 days)   |  |  |  |  |
| Oldest Participant for Uganda: Edgar Luberenga (25 years, 115 days) |  |  |  |  |
| Most Medals for Uganda (Athlete): No medalists                      |  |  |  |  |

| RK | ATHLETE                  | GENDER | AGE | SPORT         |
|----|--------------------------|--------|-----|---------------|
| 1  | Irene Ajambo             | Female | 17  | Weightlifting |
| 2  | Wilson Kipkemei Busienei | Male   | 22  | Athletics     |
| 3  | Dorcus Inzikuru          | Female | 22  | Athletics     |
| 4  | Jolly Katongole          | Male   | 18  | Boxing        |
| 5  | Boniface Kiprop          | Male   | 18  | Athletics     |
| 6  | Joseph Lubega            | Male   | 22  | Boxing        |
| 7  | Edgar Luberenga          | Male   | 25  | Swimming      |
| 8  | Brian Mayanja            | Male   | 21  | Boxing        |
| 9  | Paskar Owor              | Male   | 23  | Athletics     |
| 10 | Sam Rukundo              | Male   | 24  | Boxing        |
| 11 | Sadat Tebazaalwa         | Male   | 18  | Boxing        |



Security and terrorism were at the center of preparation for the XXVIII Olympiad in Athens, Greece due to the rising International conflict in the wake of the terrorist attack on September 11, 2001. These Games saw the rise of Michael Phelps, who earned 6 gold medals in swimming events.



Boniface Kiprop of Uganda on his way to winning the Men's 10000m at the IAAF World Juniors Championships at the Olimpico Stadium on July 14, 2004, in Grosseto, Italy.



Sam Rukundo (Right), a boxer from Uganda, who competed at the 2004 Summer Olympics for his native African country. There he was stopped in the quarterfinals of the lightweight division by Russia's Murat Khrachev.



Boniface Kiprop celebrates winning the Men's 10000m at the IAAF World Juniors Championships in Grosseto, Italy.



Maria de Lurdes Mutola of Mozambique is seen during the women's 800 metre semifinal on August 21, 2004 during the Athens 2004 Summer Olympic Games at the Olympic Stadium in the Sports Complex in Athens, Greece.



# 2008, Beijing

**Athletics:** - Abraham Chepkirwok, Benjamin Kiplagat, Moses Kipsiro, Geoffrey Kusuro, Alex Malin ga, Boniface Kiprop, Justine Bayigga  
Badminton- Edwin Ekiring

**Boxing:** - Ronald Serugo

**Swimming:** - Gilbert Kaburu and Olivia Aya Nakitanda

**Weightlifting:** -Mubarak Kivumbi



## Overview

China bid for the [2000 Olympic Games] and considered themselves the favorite. They were quite upset when the bid went instead to Sydney, which put on a nonpareil Olympic Games. China returned to bid again for the 2008 Olympic Games, and was this time successful. China hoped to use the Olympics as Tokyo had in [1964] and Seoul in [1988] to prove itself to the International community.



Uganda's Moses Ndiema Kipsiro competes during heat 2 of the men's 5000m round 1 heats at the National stadium as part of the 2008 Beijing Olympic Games on August 20, 2008.



Usain Bolt crosses the finish line) to win the men's 200m final at the National stadium as part of the 2008 Beijing Olympic Games on August 20, 2008.

| UGANDA AT THE 2008 BEIJING                                              |  |  |  |  |
|-------------------------------------------------------------------------|--|--|--|--|
| Host City: Beijing, China (August 6, 2008 to August 24, 2008)           |  |  |  |  |
| Opening Ceremony: August 8, 2008                                        |  |  |  |  |
| Closing Ceremony: August 24, 2008                                       |  |  |  |  |
|                                                                         |  |  |  |  |
| Events for Uganda: 10 in 4 sports                                       |  |  |  |  |
| Participants for Uganda: 11 (9 men and 2 women)                         |  |  |  |  |
| Youngest Participant for Uganda: Benjamin Kiplagat (19 years, 166 days) |  |  |  |  |
| Oldest Participant for Uganda: Alex Malinga (34 years, 29 days)         |  |  |  |  |
| Most Medals for Uganda (Athlete): No medalists                          |  |  |  |  |

| RK | ATHLETE            | GENDER | AGE | SPORT     |
|----|--------------------|--------|-----|-----------|
| 1  | Justine Bayiga     | Female | 29  | Athletics |
| 2  | Abraham Chepkirwok | Male   | 19  | Athletics |
| 3  | Edwin Ekiring      | Male   | 24  | Badminton |
| 4  | Gilbert Kaburu     | Male   | 26  | Swimming  |
| 5  | Benjamin Kiplagat  | Male   | 19  | Athletics |
| 6  | Boniface Kiprop    | Male   | 22  | Athletics |
| 7  | Moses Kipsiro      | Male   | 21  | Athletics |
| 8  | Geoffrey Kusuro    | Male   | 19  | Athletics |
| 9  | Alex Malinga       | Male   | 34  | Athletics |
| 10 | Olivia Nakitanda   | Female | 23  | Swimming  |
| 11 | Ronald Serugo      | Male   | 23  | Boxing    |



Despite protest's for host China's actions in Tibet, the XXIX Olympiad continued as planned. 43 world and 132 Olympic records were set by 10,942 athletes representing 302 National Olympics Committees (countries organized into one represented "team"). Of those who competed in the Games, an impressive 86 countries medaled (earned at least one medal) at these Games.



Jamaica's Usain Bolt (R) crosses the finish line to win the men's 100m final during the 2008 Beijing Olympic Games on August 16, 2008. Jamaica's Usain Bolt won ahead of Trinidad and Tobago's Richard Thompson and Walter to set a new world record time of 9.69 seconds.

Kenya's Edwin Cheruiyot Soi speaks with Uganda's Moses Ndiema Kipsiro (L) after competing in the men's first round 5000m heat 2 at the "Bird's Nest" National Stadium during the 2008 Beijing Olympic Games on August 20, 2008



(L-R) Michael Rimmer of Great Britain, Abraham Kwemai Chepkirwok of Uganda, Abubaker Kaki of Sudan, Boaz-Kiplagat Lalang of Kenya and Nabil Madi of Algeria compete in the Men's 800m Semi Final held at the National Stadium during Day 13 of the Beijing 2008 Olympic Games on August 21, 2008 in Beijing, China.



# 2012, London



Stephen Kiprotich is a Ugandan long-distance runner, born in Kapchorwa District. He is an Olympic Marathon champion, having won gold at the 2012 London Summer Olympics. He also won gold at the 2013 World Championships in Athletics.



## Overview

London hosted the Olympic Games for the third time in 2012, but neither of the previous could be considered normal host efforts. In [1908] the Games were originally awarded to Rome, which relinquished the responsibility in 1906 because of government funding problems, then exacerbated by an eruption of Mount Vesuvius.

| UGANDA AT THE 2012 LONDON                                            |  |
|----------------------------------------------------------------------|--|
| Host City: London, Great Britain (July 25, 2012 to August 12, 2012)  |  |
| Opening Ceremony: July 27, 2012                                      |  |
| Closing Ceremony: August 12, 2012                                    |  |
| Events for Uganda: 12 in 4 sports                                    |  |
| Participants for Uganda: 15 (11 men and 4 women)                     |  |
| Youngest Participant for Uganda: Jamila Lunkuse (15 years, 215 days) |  |
| Oldest Participant for Uganda: Jane Suuto (33 years, 363 days)       |  |
| Most Medals for Uganda (Athlete): Stephen Kiprotich (1 medal)        |  |

| RK | ATHLETE           | GENDER | AGE | SPORT         | GOLD |
|----|-------------------|--------|-----|---------------|------|
| 1  | Stephen Kiprotich | Male   | 23  | Athletics     | 1    |
| 2  | Janet Achola      | Female | 24  | Athletics     |      |
| 3  | Jacob Araptany    | Male   | 18  | Athletics     |      |
| 4  | Thomas Ayeko      | Male   | 20  | Athletics     |      |
| 5  | Edwin Ekiring     | Male   | 28  | Badminton     |      |
| 6  | Dorcus Inzikuru   | Female | 30  | Athletics     |      |
| 7  | Benjamin Kiplagat | Male   | 23  | Athletics     |      |
| 8  | Abraham Kiplimo   | Male   | 23  | Athletics     |      |
| 9  | Moses Kipsiro     | Male   | 25  | Athletics     |      |
| 10 | Geoffrey Kusuro   | Male   | 23  | Athletics     |      |
| 11 | Jamila Lunkuse    | Female | 15  | Swimming      |      |
| 12 | Ganzi Mugula      | Male   | 33  | Swimming      |      |
| 13 | Julius Mutekanga  | Male   | 24  | Athletics     |      |
| 14 | Charles Ssekyaaya | Male   | 18  | Weightlifting |      |
| 15 | Jane Suuto        | Female | 33  | Athletics     |      |



Becoming the hosts with the most, London's XXX Olympiad marked the most times a single city has hosted the Games (1908, 1948 and 2012). Michael Phelps became the most decorated Olympic athlete of all time with additions from the year totaling 22 career Olympic medals. The United States earned the most medals, with China and Great Britain taking second and third place.



Juan Luis Barrios of Mexico, Geoffrey Kusuro of Uganda, Haile Gebreselassie Bekele of Ethiopia and Aadam Khamis of Bahrain compete in the Men's 5000m Heats at the National Stadium during Day 12 of the Beijing 2008 Olympics



Juan Luis Barrios of Mexico, Geoffrey Kusuro of Uganda, Haile Gebreselassie Bekele of Ethiopia and Aadam Khamis of Bahrain compete in the Men's 5000m Heats at the National Stadium during Day 12 of the Beijing 2008 Olympics



Usain Bolt of Jamaica celebrates after breaking the world record with a time of 19.30 seconds to win the gold medal in the Men's 200m Final at the National Stadium during Day 12 of the Beijing 2008 Olympic Games on August 20, 2008 in Beijing, China.



Jamaica's Usain Bolt crosses the finish line to win the men's 200m final at the National stadium as part of the 2008 Beijing Olympic Games on August 20, 2008.



## 2016, Rio de Janeiro



Uganda's Halima Nakaayi (R) reacts after competing in the Women's 800m Round 1 during the athletics event at the Rio 2016 Olympic Games at the Olympic Stadium in Rio de Janeiro on August 17, 2016.



(L-R) Uganda's Joshua Kiprui Cheptegei, Britain's Mohammed Farah, and USA's Paul Chelimo compete in the Men's 5000m Final during the athletics event at the Rio 2016 Olympic Games at the Olympic Stadium in Rio de Janeiro on August 20, 2016.

| UGANDA AT THE 2016 RIO DE JANEIRO                                     |  |  |  |  |
|-----------------------------------------------------------------------|--|--|--|--|
| Host City: Rio de Janeiro, Brazil (August 3, 2016 to August 21, 2016) |  |  |  |  |
| Opening Ceremony: August 5, 2016                                      |  |  |  |  |
| Closing Ceremony: August 21, 2016                                     |  |  |  |  |
| Events for Uganda: 14 in 3 sports                                     |  |  |  |  |
| Participants for Uganda: 21 (14 men and 7 women)                      |  |  |  |  |
| Youngest Participant for Uganda: Jacob Kiplimo (15 years, 277 days)   |  |  |  |  |
| Oldest Participant for Uganda: Ronald Serugo (31 years, 343 days)     |  |  |  |  |
| Most Medals for Uganda (Athlete): No medalists                        |  |  |  |  |

| RK | ATHLETE                 | GENDER | AGE | SPORT     |
|----|-------------------------|--------|-----|-----------|
| 1  | Nyakisi Adero           | Female | 30  | Athletics |
| 2  | Jacob Araptany          | Male   | 22  | Athletics |
| 3  | Juliet Chekwel          | Female | 26  | Athletics |
| 4  | Peruth Chemutai         | Female | 17  | Athletics |
| 5  | Joshua Kiprui Cheptegei | Male   | 19  | Athletics |
| 6  | Stella Chesang          | Female | 19  | Athletics |
| 7  | Kennedy Katende         | Male   | 31  | Boxing    |
| 8  | Benjamin Kiplagat       | Male   | 27  | Athletics |
| 9  | Jacob Kiplimo           | Male   | 15  | Athletics |
| 10 | Jackson Kiprop          | Male   | 29  | Athletics |
| 11 | Stephen Kiprotich       | Male   | 27  | Athletics |
| 12 | Phillip Kipyeko         | Male   | 21  | Athletics |
| 13 | Moses Kurong            | Male   | 22  | Athletics |
| 14 | Jamila Lunkuse          | Female | 19  | Swimming  |
| 15 | Ronald Musagala         | Male   | 23  | Athletics |
| 16 | Munyo Solomon Mutai     | Male   | 23  | Athletics |
| 17 | Halima Nakaayi          | Female | 21  | Athletics |
| 18 | Winnie Nanyondo         | Female | 22  | Athletics |
| 19 | Ronald Serugo           | Male   | 31  | Boxing    |
| 20 | Joshua Tibatemwa        | Male   | 19  | Swimming  |
| 21 | Timothy Toroitich       | Male   | 24  | Athletics |



## Overview

London hosted the Olympic Games for the third time in 2012, but neither of the previous could be considered normal host efforts. In [1908] the Games were originally awarded to Rome, which relinquished the responsibility in 1906 because of government funding problems, then exacerbated by an eruption of Mount Vesuvius.



The XXXI Olympiad marked the first competition for new entrants South Sudan, Kosovo, and the Refugee Olympic Team. Rio is the first South American country to host the Olympic Games. Instability of the country's government, pollution of its bay, and a Russian doping scandal-marred preparation for the Games. The United States earned its 1,000th Olympic medal during these Games and earned the most of the XXIV Olympiad, followed by Great Britain and China. Brazil finished 7th overall.



Athletics has continued to be Uganda's go to sport at the Olympics. From being the inaugural sport for the country in the 1954 Olympiad to the most represented sport for Uganda at the Games, the discipline has grown by leaps and bounds.

## CHAPTER 3

# ETCHING IN STONE

Uganda's medallists

*Akii-Bua and Kiprotich share the glory of being unheralded when going into their biggest races. In the Munich Olympic Stadium, Akii-Bua was such an underdog nobody cared about him, what with his running in an unfancied inner-most lane against a field that included the defending champion.*



# Akii-Bua shatters world record with historic Olympic gold

No image better captures the extent of John Akii-Bua's Olympic record breaking run than the aftermath of that historic race.

As the Ugandan effortlessly made a lap of honour after winning that 400 meter hurdles Munich final, the other finalists struggled for breath.

Amongst those almost collapsing at the finishing line, were defending champion and former world record holder David Hemery and another pre-race favourite Ralph Mann.

This sharp contrast in the state of the protagonists underlined the gulf in form between Uganda's first Olympic champion and the other competitors.

"I could have gone for another race and won," revealed Akii-Bua two decades later in an interview with the author in Uganda's leading daily-The New Vision.

But even more imposing was the manner in which he won gold. Placed in the awkward lane one, the Ugandan police officer was no favourite in a race featuring Hemery(UK) and Mann (USA).

Akii-Bua was neat as he perfectly burst out of the blocks. By the 200-meter mark it was evident that a new hero was emerging as the Ugandan took the lead.

Akii-Bua was comfortably in a commanding lead by the 300m mark cruising to the tape all alone. Reigning record holder Hemery was several meters behind in third position in 48.52 while silver went to Mann (48.51).

To properly grasp the extent of Akii-Bua's feat you have to look at the figures.

His time of 47.82 was the first sub 48 seconds run. It's also one of those few times that would still win him a medal at an International meet almost four decades after that historic afternoon.

Akii-Bua, then 23, also became the first African to win an Olympic gold in an event under 800m.

## First ever lap of honour

Records aside, he is also recognised as the founder of the victory lap. After crossing the line a spectator handed him a Ugandan flag, he ran around the track waving it – beginning the victor's "lap of honour" tradition.

Even more amazing were not only events preceding the race. He did not enjoy the benefit of first class training facilities and coaching that his opponents had.

Akii-Bua trained on rough, grass tracks at Wankulukuku, Kyambogo and Makerere University while his opponents from the first world fine-tuned on top of the range tracks and gyms.



**Right:** Akii-Bua appeared at the 1984 Los Angeles Olympic Games 12 years past his prime performance, and competed in a trial heat, not advancing, but still running under 49 seconds, a time that, despite his age and lack of conditioning, was still respectable.

**Below-right:** Akii-Bua was the first Olympic champion for Uganda who started his athletics career as a high hurdler (110m), coached by British-born coach Malcolm Arnold, who introduced him to the 400m hurdles.



He received only the basic rudiments of technique in this hazardous event which needs high speed and co-ordination over the hurdles for effective achievement," the Uganda Argus reported on 14 September 1972.

## Akii-Bua in pain

There was even more to the uphill task that the Ugandan faced. He had in the Munich semi-finals sustained a cut on the knee after knocking a hurdle. Matters were not helped by a tooth he had extracted the same day.

"He was in serious pain and refused to talk to anyone on the eve of the final," stated then team official Pollycap Kakooza in a 1999 interview.

"I was weeping in my dressing room in Munich before that tough race started," Akii-Bua told the Uganda Argus. "I recalled all my strenuous and long training plus my beloved country Uganda ... and finally found myself bursting into tears."

Then in the final he was in what many consider a





disadvantaged lane one while Hemery and Mann were in the favoured lanes five and four respectively.

Well aware that his athlete was gifted with a rare attribute of similar power in both legs, Uganda's coach Malcolm Arnold had instructed Akii-Bua to change his lead leg from left to right at the 200m mark.

#### Winning tactic

At hurdle five Akii-Bua did exactly that immediately gaining more speed as Hemery and Mann started falling back. It was from that point Akii-Bua's race to the end.

Akii-Bua told the Uganda Argus newspaper on 4

*Akii-Bua returned to Uganda a national hero, and was given a house on top of a police promotion by then Ugandan President Idi Amin, who had seized power the previous year.*



September 1972: "Worrying about it [the inside lane] encouraged me to go out really fast and I was still able to see what the others were doing."

He said years later: "When I finished my victory and demonstration jog, I met the coach Arnold. His sight exalted my excitement and made me collapse, and I briefly wept." Remembering the medal ceremony, Akii-Bua said in a movie released two decades later: "The Ugandan national anthem played as I stood to attention with the whole stadium in respect to this small nation, which was on its way to disaster in the years to follow."

Akii-Bua returned to Uganda a national hero, and was given a house on top of a police promotion by then Ugandan President Idi Amin, who had seized power the previous year.

#### Stadium and street named in his name

To further honour Akii-Bua, President Idi Amin also named an avenue in Kampala and a stadium in the athlete's hometown of Lira in northern Uganda after him. He also gave him a house in the capital.

For the last decade, the Uganda Athletics Federation (UAF) has been holding the annual Akii-Bua Track

*Akii-Bua (R) is congratulated by a colleague after winning the 110m hurdles event at the 1972 Munich Olympics.*



and Field Championship in commemoration of the great athlete.

Arnold played a major role in shaping the career of Akii-Bua. “He convinced me to try out the hurdles,” said Akii-Bua before his death in 1997.

To date Arnold says Akii-Bua was his best gem.

“Of all the athletes I have worked with, I put John number one,” Arnold, now UK Athletics National Event coach for Hurdles and Senior Performance said.

“He came from very poor circumstances, living in a hovel while working as a policeman. We worry today about the technology of drugs; he struggled for one



square meal a day. From there, his achievement was incredible.”

After finishing fourth in the 1970 Commonwealth Games in Edinburgh, Scotland, Akii-Bua was not a big favourite for gold at the Munich Olympics. But the Ugandan had other ideas.

#### Record broken at Wankulukuku

A story is told that Akii-Bua had actually broken the world record in training back home in the Kampala suburb Wankulukuku shortly before the Munich Games. His coach is however reported to have chosen not to go public.

The post Munich celebration was however short lived. Then Uganda President Idi Amin unleashed his purge against the Langi and Acholi soldiers for supporting his predecessor Milton Obote. Akii-Bua was Langi like Obote.

Amongst those murdered were three of Akii-Bua's brothers. From that point he always lived in fear.

But perhaps one of his lowest moments came in 1976 when he was supposed to be at his peak. This was after Uganda joined other African countries in boycotting the 1976 Olympic Games in Montreal, Canada.

The world was in the process also robbed of what was by all proportions an epic clash between Akii-Bua and new star Edwin Moses. The American indeed went on to not only take gold, but also set a new world record at 47.63.

#### Akii-Bua's US duplicate

Stories are told that after Akii-Bua cruising to Olympic gold, the US took it upon itself to get a running replica of the Ugandan in its quest to catch up.



*In the 1972 Olympics held in Munich, Germany, this greatest Ugandan sports personality of all time made history by winning the 400 metre hurdles with world record time of 47.82 seconds.*

Moses was like Akii-Bua 6ft 2in. Then he also had a completely similar running style.

Like Akii-Bua he took a consistent 13 steps between each of the hurdles, pulling away in the second half of the race as his rivals often took 15 strides.

#### Life in exile

When Amin was overthrown from power in 1979, Akii-Bua fled with his family into neighbouring Kenya and into life of a refugee and destitution.

In a moving documentary of his life, the Olympic legend was filmed in a Kenyan refugee camp, telling reporters:

“I am a runner. I cannot tell you how bad it is here.”

Touched by Akii-Bua's state of affairs, Puma, which had sponsored his running spikes in Munich offered him a job in their marketing department in West Germany.

Akii-Bua returned home in 1983 to find his home in Kampala vandalised and looted of his precious Olympic gold medal during the civil war which broke out after Amin's overthrow.

He was offered a position of national athletics coach but he was already a broken man. He died in June 1997 at 47.

# GOLDEN KIPROTICH AT THE LONDON MARATHON

*Uganda's Stephen Kiprotich waves his national flag as he celebrates winning the athletics event men's Marathon during the London 2012 Olympic Games on August 12, 2012 in London.*



Above: Runners compete in the men's Marathon at the World Athletics Championships in the Luzhniki stadium in Moscow, Russia, Saturday, Aug. 17, 2013. (AP Photo/Ivan Sekretarev)



LEFT: Gold medalist Stephen Kiprotich of Uganda shows a clean pair of (orange) heels at the half way stage

BELOW RIGHT: The Ethiopian runners leading the early stages of the London 2012 marathon

### Mark Namanya

Forty years after John Akii-Bua etched his name in the annals of Olympic history with Uganda's first ever gold at the world's biggest Games, Stephen Cheptegei created his own page of greatness by winning Uganda Marathon gold at the London 2012 edition.

The Kapchorwa-born 23-year-old Marathoner beat a field of 105 athletes from 67 nations to become a Greek God in perfect weather on the streets of London.

Kiprotich, who bettered the Kenyan pair of Abel Kirui and Wilson Kipsang, won in a time of 2:08:01 to earn the country the most priceless of goods.

His victory electrified the country after it catapulted Uganda to 50th on the medals table, above countries like Morocco, Qatar, Belgium and Egypt. It was a satisfactory ending to the Games considering that 204 National Olympic Committees sent their representatives to the Games.

Going into the Olympics, Kiprotich's name didn't figure anywhere among the probably winners of the 42km event.



Uganda's Stephen Kiprotich responds to cheers with a smile after winning the gold medal with a time of 2 hours, 8 minutes and 1 second in the 2012 London Olympics men's Marathon on Aug. 12, 2012.

BELOW: Bronze and Gold medalists Wilson Kiprotich and Stephen Kiprotich.



Even after he finished third in the Tokyo Marathon, the odds on him winning the Marathon were very low.

But athletics correspondent Norman Katende, working with New Vision at the time, told this writer a day to the race that he had hopes in Kiprotich.

"I know Uganda has been disappointing at these Olympics but actually my lone hope for something in London is Kiprotich, who runs tomorrow," Katende observed. Whether it was patriotism, eternal optimism or hope, the New Vision journalist's expectations would come to fruition in spectacular

fashion on Sunday August 12, which was the closing day of the Olympics.

The course started and finished on The Mall in central London with runners completing one short circuit of 3.571km around part of the City of Westminster and the three longer circuits of 13km around Westminster, the Victoria Embankment and the City of London.

The course had been designed to pass many of London's best-known landmarks including Buckingham Palace, Trafalgar Square, St Paul's Cathedral, the Bank of England, Leadenhall



Wesley Korir of Kenya, Galen Rupp of the United States, Jackson Kiprop of Uganda and Stephen Kiprotich of Uganda compete during the Men's Marathon at the Rio 2016 Olympic Games.



Market, the Monument, the Tower of London and the Houses of Parliament.

As with any Marathon, the event was watched by tens of thousands of fans who stationed themselves at various vantage points to get a good view of the world's elite Marathoners.

The race started slowly. In the opening 8km, Brazilian athlete Franck de Almeida broke away on two separate occasions, only to get swallowed up by the pack. He would eventually finish a distant 13th.

Between the 10km and 12km, Kipsang moved to the front in a more serious break away. As one of the famed Marathoners and pre-race favourites, his every move and plan was to be treated with attention.

The large pack then broke up into a small chase pack of eight runners, who were primarily from East Africa. With a fast 11km, Kipsang broke and opened a gap of about 15 seconds, which lasted for the next 13km but never increased significantly.

The chase group then shrunk to Kirui, Kiprotich and Ayele Abshero. While the latter did not gain contact, the other three formed a lead pack. The two Kenyan teammates ran together, with the Ugandan trailing slightly.

By the 35km mark, the group of three had over a minute's gap on the next competitor, Marilson dos Santos of Brazil.

*It was here that Kiprotich touched his leg as if he were struggling and fell back a few seconds. But at 37km, Kiprotich moved past the two Kenyans.*



Mike Kigen, Mo Farah & Stephen Kiprotich . At the finish line of the 2014 Great North Run.

It was here that Kiprotich touched his leg as if he were struggling and fell back a few seconds. But at 37km, Kiprotich moved past the two Kenyans.

All of a sudden, the likelihood of a Ugandan medalist at London 2012 started growing. For the Ugandans who were in London and others watching on their television sets from all over the world, no one was blinking.

In the final athletics event of a very memorable Olympics edition, Kiprotich was running like a potential medalist. At the time, gold appeared a far-fetched dream.

The hope for most was a medal. Through 40km, Kiprotich had opened up a 17-second gap on Kirui.

As we watched the latter stages of the race via the screens in the media centre at the finishing line, there was disbelief; disbelief from Ugandans like me and disbelief for Kenyans who seemed certain that the final athletics event of the Games would be their Marathon gold. By the final kilometer it was very apparent that gold was headed to Uganda.

Kiprotich was by now energized, running against



Stephen Kiprotich of Uganda celebrates as he approaches the finish line to win gold in the men's Marathon on the last day of the Olympic Games. Stephen Kiprotich of Uganda drops to his knees after winning the Olympic men's Marathon Sunday.



The men's marathon of the 2012 Summer Olympics in London, UK took place on an Olympic marathon street course on Sunday 12th August 2012 at 11:00. This was the final day of the 30th Olympic Games.



Runners compete in the men's Marathon at the World Athletics Championships in the Luzhniki stadium in Moscow, Russia, Saturday, Aug. 17, 2013.



Uganda Stephen Kiprotich (L), Ethiopia Getu Feleke and Kenya Wilson Kipsang in action

himself and taking it easy well aware that he was almost there.

A Ugandan fan on the home straight would hand him the famous black-yellow-red flag as he strode home to emphatically win Uganda gold before a small but energy-filled pack of Ugandan who included Uganda Olympic Committee President William Blick and Uganda Athletics Federation boss Dominic Otuchet.

Unlike Kenya, who had three Marathoners taking part – the third was Emmanuel Mutai, Kiprotich was Uganda's sole

representative in the Marathon and had to do it on his own.

When he returned to Kampala to the mother of welcomes, President Yoweri Museveni directed government to credit his account with \$200,000. He also tasked government to ensure that the High Altitude Training Centre in Teryet, Kapchorwa be finished in time to groom future medalists for Uganda.

A New Vision-drive started by the company's CEO Robert Kabushenga saw corporates and individuals donate



Uganda's Stephen Kiprotich wins the gold medal in the 2012 London Olympics men's Marathon with a time of 2 hours, 8 minutes and 1 second on Aug. 12, 2012.



The medalists pass the 18 mile mark in the Men's Olympic Marathon. Champion Stephen Kiprotich of Uganda makes the move that kept him clear of Kenyans Abel Kirui and Wilson Kiprotich.

Shs350m to Kiprotich. For his magnificent race in London, Kiprotich had become a millionaire.

He had also received some good thousands of pounds from the Ugandan community in London, who hosted parties and other celebratory events in his honor ahead of his return flight to Uganda.

Back home, he was promoted by Uganda Prisons to a Superintendent of Prisons. The same year he would be voted Nile Special-Uganda Sports Press Association Sportsman

of the Year. In 2013, he would go on to win the IAAF World Championships Marathon gold in Moscow, Russia to successfully position himself as the world's foremost Marathoner at the time.

In winning Uganda's first Olympic gold in 40 years and first Olympic medal in 16 years, Kiprotich unquestionably belongs to the pantheon of sporting greats in Uganda.

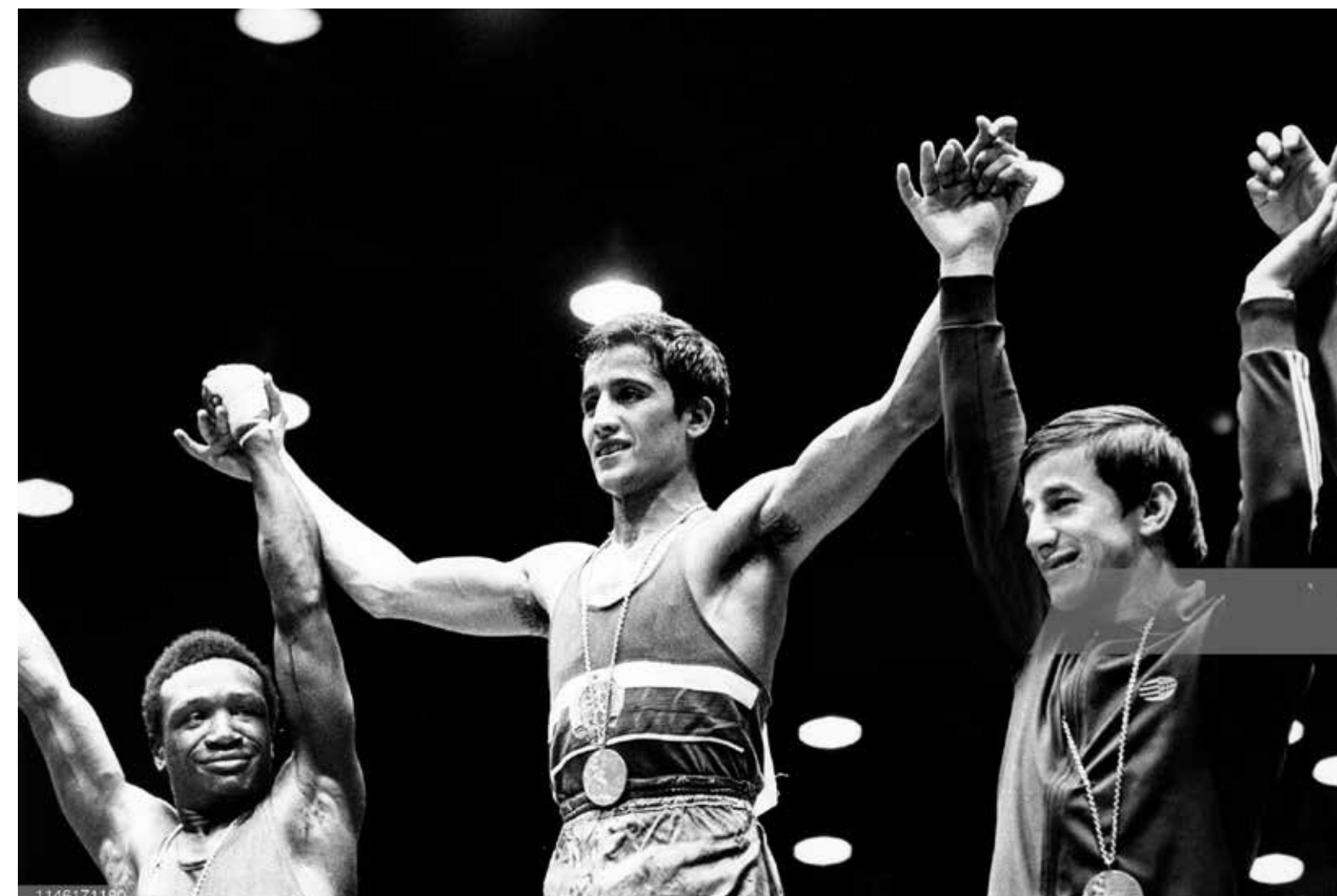
His London 2012 gold will last for eternity.



## “Dynamite Leo” blasts his way to Olympic glory



*These were the first Olympics to be staged in Latin America and the first in a Spanish-speaking country. They were also the first Games to use an all-weather(smooth) track for athletics instead of the traditional cinder track.*



Popularly known as “Dynamite Leo,” hard punching boxer Leo Rwabwogo holds a special place amongst Uganda’s Olympians.

The flyweight is the only Ugandan to have won two Olympic medals. He had a bronze from the 1968 Mexico City Games and silver from the next Games in Munich.

Rwabwogo, who passed on in January 2009, at 60 years, has even more to his name.

*Rwabwogo's path to Olympic glory couldn't have started off in a better setting. Just like his maiden Olympic medal for Uganda, Mexico also had many firsts.*

He was also the first Ugandan to win an Olympic medal.

Rwabwogo's path to Olympic glory couldn't have started off in a better setting. Just like his maiden Olympic medal for Uganda, Mexico also had many firsts.



Runners compete in the men's Marathon at the World Athletics Championships in the Luzhniki stadium in Moscow, Russia, Saturday, Aug. 17, 2013.

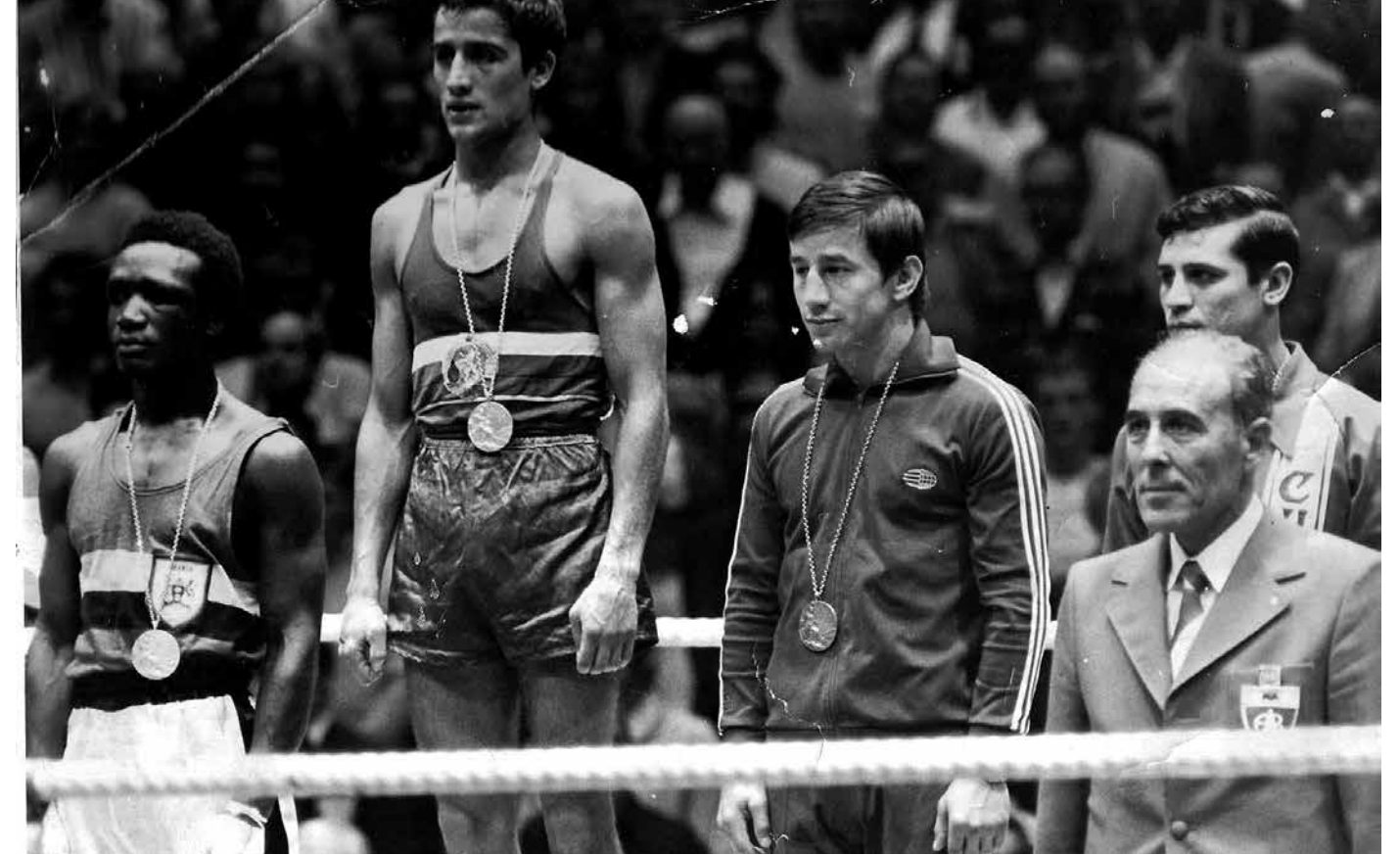


Neil McLaughlin (Ireland) and Douglas Rodriguez (Cuba) followed in a TKO 3 and a split points defeat respectively. The stage was then set for a grand final between Bulgaria's Georgi Kostadinov and Rwabwogo.

These were the first Olympics to be staged in Latin America and the first in a Spanish-speaking country. They were also the first Games to use an all-weather(smooth) track for athletics instead of the traditional cinder track.

No wonder Rwabwogo was also fired up to set some records for his country. And not even the high altitude was about to stop him.

While many struggled for breath in Mexico City's 7,349 feet, Rwabwogo and his team-mate Eridad



Mukwago easily fitted in. This had a lot to do with their membership of Kilembe Boxing Club located in the Rwenzori mountain ranges. Their Mubuku training camp was at an almost similar elevation with Mexico City. This had huge dividends.

Rwabwogo blazed through the preliminaries to book a semi-final date with Poland's Artur Olech.

The semi-finalists had the packed boxing arena on its feet with an exciting display.

Both fighters had their moments with strong combinations in a fight that could have gone either way. Olech was declared winner by split points decision. Rwabwogo settled for bronze.

A day later Mukwanga raised Uganda's flag even

These are the medal winners in the flyweight boxing event at the 20th Olympics Games at Munich as they pose during awarding ceremony Sunday night. L-R: Uganda's Leo Rwabwogo, Silver; Bulgaria's Gheorghii Kostadinov, Gold; and Poland's Leszek Blazynski and Cuba's Douglas Rodriguez (partially hidden) who noth receieved bronze medals.

higher with a silver in the bantamweight. Rwabwogo and Mukwanga were instant heroes. "Parties were held in Kampala and Kilembe. It's then that I really got to realise the magnitude of what exactly we had just achieved. We were guests to various organisations for months. Everyone wanted to have a piece of us as the country's first medalists," stated Rwabwogo in a 2000 interview.



Rwabwogo, who passed on in January 2009, at 60 years, has even more to his name. He was also the first Ugandan to win an Olympic medal.

But even more important, our achievement motivated an entire nation. “Suddenly every youngster wanted to be like Mukwanga and Rwabwogo. We were huge role models.”

There was even more to it. Uganda had even bigger dreams for the next Games in the West Germany capital Munich.

Rwabwogo was amongst those who now believed the sky was the limit. “With the bronze comfortably hanging in my Kilembe sitting room, I now felt what was missing was the gold medal, and I started working towards that.”

#### Munich 1972

A much more experienced and determined Rwabwogo easily made the Munich team four years later.

But Rwabwogo was in the Games of the 20th Olympiad in for a tougher task. Boxing was one of those disciplines that had drawn a bigger entry meaning there more hurdles this time before you could get to the medal bracket.

Unlike Mexico City where, Rwabwogo only fought twice to get to the semi-finals, he had to this time box four times to get to the penultimate stage.

Rwabwogo was nevertheless in superb form. He started off with a unanimous win over Uruguay's

*Rwabwogo was nevertheless in superb form. He started off with a unanimous win over Uruguay's Jorge Acuna. His next victim was Maurice O'Sullivan of Great Britain in a first round technical knock-out.*



Rwabogo sends his opponent wobbling at the Olympics. He was famed for owning a tough chin.

Jorge Acuna. His next victim was Maurice O'Sullivan of Great Britain in a first round technical knock-out.

Neil McLaughlin (Ireland) and Douglas Rodriguez (Cuba) followed in a TKO 3 and a split points defeat respectively. The stage was then set for a grand final between Bulgaria's Georgi Kostadinov and Rwabwogo.

But these wins came at a huge cost. Rwabwogo quest for gold had him injuring his right hand in the process.

Uganda's team leader Lt. Col. Francis Nyangweso, doctor J.W. Kasirye and team manager Henry Ssemweya Musoke kept the injury a secret.

This meant nights of tears for the fighter who had his hand tucked in a pail of ice for long periods.

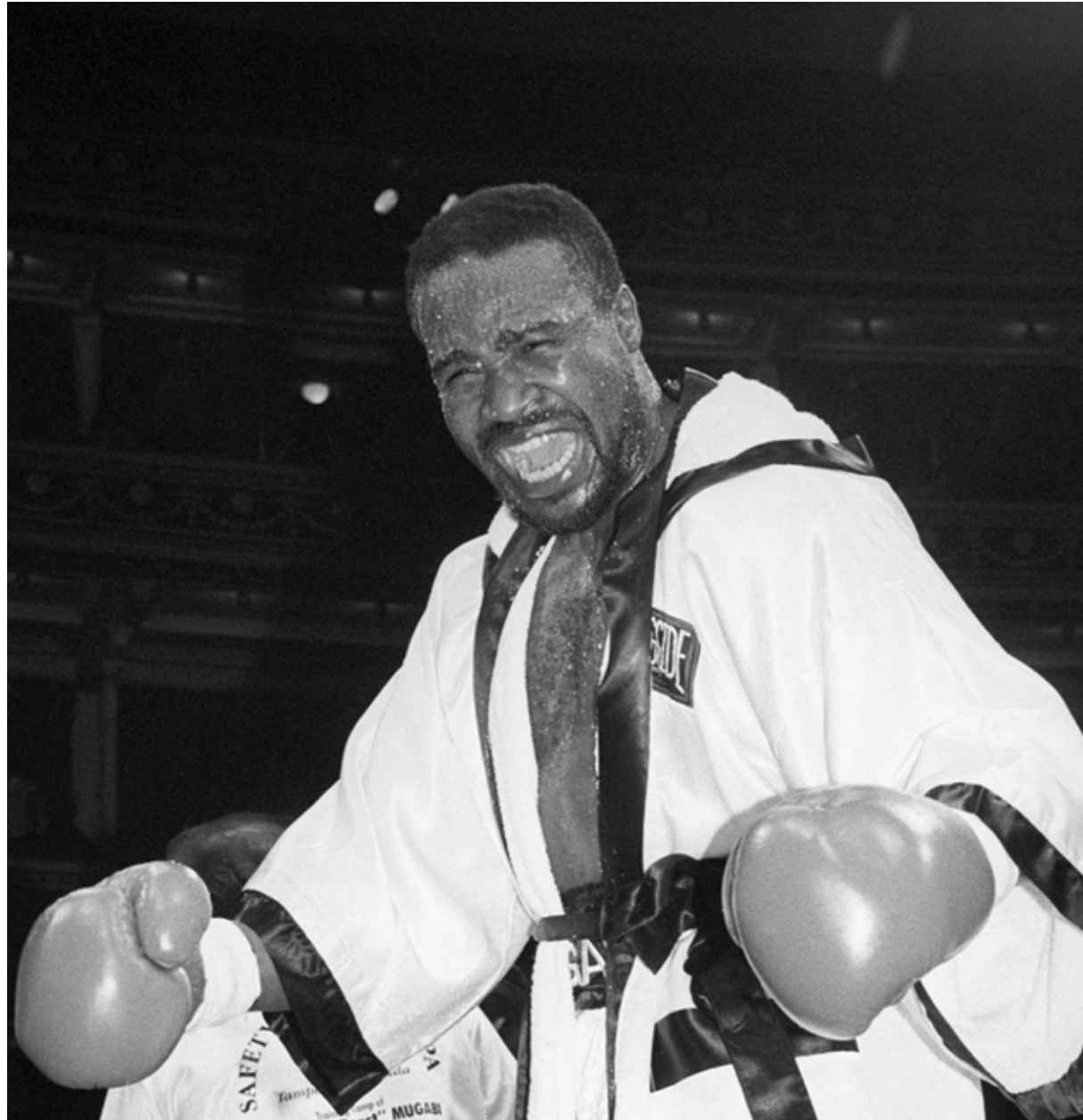
Before fights he would secretly receive pain killers. But he braved on. His fight with the Bulgarian was close but the injury had also taken its toll. He couldn't effectively use his strongest weapon- the right hand and eventually succumbed to a 5-0 loss.

Munich remains Uganda's most successful Olympics. The country crowned the Games with a John Akii-Bua gold medal and world record in the 400 meter hurdles.

Celebrations back home were immense thereafter. Rwabwogo remembered parties right from arrival at Entebbe Airport to dinners hosted by then head of state Idi Amin.

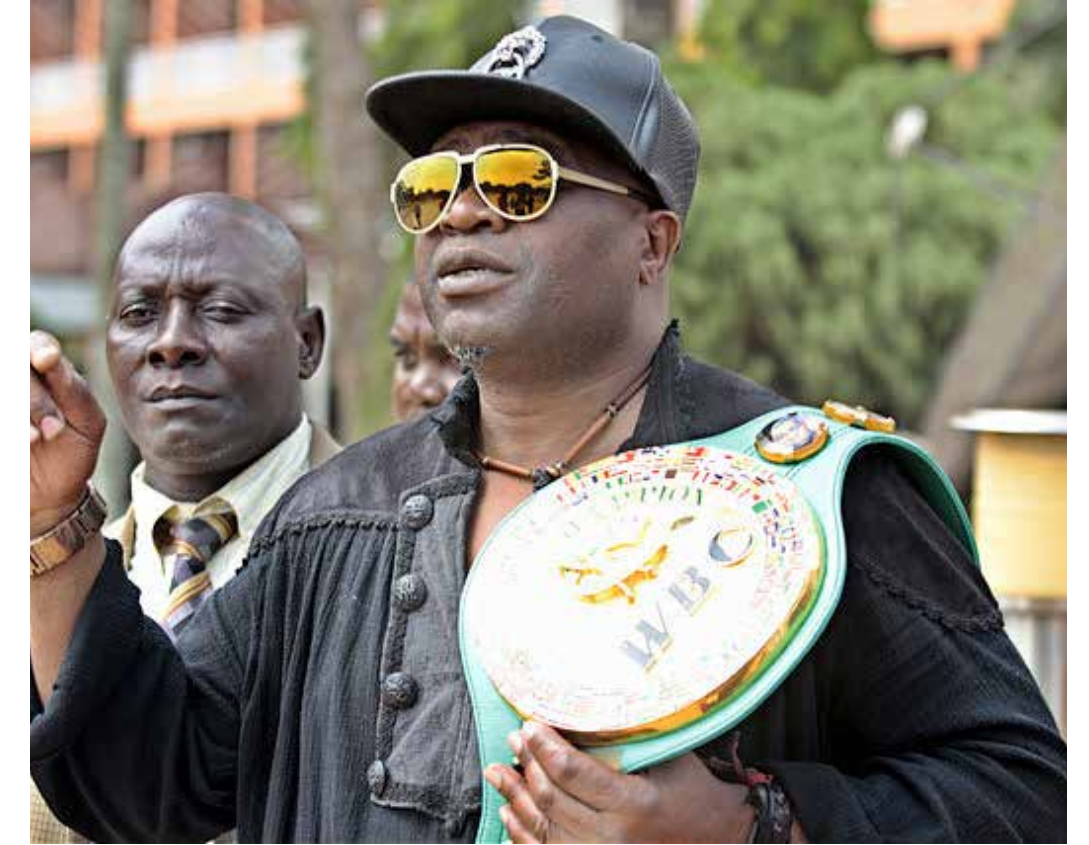
It's now 47 years and Rwabwogo remains the only Ugandan to have won two Olympic medals.

# John ‘The Beast’ Mugabi: The last of boxing royalty



Ugandan boxer John “The Beast” Mugabi celebrates his win after knocking out his opponent the Brazilian Carlos Antunes Fonesca in the first round of their Welterweight clash at the Royal Albert Hall tonight. (Photo by S&G/PA Images via Getty Images)

Legendary Ugandan boxer John Mugabi arrived in the country to a rousing welcome at Entebbe International Airport after 21 years in the diaspora.



Historically boxing and athletics are disciplines where Uganda has done relatively well at the world’s biggest Games, the Summer Olympics.

Of the seven medals won, four have come in boxing with athletics accounting for the other three.

However, it is 40 years since Uganda last won a boxing medal at the Olympics.

That medal, a silver at Moscow 1980, was delivered by John ‘The Beast’ Mugabi whose irresistible left hook built and came to define his legacy.

Mugabi’s career-turning moment arrived when he was just 19.

And such was his destiny with greatness that he

seized his opportunity when he was still young.

When Uganda arrived in Moscow, the country was still reeling from the absenteeism of the 1976 Montreal Olympics.

Twenty-nine countries, mostly African, had boycotted the Montreal Games when the International Olympic Committee (IOC) refused to ban New Zealand, after the New Zealand national rugby union team had toured South Africa earlier in 1976 in defiance of the United Nation’s call for a sporting embargo.

It is for this reason that John Akii-Bua skipped the Canada Games and didn’t defend his 400m gold of Munich 1976.

At Moscow, Uganda’s all-male contingent of 13 was to



Popularly nicknamed as 'The Beast' for his devastating punching power, Mugabi won the WBC light middleweight title in 1989 and is still revered as one of the hardest punchers ever.

compete in only two disciplines; athletics and boxing.

The seven boxers at the edition were Charles Lubulwa, John Siryakibbe, Geoffrey Nyeko, John Munduga, Mugabi, George Kabuto and Peter Odhiambo.

Mugabi would compete at welterweight and he showed his intentions early by crushing Georges Koffi of Congo Brazzaville in the opening round.

Next to fall was Madagascar's Paul Rasamimanana, whose relevance at the Moscow Olympics also didn't last beyond the first round of the bout thanks to Mugabi's devastating power.



Action during the fight between Ugandan John "The Beast" Mugabi and American Nino Gonzalez at the Wembley Arena. Gonzalez lost by Knock-out in the first round.



The Ugandan was now a favourite of fans and neutrals alike after emphatic stoppages of Koffi and Rasamimanana, and Mugabi's star grew tenfold when he knocked out Yugoslavia's Mehmet Bogujevci.

Victory over the Yugoslavian ensured Uganda would win at least bronze.

Mugabi's other remaining compatriots Odhiambo (middleweight) and Siryakibbe (bantamweight) were both stopped at the quarterfinal stage, denying Uganda at least two bronze medals.

When he entered the ring to challenge Poland's sleek



1980 Moscow Olympics team.  
First left is silver medalist John  
Mugabi.



operator Kazimierz Szczerba, Mugabi was aware he was the country's lone hope for glory.

But in Szczerba, he was taking on a formidable fighter who had no hesitation trading with opponents in the middle of the ring. Szczerba had done his homework on Mugabi's all-action style and was prepared for the power the Ugandan possessed.

In a close fight, Mugabi managed to outlast Szczerba 3-2 to make the welterweight final of the 1980 Olympics.

Here, he was already guaranteed silver and Mugabi

had the country dreaming of another significant Olympic triumph.

It was only eight years earlier that John Akii-Bua had won Uganda her first ever gold at the Olympics and after the 1976 boycott, Mugabi's qualification to the final had the camp buzzing.

And while Akii-Bua had set the standard with success in the 400m hurdles, it was boxing that had won Uganda most medals at the Olympics thanks to Eridardi Mukwanga and Leo Rwabogo at the editions of 1968 and 1972.



Up against Mugabi was Cuban boxer Andres Aldama, who possessed arguably faster combinations and had lost the 1976 final to future Hall of Famer Sugar Ray Leonard.

The two stood toe-to toe-for three rounds and engaged in a thrilling bout which was scored 4-1 in favour of the Cuban.

Aldama, who was five years older than Mugabi, used his experience to fight from inside and denied Mugabi any momentum.

While Aldama was the deserved winner, the result should have been a lot closer than the 4-1 outcome considering Mugabi landed his own share of power shots that tested the resolve of Aldama's chin.

Fellow boxer Charles Lubulwa, who competed at the 1980 Olympics in the light fly weight category, says Mugabi possessed the 'most devastating left hook.'

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*Fighting under the moniker of 'The Beast', he started his professional career in Cologne, Germany before linking up with famed British promoter and boxing enthusiast Mickey Duff.*

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"If it caught anybody, he couldn't stand," Lubulwa says. "All his bouts were won by knockouts."

"Mugabi was an orthodox fighter with very solid, powerful connections that took opponents down."

Lubulwa recalls Mugabi as a sportsman with down to earth personality, but a different animal once he climbed into the ring.

"He loved joking around and sharing a laugh with teammates but that would stop once he wore his gloves."

Mugabi turned professional immediately after the Moscow Olympics and soon gained a reputation as one of the most feared boxers in his division.

He would become part of an exceptionally talented group of light-middleweights and middleweights during a 'golden era' of the 80s which included Roberto Duran, Marvin Hagler, Thomas Hearn, Sugar Ray Leonard and Wilfred Benitez.

Mugabi is listed number 38 on Ring Magazine's list of the 100 greatest punchers of all time.

Fighting under the moniker of 'The Beast', he started his professional career in Cologne, Germany before linking up with famed British promoter and boxing enthusiast Mickey Duff.

Under the latter, Mugabi grew his stock and reputation and amassed eight wins.

But it was after moving to Florida that Mugabi became a favourite of American TV networks with his sensational knockouts of contenders such as Curtis Ramsey, Gary Guiden and former world champion Eddie Gazo.



Ugandan boxer John "The Beast" Mugabi is sent to his corner after knocking out his opponent the Brazilian Carlos Antunes Fonesca in the first round of their Welterweight clash at the Royal Albert Hall tonight. (Photo by S&G/PA Images via Getty Images)



Mugabi's ferocious attacks and untamable method made him a popular fighter. He destroyed opponents with overhand rights and terrific left-hooks.

On his way to becoming number one contender for the middleweight title of each of the three major sanctioning bodies WBA, WBC and IBF, Mugabi ran roughshod over the division and finished each of his opponents inside the distance.

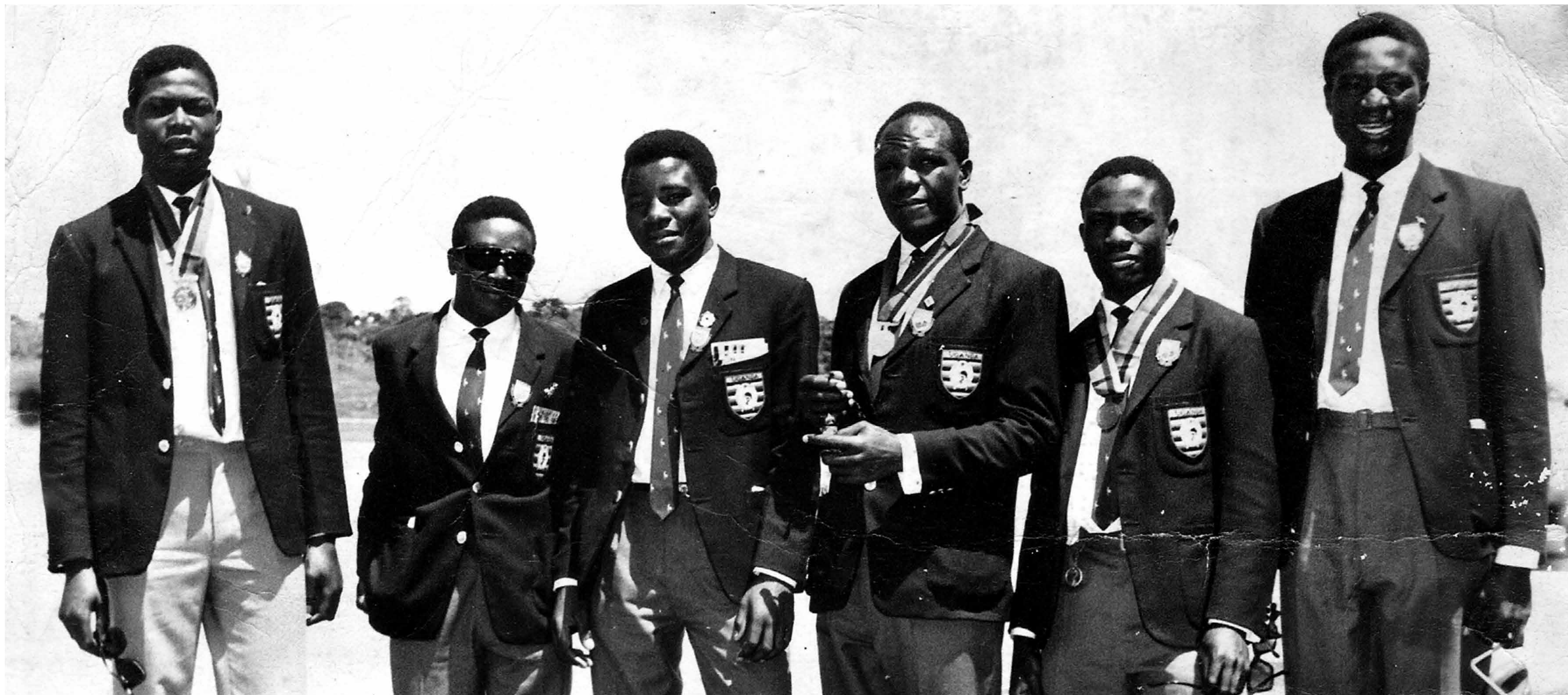
By now he had established himself as one of the finest in the world and there were growing calls for him to take on either world light-middleweight champion Hearn or world middleweight champion Hagler.

In March 1986, Mugabi and Hagler fought in a fight televised by Showtime. Mugabi did well in the early rounds but from the sixth onwards, Hagler seized control and stopped the Ugandan in the eleventh round. The fight is considered the toughest of Hagler's career.

In July 1989, however, Mugabi fulfilled his dream of becoming world champion when he knocked out Frenchman Rene Jacquot to become WBC light middleweight champion.

Today the Olympic silver medalist lives in Australia but is remembered as one of Uganda's hardest punchers of all time.

## Eridad Mukwanga: Uganda's first top Olympic medallist



The Ugandans started off a new era that later had other East Africans like John "The Beast" Mugabi, Phillip Wariungi, Keth Mwila and Robert Wangila also making it to the podium in subsequent Olympics.




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*Eridadi Mukwanga was a Ugandan boxer, silver medalist at the 1968 Summer Olympics in Mexico City. He was the first athlete representing Uganda to win an Olympic medal.*

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Ghana, Egypt, Morocco and Nigeria only managed to break the monotony at the Rome games in 1960.

It however wasn't until the games of the 19th Olympiad in Mexico City in 1968, that East Africa finally made it to the Olympic podium.

Demystifying the myth that that side of the continent could also shine at the prestigious quadrennial games were Ugandan fighters Eridad Mukwanga and Leo Rwabwogo.

While Rwabwogo won bronze, it was Mukwanga who was in the spotlight as he narrowly missed gold on his first Olympic outing.

Flyweight Rwabwogo got Uganda's first Olympic medal as Mukwanga, a day later Mukwanga got his country's first silver at the prestigious games

The bantamweight lost to Russian Valerian Sokolov in the final. Mukwanga might have missed out on gold but his silver was still huge East and Central Africa breakthrough.

The Ugandans started off a new era that later had other East Africans like John "The Beast" Mugabi, Phillip Wariungi, Keth Mwila and Robert Wangila also making it to the podium in subsequent Olympics.

"Seeing Mukwanga win silver was to me a huge statement that we after all could also shine as the very best. I must say that thereafter I always used it as a reference point for more achievements," noted veteran coach Grace Peter Seruwagi in a 2000 interview.

Until 1968 Africa's Olympic medals seemed a special preserve for South Africa. The Rainbow Nation had until the 1960 Rome Olympics won a record 19 medals.

But even more convincing, was Mukwanga's path to glory. He was in such devastating form up to the semi-final that none of his opponents came close to putting



up a serious challenge.

Mukwanga sent his opponents packing with well-timed jabs, hooks and uppercuts. He was one of the fiercest punchers at 54 kilograms, wielding a deadly left hook that left many bantamweights struggling to regain their senses.

His historic run started off in the second round with a 5-0 demolition of Spaniard Ramiro Suarez. In the next encounter the referee had to stop the fight to stop Romania's Nicolai Giju from further punishment.

You would have expected more opposition in the quarter final. That his opponent was also a homeboy Roberto Cervantes, also seemed to signal a stiff battle. But that was not to be.

Mukwanga outclassed Cervantes 4-1. It was thereafter a similar result in the semi-final against Korea's Chang Kyou Chui. Cervantes and Chui just couldn't match Mukwanga's pressing style.

Up to his death in 1997, Mukwanga had vivid memory of that semi-final. "I was overcome with joy when I was declared winner. I didn't even sleep that night. This was a huge achievement.

I was assured of a silver. I just couldn't believe that this was Uganda's best sports achievement ever. My years of preparation had finally paid off with a historic medal."

But perhaps maybe he shouldn't have got too excited. Mukwanga seemed too moved by his semi-final result forgetting that there was even much more to be achieved in the final."

He also seemed not to realise the mountain that awaited him in the final. In Russia's Valerian Sokolov, he was up against one of the most feared fighters of

the time.

Sokolov had up to that point beaten almost all his opponent 5-0. Mukwanga on the other hand took things easy, maybe too easy. More pre-fight psyching would have probably put the Ugandan in the right mode.

Come the final on October 28 in the Mexico Arena and Mukwanga was not well set.

The first round went with little incident. The adversaries merely stalked and peppered each other's faces with a few jabs and only opened up in the next three minutes.

It was in the second round clear that while Sokolov had done his homework, Mukwanga's corner hadn't.

The counter punching Russian side stepped the all pressing Ugandan and unleashed his favourite weapon- a short right cross, that got Mukwanga flash on the jaw.

Mukwanga was visibly rocked resulting in a count that had the fight stopped shortly afterwards.

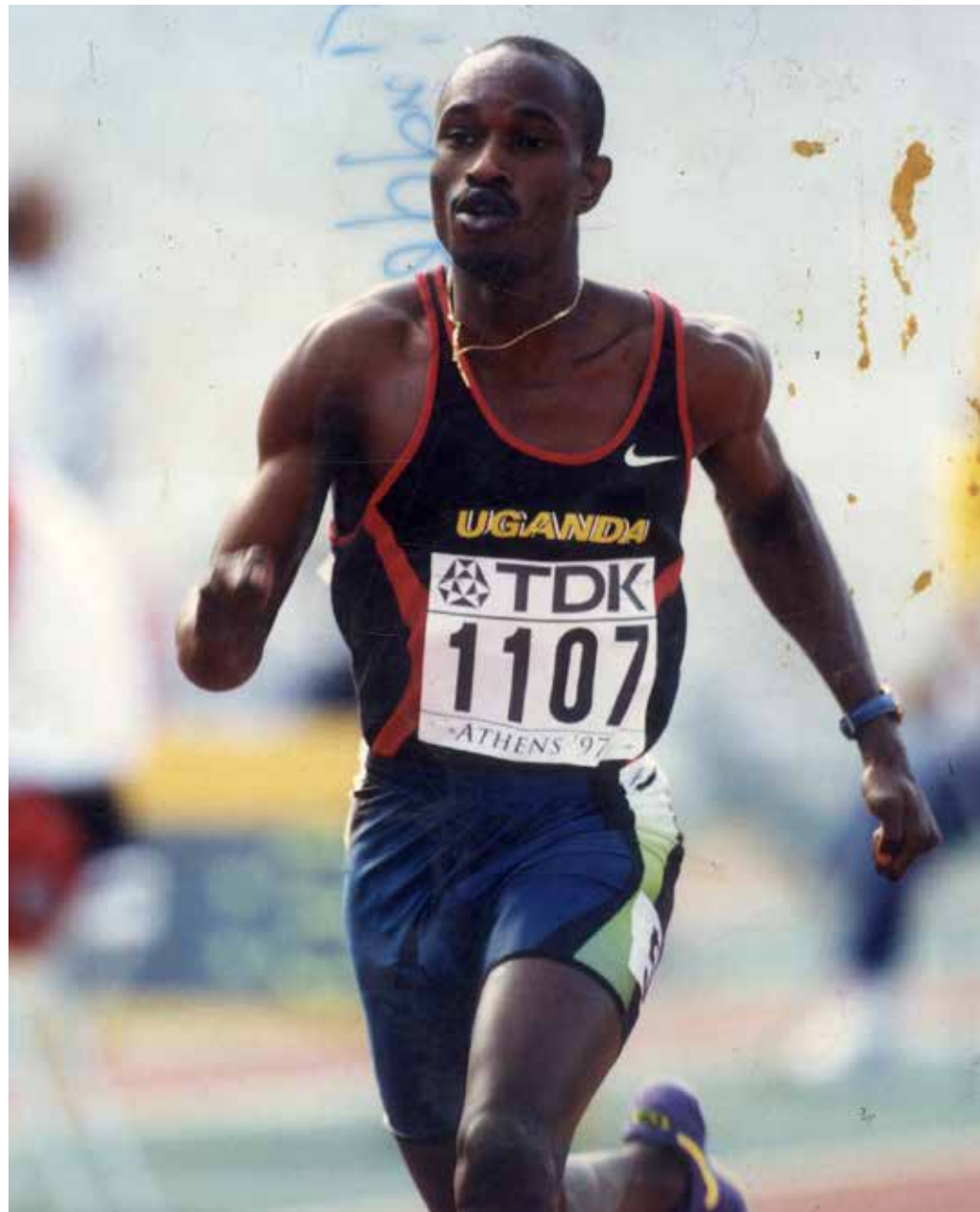
Mukwanga had lost but his voyage to the final had immortalized him in Ugandan sport.

Mukwanga and Rwabwogo were welcomed with grand parties in Uganda. "I hadn't the magnitude of what I had achieved until we returned to Uganda. President Milton Obote hosted us to a dinner. There were even more parties by our club in Kilembe."

He later got an enticing offer from Uganda Prisons where he eventually retired. After boxing he ventured into refereeing, where he was licensed by local boxing body.



## DAVIS KAMOGA: Out of nowhere to Olympic bronze



*Davis Kamoga is a Ugandan athlete competing in 400 m. He won the bronze medal at the 1996 Summer Olympics in Atlanta, Georgia. In 1997 he won the first Ugandan medal at the World Championships, a silver medal in the 1997 World Championships in Athens in a personal best time of 44.37 seconds.*



*Kamoga's time of 45.56 in the heat on July 26, 1996 was impressive enough to thrust him into the quarterfinals where he posted a faster time of 44.82 one day later.*

gold medal from Munich '72 and 16 years from John 'The Beast' Mugabi's silver at the 1980 edition of the Games in Moscow.

In between there at the Olympics at '84, '88, and '92, Uganda's contingent was mostly of representatives and participants but not competitors.

If anything, Ogola who had run at Barcelona '92 was the more experienced runner for Team Uganda and the one in whom to invest remote hopes of an impressive showing in Atlanta.

But Kamoga was not burdened by any hopes or expectations. He landed in Atlanta to enjoy himself and compete as best as he possibly could for the country.

Back in 1996 when Davis Kamoga won Uganda bronze in the 400m, the medal was treated like gold.

There was no much hope when Uganda's batch of representatives flew out to Atlanta, Georgia in the United States in July 1996.

Uganda sent a team of 10 (seven men and three women) at the world's biggest Games with athletics commanding the biggest number of representatives.

400m runner Grace Birungi was the lone female in athletics with Julius Achon (1500m), Kamoga and Francis Ogola (both 400m) completing Uganda's track team.

It had been 24 years since John Akii-Bua's incomparable

This was his highest profile competition at the time in his career and rather than subject so much pressure on his small shoulders, he took everything in stride and set about to give the best he could offer.

As one of the 2053 athletes who took part in the Games from 191 countries, Kamoga had every right to assume a laid-back approach. After all the Olympic spirit in the words of founder Pierre de Coubertin reads: "The important thing is not to win, but to take part."

Ogola did not finish in the heats and he joined Justice Dipeba (Botswana), Ibrahim Ouedraogo (Burkina Faso), Amar Hecini (Algeria), Moustafa Abdel Naser (Libya)



and Ibrahim Hassan among the African athletes who bowed out at the opening hurdle.

Others Africans who exited at the stage were Hassan Abdou (Comoros), Asumu Nze Casimiro (Equatorial Guinea), Emmanuel Rubayiza (Rwanda), Martial Biguet (Central African Republic), Kimetene Biyago (Chad), Mpho Morobe (Lesotho), Kossi Akoto (Togo) and Jallow Dawda (The Gambia).

Kamoga's time of 45.56 in the heat on July 26, 1996 was impressive enough to thrust him into the quarterfinals where he posted a faster time of 44.82 one day later.

Unbeknownst to observers, a star was in the making. Kamoga was growing in leaps and bounds, his confidence and belief in himself unwavering.



25 Jun 1997: (Left to right) Davis Kamoga of Uganda, Michael Johnson and Chris Jones of the USA approach the finish of the 400 metres event during the IAAF Grand Prix Series Meeting Gaz de France at the Charlety Stadium in Paris, France. Kamoga, Johnson and Jones finished second, fifth and fourth respectively.

In the semi-finals on July 28 1996, the then 28-year-old clocked a time of 44.85 to make the final in his first Olympic Games. Kamoga was within a whisker of history but for a country as success-starved in sport as Uganda, the thought of a podium finish still felt distant.

The 400m Olympic final was scheduled for July 29, 1996 at the Centennial Olympic Stadium in downtown Atlanta. From 62 competitors from 42 nations, the final was to be raced by eight athletes from five nations.

Kamoga was put in lane 2 with favourite Michael Johnson taking the blocks in lane 4. The start-list had Alvin Harrison and Johnson (USA), Roger Black and Iwan Thomas (Great Britain), Roxbert Martin and Davian Clarke (Jamaica), Qatar's Ibrahim Ismail Muftah and Kamoga.

Common consensus was that the actual race was for silver. Gold was a given for as long as Michael Johnson was in any 400m race. The American great was at the peak of his powers in Atlanta and victory in his favoured distance was beyond question.

For a guy who only discovered his running talent only a year to the Olympics, appearing among the world's best 8 quarter-milers was already a significant achievement.

Because of Johnson, an American superstar, headlining the 400m, the event was a special one. There was a cumulative audience of hundreds of millions of global viewers who tuned in for final.

And at the time, Johnson was pursuing the rare 200m and 400m double and as such there was heightened global interest on how he would hold off his opponents in both distances.

The Centennial Olympic Stadium was buzzing with expectation on that evening of July 29. The conditions

were ideal for a perfect race and all eight finalists were in the shape of their lives.

Kamoga was numbered 2300 and wore a red kit which had a shade of the Uganda flag on the side. Johnson wore traditional US colours and was numbered 2370.

When the starting gun was fired, it was predictably Johnson who got off best. He ran the first bend brilliantly and by the 200m mark was already in firm control. By the 250 mark, he was racing against the clock. Johnson's unique rarely running stance where his chest pushed outwards and his arms backwards was all too conspicuous for the 80,000 spectators who cheered on the American as he strode home to effortlessly claim gold.

There was daylight between Johnson and the next best athlete Roger Black. Johnson's gold would come in a new Olympic Record of 43.49 with Black crossing the line almost one full second later in 44.41.

History will always record Kamoga as a bronze winner at Atlanta '96 but it took a superhuman final kick on the home straight for him to edge out America's Alvin Harrison. The Uganda used every sinew of his muscles to clock 44.53 to beat Harrison who crossed in 44.62.

Johnson squatted and took in the moment before hundreds of camera flashes as chants rang in the stadium of 'USA, USA, USA'.

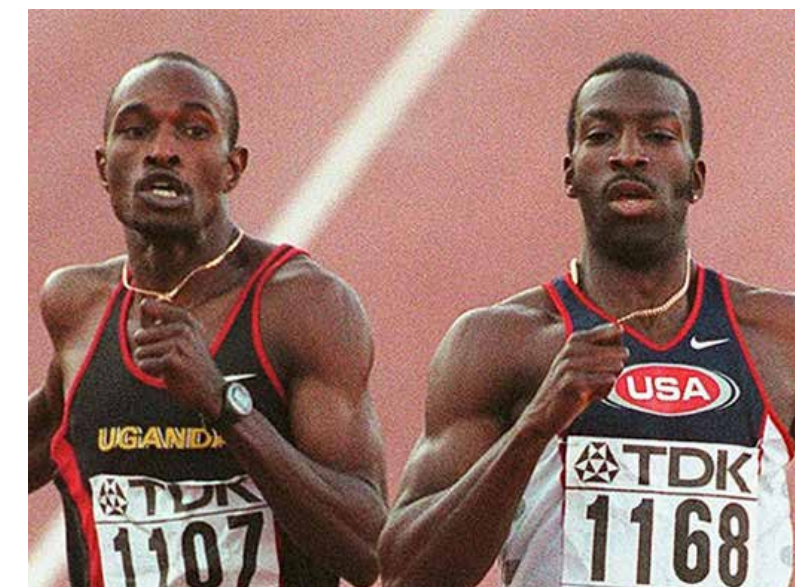
Black was visibly happy to finish second to Johnson for no one tasked or expected him to upset the great Johnson.

Kamoga lay down on the tartan of the Centennial Olympic Stadium, his chin resting on his joining hands in pleasurable disbelief. It took a while for his achievement to sink in.

He had just won Uganda a second athletics medal in the history of the Olympics and the country's first medal at the world's biggest Games in 16 years.

Kamoga would receive a hero's welcome at Entebbe Airport, a meeting with President Yoweri Museveni and was later voted the 1996 Uganda Sports Press Association Athlete of the Year.

The passage of time has not diminished the significance and weight of his Atlanta bronze, a feat that ranks him among Uganda's greatest ever athletes.



Atlanta 1996-400m-David KAMOGA (UGA) 3rd, Michael JOHNSON (USA) 1st, Roger BLACK (GBR) 2nd.





# CHAPTER 4

# TODAY'S STARS

The athletes ready  
for Tokyo 2021

EUGENE, OR - JULY 22: Joshua Kiprui Cheptegei of Uganda celebrates winning the men's 10,000 meters during day one of the IAAF World Junior Championships at Hayward Field on July 22, 2014 in Eugene, Oregon. (Photo by Jonathan Ferrey/Getty Images)





# Joshua Kiprui Cheptegei

*NO SLOWING DOWN: Cheptegei's winning performance broke the previous world record of 13:18 set by Rhonex Kipruto en route to his 10K world record in Valencia*



What else has Joshua Cheptegei got to prove that he is the fastest long distance runner on track?

Surely, there isn't much. That's at least going by his blistering 5000 and 10,000eter world record performance in 2020.

That his sparkling outing included a 10000m world title and a Word Cross-country crown in 2019 and a world championship gold says volumes about the Uganda Police officer's abilities.

But wait a minute. Cheptegei has everything in his victory closet except an Olympic title.

Its for this reason that the question of who is the greatest Ugandan athlete lingers on. John Akii-Bua not only won Uganda's first Olympic gold but he also attained the feat in world record time.

Then Stephen Kiprotich has both Olympic gold and a world title to his name.

But well, Cheptegei can't be blamed for not having Olympic glory. The Games were last year postponed just when this father of two was at the peak of his powers.

But this is a medal that is still within touching distance for Cheptegei. He only has to maintain form with prayers that setbacks like injury or another Covid-19 postponment don't set in.

Standing in his way and Olympic glory is yet another legend- Briton Mo Farah. Farah will be making a comeback on track in Tokyo on a mission to win a still elusive Olympic 10000m double.

Nature could however not play in Farah's favour. Well into his 30s he could prove an easy meal for 24 year old Cheptegei.

So Tokyo should provide that crowning unprecedented in Ugandan sport.



*HISTORICAL FEAT: Cheptegei celebrates after winning the Men's 10,000m during day ten of the 17th IAAF World Athletics Championships Doha*



*COMING THROUGH: Joshua Cheptegei, 18 then, celebrates winning 10,000m gold in Eugene - USA at the World Junior Athletics Championships in 2014*



**LIVING LEGEND:** Cheptegei celebrates after winning the Men's 10,000m during day ten of the 17th IAAF World Athletics Championships Doha

Cheptegei recently gave the world a hint of what to expect in Tokyo with yet another impressive victory in a season opener at the Monaco Herculis Run.

He was only denied another 5000m world record by strong winds.

Picking his mind you foresee even greater achievements in 2021.

"Tokyo is going to be a phenomenon challenge for me. I expect this year to become great like last year or even more great than 2020.



**THANK YOU:** The 23-year-old Ugandan athlete Joshua Cheptegei became the third man in history to win the 5,000m and 10,000m double at the Commonwealth Games. The last person to achieve that feat was fellow countryman Moses Kipsiro at the Delhi Games in 2010.

Even long distance powerhouses Ethiopia and Kenya have been left clueless as Cheptegei leads a troupe of new trailblazing Ugandans to new heights.

"We concede there is something serious happening next door. And the earlier we raise our game the better. Uganda is indeed proving to be a force to reckon with," a Kenyan official conceded after Cheptegei beat Kenya to two gold medals at the 2018 Gold Coast Commonwealth Games.

Even Ethiopian legend Haile Gebrselassie, who previously held some of the records the Ugandan is now shattering, concedes that Cheptegei is among the greatest.

'He has everything right from the physical attributes to the mental requirements. It is just a matter of time and the Olympic gold will also be his."



**TURN:** Joshua Cheptegei of Uganda leads the race in the Elite field at the Carlsbad 5000 on April 3, 2016 in California.

Looking back at Cheptegei's achievements you easily take his rise as an easy piece of work. But that has not been the case. He has left a trail of sweat.

He has had his low points but like the proverbial phoenix always recovered to shine again.

### Kololo debacle

Most fresh on many a Ugandans memory is the 2017 World Cross-country Championship at Kololo.

Cheptegei was in great form. He had days earlier beaten a strong field to the national title and was raring to go for this even bigger accolade.

Then, the atmosphere was also right to fire up even the dullest of athletes that sunny afternoon. A



**SALUTE:** Cheptegei celebrates winning gold in the Men's 5000 metres final of the Gold Coast 2018 Commonwealth Games

packed home crowd with the country's number one citizen President Yoweri Museveni as cheer leader in the blue-ribbon event- the senior men's 10 kilometer race the stage was set for a Cross-country thriller.

Cheptegei took up the challenge with gusto. By the fifth kilometer he was comfortably in charge. The crowd went wild. Cheptegei cruised ahead but amidst the excitement forgot one cardinal rule of long distance running- hydration.

Then as he led the field into the final kilometer the unexpected happened. With just 200m to go the limited fluid in his body took its toll. He started staggering. "I felt sharp in my stomach and couldn't sprint."

The chasing pack led by Kenya's Geoffrey Kamworor caught up and sped past.

But trust Cheptegei's fighting spirit. He was not about to give up even in his lowest of moments. He staggered on finishing 30th in a race won by Kamworor.

"This was my biggest setback. For weeks matters were not helped by continuous TV replays of the moment.



*AHEAD OF THE PACK: Cheptegei competes in the Men's 10,000 metres final during 17th IAAF World Athletics Championships in Doha*

"My spirits were at their lowest but I thought about it and realised this was not the end of the world. I was still young and had a lot ahead of me.

Life has its low and high points. This was my lowest but I could still recover. I accepted whatever had happened and vowed to fight on. This attitude paid off and the world records we are all enjoying today, are the fruits."

He calls on fellow Ugandans to also draw lessons from his experience. "Even when everything seems to have come to end never give up because in your recovery greater achievements could emerge."

### Beyond Tokyo

Cheptegei is already looking beyond the Olympics. "After Tokyo I

*I AM NUMBER ONE: Joshua Kiprui Cheptegei crosses the finish line ahead of Canadas Mohammed Ahmed in the athletics men's 10,000m final during the 2018 Gold Coast Commonwealth Games at the Carrara Stadium on the Gold Coast on April 13, 2018.*



*HARD WORK PAYS: Cheptegei competes in the Men's 10,000 metres final during 17th IAAF World Athletics Championships in Doha*

could go for the next Games then concentrate on the road. The marathon is one of those areas."

He has already proved good enough here with world records also in the five and 15 kilometers.

Talent development for upcoming athletes is another area he is seriously focusing on. He has completed a high altitude camp next to the national training center in Teryet.

Complete with a comfortable hostel and a well set murram track, the center should be able to churn out more Cheptegeis. He annually also has a Christmas run where children compete in Teryet for prizes.

"Cheptegei is indeed a rare talent. When you get such individuals who re-invest their sports earnings in the sport then you realise the future is very bright," noted Education and Sports Minister Hamson Obua on a visit to the camp last year.



*Time to surge: Uganda's Joshua Kiprui Cheptegei (middle) charges ahead of the field.*



*SWEET VICTORY: Cheptegei kisses his gold from the Commonwealth Games in Gold Coast*

# Nakaayi, top Ugandan middle-distance runner



**UNBELEIVABLE:** Uganda's Halimah Nakaayi celebrates after winning in the Women's 800m final at the 2019 IAAF Athletics World Championships at the Khalifa International Stadium in Doha on September 30, 2019.

It's been quite a while since Uganda had a serious female Olympic medal prospect. Dorcas Inzikuru was the last such talent. This was at the London 2012 Games.

Halimah Nakaayi will be in similar position going into the Tokyo Games.

But unlike Inzikuru, Nakaayi will be making an even more

confident entry into the Games. She heads to Japan fresh from a World Championship victory.

She caused one of the biggest surprises at the Doha world meet in 2019 by winning the women's 800 meters.

Going to London, Inzikuru had a gold in the steeplechase. She only differs from Nakaayi because her gold had come almost a decade ago at the Helsinki World meet.

Nakaayi therefore comes with more spark in the women's two lap race.

But much as she storms Tokyo as a star, it was the opposite as she made it to the Doha World Championships in 2019

She was one of the least known of the Doha finalists

Standing at 5ft and 6in, she was also the smallest. But



**STROKES:** Nakaayi celebrates after winning in the Women's 800m final in Doha



**STRAIN:** Halimah Nakaayi crosses the finish line to win the Women's 800m semi-final at the 2019 IAAF World Athletics Championships



*Nakaayi, 25, is a Ugandan middle-distance runner. She competed at the 2016 Summer Olympics in Rio de Janeiro, in the women's 800m. She was the flag bearer for Uganda in the closing ceremony. Her biggest success is a gold medal in the 800m at the 2019 World Athletics Championships.*

she wasn't about to be intimidated. "This was the final and we had all qualified on merit So, any of us could win it."

Race favourite Ajee Wilson, hoping to become the first American to win the world title over the distance, led for most of the race but was overtaken by Nakaayi down the final straight.

Nakaayi won the race in a new national record of one minute 58.04.

Speaking to the BBC afterwards, Nakaayi said, " Oh my God. At first I couldn't believe that at 700m, I was still with her(Wilson). Then i saw her race was a little declining and I was to the contrary strong. And I knew yes. God has made it for me."

She speed to the finishing line, and to crown it all pulled off a Kiganda traditional dance with her team-mate and training partner Winnie Nanyondo.

There was indeed need a call for a toast. The last time

Uganda's central region had produced a medalist at this level had been at the 1997 edition in Athens.

Davis Kamoga, an Olympic bronze medalist at the previous Games in Atlanta, won silver.

Doha came shortly after a bronze medal performance for Nakaayi at the All Africa Games in Rabat, Morocco.

She had like in most of her previous races looked strong but then failed to muscle her way out of the inner lane of the front pack.

But she quickly found a solution to this hitch.

She mastered an escape move. This involved dashing out of the inner lane as the front pack got to the last lap. The move paid off in the Doha final as she raced past Wilson in the home straight.

But heading to Doha there was also a huge sense of optimism. The 800m had a new look about it with DSD athletes Caster, Semenya (South Africa),

Francine Niyonsaba( Burundi ) and Margaret Nyairera (Kenya) barred from competition.

The trio that has dominated women's middle distance running didn't participate following introduction of new testosterone regulations by world athletics body IAAF.

No Ugandan woman has ever won an Olympic medal. Nakaayi presents Uganda's best bet in achieving this dream but observes that it is a huge task

" I will do what is required of me by training hard and playing by the rules. If gold was possible in Doha, it should also be achievable in Tokyo.

Of course I am also aware that I am a key target. Everyone wants to beat the world champion. That's OK. I love competition. It brings out the best in me."

Nakaayi's story is a classic tale of: from obscurity to stardom. From humble beginnings in Najjembe village, Buikwe district, she painstakingly rose through the ranks. She credits a long list of schools that offered her scholarships.

"It has not always been about running, I also had to deliver in classroom. On many occasions my trips are dominated by revision. I have make up for lost time."

She believes Uganda has great athletics potential. "All we need is the right talent identification mechanisms in place. That together with proper coaching, feeding, insurance and exposure should give us big results."

She is a product of a similar system. Scholarships molded her into an elite athlete. It is at this point that she was spotted by a leading sports management group- Global Sports Communication.

The Dutch company has given her the best in preparation and results are there for everyone to see.



*POUNDING TARTAN: Halimah Nakaayi pulled off an upset to win the women's 800 meters title at the world championships in Doha*

## CHAPTER 5

# OVERLOOKED **ARCHITECTS**

Legendary coaches



*Sseruwagi in 2016 met Museveni after crying out for compensation following destruction of his farm during the 1980-6 war. It couldn't be established whether Museveni responded to Sseruwagi's cry. Sseruwagi had meanwhile for long been battling ailments of old age.*



# Uganda's best coach -Grace Peter Sseruwagi

With four Olympic medals, a World title and loads of Commonwealth and African medals to his time, Grace Peter Seruwagi is undoubtedly Uganda's most successful coach.

No other Ugandan coach has come close to that since the country started actively participating in International sport in the 1950s. Sseruwagi, who

passed on in 2018 at 87, could have achieved even much more had his career not been undermined by a period of hardships in his final coaching years.

When it comes to passing ideas in what many describe as "The Sweet Science," Sseruwagi ranks high up there with the likes of Cuba's Alcides Sagara.

*When it comes to passing ideas in what many describe as "The Sweet Science," Sseruwagi - pictured as a young man and in his final years - ranks high up there with the likes of Cuba's Alcides Sagara*



The iconic Cuban teacher brought forth talents like multiple Olympic and world championship gold medalists Felix Savon and Teofilo Stevenson.

Sseruwagi, whose amateur fighters like Ayub Kalule, Edward Bossa and John Mugabi eventually became world champions, is also mentioned in the same breath with legendary prize fighting trainers like Cus D'Mato, Eddie Futch and Angelo Dundee.

## Uganda ranked third

Uganda at Sseruwagi's best ranked third in the world only beaten by USA and the then Union of Soviet Socialist Republics (Russia).

The Bombers as the national side was popularly known, were also top ranked in the Commonwealth and Africa.

Looking back at Sseruwagi's time as national coach, 1988 Olympian Patrick Lihanda says: "At the peak of his powers, he could lift you from your lowest of ebbs to glory.

If he had to slap you, yell at you or even pinch you, he would do exactly that to boost you, and I must say, he always did it with success" said Lihanda, currently a national coach.

Sseruwagi was in Leo Rwabwogo's corner in 1968 in Mexico City as the flyweight wrote history with his fists winning Uganda's first Olympic medal.

He also Eridad Mukwanga's coach as the Ugandan bantamweight punched his way to the country's first silver.

It was however at the next Games in Munich, West Germany, that Sseruwagi registered one of his biggest achievements- his fighter Rwabwogo boxed

his way to a second Olympic medal- a silver. To date Sseruwagi is the only Ugandan to have coached anyone to such a feat.

Two years later Sseruwagi wrote even more history as he led Ayub Kalule to gold at the inaugural World Championships in Havana. Another Ugandan Joseph Nsubuga got bronze.

## Montreal disappointment

Speaking in a 1993 interview, Sseruwagi said his best moment would have been at the 1976 Montreal Olympics.

"I had assembled one of my best teams with talents like James Odwori, Edward Bossa, Muhammed Muruli, Ayub Kalule and Moustapha Wasajja.

Bossa, Kalule and Wasajja were gold medal material," explained Sseruwagi. But his dream was never realized as Uganda joined 28 other, mainly African, countries to boycott the Olympics.

This was after the International Olympics Committee (IOC) refused to ban New Zealand, after their national team toured South Africa in defiance of the United Nations' calls for a sporting embargo.

Immediately after these Games boxers like Bossa, Kalule and Wassajja joined the paid ranks.

But trust Sseruwagi and his talent production line. At the next Games in Moscow he had another silver medalist in John "The Beast" Mugabi.

Sseruwagi was in Mugabi's corner as he decimated everyone in his path to the final where he lost a close battle to Cuba's Andres Aldama.



*Sseruwagi became a boxer almost by accident. True, he is an able sportsman, nearing what they call all rounders but he concentrated on boxing after he broke his leg in football.*

#### **Fight with Idi Amin**

One of the highlights of Sseruwagi's career was an exhibition fight he had with long time friend and President Idi Amin. This was at the 1974 Africa Boxing Championships in at the Lugogo Cricket Oval.

Amin, who had in the 1950s held the East African heavyweight title for almost a decade, "knocked out" Sseruwagi in the first round after what was an obvious dive by the national coach.

Remembering the fight in a New Vision interview decades later, Sseruwagi said, "I could have easily out boxed him, but I looked around the ring and saw

very many security operatives. Just imagine what they would have done to me if I had knocked out the head of state."

He was not a good coach by accident. He was a former national boxer who represented Uganda 88 times and fought in 51 national championships. He won 127 fights by knockout, seven on points and lost five.

But Sseruwagi became a boxer almost by accident. True, he is an able sportsman, nearing what they call all rounders but he concentrated on boxing after he broke his leg in football.

#### **Sseruwagi the footballer**

He was a very promising footballer and had been selected to play for Uganda in 1948 against Kenya in the Gossage Cup when he broke the leg in training. That marked his departure from the beautiful game.

His boxing career spanned over 14 years whose highlight was an appearance at the 1960 Rome Olympics.

His national team coaching career started in 1962 when he led the team to Commonwealth. Sseruwagi thereafter took up a coaching job with Kilember Mines until 1967. He bounced back on the national team that year.

He held the job until 1991 when he opted to concentrate on farming. But like most sportsmen life wasn't easy after boxing. With Uganda's sports sector not having a pension scheme of providence fund for its greats, times were tough for Sseruwagi.

#### **Meets Yoweri Museveni**

Sseruwagi in 2016 met Museveni after crying out



*Sseruwagi's stature as one of the world's best coaches was clear right from his first outing at the Olympics in 1968.*



for compensation following destruction of his farm during the 1980-6 war. It couldn't be established whether Museveni responded to Sseruwagi's cry. Sseruwagi had meanwhile for long been battling ailments of old age.

His son Christopher Sejjemba said his dad died on

arrival at St Francis Hospital Nsambya where he had been rushed with diabetes and cancer complications.

But even in death, this great teacher stands out. It is unfortunate no statue; competition or award has been established in his name to immortalize his name.



# Malcolm Arnold: Delivering Uganda's first Olympic gold



Broughton Gifford-based hurdles coach Malcolm Arnold



The most told story in the history of Ugandan athletics is that of John Akii-Bua winning 400m hurdles gold at the 1972 Olympics in Munich.

It is a victory that has been recited time and again but the degree of magnificence of the achievement doesn't diminish nearly five decades later,

Yet Akii-Bua, a brilliantly gifted athlete, couldn't have done it on his own.

That name that will always be synonymous with Uganda's first Olympic gold medalist is Malcolm Arnold, a British athletics coach.

He was hired by the Ugandan government in 1967 to train and prepare athletes for the 1968 Olympics that were due to be hosted in Mexico City, the capital of Mexico.

Arnold almost instantly noticed the glaring potential in Akii-Bua, but also saw that there was work to be done.

Akii-Bua who was 19 in 1968 didn't qualify to represent Uganda in Mexico but under the shrewd watch of Arnold was encouraged to beat the odds and prepare himself for 1972 in Munich.

It was Arnold who revised Akii-Bua's training regime and methods to suit the standards of the time and prepare him physically and mentally to compete with the best athletes elsewhere.

It helped that Akii-Bua was a wonderful student, who listened to every instruction and directive that came from the Briton.

"This gentleman," Akii-Bua would later write in his memoirs "was really our Ugandan national track and field coach named Malcolm Arnold. "His name was difficult for us, so we simply called him 'Mzungu', a

Kiswahili word for white man."

The coach-and-athlete bond grew the more they worked together. It turned into a chemistry that would last until Akii-Bua passed on in 1997.

For example, in order to learn the technique of alternating his leg leads whenever he approached a height hurdle, Arnold instructed his athlete to tie his head with a rope to his left leg and then spend not less than 10 minutes in that position.

The drill took him five months to master.

And to perfect the science between hurdles, Akii-Bua had to spend time mastering the strides method.

The training was at times demanding, exhausting and relentless but Akii-Bua's mission was to make the 1972 Olympic cut. And Arnold had told his protégé that to become a world beater, he had to leave everything on the track.

German Track and Field Federation coach Ulrich Jonath hadn't seen such an intense session in his career.

"The training of John Akii-Bua is incredibly hard compared to the situation in Germany," Ulrich would say in 1969.

Arnold was aware that Akii-Bua was coming from a very athletic family.

In the late fifties, his father used to line up all his sons for a 150-yard dash and the winner would be rewarded with a packet of sweets. Incidentally Akii-Bua never won any.

His older brother Lawrence Ogwang-Bua was Uganda's representative in the 1958 Commonwealth Games while T. Opaka-Bua was for years East Africa's



champion in the 120 yards hurdles.

Arnold was always confident that in Akii-Bua, something special was on the horizon.

Training for the 400m can be very punishing but when Akii-Bua won 1972 Munich gold in a world record time, all the years of sacrifice had been rewarded handsomely.

In an interview with the Guardian newspaper in England in 2008, Arnold observed that Akii-Bua will always be his favourite athlete of the several he had managed.

And he has managed them in loads from all parts of the world; world record 60m hurdler Colin Jackson, 2017 European 60m hurdles champion Andrew Pozzi, Commonwealth gold medalist Kay Morley-Brown, Dai Greene 1992 Olympic champion Mark McKoy, Lawrence Clarke and Tasha Danvers among so many others.

Arnold who has attended every Summer Olympics since 1968 is responsible for coaching athletes to more than 70 major medals over a 46-year coaching career. He retired in 2016.

The father of two, who is now 80, was effusive in his praise of Akii-Bua.

“Of all the athletes I have worked with, I put John number one,” he noted.

Malcolm Arnold with British Athletics' Dai Greene and Jack Green

“He came from very poor circumstances, living in a hovel while working as a policeman. We worry today about the technology of drugs; he struggled for one square meal a day. From there, his achievement was incredible.”

Arnold was a 27-year-old PE teacher in a Bristol secondary school and a part-time athletics coach when he answered an advert in Athletics Weekly, went to an interview in Trafalgar Square, then returned to tell his wife and kids they were off to Uganda.

Here, he found a rudimentary competition structure, scrubby grass tracks and talent. He brought modern expertise, textbook training methods and the different phases of how to build strength and stamina.

After a battle of wills, Arnold persuaded Akii-Bua to concentrate on the 400m hurdles because he believed teenager didn't possess the natural, explosive speed required of the shorter hurdles and sprints.



**LEFT:** Malcolm Arnold OBE, left, receives the IOC's lifetime achievement award from legendary pole vaulter Sergey Bubka



**Bottom Left:** IOC President Thomas Bach and Chair of the Athletes' Entourage Commission Sergey Bubka presented Ulla and Malcolm with their awards respectively



**Bottom Right:** Malcolm Arnold front, centre with some of the athletes



In Munich, the favourite for gold was Great Britain's David Hemery who was the reigning gold medalist and world record holder. Akii-Bua had lane one, the worst of the draws in the final. But he produced one of the all-time Olympic performances, eclipsing Hemery in the homes straight to win in a world record time.

In victory, Akii-Bua never forgot the roots of his journey. “When I finished my victory and demonstration jog, I met coach Arnold. His sight exalted my excitement and me collapse and I briefly wept.”

Factors beyond the control of Arnold and his star athlete denied Uganda representation at the 1976 Olympics in Montreal but the Briton remains privileged to have turned Akii-Bua into a world class beater.

“He had everything,” Arnold recalls in the 2008 Guardian interview. “Enormous talent, a huge commitment and a capacity for work. John also possessed a very astute mind yet the sadness is that he really had two years. Reviewing my own career has made me realize quite how remarkable he was.”

In January, Arnold was recognized by the International Olympic Committee as the recipient of the IOC Coaches Lifetime Achievement Award.

In a 60-year coaching career, Arnold trained Olympic champions Uganda, Canada and Great Britain. His athletes held world records in the 60m hurdles, 110m hurdles and the 200m and 400m hurdles.

# CHAPTER 6

## LEGACY DUE: **WILLIAM BLICK**

IOC Members

*The UK-trained Business Management graduate became more famed for his administrative nous but like his father engaged in a number of sporting disciplines growing up. He excelled at rugby but also had a go at soccer, athletics, motocross, BMX and motor rally.*





# Blick's ascension to IOC Member

*Blick became Uganda Olympic Committee President in 2013, replacing Roger Hans Ddungu after a protracted power struggle that had threatened to tear the body apart.*

To understand the sports story of William Frederick Blick, you can't get started without a peek into the career of his father Paddy Blick who stands out as one of the more multi-faceted sportsmen Uganda has produced.

The former multiple National Motorcycling and Rally Champion was a footballer who competed in the Uganda Super League with Lint Marketing Board in the 1970s. He also boxed to a competitive level in his prime sporting years.

Paddy Blick's brother Arthur Blick was his rival on two wheels in the 70s and the tradition of their name has passed the test of longevity in the realm of sport

in Uganda. The Blick name is synonymous not with sport but sporting excellence.

Cue William Blick. In keeping with his father's legacy and the legendary name, Blick's ascension to IOC Member couldn't have gone to a more deserving member, or family for that matter.

The UK-trained Business Management graduate became more famed for his administrative nous but like his father engaged in a number of sporting disciplines growing up. He excelled at rugby but also had a go at soccer, athletics, motocross, and motor rally.

Depending on who you talk to, the President of the Uganda Olympic Committee is known for varying things.

There are those who know him for his tenure as chairman of the Uganda Rugby Union - where he introduced term limits - while others identify Blick for his position as patron of Speedway Motor Club.

There are people who refer to him as the former National Clubman Rally champion while a small section with a deeper memory will recall him as Uganda Sports Press Association 1992 Rugby Player of the Year while a student at St Mary's College Kisubi.

Put simply, Blick has breathed sport from the day he was born in October 1974 to present day when

*New IOC Member William Blick takes the Olympic Oath during the session at the Hilton Hotel. .*

steering the Olympics Movement not only in Uganda but internationally. Blick became Uganda Olympic Committee President in 2013, replacing Roger Hans Ddungu after a protracted power struggle that had threatened to tear the body apart.

But through a combination of management skills, humility and modesty, he managed to restore calm and concentrated on turning UOC into a vibrant sports body that would grow its activity calendar and become an all-inclusive Committee.

For the better part of the decade with Blick in charge, UOC has embarked on signing numerous development partnerships with schools, sister National Olympic Committees around the world, universities and embassies to grow Olympism, and sports in Uganda.

Today these include a tree-planting project with the Uganda National Forestry Authority (65 acres in Katosi), a corporate agreement between ANOCA-AFRIPOL involving the police of Uganda and a very strong relationship with the Italian ambassador to Uganda.

The father of three is a lecturer of the International Olympic Committee sports management courses (SAC certificate and ASMC Diploma courses).



More than 1800 sports administrators have been nurtured and trained for he has long appreciated the need for education and capacity building. The UOC secretariat is now a robust office with round-the-clock operations, most of which are geared at elevating the status of Olympic sports in the country.

Blick and his UOC leadership have championed courses on sports law, sports medicine and ethics. They have also steered awareness campaigns to spread the message of the World Anti-Doping Agency (WADA) in an era where drug cheats are prevalent in sport.

Former Olympians have also been regularly recognized and honoured and their achievements

have not been left to get dusted in the archive shelves of Ugandan sport.

Previously UOC had a frosty relationship with stakeholders like the media, under their umbrella arm the Uganda Sports Press Association, and the regulatory body for sports in the country, the National Council of Sports.

But Blick, equipped to the teeth with negotiation skills and how to dialogue after being in charge of the Uganda Rugby Union where disagreements have usually been a common thing, has never been one to solicit conflict.

Today UOC has strengthened its working relationship with government, media, all its affiliate sports federations and associations and very significantly, International partners.

In 2015, Blick initiated and managed the first East African Police Chiefs Organisation Games successfully. It was a competition that saw eight regional police forces in various Games in Mukono. The event was so well received that it led to the formation of the ANOCA-AFRIPOL Corporation agreement, which was the birth of the Africa Sports Union and the Afripol Games that were staged in Algeria in 2019.

*Then in early 2017, Blick was elected unopposed as President of ANOCA at the body's annual Congress in Cairo, Egypt.*

Before being elected as an IOC Member in 2018 in Buenos Aires, Argentina, Blick had ticked every box of sports leadership there possibly was.

He served as an Executive Board Member in the Confederation of African Rugby in charge of sponsorships and marketing, President of the Commonwealth Games Association and an Advisor.

Then in early 2017, Blick was elected unopposed as President of ANOCA at the body's annual Congress in Cairo, Egypt.

In June 2019, Blick received the highest award given



*Key to his legacy has been a thoroughness in accountability, transparent administration and the execution of strategic plans and ideas throughout his tenure as UOC head which ends in 2021.*



by the Italian President to a non-Italian for services rendered to the promotion of Italian interests. It was presented to him by then Italian ambassador to Uganda Domenico Fornara on behalf of the Italian President Sergio Mattarella.

The administrator had been at the fore of a visit by Sampdoria coaches who guided an Internally Displaced People's training camp in West Nile. It was just one of the several community-based Italian projects Blick had helped promote in Uganda.

Blick has endeared himself to sportsmen, fellow administrators and stakeholders with an open-door policy that has promoted a spirit of warmth and

inclusiveness for people working in and around sport.

Key to his legacy has been a thoroughness in accountability, transparent administration and the execution of strategic plans and ideas throughout his tenure as UOC head which ends in 2021.

IOC members are representatives of the International Olympic Committee in their respective countries, and are not their country's delegate within the IOC as stated in the Olympic Charter.

Presently there are 105 IOC members who include, among others Ukrainian pole vault legend Sergey Bubka and Kenyan long distance great Paul Tergat.

# Maj Gen Francis Nyangweso: Uganda's first IOC member



April 1993 UOC President Maj. Gen. Francis Nyangweso receive the Sydney 2000 Olympics bid.



Maj. Gen. Francis Nyangweso's rise to the crest of the International Olympic Committee was no accident.

The towering boxer showed early that he was a natural leader. Right from Namilyango College he held various responsibilities.

But even more important, he was an avid sportsman who enjoyed football, tennis, volleyball, in addition to his first love boxing, the sport he featured in at the 1960 Rome Olympics.

His leadership qualities and ring craft combined into his appointment as national boxing team captain from 1958 to 1962. This, of course, was highlighted by his captaincy of the team to the Rome Games.

*Nyangweso acknowledges recognition at a past International Olympic Committee conference. He is the longest serving President of the Uganda Olympic Committee having led from 1981 to 2008.*

Like every boxer his dream was an Olympic medal. This never came to pass, and he had to settle for medals elsewhere.

These were highlighted by a Commonwealth bronze medal at the 1962 Perth Games. A year earlier he had struck gold at the Hapoel Games. This was on top of being an East African champion for eight years.

But he later became best known for sports administration and



his military work in the Uganda Army where he served as Chief of Staff and Army Commander.

It is even said that in 1975 President Idi Amin while on holiday appointed Nyangweso as acting Head of State.

It was however in sports administration where he soared to International heights. It all started when he was appointed national boxing team manager at the 1968 Olympics.

He immediately made his mark as he led the country to its first Olympic medal. Boxers Leo Rwabwogo (bronze) and Eridad Mukwanga (silver) were the country's stars.

Nyangweso moved a notch higher with his appointment as Uganda's chef de mission at the 1972 and 1980 Olympics. Again his good leadership was manifested with medals.

Policeman John Akii-Bua was Uganda's hero in Munich in a new 400m hurdles world record of 47.82 seconds. As Akii-Bua strode into the headlines, another Ugandan was also in the news.

Boxer Leo Rwabwogo, a silver medallist this time, made history by becoming the only Ugandan to win two Olympic medals.

Nyangweso would have also featured prominently at the 1976 Games in Montreal. But Uganda, like many African countries, boycotted the Games of the 21st Olympiad in protest of New Zealand's visit of Apartheid South Africa.

At the 1980 Games in Moscow, boxer John "The Beast" Mugabi won silver with Nyangweso close to the Ugandan's corner.

Amidst all these managerial responsibilities, there was also Nyangweso's leadership role in amateur boxing.



*It was during Nyangweso's time that two Presidents of the International Olympic Committee, Juan Antonio Samaranch and Jacques Rogge, made historic visits to Uganda. He worked his way into the highest echelons of the IOC.*



*Nyangweso was a strategic thinker who built a deep understanding of sport as a young man. It is that inner knowledge that helped propel him to the highest level of administration in the IOC.*



He was President of the Uganda Boxing Federation from 1967 to 1972, and 1979 to 1995, and President of the African Boxing Confederation from 1974 to 1978 and honorary President in 1995.

He also served on the Executive Board of the world boxing body AIBA from 1981-86. He was vice President of the same organisation from 1986 -2006.

These responsibilities and his close association to the Olympics had earlier seen him become Uganda Olympic Committee chief, a position he held until 2009.

From 1999-2001 he served as vice President of the Association of National Olympic Committees of Africa (ANOCA).

More responsibilities awaited the General. In 1988 he co-opted as an IOC member, serving until his death in 2011 as the first Ugandan IOC member.

He was a member of the Culture and Olympic Education Commission during his entire IOC tenure, and also worked with Olympic Solidarity while he was ANOCA vice President.

A former banker, Nyangweso had a long and high ranking military and political career that included posts with the Ministry of Culture and Community Development, Youth and Sports, the Foreign Office and the National Chamber of Commerce.

He passed on in 2011 after a long battle with Diabetes.

# CHAPTER 7

## WITNESS ACCOUNTS

How I saw the

*Witnesses share  
accounts of how  
they have seen  
Uganda transform  
its sport through  
the Games*





## 1980 Olympic Games undermined by US boycott

THE 1980 Summer Olympic Games that were held in the former USSR's capital, which of course remained the capital of the present Russia, would have been as exciting as one would imagine, but they rather fell short of that after having been hard-hit by the boycott that was led by the United States of America (USA).

The boycott that was termed as the Olympic Games crisis followed President Jimmy Carter's call that he swiftly made in January 1980 to the House of Representatives in retaliation as a punishment for what was termed as the Union of Soviet Socialist Republic's invasion of Afghanistan.

It must be noted that the US is one of the member

countries of the Olympics that normally send very large contingents of athletes to participate in almost all sports categories. Its staying away from the 1980 Moscow Games was also talked about as having adversely affected the Soviet's economy.

However, Uganda having been less concerned with US and the Soviet sour political relationship over Afghanistan's invasion had earlier accepted the Moscow Games Organising Committee's invitation and readily confirmed its full participation in the Summer Olympics.

As Assistant Sports Editor of the then national newspaper, Uganda Times, which is now the present day New Vision, I was chosen to accompany Uganda's sports



At 8pm on the 8th day of the eighth month, eight years into the new millennium (8-08-08), the Games of XXIX Olympiad were opened in Beijing, China.

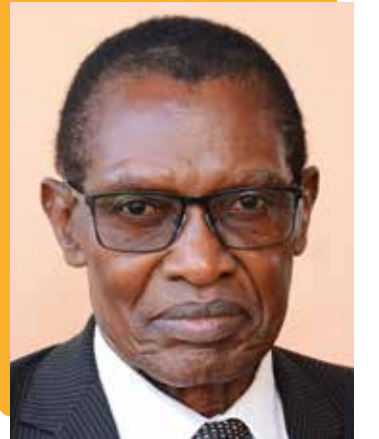


UNITED STATES - MARCH 10: Boxing: WBC/WBA/IBF Middleweight Title, Marvin Hagler (blue) in action, throwing punch vs John Mugabi (white) at Caesars Palace, Las Vegas, NV 3/10/1986 (Photo by John Iacono/Sports Illustrated via Getty Images) (SetNumber: X32794 TK1)

contingent as the official reporter of the Games for Uganda. I replaced my sports editor, Fred Ssekitto, who rapidly fell out with the Soviets, following a comment in one of his weekly opinions over the relationship that did not appease the Soviets, as hosts.

That notwithstanding, however, Nigeria's Abraham Ordia, then President of the Supreme Council for Sports in Africa (SCSA) discarded US's move and announced that African member countries, Uganda inclusive, would participate in the 1980 Moscow Games.

Also Irish's International Olympic Committee (IOC) President, Lord Michael Killanin, rejected the call by Jimmy Carter, President of the United States for member countries to boycott the Moscow Games.



**HILLARY NSAMBU:**

As Assistant Sports Editor of the New Vision, I was chosen to accompany Uganda's sports contingent as the official reporter of the Games for Uganda.



1980 Olympic Games, Moscow, USSR, Heavyweight Boxing, Cuba's gold medalist Teofilo Stevenson celebrates (Photo by Bob Thomas Sports Photography via Getty Images)

However, despite the announcement by Lord Killanin, 65 IOC member countries were reported to have heeded the US-led boycott as they rejected the invitation and totally stayed away from the Moscow Games. But, 80 member countries that accepted the invitation readily turned up and actively participated in the Games.

It was also notable that despite the fact that Uganda's President Idi Amin had been long toppled by the combined forces of Tanzanian and



*Participants in the Games, who longed to have prayers and holy masses under clergies, had to make special requests to have priests and other church ministers before they could hold such prayers and holy masses or services, name them, in chosen places and not in the well-known gazette churches and cathedrals, built specifically for such occasions.*

Ugandan troops in 1979, athletes and their officials used to ask how was the situation in Uganda under Idi Amin?

Upon inquiring why Idi Amin's name was common among African athletes and officials during the Games, I found out that the former President loved sports through which he gained popularity to save his image that had faded even after addressing the United Nations General Assembly in Luganda.

Ugandan athletes had become ambassadors of peace during the 1970s whenever and wherever they used to participate in any Games and sports.

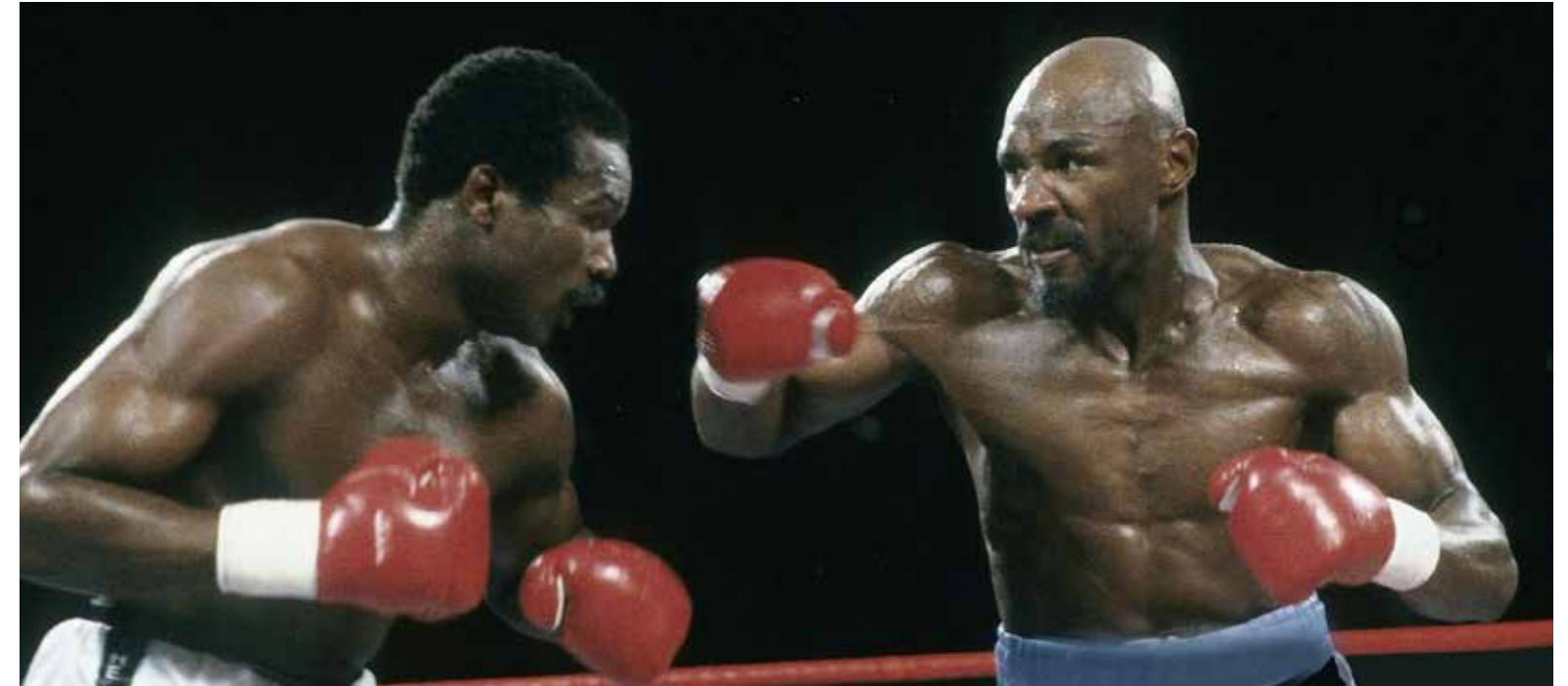
Being the only journalist on board with Uganda's contingent, I was mesmerized that upon arrival at Sherematyevo, Moscow's International Airport, when the Games organisers separated me from the team and offered me a whole bus that was as huge as that in which they transported the Ugandan team to the Olympic Village where they were accommodated with other teams from different countries.

I was driven with my guide to Hotel Moscow, a-6000-roomed hotel with four wings that included a wing for top NOCs' officials, for media personnel, specially invited guests and ordinary visitors and tourists.

Upon inquiring later why I was given such treatment from the airport, which I did not consider a VIP treatment at all, I was told to believe in total confidence by a fellow local Soviet journalist that it was for the country's security purposes and secrecy. Whatever that meant, I did not comprehend!!!

After having covered quite a number of International sports meets before in Africa and Europe, I had an unusual and irritating experience that concerned the restricted places of worship as the main beautiful Christian churches, cathedrals and mini-cathedrals in Moscow had for time immemorial been kept under locks and keys; with chains and fences surrounding them wherever they existed.

Participants in the Games, who longed to have prayers and holy masses under clergies, had to make special requests to have priests and other church ministers before they could hold such prayers and holy masses or services, name them, in chosen places and not in the well-known gazette churches and cathedrals, built specifically for such occasions. The only church that remained open most of the time was of the Greek Orthodox located within the Kremlin yard.



LAS VEGAS, NV - MARCH 10: John Mugabi and Marvin Hagler fight for the WBA, WBC and IBF Middleweight titles on March 10, 1986 at Caesars Palace in Las Vegas, Nevada. Hagler won the fight with an 11th round knock out. (Photo by Focus on Sport/Getty Images)

On the other hand, it was also my disappointing experience to see that, as a journalist, I could not have all my stories of the Games of such huge magnitude published, not because they were bad, but simply because the Uganda Times newspaper had two, sometimes one page for sports stories for both local and International.

My going to Moscow without a camera, was also an added disadvantage. Even when I sacrificed my limited per diem and bought a-Russian-make Zenit still camera, it was all total disappointment, because it could not yield results because it was found to have mechanical problems.

All in all, however, and; despite the unprecedented US-led -boycott of the Moscow Olympic Games, it was merry- making with exchange of different Olympic pins of different among those athletes and their officials that rejected the US call. The competition among those present could be regarded as stiff and medals were won.



Lubulwa competed at the 1980 Summer Olympics where he became the youngest Ugandan athlete to have competed at an Olympic Games, suffering a first round defeat.



## 1984 L.A. Games left indelibly exciting impressions

Incredible! A free flying - spaceman, carrying aloft the Stars and Strips (American National flag); the beautiful display of 140 flags of the participating nations, by the 100,000 spectators packed inside the century - old Los Angeles Coliseum plus the nasty moment I and a friend got "lost and found" in down town Los Angeles, were some of the highlights that indelibly left exciting impressions in my mind since the conclusion of the 23rd edition of the Olympic Games, the biggest sporting celebration on earth, 35years ago in California, USA in 1984.

Team Uganda, including nine athletes, eight boxers, one cyclist and a weightlifter, flew out of Entebbe International Airport, on July 22, 1984, via London were

*Trinidad and Tobago track athlete Hasely Crawford competes in the heats to reach the quarterfinals of the Men's 100 metres event inside the Memorial Coliseum at the 1984 Summer Olympics in Los Angeles, United States in August 1984.*



*The following morning we connected to Air France, from Heathrow International Airport, endured some air turbulences as we crossed the Atlantic Ocean and, finally landed at the JFK International Airport in New York.*

we spent a night. The following morning we connected to Air France, from Heathrow International Airport, endured some air turbulences as we crossed the Atlantic Ocean and, finally landed at the JFK International Airport in New York. The permanent host City to the United Nations headquarters. I was in close company of my longtime friend, Freddie Ssekabembe, sports editor of the then most influential daily in Uganda, Munno. I was sports editor of the state owned Uganda Times.

The Team: Athletes-Ruth Kyalisiima (400m -hurdles, overall Captain), Charles Mbaziira (100m) Peter Rwamuhanda (400m), Moses Kyeswa (400m), Mike Okot (400m) Justin Arop (Javelin) Wilson Achia (Marathon) and Vincent Ruguga (Marathon).

Boxers: William Bagonza (L/ Fly), John Siryakibbe (bantam) William Galiwango ( L/ welter - Captain), Peter Okumu (Welter), Vincent Byarugaba (L/Middle), Patrick Rihanda (Middle) Jonathan Kiriisa (L/Heavy) and Dodovic Owing(Heavy). Weight lifting: Fred Bunjo and John Kyazze; Muhammad Mukasa (Cycling)

Ssekabembe, a self- made sportswriter who never had any formal journalistic training, stunned the sporting world with his prolific writing that made him the darling of many sportslovers in the country. Unfortunately, the ruthless hand of death prematurely ended his illustrious career, only five years after the L.A Games in 1989. Indeed, this article is a fitting memorial tribute in the 30th anniversary year of his demise.



### **FREDDIE SSEKITTO:**

*I and a friend got "lost and found" in down town Los Angeles, were some of the highlights that indelibly left exciting impressions in my mind since the conclusion of the 23rd edition of the Olympic Games.*



Allan Wells of Great Britain (far left - 290) wins the gold medal in the men's 100m at the 22nd Olympic Games held in Moscow, USSR in July 1980. (Photo by Bob Thomas Sports Photography via Getty Images).

UNITED STATES - AUGUST 10:  
Basketball: 1984 Summer Olympics, Closeup of USA Michael Jordan victorious with net and gold medal after game vs ESP, Los Angeles, CA 8/10/1984 (Photo by Peter Read Miller/Sports Illustrated via Getty Images) (SetNumber: X30349)

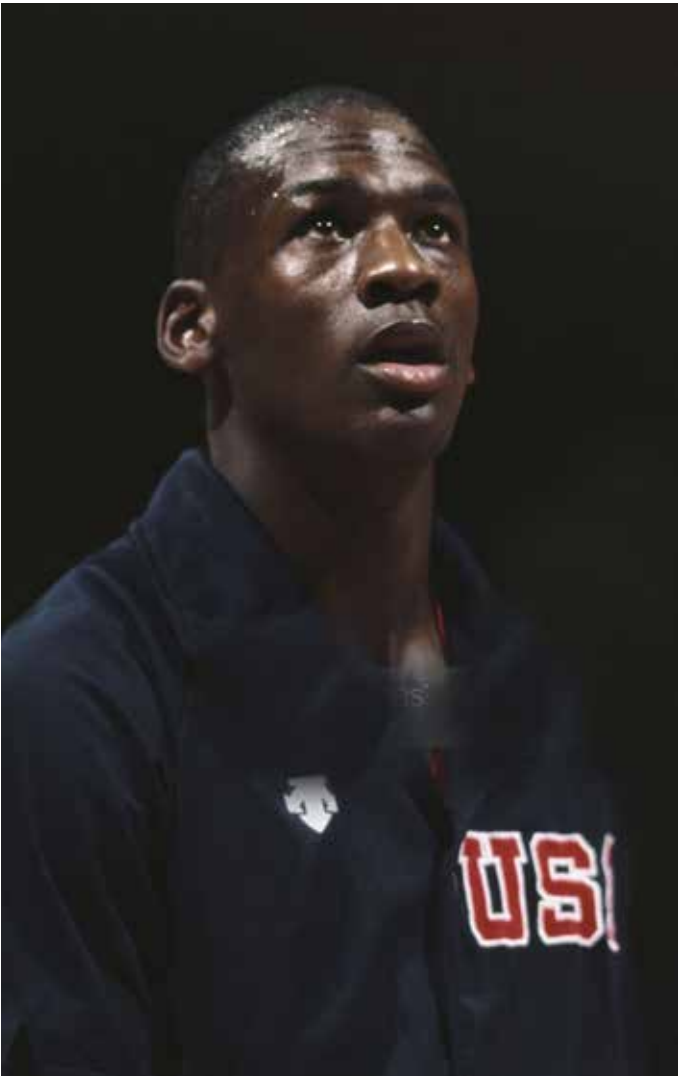


ARRIVAL IN LOS ANGELES

We flew out of N.Y. to Los Angeles, on a 3- hour – domestic flight. The two of us checked in at Orient University where part of the 7,000 strong army of foreign journalists camped for the entire period of the Games. After a couple of hours of personal management, Ssekabembe and I proceeded to the famous Broadway Road one of the longest roads in the world, along which the Games Media Centre was located. After fully being accredited we went to see where the rest of Team Uganda members were being accommodated.

OPENING CEREMONY

Wow! It was a superbly planned huge display of space - age technology at its utmost best! Yes, God's wish to equip man with the necessary wisdom, intellect and knowledge so that he could subdue the earth and be its master, was evidently manifested at the Los Angeles Games opening and closing ceremonies.



11 Aug. 1984: the 4x400 Meters Relay Team of the United States Celebrate after Claiming the Gold Medal At The 1984 Los Angeles Olympics. They Are Lillie Leatherwood, Sherri Howard, Valerie Brisco-Hooks and Chandra Cheese borough.

Michael Jordan of the United States before the United States 97-49 win over China during the men's Basketball competition on 29 July 1984 during the XXIII Olympic Summer Games at the The Forum in Inglewood, California, United States. (Photo by Scott Cunningham/Allsport/Getty Images)

The an unannounced spectacular soft landing of the spaceman, armed with the standard Stars –and- Stripes flag, was a clear signal that the Games of the 23rd Olympiad was underway.

Indeed, for those who watched the historic landing, on the Moon, of American space hero, astronaut Neil Armstrong, would be pretty delighted to be told that the landing, from space, in similar fashion, at the L.A. Coliseum, without the assistance of a parachute, significantly relived the July21, 1969, Apollo 11 miracle. The spaceman in Los Angeles, was powered

by a very high voltage device believed to have been manufactured by NASA (National Aeronautics and SpaceAdministration),theAmericanAgencyresponsible for all space exploration matters.

And, when Jesse Owens III, great grandson to the famous Black American Olympics hero, Jesse Owens at the 1936 Berlin Games, entered the Coliseum, running and carrying the traditional Olympic Torch, it was emphatically clear, the Games had begun in earnest.

Just a flash – back. To the Berlin Olympics. Germany's Nazi racist ruler Adolf Hitler refused to give Jesse



Mark Gorski of the United States (c) celebrates winning gold with his silver medal placed compatriot Nelson Vails and bronze medallist Tsutomu Sakamoto of Japan in the Men's Sprint cycling event on 3rd August 1984 during the XXIII Olympic Summer Games at the Olympic Velodrome, California State University at Dominguez Hills, Carson, California, United States. (Photo by Steve Powell/Getty Images)



Owens the gold medal he had won in the 100- meters dash event, just because he was black.

The young Jesse Owens handed the Torch to American Olympics gold medalist, Rafar Johnson who completed the century - old tradition when he lit the Games Torch, signifying the actual beginning of the 23rd edition of the Olympic Games, eight USA Air force jets then flew overhead in salutation, leaving trails of the word "welcome". This was followed by the colorful release, of 1065 balloons that beautifully painted the sky with multiple colors. A huge team of gymnastic performers entertained the spectators with their synchronized performance. Another act that amazed everyone in the Coliseum was when all of them were asked to unfold pieces of papers that were placed underneath their seats and displayed them, resulting into a sea of flags of

the 140 participating nations.

Then came the glorious marchpast, featuring all the 7000 sportsmen and women, where Romania and Yugoslavia team members received the most enthusiastic applause. The two former communist countries defied orders from Russia to boycott the Games. The Uganda contingent was led by hurdle runner, Ruth Kyarisima who was overall captain.

In just 27 words, USA President, Ronald Reagan, declared the Games open, flanked by the International Olympics Committee (IOC) President Antonio Samaranch. An army of 10,000 journalists were on duty during the two-week long Games where American leading TV network ABC, at that time, stationed 21 cameras to relay live the opening and closing ceremonies to more than 140



Neil McLaughlin (Ireland) and Douglas Rodriguez (Cuba) followed in a TKO 3 and a split points defeat respectively. The stage was then set for a grand final between Bulgaria's Georgi Kostadinov and Rwabwogo.

Phil Brown of Great Britain and Moses Kyeswa of Uganda compete in the Men's 400 metres heats at the XXIII Olympic Summer Games on 4 August 1984 at the Los Angeles Memorial Coliseum in Los Angeles, California, United States.

countries. The organizing Committee headed by the Mayor of the 12million Los Angeles City, black American Tom Bradley, used 4,000 buses for official transport.

Africa harvested six medals. Kenya and Morocco, each won a Gold, while Nigeria, Egypt and Ivory Coast, earned a silver each. Zambia bagged the only bronze for the continent.

It was also during at los Angeles that USPA was formally affiliated to International sports press association (AIPS). That time, only National Association were affiliated to the global body.



Now, free from the hectic field reportage, Ssekabembe and I went sightseeing, ending it all at the famous Hollywood. After a last - minute shopping, we lost our way home in down town Los Angeles, but the alert police equipped with their gadgets which trucked our computerized press cards we were wearing around our necks, rescued us!



## 1988: Beating sickness to be at the Seoul Olympics

I had just covered the 4th All Africa Games that had just concluded in Kenya's capital city of Nairobi the previous year, when I was assigned to cover the 24th Olympic Games in Seoul that were held from September 17 to October 2, 1988 in the city of Seoul in the Republic of Korea (ROK).

However, barely two weeks to the opening of the Seoul Olympics, I developed an acute vermiform appendix complication and I underwent a major operation of the appendectomy that lasted seven hours at St Francis's Hospital, Nsambya, under Dr Dagan's expertise.

According to Dr Dagan, the small saclike growth

attached to the large intestine had dropped, raptured and had spread into all the bowels that necessitated Dr Dagan's large medical team to work upon me for all that time.

"To be honest with you, you had only one hour to depart from this world. But, you are lucky to have lived up to this time," Dr Dagan was answering my question, whether I could travel to the Orient in the next two weeks where I was supposed to cover the Olympic Games in South Korea's capital city, Seoul.

Oh! Sure, sure, sure - even to the farthest part of the world. You were born lucky, because the trip will also accelerate your quickest recuperation as the change



Olympic Games athlete Yuna Kim (From left), Lotte Property & Development director Hyunchul Park, Swatch Group Korea CEO Julia Choi and Omega Timing CEO Alain Zobrist explore the O 1988 Olympic Games, Seoul, South Korea, Heavyweight Boxing, Canadian gold medal winner Lennox Lewis stands on the podium with silver medallist Riddick Bowe (right) of the USA (Photo by Bob Thomas Sports Photography via Getty Images)



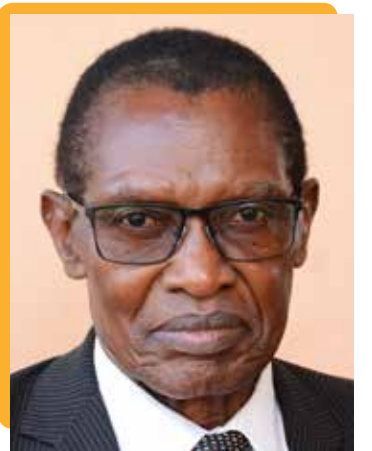
of the environment will act as a relief from the worries about your health."

For the next two week, before I flew out I was restricted to very soft foods and drinks, which I obeyed. Dr Dagan also advised me to present a medical report she had prepared for me upon arrival in Seoul for the Games' organisers give me special diets for the period I would stay under their care covering the Games.

Indeed, SLOOC officials heeded to the doctor's request and I was fed on the recommended foods and apples and grapes, which of course were in plenty for everyone who attended for the period the 1988 Games lasted. My little refrigerator was at all times full of apples and fruits plus soft drinks. And I returned to Uganda when I was as fit a fiddle.

Under the leadership of the then National Council of Sports chief George Kasedde-Mukasa, the Ugandan contingent arrived in Seoul, the ROK's capital city for the Games aboard a Japan Airlines Boeing 782 after spending an enjoyable night in Tokyo the capital city of Japan. The team had left Entebbe International Airport aboard an Ethiopian Airlines Boeing 747 with the first stop over at Addis Ababa before flying to Bombay aboard a Boeing 767 that flew them for 6 hours to Beijing, China's capital city where the team spent 6 hours in transit.

The Ugandan team experienced a hectic journey for it was flown back to Tokyo on Japan Airlines after overflying their destination, Seoul, because of the heavy air traffic at KOREA'S Kimpo International Airport, according to the flight crew, and arrived in Seoul at 7 East African time. I and Henry Baguma, a Radio Uganda journalist, experienced very strict security check for a few minutes though, but without undue harassment of any sort, for not carrying our



**HILLARY NSAMBU:** *The other two Ugandan scribes were Victoria Namusisi Okoth, who was working for The Star and Ngabo newspapers and Freddie Ssekabembe (RIP) of Munno Publications.*

accreditation cards on our bodies, which were supposed to have been sent to us in advance by the Games' organising Committee, SLOOC, before we left Kampala.

With the quick intervention of Prof Kim Num Souk, former Tae-Kwon-Do instructor for the Uganda Police and Prisons, working as the Games Attaché, SLOOC quickly realised that it was their own mistake, and upon conceding, they hurriedly apologised to Hillary Nsambu and Henry Baguma, the two of the four Ugandan scribes that covered the prestigious 24th Olympic Games.

The other two Ugandan scribes were Victoria



*Ben Johnson of Canada celebrates winning gold in the Men's 100 metres final on 24 September 1988 during the XXIV Olympic Games at the Seoul Olympic Stadium in Seoul, South Korea. Ben Johnson was later disqualified for the illegal use of performance enhancing drugs. (Photo by Mike Powell/Getty Images)*



Namusisi Okoth, who was working for The Star and Ngabo newspapers and Freddie Ssekabembe (RIP) of Munno Publications.

Uganda participated in only three disciplines of sport – Track and Field, boxing and weightlifting. However, it came out without a single medal although Uganda's Javelinner Justin Arop and 400m woman hurdler Ruth Kyalisiima had won gold medals in the pre-Olympics Championships 5th All Africa Athletics at Annaba – Algeria – and; where athletes did not set records.

Clad in busuuti (Gomesi) for women and led by Ruth Kyalissima, bearing the Ugandan flag and The Ugandans Kyalisiima

ROK's President Roh Tae-woo declared the 24th Olympic Games officially open on colourful occasion of September 17, and closed them on October 2, 1988. The Ugandan flag had been hoisted and flapped conspicuously among the 167 others that had been put up and floated on a cruise a day before.

The 1988 Olympics would have seen athletes from a total of 173 countries, but six member IOC countries

including South Korea's arch-rivals, North Korea, rejected the invitation to attend. The other countries that stayed away included Cuba, Ethiopia, Nicaragua, Albania and Seychelles.

The International Olympic Committee (IOC) had earlier in Moscow, threatened to impose sanctions against those NOCs which would boycott future Olympic Games, after the a large number of countries led by the US had decided to stay away from the 22nd Olympics held in the Soviet's Moscow Olympics. IOC's threat to put sanctions against the NOCs that would refuse invitation to attend the Games in future had been aimed at avoiding further boycotts of the Games in future.

Despite the fact that individual members, athletes and officials as well from the NOCs that had decided to boycotts the Olympics had applied to attend in their personal capacities, the IOC refused as it had also decided to ban citizens of South Africa, a non-member country of IOC that had been banned for its apartheid policy from participating in the Seoul Olympics even as spectators.



Spanish industrialist, who was the President of the International Olympic Committee (IOC) Juan Antonio Samaranch had earlier, during the October 1987 Winter Games held in Bulgaria's Sofia, announced sanctions that would be meted against the stubborn National Olympic Committees (NOCs) of countries that would stay away from the Games. The sanctions would include losing the revenue of British Pounds 6000, which IOC offers NOCs every year.

North Korea had agreed to participate in the 1988 Seoul Olympics only on condition that it be allowed to co-host those Games, a request the IOC discarded right away.

The communist China had also been re-admitted in the Olympic Games under a communist flag following a vote recognising its NOC after participating in the Winter Games that were held in Lake Placid – New York - with a minimal number of 300 athletes.

It was during the 24th Olympiad that a new Olympic 400m-hurdles record emerged when Edwin Moses' joyride dominance in the event was shattered by a fellow black American Andre Phillips who clocked 47.19 secs, overthrowing Edwin Moses, who had earlier broken Akii-Bua's world record he had set in the 1972 Munich Olympics. Moses had dominated the event in the 1976 Montreal Games which the Ugandan did not appear.

The 24th Seoul Olympic Games saw another remarkable occurrence when Canadian Ben Johnson who had been recorded as the world's 100m fastest runner was stripped of a Gold medal he had won a day or so earlier after testing positive of a banned.

While the Gold was awarded to Carl Lewis, who was second placed in the race, the Games authority (IOC) also disgracefully dispatched Ben Johnson on the next flight to Canada, which showed the athletes participating in the 24th Olympiad and the whole world that doping and cheating of the nature is a very, very serious offence and corruption of the highest order.

In great showdown in the different disciplines, boxing fans saw an ugly scene at the boxing arena when security personnel were called in to quell an uprising in the giant boxing ring where chairs flew in the air like those that were seen flying in Uganda's Parliament over "Togikwatako". But, Seoul's incident followed a New Zealand boxing referee's decision in favour of a Bulgarian against a Korean opponent that was described as unfair.

Catastrophe also struck Uganda's team of runners who took part in the 24th Olympic Games when sickness hit them all, forcing their relay teams out of the competition in both the women's and men's



*Boxer Franco Wanyama was a member of Uganda's boxing team at the 1988 Olympics. He would later on go on to become a formidable professional boxer in the United Kingdom,*



17 Sep 1988: Torch Bearers Turn To Salute The Crowd After Lighting The Olympic Flame During The Opening Ceremony Of The 1988 Seoul Olympics.



events. The women's team had started in the first round of the heats and Farida Kyakutema and Olweny in the women's and men's teams respectively were some of the dependable runners.

Following failure of the two teams to run in the 4X100 and 4X400 metres of the Games, Uganda then came out without a single medal; a situation that was described by the team's manager Stephen Kyefulumya as catastrophic. The two teams were Uganda's last hopes for at least a medal of any kind.

Generally, however, African countries, paced by Kenya, put up a sparkling performance in the 24th Olympic Games that saw remarkable competition for the continent managed to earn 14 medals six of which were Gold, three Silver and five Bronze in different categories of sport.



Florence Griffith-Joyner was the fastest woman in the world during the Seoul Olympics. She is still the reigning world record holder in the 100m.



Neil McLaughlin (Ireland) and Douglas Rodriguez (Cuba) followed in a TKO 3 and a split points defeat respectively. The stage was then set for a grand final between Bulgaria's Georgi Kostadinov and Rwabwogo.

Otherwise, the 24th Olympic Games opened at Chamsil Main Stadium in ROK's capital city of Seoul where fanfares resounded once again four years after the 23rd Olympiad held in Los Angeles in 1984; amid thunderous applause from hundreds of thousands of spectators from within and outside South Korea, who converged to witness a very prestigious occasion.

I remember it was a little mid-afternoon in Korea, about 6 am East African time when President Roh Tae-woo officially opened the prestigious global Games that lasted exactly 16 days. With the Olympic

hymn acoustically filtering through the giant Chamsil Olympic Stadium for the athletes and their officials; transcending differences and bringing people of different languages, religions, cultures, and ideologies from 160 IOC member countries that attended together, save six that stayed away.

When the opening gala started in a break with traditional spectacular parade on the Blue Han River cruise, cutting across Seoul city, spearheaded by 160 national flags of the participating countries – Uganda inclusive - made it an extraordinary very colourful event.

It was also during the 24th Olympiad that Uganda's great sports leader of our time, the late Maj Gen Francis Nyangweso was elected during the 94th IOC General Assembly that converged at Shilla Hotel in Seoul to be one of the IOC executive members, thereby becoming Uganda's first sports administrator to be accorded such an honour for substantially contributing to the Olympic Ideal worldwide. Four other sports leaders from other countries were also selected to be IOC executive members.

Because of the difficult air connections that prevailed as the Seoul 24th Olympic Games drew closer to the end, the Ugandan contingent was forced to leave the Games village for home several hours before the official closing. But, although we were several miles airborne, we could still watch the Marathoners sweating until the race that closed the competitions ended.

Before I take leave of the 24th Olympic Games, I would say that medal aspiring Ugandan athletes should invest heavily by starting training as early as possible even by self-perfection. Victories do not come on silver platter.



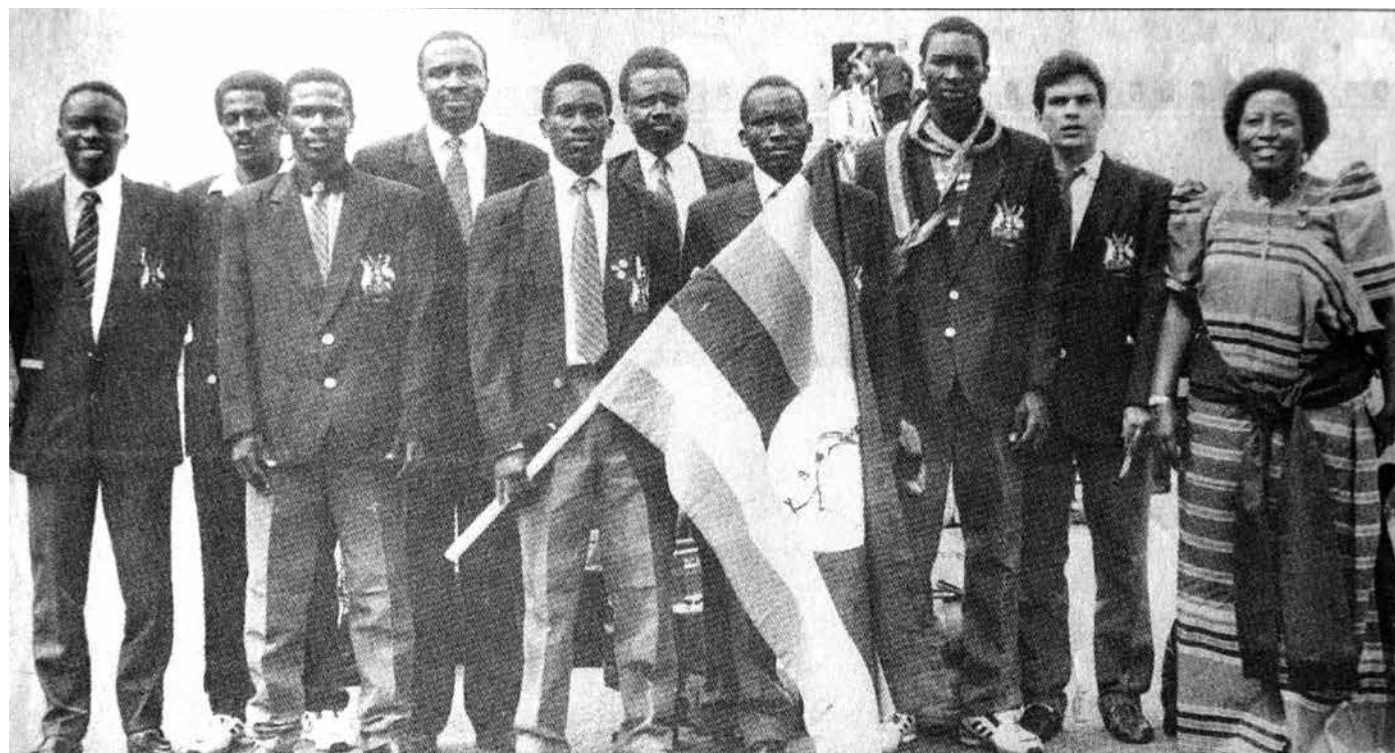
## 1992 Olympic Games: Uganda under-achieved

The names of global superstars at Barcelona '92 tripped off the sports fan's tongue as easily as one naming generations of their family tree:

Barcelona '92 was a bitter-sweet time for me: officially known as the Games of the XXV Olympiad, what was then reputed to be the best Games ever run from July 25 to August 9. By the end of the first

week, the interest of Uganda's athletes had ended, and with it the hope of securing a first medal since John Mugabi's boxing silver at Moscow 1980.

The bitter came from Uganda's failure to achieve. Our biggest medal hopes were boxers Fred Muteweta, Davis Lusimbo and Godfrey Wakabu, coached, as they were, by Cuban tactician Jiminez Lazaros.



*The bitter came from Uganda's failure to achieve. Our biggest medal hopes were boxers Fred Muteweta, Davis Lusimbo and Godfrey Wakabu,*



*Team Uganda had been led by Abbey Lutaaya and Dr James Sekajugo, with Peter Rwamuhanda (athletics), Violet Kaliisa (women chaperon) and Lazaros as the other officials. I was the sole media representative, having been assigned by 'The New Vision', where I was serving as Sports Editor.*



**DAVID SSEPPUUYA:** *The bitter came from Uganda's failure to achieve. Our biggest medal hopes were boxers Fred Muteweta, Davis Lusimbo and Godfrey Wakabu,*

Coming into Barcelona, Muteweta and Wakabu had won Commonwealth Games gold the previous year but they did not make it out of the preliminary stages. Track star Edith Nakiyingi was a long shot, having been a steady presence on the US collegiate scene and was, indeed, flown in from America by Nigerian billionaire Moshood Abiola, then Africa's richest man. Nakiyingi like fellow track stars Joel Otim, Michael Lopeyok and Francis Ogola, did not make it out of the heats. Mary Musoke did not progress far in the table tennis.

The sweet came from the freedom I found beginning the second week, which gave me the latitude to broaden my work. By interviewing him regularly,

I cultivated a special relationship with Frankie Fredericks, the Namibian sprinter who was to take silver in both the 100m and 200m. I met professional heavyweight champion boxer Evander Holyfield, witnessed Mutola shed tears of disappointment, saw the Dream Team in action against Angola, and got to pose for photos with a towering Sotomayor.

Team Uganda had been led by Abbey Lutaaya and Dr James Sekajugo, with Peter Rwamuhanda (athletics), Violet Kaliisa (women chaperon) and Lazaros as the other officials. I was the sole media representative, having been assigned by 'The New Vision', where I was serving as Sports Editor.



# Atlanta 1996: Kamoga releases Uganda from jail

The 1996 Olympics happened 24 years ago but I recall those Games like they happened yesterday.

It was the only Summer Olympic tournament I covered and I look back at the experience with relish.

I had covered the 1991 All Africa Games in Cairo, Egypt but the experience and reporting at the Olympics was of a very different magnitude.

I stayed at a Holiday Inn in downtown Atlanta, and it was from there that I made the connection either to the Games Village or the Centennial Olympic Park where the main venue was located.

More than 10,000 athletes from 197 countries competed in 26 sports that included Olympic debuts for beach volleyball, mountain biking and women's soccer.

One incident that remains most vivid in the memory is a bomb blast at the Olympic Park that was close to the Main Press Centre. There were major injuries.

The culprit was Eric Rudolph, a 30-year-old American terrorist, who detonated pipe bombs that claimed one life and injured 11.

There was also a strike of bus drivers that threatened



Aug 1997: Davis Kamoga of Uganda in action during the 400 metres event of the World Championships at the Olympic Stadium in Athens, Greece.



*The day I landed in Atlanta, I found Ugandan boxer Charles Kizza in prison. He had been arrested for trafficking counterfeit currency after he tried to buy women's underwear and shoes with fake \$100 bills.*

**WANGWE MULAKHA:**

*I stayed at a Holiday Inn in downtown Atlanta, and it was from there that I made the connection either to the Games Village or the Centennial Olympic Park where the main venue was located.*

to disrupt organization of the Games.

The day I landed in Atlanta, I found Ugandan boxer Charles Kizza in prison.

He had been arrested for trafficking counterfeit currency after he tried to buy women's underwear and shoes with fake \$100 bills.

Kizza, who was 22 at the time, was released on \$10,000 bail paid by the Ugandan team's envoy to the Games Abbey Kits Lutaaya.

The weather was summer, a very dry summer, and for a while I struggled to adjust.

Feeding too was a challenge but considering that I was going to remain in the US for the entire duration of the Games, I had to cope.

Eventually I had to make do with fast foods like

McDonalds and KFC.

Covering Games in North America is a whole new ball game for a journalist from Uganda.

The time difference is so big and you have to be very creative and innovative to come up with a story that is newsworthy and relevant.

The computer age too was still evolving and it was not easy to find a free computer.

There was a lot of politics in the team selection that led to some friction involving the big shots of sports of the time like sports minister Amanywa Mushega, UOC head Francis Nyangweso, Gabriel Oloka and Abbey Kits Lutaaya.

Undoubtedly though, the biggest and most memorable story from the 1996 Olympics was Davis Kamoga's bronze in the 400m hurdles.



He was not a bookmaker's favourite for a medal going into the Games and few inside and outside of Uganda tipped him as a rank outsider to make the podium in July 29, 1996 final.

But against all odds Kamoga beat USA's Alvin Harrison and Great Britain's Iwan Thomas on the line to finish third behind Great Britain's Roger Black and the legendary Michael Johnson, who would go on to claim an unique 200 and 400m double.

Right on cue, I was a very, very proud to have covered an Olympics edition where a Ugandan had won a medal.

But I was a bit disappointed that Kamoga preferred to field questions from mostly International journalists like South Africa's Mark Gleeson and not me, a fellow Ugandan.

*Late John Akiibua together with Davis Kamoga and his manager*



*Amanywa Mushega was Sports Minister and part of the delegation in Atlanta*



*Michael Johnson (USA) strides home to win the gold medal ahead of Roger Black in the 400m at the 1996*



*1996 Olympic Games in Atlanta -- Aerial views of Olympic Village after construction was completed: Alexander Memorial Coliseum*

Regardless, that did not diminish the magnitude of his accomplishment.

Meanwhile I had concentrated mostly on boxing which had delivered most of Uganda's Olympic medals historically. However, Franco Agetho and Kizza were eliminated early.

Uganda's other athletes at the Games were Ali Kavuma

(weightlifting) and June Kyakobye, Mary Musoke and Paul Mutambuze (table tennis). The runners were Julius Achon, Kamoga and Francis Ogola.

At the conclusion of the Games, we were hosted by a Ugandan called Luwemba Ssali for a dinner.

The# 1996 Olympics feature prominently among my career highlights in journalism.



# Sydney 2000: Uganda evidently detached from modern trends



Major promotional events were staged while Sydney was bidding for the Games. This scene was used in a promotional video conveying Sydney's strong community support



There is no doubt in my mind- and history agrees- that athletics and boxing possessed Uganda's best prospects for glory here.

All six medals we have ever won at the Olympics were in the two disciplines.

And while even overzealous nationalists expected the early exit of the rest of the team, the quick discharge of our runners and boxers exposed us to crass embarrassment.

Bar Idi Amin, the most common topic about Uganda Down Under was the educated assumption that a runner or a boxer from the land of Akii-Bua was poised to succeed. Yet the runners were uneasy, the boxers bewildered!

The big fish were always going to be Atlanta '96 bronze medalist Davis Kamoga (400m) and Lisbon '94 World Junior champion Julius Acon (1500m). They were the only Ugandans to clear round one!

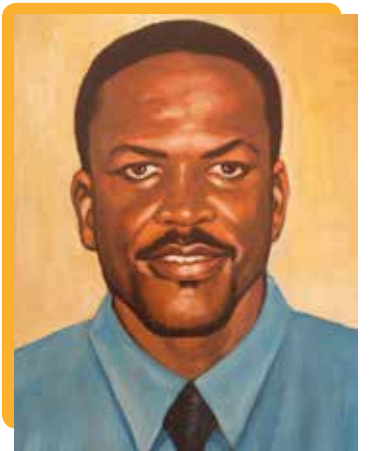
Kamoga was superb getting the vital third position to reach the quarter finals. But the ravages of an injury plagued season were obvious in a languid last 50m.

It was illness however that stalled him the next day as he failed to put any strength behind his effort in the home straight to finish sixth.

But in the two outings he had lowered his season best from 46.01 to 45.92 then 45.74.

Acon's 1500m semi-final baffled many. He was brilliant sprinting for the line in the first round, but inexplicably lost the plot in the penultimate stage.

Kenyan Noah Ngeny who would upset Hicham El-Guerrouj to win gold, attempted to set Acon up for the final.



**KENNETH MATOVU:** *If our runners had arrived in the topsy-turvy mode, the boxers were regal having ruled the ring at the All Africa Games last year. But they soon discovered that training on our continent is so detached from modern trends*

The charitable Ngeny stayed behind to the benefit of Acon but on starting his trademark run on 900m, the Ugandan stayed back reacting with only 200m remaining.

The gaps were big and although he flew past a few dummies, he didn't have the speed in the last stretch, missing out by nine hundredths of a second!

Yet lack of competitive build-ups could have been Uganda's biggest jolt. Kamoga had been injured and Acon arrived too late after to enlist for the European roster after flying to Uganda midseason to solve a family crisis.

Grace Birungi's(800m) Europe was mainly at inferior meets. A top three finish in her heat was a colossal task

for the All Africa Games bronze medalist<sup>6</sup> and the fifth she managed was no disaster.

Such was the class in her heat. It had Mozambique's gold winner Maria Mutola and finalist Hasna Benhassani of Morocco.

For Pascal Owor (800m) and Alex Malinga (Marathon), it was sheer inexperience!

Owor, 19, burst into his first round lead before falling behind to finish sixth. In an equally flawed ploy Malinga, running his first Marathon in almost a year, chose energy economy instead of systematic acceleration finishing 57th.

But the pair will get away with the ignorance as even some of the best runners of all time planned their races awfully.

El-Guerrouj, Wilson Kipketer (800m) and the great and the great Haile Gebrselassie (10,000m) all miscalculated their speed in the last 100m, only the latter surviving defeat.

Yet if our runners had arrived in the topsy-turvy mode the boxers were regal having ruled the ring at the All Africa Games last year.

But they soon discovered that training on our continent is so detached from modern trends that scoring at the Games was a rarity. In fact of the 48 medals on offer only two, both bronze, went to Africans.

Of Uganda's crop flyweight Jackson Asiku had the most trouble, coming off the canvas twice before the contest was stopped in round two.



The bid team gathers for a group photo in Sydney's Town Hall

The referee deemed him unfit to continue although he had not gone down the mandatory three times in a round to demand instant stoppage.

Light flyweight Sande Kizito, the captain, literally never found his footing against Lithuanian Ivan Stapovic.

It was shaping up to be close when the sole of his boot flew off in round two. He lost concentration, confidence and the contest.

It was the bouts of bantamweight Abdul Tebezlwa and featherweight Adam Kassim that were classic cases of the African crisis.

The duo was equal to Cesar Velazquez of Mexico and Uzbekistan's Tulkunbay Turgunov respectively.

But while African events recognize a variety of punches—both type and weight—Olympic standards allow for a particular punch to the head, a phenomenon that left Ugandan officials befuddled.

Coach Dick Katende confessed: "I wonder what these people want us to do; they are in another league. We must change our approach to training to fit this scoring system."

I watched Cuban legend Felix Savon win his third straight gold and his exhibition was a blueprint for all aspiring Olympic boxers.

He walked around charging at his Russian victim's head rhythmically then darting back— and you sensed a point was nigh whenever he moved in.

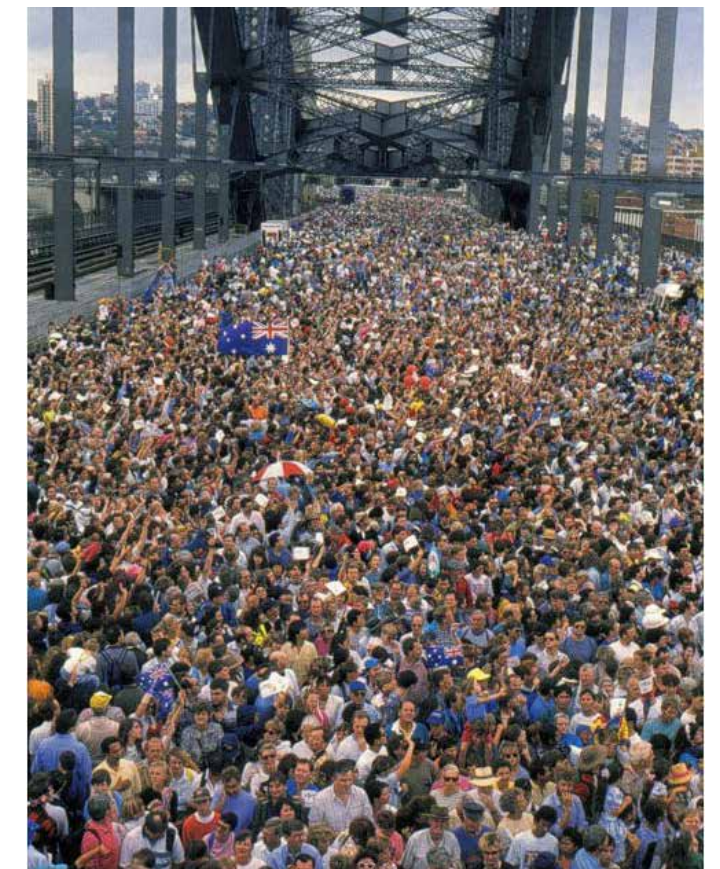
Thankfully as Savon prepares to take his famous refusal to turn professional into retirement, an Aussie scout noticed the talent of the Ugandans. Kizito, Asiku and Kassim are in Adelaide taking a shot at the paid class.

But for those who hope to emulate them, a study must be made of such as Savon's performance if the obvious talent of Africans is to be reflected on the world stage.

Strangely, Uganda Amateur Boxing Federation President David Agong was a judge at the Games and ought to know how the system works.

Either there is something he is not telling Ugandan boxers or they have failed to learn.

Only he can tell us!



The extent of community support became evident in 1992, when 150 000 people walked across the Sydney Harbour Bridge, paying \$2 each in support of the Bid



# Athens 2004: Getting to the Olympic roots



Suriya Prasathinphimai (Red) of Philippines vs Joseph Lubega (Blue) of Uganda ,middle weight 75 kg during the preliminary round match in Peristeri Boxing hall during the 2004 Olympic Games on 14 August 2004 in Athens. AFP PHOTO JOE KLAMAR (Photo credit should read JOE KLAMAR/AFP via Getty Images)



The athletic delegation from Uganda parades in the Olympic Stadium during the opening ceremony of the XXVIII Olympic Games 13 August 2004 in Athens. Some 10,000 athletes representing 202 countries marched together in front of 70,000 spectators during the spectacular opening, kicking off a fortnight of sporting competition that is costing 5.8 billion euros (7.2 billion dollars) to stage.



The historic Greek city of Athens was not expected to deliver a world class Olympics. Not sure if they did anyway.

Besides the build up to the Games, that was filled with stories of work on competition venues running behind schedule, the 2004 Olympics presented me with an opportunity to get a first-hand feel of the Games.

When I was alerted by then New Vision sports editor Louis Jadwong that I would be covering the Olympics, little did I know what I was going in for. From the manual accreditation process to the tight story deadline and a stone age camera that I carried to the Games, Athens worked me to the last ounce of energy in my body.

The Games accreditation process started almost a year in advance in 2004. During the exercise of securing my media accreditation for Athens, I had to work with a retired army general who had a cozy office at the International Conference Centre.

## Unpredictable General

Major General Francis Nyangweso the then President of Uganda Olympic Committee (UOC) was an affable gentleman but he could easily turn militaristic when dealing with the media. On some days you could think he had been stung by a bee before coming to office.

One morning when I walked into his office, I could clearly see something was wrong. Then all of a sudden Gen Nyangweso went ballistic and barked at me!

“What did you tell the minister?” he barked. I had no recollection of bad mouthing General Nyangweso or Uganda Olympic Committee during my meeting with Sports Minister Okello Oryem.



## JAMES LWANGA:

When I was alerted by then New Vision sports editor Louis Jadwong that I would be covering the Olympics, little did I know what I was going in for.



Justin Gatlin was booed by the London crowd after winning the 100m at the World Athletics Championships.



Uganda's Wilson Busienei, Usa's Abdihakem Abdirahman, Ethiopia's Sileshi Sihine, Tanzania's Fabiano Joseph and Rwanda's Dieudonne Disi compete in the men's 10,000m final at the Olympic Stadium 20 August 2004 during the Olympic Games in Athens. Ethiopia's Kenenisa Bekele won the race ahead of compatriot Sileshi Sihine and Eritrea's Zersenay Tadesse; Ethiopia's Haile Gebreselassie placed fifth.



On the contrary I had briefed the minister about my progress with the accreditation process.

Nevertheless he took me through the accreditation process and appended his signature and stamp on my forms.

### Getting to Athens

On arrival in Athens, we were welcomed by simmering heat but these were Summer Games and you didn't expect anything less than a hot Summer.

The Ugandan athletes, led by boxer Joseph Lubega, were not expected to win medals for the country. They were just not ready for that at the time but as Gen Nyangweso used to emphasise, the most important thing was regular participation as one builds up their potential.

True to Nyangweso's wise counsel, one of Team Uganda's athletes to Athens, Dorcus Inzikuru was to become a 3000m world steeplechase champion a year later in Helsinki. In 2006, she again struck gold in Melbourne's Commonwealth Games.

Overall, Uganda's performance in Athens was underwhelming with only Sam Rukundo coming closest to the medal brackets after he punched his way to the quarterfinals.



Boniface Kiprop of Uganda competes in the men's 10,000 metre event on August 20, 2004 during the Athens 2004 Summer Olympic Games at the Olympic Stadium in the Sports Complex in Athens, Greece. (Photo by Stu Forster/Getty Images)



Sadat Tebazaalwa (R) of Uganda unleashes a right against Silamu Hanati (L) of China in their preliminary 69 kg Welterweight Olympics match at the Peristeri Boxing Hall 15 August 2004 in Athens. Hanati was awarded a 29-17 points decision.



Track & Field: 2012 Summer Olympics: Ethiopia Tariku Bekele (L) bronze and Ethiopia Kenenisa Bekele (R) in action during Men's 10,000m Final at Olympic Stadium. Tariku Bekele wins bronze. London, United Kingdom 8/4/2012

### Scandal follows Uganda

In those days, Uganda had a high affinity for scandal at major Games. In Seoul in 1988, there was a cat fight between two Ugandan female athletes.

At the 1996 Atlanta Olympics a Ugandan boxer was

arrested with fake dollars as he shopped knockers. Then of course there was also the Ugandan swimmer at the 2000 Games in Sydney who was embroiled in a sexual scandal and Athens did not disappoint.

Ugandan again didn't disappoint in Athens as light flyweight boxer Jolly Katongole went missing in Greece hours before the national Olympic contingent left for Entebbe.

Team members were stunned that morning after realising that Katongole was missing as they prepared to leave the Olympic Village for Athens airport.

### Was Katongole deported?

The team had to leave without him. There were conflicting stories as Katongole resurfaced in Kampala days later. While the general talk was that he had been deported by the Greek government, the boxer claimed that he had returned on his own will.

Katongole, then 18, said that on the day of departure from Athens, an Italian promoter Edward (no other name available) rang him in the morning and requested to meet him in town. "That's how I ended up missing my flight with rest of the team."

### Power of optimism

Scandal aside. As the curtain fell on the 2004 Games, there was a feel good factor within the Uganda Athletics Federation.

"We may not have won any medals here but we know where we are going, just watch the space," UAF's Beatrice Ayikoru told me as we prepared to leave Athens.

The rest is history. Uganda is no longer a mere participant but a medal winner at the Olympics.



# No medal won, but a lot to remember from the The Bird's Nest, Beijing 2008

At 8pm on the 8th day of the eighth month, eight years into the new millennium (8-08-08), the Games of XXIX Olympiad were opened in Beijing, China.

The world's most populous nation put up an all-conquering performance at the Games' opening ceremony at the mythical Bird's Nest Stadium. It confirmed the nation's transformation in 30 years from one of the poorer countries of the 20th century, into

the globe's third-largest economy.

Uganda, one of 204 nations whose black, yellow, red flag was flying at China's first ever Summer Olympics, were at the Games, seeking their first medal since Davis Kamoga's silver at Atlanta 1996.

There was again no lack of motivation for a Ugandan team taking on the world, including a Presidential call.

Uganda's delegation parades during the 2008 Beijing Olympic Games opening ceremony on August 8, 2008 at the National Stadium in Beijing. Over 10,000 athletes from some 200 countries are going to compete in 38 different disciplines during the event, between August 9 to 24. AFP PHOTO / WILLIAM WEST (Photo credit should read WILLIAM WEST/AFP via Getty Images)



Jamaica's Usain Bolt celebrates after winning the men's 4x100m relay final at the "Bird's Nest" National Stadium during the 2008 Beijing Olympic Games on August 22, 2008. Nesta Carter, Michael Frater, Bolt and anchor leg Asafa Powell coasted to victory ahead of Trinidad and Tobago, aided by the absence of a US team that failed to advance to the final after dropping the baton in qualifying.



Kenya's Edwin Cheruiyot Soi (R) crosses the finish line ahead of Uganda's Moses Ndiema Kipsiro (L) and Ethiopia's Abreham Cherkos (back) during the men's 5000m round 1 heat 2 at the National stadium as part of the 2008 Beijing Olympic Games on August 20, 2008. Kenya's Edwin Cheruiyot Soi won ahead of Uganda's Moses Ndiema Kipsiro and Ethiopia's Abreham Cherkos. AFP PHOTO / WILLIAM WEST (Photo credit should read WILLIAM WEST/AFP via Getty Images)



## LOUIS JADWONG:

Uganda's team comprised an athletics, boxing, swimming, badminton and weightlifting team. Yet again, track and field held the country's main hopes for a medal.

Pre-event, President Yoweri Museveni got onto the line to Beijing and talked to members of the team, including the main hope Moses Kipsiro.

Yet again, Uganda's team comprised an athletics, boxing, swimming, badminton and weightlifting team. Yet again, track and field held the country's main hopes for a medal.

There was a no-show in weightlifting, respectable performances in the swimming and badminton heats that were followed final appearances on the track for Benjamin Kiplagat (3000m SC) and Moses Kipsiro (5000m).

Kipsiro's 4th place in the 12-lap race final turned out to be the highlight for Uganda in Beijing, which meant the country would



Justine Bayigga of Uganda is treated by medical personnel after her heat of the 400-meter run on Saturday, August 16, 2008, in the Games of the XXIX Olympiad in Beijing, China. (Photo by Jeff Siner/Charlotte Observer/Tribune News Service via Getty Images)



Olivia Aya Nakitanda of Uganda celebrates winning her heat in qualifying for the 50-meter freestyle on Friday, August 15, 2008, in the Games of the XXIX Olympiad in Beijing, China. (Photo by Jeff Siner/Charlotte Observer/Tribune News Service via Getty Images)



Mongolia's Serdamba Purevdorj (R) fights against Uganda's Ronald Serugo during their 2008 Olympic Games Light Flyweight (48 kg) boxing bout on August 13, 2008 in Beijing.

| KEY PERSONS BEIJING 2008                                                                                                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Minister</b> – Charles Bakalubindi                                                                                                                                                                                                                                     |
| <b>Chef de Mission</b> - Roger Ddunga                                                                                                                                                                                                                                     |
| <b>General Manager</b> - Justin Ligyalingi                                                                                                                                                                                                                                |
| <b>Team Doctor</b> - Dr Ntege Ssengendo                                                                                                                                                                                                                                   |
| <b>IOC team</b> - Maj. Gen. Francis Nyangweso, Gabriel Oloka and Salim Musoke commissioner for sports Ministry team: Dan Tamwesigire , Omara Apitta                                                                                                                       |
| <b>The team</b>                                                                                                                                                                                                                                                           |
| 7 Athletes , 1 Badminton player, 1 Weightlifter, 1 Boxer,                                                                                                                                                                                                                 |
| <b>2 Swimmers</b>                                                                                                                                                                                                                                                         |
| <b>Athletics:</b> Alex Malinga (Marathon), Boniface Kiprop (10000m), Geoffrey Kusuro and Moses Kipsiro (5000m), Benjamin Kiplagat (3000m steeplechase), Abraham Chepkirwok (800m), and Justine Bayigga (400m). Coach Benjamin Longiross ; team manager is Dominic Otuchet |
| <b>Badminton:</b> Edwin Ekiring ; coach Simon Mugabi                                                                                                                                                                                                                      |
| <b>Swimming:</b> Gilbert Kaburu , Aya Nakitanda ; coach Peter Simon Mugisha.                                                                                                                                                                                              |
| <b>Weightlifting:</b> Mubarak Kivumbi; manager Lanny Kimbowa                                                                                                                                                                                                              |
| <b>Boxer:</b> Ronald Serugo ; Jiminez Gonzalez                                                                                                                                                                                                                            |

return home without a medal for the third straight Olympics.

The Ugandan teams to big Games, are sadly never short of some drama. This time, weightlifter Mubarak Kivumbi was found to be much heavier than his registered 56kg weight category and was disqualified before the action could start.

Beijing 2008 would also mark the end of an era, as this was Maj General Francis Nyangweso's last Games, having represented Uganda as a boxer in 1960, and as head of the Uganda Olympic Committee from 1981 till a year after Beijing 2008.



Rafael Nadal of Spain serves on his way to winning the gold medal against Fernando Gonzalez of Chile during the men's singles gold medal tennis match held at the Olympic Green Tennis Center during Day 9 of the Beijing 2008 Olympic Games on August 17, 2008 in Beijing, China.



Uganda's Abraham Kwemai Chepkirwok competes during the men's 800m round 1 heat 6 at the National stadium as part of the 2008 Beijing Olympic Games on August 20, 2008. Morocco's Amine Laalou won ahead of Uganda's Abraham Kwemai Chepkirwok and Czech's Republic Jakub Holusa.



Kenya's Edwin Cheruiyot Soi (R) and Uganda's Moses Ndiema Kipsiro compete during the men's 5000m round 1 heat 2 at the National stadium as part of the 2008 Beijing Olympic Games on August 20, 2008. Kenya's Edwin Cheruiyot Soi won ahead of Uganda's Moses Ndiema Kipsiro and Ethiopia's Abreham Cherkos.



# London 2012 Olympics: Witnessing Uganda break 40 year old gold jinx

When I flew into London to cover Uganda's thirteenth appearance at the 2012 Summer Olympics, I wasn't expecting the contingent representing Uganda to win so much like a bronze.

As with past International events, the mood in the camp was not exactly an inspiring one. Granted there had been a change in leadership of the Uganda Olympic Committee with William Blick replacing Roger Hans Ddungu after a protracted struggle, but the funding of the team was no sufficient enough to raise expectations. Uganda fielded a team of 15 in

four sports: athletics, badminton, weightlifting and swimming.

Athletics had the largest number of representatives (11) followed by swimming (2) and one participant for badminton and weightlifting.

But in the build-up to the Olympics, Moses Ndiema Kipsiro caused a stir when he declared that "Uganda should not expect medals" at the Olympics.

Kipsiro, having won the 5000m and 10,000m double at the 2010 Commonwealth Games in India, was a

treasured and iconic member of the team around whom so much hope rested.

So his public displeasure of Uganda's preparations for London couldn't have come at a worse time from an individual of his rating and ranking in the team.

He would finish 10th in a time of 27:39.22 in the 10,000m final in a race won by home favourite Mo Farah. The other Ugandan in the 10,000m final, Thomas Ayeko, was 16th.

Kipsiro fell down midway through the race and couldn't recover to make time on the leading pack. "That was the end of him," coach Faustin Kiwa would say afterwards. "In long distance running you can't recover after falling down."

Female Marathoner Jane Suuto came a distant 93rd out of 107 athletes. Suuto, 33 at the time, competed as Uganda's oldest athlete in London.

Janet Achola ran in the 1500m heats but did not do well enough to advance after finishing 11th out of 15 runners in a time of 4:11.64.



David Lekuta Rudisha of Kenya celebrates after winning gold and setting a new world record of 1.40.91 in the Men's 800m Final on Day 13 of the London 2012 Olympic Games at Olympic Stadium on August 9, 2012 in London, England.



## MARK NAMANYA:

Kipsiro, having won the 5000m and 10,000m double at the 2010 Commonwealth Games in India, was a treasured and iconic member of the team around whom so much hope rested.



Track & Field: 2012 Summer Olympics: Getu Feleke, Ayele Abshero, Abel Kirui, Wilson Kipsang Kiprotich. Uganda Stephen Kiprotich won gold during Men's Marathon on The Mall. London, United Kingdom



JULY 23: Flag bearer and weightlifter Charles Ssekyaa of Uganda during the Opening Ceremony for the Glasgow 2014 Commonwealth Games at Celtic Park on July 23, 2014 in Glasgow, Scotland.



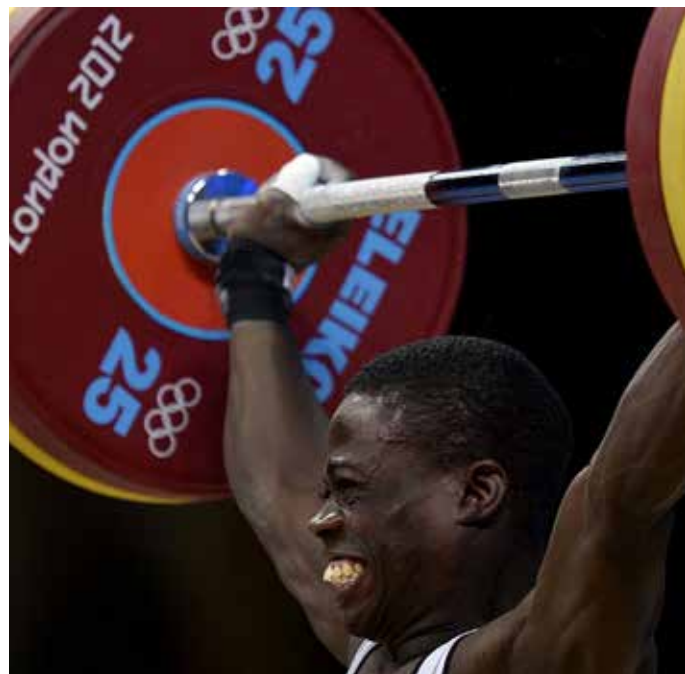
2012 Summer Olympics: Uganda Julius Mutekanga (L) in action during Men's 800m Round 1 at Olympic Stadium. London, United Kingdom



She was joined in the exit lounge by Dorcus Inzikuru who, at 30, was taking part in her first ever Olympic Games edition. Inzikuru, the 2005 world steeplechase champion, had prepared in Iten, Kenya hoping to scale the heights that made her top of the world a couple of years back.

She would end 7th out of 14 runners in a time of 9:35.29, which couldn't take her through to the next round.

Benjamin Kiplagat was disqualified for stepping inside the track in the 3000m steeplechase final. He fell and injured his knee after he was reportedly pushed by another athlete, and moved to the inside line while changing tactics to remain away from the lead pack. He was initially recorded as finishing 14th out of 15 runners with a time of 8:47.85. But he was eventually disqualified.



Uganda's Charles Ssekyaaya competes during the weightlifting men's 62kg group B event at The Excel Centre in London on July 30, 2012, during the London 2012 Olympic Games.

His 3000m steeplechase counterpart Jacob Araptany didn't go beyond the heats.

Geoffrey Kusuro and Abraham Kiplimo both competed in the 5000m heats but failed to progress after the heats.

US-based middle distance runner Julius Mutekanga represented the country in 800m but couldn't qualify out of the heats.

The exception to the rule for Uganda at London 2012 was Stephen Kiprotich who made global headlines after winning the Marathon on the final day of competition at the world's biggest Games.



Uganda's Jacob Araptany competes in the men's 3000m steeplechase heats at the athletics event during the London 2012 Olympic Games on August 3, 2012 in London.



Kiprotich, who had qualified for the Olympics after impressing at the Tokyo Marathon, spent time preparing for the Games in Kenya's Rift Valley Province alongside future world record holder Eliud Kipchoge. Still, few expected him to win bronze let alone gold in his first participation at the Olympics.

But the 23-year-old used the absence of pressure around him to run a near-perfect race, finishing ahead of Kenyan stars Abel Kirui and Wilson Kipsang. Kiprotich clocked a time of 2:08:01 to become only the second gold medalist for Uganda at the Olympics after John Akii-Bua in 1972.

It was Uganda's seventh overall Olympic medal but first in 16 years. On return home, the government would award Kiprotich with \$200,000 after he was treated to a hero's welcome at Entebbe International Airport.

Uganda's swimming representatives Ganzi Mugula

and Jamila Lunkuse did not advance in the 50m freestyle for men and women respectively.

Badminton player Edwin Ekiring and weightlifter Charles Ssekyaaya almost took part at the Games but scarcely threatened the medal bracket.

Thanks to Kiprotich's legendary Marathon race, Uganda finished the Olympics ranked 50th out of the 204 nations that competed. The Ugandan anthem was the last to be sang at the Games because his medal was handed out on August 12, the final night of the Olympics. The race had been run in the morning of the same date.

Kiprotich's triumph is forever etched in history because it was the most unexpected gold there could possibly be.

In fairness to him, he would go on to win the 2013 World Athletics Championship gold in Moscow.



Uganda's Stephen Kiprotich waves his national flag as he celebrates winning the athletics event men's marathon during the London 2012 Olympic Games on August 12, 2012 in London.

| UGANDA'S TEAM AT LONDON 2012 |                      |
|------------------------------|----------------------|
| <b>Flag bearer –</b>         | Ganzi Mugula         |
| Jamila Lunkuse               |                      |
| Charles Ssekyaaya            |                      |
| Edwin Ekiring                |                      |
| Benjamin Kiplagat            |                      |
| Moses Ndiema Kipsiro         |                      |
| Stephen Kiprotich            |                      |
| Jane Suuto                   |                      |
| Geoffrey Kusuro              |                      |
| Julius Mutekanga             |                      |
| Jacob Araptany               |                      |
| Thomas Ayeko                 |                      |
| Janet Achola                 |                      |
| Dorcus Inzikuru              |                      |
| Abraham Kiplimo              |                      |
| <b>Chef De Mission –</b>     | Dennis Galabuzi Ssoi |



# Uganda's huge expectations in 2016 Rio shattered Games

Uganda had high expectations of the Rio 2016 Olympics.

The country had just tasted gold at the previous Games in London and the general feeling was that a similar achievement, if not more, was again possible.

Stephen Kiprotich, who had ended Uganda's 40-year

gold medal wait with a gold in the Marathon in London, was the man shouldering a nation's expectations.

But the Games of the XXXI Olympiad (Portuguese: Jogoos Olimpicos de Verao de 2016) had even more on offer.



Benjamin Kiplagat of Uganda competes in round one of the Men's 3000m Steeplechase on Day 10 of the Rio 2016 Olympic Games at the Olympic Stadium on August 15, 2016 in Rio de Janeiro, Brazil. (Photo by Paul Gilham/Getty Images)



(L\_R) Silver medalist David Emong of Uganda, gold medalist Samir Nouioua of Algeria and bronze medalist Michael Roeger of Australia pose on the podium at the medal ceremony for Men's 1500m - T46 during day 9 of the Rio 2016 Paralympic Games at the Olympic Stadium on September 16, 2016 in Rio de Janeiro, Brazil. (Photo by Lucas Uebel/Getty Images)

Jamaican Usain Bolt of course led the star cast. Would these be the Games where he would shatter the 100 and 200m sprint double?

Athletics, regarded as the marquee sport of the Games, also had Mo Farah. The Briton was chasing a record 5000 and 10000-meter double.

Gymnastics had the remarkable American teenager Simone Biles. In team sports the big question was whether Brazil, regarded by many as the biggest football nation, would crown the Games with the title at home.

But there was even more to the unique story that made Rio 2016.

The Games had many firsts. These were the first Games ever to be held in South America. They were also the first Games to be held under the IOC presidency of Thomas Bach.



## JAMES BAKAMA:

Kipsiro, having won the 5000m and 10,000m double at the 2010 Commonwealth Games in India, was a treasured and iconic member of the team around whom so much hope rested.

Rio also became the first ever South American city ever to host the Olympic Games. These were also the first Games to be held in a Portuguese-speaking country, the first Summer edition to be held entirely in the host country's winter season, the first since 1968 to be held in Latin America, and the first since 2000 to be held in the Southern hemisphere

Amidst all this, were more than 11,000 athletes from 205 National Olympic Committees, including first time entrants Kosovo, South Sudan and the Refugee Olympic Team.

With 306 sets of medals, the Games featured 28 Olympic sports, including rugby sevens and golf, which were added to the Olympic program in 2009. All this took place at 33 venues in the host city and five separate venues in the Brazilian cities of Sao Paulo, Belo Horizonte, Salvador, Brazilia and Manaus.

For Team Uganda the journey to Brazil was quite an



experience. Four hours to Dubai followed by the 14 hour and 20 minutes trip to Rio de Janeiro left even the toughest athlete tired.

Yours truly also braved this trip to cover the Games. No sooner had the Uganda recovered from the long hours of travel than they encountered yet another challenge: Portuguese.

In sharp contrast to the previous Games where one easily settled in the English set-up, Rio was a complex scenario. Smart phones and laptops thus became crucial tools whenever one ventured out- thanks to the gadgets' interpretation apps.

In the Games proper, Rio saw Uganda return to those medal-less outings that had prior to London 2012 seen the country's teams branded as tourists.

Not even Kiprotich, who had after London followed up with more gold at the Moscow World Championships, could shine again.

He finished a distant 14th in a grueling 42 kilometer race won by his training mate Eliud Kipchoge of Kenya.

Uganda's first Marathon finisher was Munyo Mutai in eighth position while the worst was Jackson Kiprop in 80th. Adero Nyakisi was 68th in the women's race.

Uganda had a better representation on track with five of its nine male runners making their respective finals, It was a worse outing for the women as none of the six on track made the final.

Fast emerging Joshua Cheptegei was Uganda's best performer with a sixth position in a 10000 meter final personal best of 27:10.06.



EUGENE, OR - JULY 22: Joshua Kiprui Cheptegei of Uganda celebrates on the podium after winning the men's 10,000m final during day one of the IAAF World Junior Championships at Hayward Field on July 22, 2014 in Eugene, Oregon. (Photo by Christian Petersen/Getty Images)



In the ring boxers Ronald Serugo (fly) and Kennedy Katende (l/heavy) failed to make it past the round of 32.

Performance was no better in swimming where Jamila Lunkuse (100m breaststroke) and Joshua Tibatemwa (50m freestyle) finished in 40 and 64 position respectively.

Uganda's medal-less run aside there was a lot to relish. Usain Bolt became the first man to win three consecutive 100-meter titles. This was in yet another amazing run that saw him cruise to three gold medals (100, 200 and 4x100m).

Farah also strode into the history books as he became only the second man to retain both the 5000 and 10000 titles.

In gymnastics Biles produced a stunning performance to

win the women's all-around Olympic gold medal. Biles, 19 at the time, was described by many as the greatest ever gymnast.

Having already led the US to gold in the team event, she turned the spotlight on her individual brilliance with a dazzling display of power, agility and gravity defying moves. Amidst all this action the world partied on Rio's beautiful beaches.

But at the back of every mind were worries of the Zika virus. That its origin had been linked to a forest in Entebbe, further rubbed Uganda the wrong way.

My trip was cut short with five days left after I got news that my mother, who had suffered a stroke shortly before my departure, had passed on.

I had to rush back to Uganda for burial.



RIO DE JANEIRO, BRAZIL - AUGUST 13: Peruth Chemutai of Uganda and Lydia Chebet Rotich of Kenya competes in round one of the Women's 3000m Steeplechase on Day 8 of the Rio 2016 Olympic Games at the Olympic Stadium on August 13, 2016 in Rio de Janeiro, Brazil.

## CHAPTER 8

**THEY SAW**  
IOC President's visit.

CHAPTER 7

WITNESS ACCO

*Recounting  
the second  
longst serving  
IOC President  
Juan Antonio  
Samaranch's visit to  
the Pearl of Africa  
and that of Jacques  
Rogge 32 years  
later*

COMITE INTERNATIONAL OLYMPIQUE



## IOC President Samaranch: Visited war-ravaged Uganda to save the 1980 Olympics

Juan Antonio Samaranch, the President of the International Olympic Committee. Samaranch has been a visionary leader. Since he was elected to office in 1980, he has raised the profile of the Games and the IOC not only through developing financial stability and uniting the Olympics Movement, but also in seeking dialogue and recognition with the world's leading statesmen. Under his presidency the number of countries, competitors, spectators and television viewers have dramatically increased.



### By Hillary Nsambu

JUAN Antonio Samaranch was the seventh President of the International Olympic Committee (IOC). He is considered to be the first top-most leader of the most prestigious world Games, the Olympic Games, that has ever visited Uganda.

Samaranch, who was a dapper Spanish industrialist and highly respected sports administrator of our time, visited Kampala in 1979 at the time the 1980-Moscow Olympic Games were being threatened by the United States-led boycott.

As President Jimmy Carter had even deployed world heavyweight boxing champion Mohammad Ali and world sprinting star Carl Lewis to Nigeria and other African countries as US ambassadors to campaign for the boycott of the Soviet Games, as a punishment for Russia's invasion of Afghanistan, Samaranch said that he

came to Uganda and to other African countries to save the Olympics. Upon arrival at Entebbe International Airport, Samaranch told journalists that the Olympic Congress that is held once every eight years, had decided during its meeting in Baden, West Germany, that he (Samaranch) should visit African countries, Uganda inclusive, in a bid to save the Game.

He came to Uganda when the Pearl of Africa was experiencing nasty political turbulence of the 1980s when day and night random shootings were the order of the day all over the dusty city of Kampala whose streets and roads were full of potholes.

Before coming to Uganda, Samaranch, who flew from Nairobi, Kenya – told the Uganda National Olympic Committee (NOC) members that he had visited Zimbabwe, Zambia and Malawi. He had skipped South Africa that was under a ban for its apartheid policy at that time.



Seventh President of the International Olympic Committee Juan Antonio Samaranch (R) attends the Opening Ceremony of the 2010 Vancouver Winter Olympics at BC Place on February 12, 2010 in Vancouver, Canada.



Because of the unpredictable security situation that prevailed in Kampala and elsewhere in the country at that time, the Uganda Olympic Committee(UOC) under the helm of the now late, Major General Francis Nyangweso, surprisingly decided to accommodate Juan Antonio Samaranch, in a small hotel sort of lodge that used to be along Namirembe Road opposite Old Kampala Indian Mosque.

According to Nyangweso, that was for security reasons. Although the civil strife was just subsiding

Spanish President of the International Olympic Committee Juan Antonio Samaranch



Former International Olympic Committee (IOC) President Juan Antonio Samaranch attends the opening ceremony of the 13th World Olympic Collectors Fair on June 24, 2007 in Beijing, China.



*Samaranch told the journalists that while politics and sports were important components and important integral parts of man's daily life, they could each bail themselves out of that problem.*

during which they could not be sure of his life.

Nyangweso explained later that it was safer for their visitor, because the small place served as a hideout for such an important world's outstanding figure like Samaranch; as the well-known big hotels used to be congested with suspicious characters.

Without mincing words, Samaranch, told journalists the next day that he had spent a sleepless night because of the rampant shootings everywhere in the city the whole night through and; he thought that the city had been invaded by bad people. He said he was happy that Uganda had assured him of its participation in the Moscow Games.

Samaranch also told the news-conference that in a

bid to save the Games, the Greek Government had also applied to the Olympic Congress that IOC finds it fit and proper that Athens, as the original venue of the Olympic Games be made the Games' permanent venue. However, hitherto, Greece's request is yet to be answered.

Samaranch told the journalists that while politics and sports were important components and important integral parts of man's daily life, they could each bail themselves out of that problem.

At that time, Uganda's Minister of Culture and Community Development, who also embraced sport, Dr James Rwanyarare, had just declared Uganda's intention to boycott the Commonwealth Games that were due to be held in Brisbane, Australia, if



Seventh President of the International Olympic Committee Juan Antonio Samaranch (L) and IOC President Jacques Rogge attend the Opening Ceremony of the 2010 Vancouver Winter Olympics at BC Place on February 12, 2010 in Vancouver, Canada.



New Zealand, that was intending to host apartheid South Africa's Springboks, who were due to arrive in Wellington shortly, was allowed to participate in the Commonwealth Games.

Rwanyarare also said that Uganda was not prepared to bless the barbaric acts of South Africa of apartheid.

Africa and the third world countries had earlier staged a massive walk-out of the 1976 Montreal Olympic Games after a New Zealand Rugby tour of South Africa.

The 1984 Los Angeles Olympic Games had also suffered an earlier boycott of the Eastern bloc, but Samaranch is on record that his influence managed to lure Romania to break away from the Soviet -led influence for the

boycott and it participated. Samaranch also lured Communist China back into the Olympic Games after a long time of absence.

By 1988, the whole world, except the Democratic Republic of Korea (DPRK or North Korea) participated in the 1988 Seoul Olympic Games which, the writer covered as one of Uganda's official scribes.

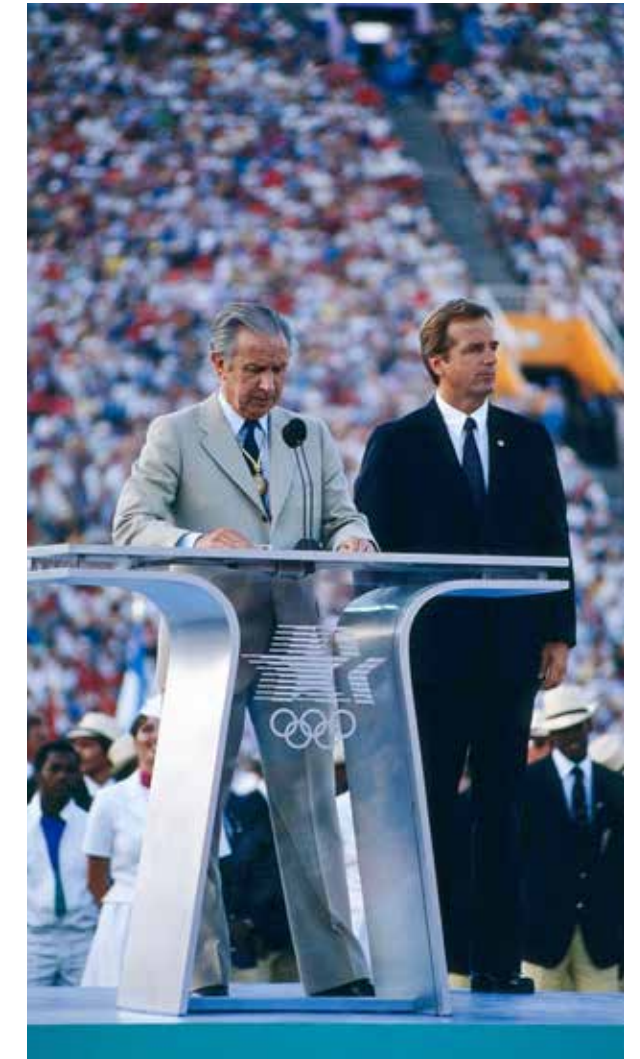
Born in 1920 to a wealthy industrial family, in Barcelona - Spain, Samaranch joined IOC and rose through the ranks. General Franco had earlier named him ambassador to Moscow and. During the 1980 Olympiad, he was chosen to become IOC President, succeeding Irish Lord Killanin.



*King Juan Carlos I of Spain delivers the opening speech of the World Cup at the Nou Camp stadium in Barcelona, 13th June 1982. From left to right, Juan Antonio Samaranch, President of the International Olympic Committee, Jordi Pujol i Soley, President of the Catalanian Home Rule Government, Spanish prime minister Leopoldo Calvo Sotelo, King Juan Carlos, Prince Felipe, Queen Sofia and FIFA President Joao Havelange.*



*Above: International Olympic Committee President Juan Antonio Samaranch lifts the torch lit by collect torch flames which relayed three routes across Japan at Central Square ahead of the Nagano Winter Olympic Games at Snow Harp on February 6, 1998 in Nagano, Japan. (Photo by The Asahi Shimbun via Getty Images)*



*Above right: (L-R) Juan Antonio Samaranch, Peter Ueberroth, Opening ceremonies at the 1984 Summer Olympics, Memorial Coliseum, July 28, 1984. (Photo by Walt Disney Television via Getty Images)*

Apart from French baron Pierre de Coubertin, founder of the modern Olympics, who served for 29 years, Samaranch became the second longest serving IOC President, having been at the helm of the Games for 21 years.

However, under the new constitution, one must be in the office of the President for a maximum of 12 years. It was during Samach's era that Uganda's Nyangweso was elected executive member of IOC.

Referred to as a dominant figure in modern Olympics

Movement, Samaranch was said to have guided the Olympic Games with all the wisdom and humility. He served during a period when the Games were threatened with numerous boycotts and bankruptcy and unprecedented damaging scandals. But, because of his brilliant business acumen, humility and wisdom he managed to prevent them and saved the Games.

Samaranch died in Barcelona, Spain aged 89 years. French sports administrator Jacques Rogge, who succeeded Samaranch, described him as "the man who built up the Olympic Games of modern era".

# Jacques Rogge tipped Uganda on how to improve Olympic funding



IOC President Jacques Rogge looks on during an IOC/LOCOG closing media conference on Day 16 of the London 2012 Olympic Games at the Main Media Conference Room in Olympic Park on August 12, 2012 in London, England.



**Above:** The Olympic Flag is handed from Mayor of London, Boris Johnson to IOC President Jacques Rogge, who passes to Mayor of Rio de Janeiro, Eduardo Paes during the Closing Ceremony on Day 16 of the London 2012 Olympic Games at Olympic Stadium on August 12, 2012 in London, England.



**Above right:** Queen Elizabeth II (R) and Jacques Rogge (L), President of the International Olympic Committee, attend the Opening Ceremony of the London 2012 Olympic Games at the Olympic Stadium on July 27, 2012 in London, England.

Twenty-eight years after Juan Antonio Samaranch's visit, another International Olympic Committee President came to Uganda.

Jacques Rogge was in the country on a two-day visit that had him meet President Yoweri Museveni, Sports State Minister Charles Bakkabulindi, Uganda Olympic Committee, Olympians and other sports stakeholders.

That Rogge was giving Uganda, a country that was by no measure a major sports nation, audience was itself a milestone in the country's annals.

The IOC chief was received at Entebbe International

Airport by UOC President Maj. Gen. Francis Nyangweso. Nyangweso was also an IOC member.

Rogge held a brief press conference in the airport's VIP lounge.

Rogge was the following day thrilled on meeting Uganda's oldest Olympian Patrick Etolu.

Etolu, who was 71 during Rogge's visit, was part of Uganda's team in her maiden Olympic appearance in Melbourne in 1956. He finished 12th in the high jump.

The most powerful man in sports hailed the Olympic record of "tiny" Uganda.

"It's usually the big powerful countries that win most medals but there are also exceptions like the John Akii-Buas," noted Rogge.

By 2007, Uganda's greatest Olympic achievement was Akii-Bua's Munich Olympics gold medal in a world record time of 47.82 seconds.

The unfortunate bit of Rogge's visit was that Akii-Bua had passed on a decade earlier.

But Rogge, also a 1972 Olympian, still met other Olympians Etolu and Leo Rwabwogo at a dinner.



IOC President Jacques Rogge (5th R) stands besides South African President Jacob Zuma during the opening ceremony of the 123rd IOC session on July 5, 2011 in Durban, South Africa. The annual general meeting of the members of the International Olympic Committee held in Durban will decide on Wednesday, July 6, 2011, which of the three candidate cities, Munich, Annecy and PyeongChang, will host the 2018 Olympic Winter Games.



Rwabwogo, who passed on over a year after Rogge's visit, is the only Ugandan to have won two Olympic medals.

The flyweight boxer won bronze at the 1968 Mexico Games before winning silver in 1972 in Munich. Uganda had by Rogge's visit won one Olympic gold, three silvers and two bronze medals.

Hosting sport's most powerful figure was seen by many in the local sports fraternity as a golden opportunity of lobbying for financial and technical assistance.

Stakeholders led by Uganda Volleyball Federation head Tom Onongole used the occasion of Rogge's visit to present a request to IOC fund an \$5m multi-sport indoor Games facility.

Rogge, also an Orthopaedic surgeon, gave tips on how Uganda could increase funding for her Olympic programs. "Uganda should apply for the OlympAfrica

program. "I will back your application," promised the IOC chief.

Rogge also appealed to government to lift taxes on sports equipment. This followed cries by different stakeholders about inadequate equipment and the challenges they faced importing sports gear.

Rogge had at an earlier press conference, revealed that his visit was mainly to get first-hand information of what was happening on the ground.

"I have to feel the pulse of UOC. Some things can't be understood in reports," he said, adding that his visit was an opportunity to listen to Uganda's problems. He came to Uganda after a similar visit to the Central African Republic.

At a dinner hosted at Serena Hotel, he paid tribute to Uganda's Olympians. "You are role models, living examples," told the veterans who included Rwabwogo,



**Above:** IOC President, Jacques Rogge points out after he donated 11 January 2005 basket-balls and gifts to young refugees, from war-torn zones in Africa, at the GTZ offices in Nairobi. Rogge is on a five day tour of IOC-sponsored projects in Kenya and meetings with United Nations humanitarian and environmental entities to try and forge synergies to ensure environmental friendly Olympic

**Above right:** Jacques Rogge gestures as he speaks during a press conference at the Geneva Press Club in Geneva, on June 14, 2011. The 100-plus IOC members will vote on the hosting of the 2018 Olympic Games during a General Assembly in Durban, South Africa on July 6, 2011.



Etolu and Tom Kawere.

Other Olympians present included Mary Musoke, Boniface Kiprop and Irene Ajambo.

In his final address before departure, Rogge, who represented Belgium in Yachting at the 1968, 72 and 76 Olympics, listed the benefits of sports.

"Sports brings happiness, it strengthens the mind and will. It also our young people respect the rules of society by first respecting the rules of the game."

UOC President Nyangweso took Rogge through the

history of the national body which he explained had grown from three to eleven members. UOC in 2007 had 19 affiliate sports bodies.

Sports State Minister Bakkabulindi described Rogge's visit as a sign of the good relationship between IOC and Uganda.

Rogge also visited Namugongo Martyrs Shrine and the Source of the Nile in Jinja before touring Mandela National Stadium, Namboole.

Rogge was accompanied by his wife Anne, personal secretary Jasmine Braeckeveld and IOC director Tom

## CHAPTER 09

# THE **WOMEN** in the Olympics





# Musani pioneered female participation

Mary Musani remembers her trip to the 1964 Tokyo Olympics with the clarity of a child enjoying its first picnic.

"It was my first time on an aeroplane. It was an Alitalia flight. I was scared and also excited.

I had this fear of something bad happening in the skies. But I must say I was also thrilled of being one of Uganda's first two women at these prestigious Games held from October 10 to 24," recounts the 76 year retired teacher.

Irene Muyanga, who qualified for the 100 and 200 meters, was the other woman on Team Uganda.

Musani, who was 20 in 1964, had just passed out as a teacher in Mbale. Her new calling that had come with lots of athletics, where she was a shining star in the 80 yard hurdles.

## Dreaming big

"I was an East African champion and I had also won a gold medal at a championship to commemorate Uganda's independence two years earlier.

I was therefore confident that I would also impress on the biggest of stages- the Olympics."

Back to the Tokyo trip, Musani remembers that she

was not short of comforters. " My teammates who included fellow hurdler Aggrey Awori, Amos Omollo, Erasmus Amukun and team manager Pollycap Kakooza kept telling us newcomers that all would be fine."

Musani recounts that they had a stopover either in a north African country or the middle east.

"All I can remember is that it was in a very hot country. Thereafter was a long trip over the Indian Ocean before we eventually landed in Tokyo. The jet lag left me very tired."

The fatigue and competition aside, a lot awaited at the Games of the 18th Olympiad.

## The Bullet Train

For starters, these were the first Olympics in Asia. It was also the first time South Africa was barred from taking part due to Apartheid.

These Games were also the first to be telecast

Internationally without the need of tapes being flown overseas.

Zambia declared its Independence on the day of the closing ceremony, thereby becoming the first country ever to have entered the Olympics as one country, and left as another.

This was celebrated in the ceremony itself by the team using a placard with "Zambia" instead of the "Northern Rhodesia" placard in the closing ceremony.

Then there was also the Bullet Train. "What a novelty to some of us from Africa," recounts Musani.

The start of operations for this train (the Tokaido Shinkansen) between Tokyo and Osaka coincided with the Olympics.

## Unfamiliar track

Even more surprises awaited Musani on track. Top among these was the all-weather cinder track that was being used for the first time.



Musani broke barriers in Uganda when she represented Uganda at the Tokyo 1964 Olympics. She competed in the 80 hurdles. She represented the country along with another sprinter, Irene Munyanga.



Musani laid the foundation for future female Olympians like table tennis legend Mary Musoke, who represented the country at the 1996 Olympics.



*Abebe Bikila, an Ethiopian royal guard, gave Africa something to celebrate about these Games when he became the first person to win the Olympic Marathon twice.*

ceremony. "These were the first Games to be televised live. And much as we couldn't get live broadcast at home I was thrilled by the fact that Ugandans would later view me on their TV sets flying the national flag."

Abebe Bikila, an Ethiopian royal guard, gave Africa something to celebrate about these Games when he became the first person to win the Olympic Marathon twice.

#### National heroine

Uganda didn't win any medal but the team was still welcomed back with pomp. "For me this was historic. I was suddenly a national star. Every girl wanted to emulate me

I took it upon myself to encourage more girls to venture into sports especially athletics. I used my status as a teacher to promote this cause and indeed more girls ventured into this industry."

It was therefore no surprise that at subsequent Games there was a bigger female representation. These have included stars like Mary Musoke (table tennis) who has featured a record three Games-1992, 1996 and 2000.

#### Another Musani emerges

Then of course there are also those that Mary Msany has had a direct hand. Amongst these Mary's younger sister Rose Musani who competed at the 1972 Games in Munich."

Rose, who later married another Olympian Francis Nyangweso, made it to the 200m quarter finals. Judith Ayaa, Uganda's other woman at the Munich was more impressive making it to the semi-finals of the 400m.

"I was used to running on grass in Mbale, Nakivubo and Wankulukuku and here I was faced with a completely unfamiliar surface. No wonder I ended up pulling a muscle in training. This was a huge setback that had me finishing seventh in my heat and couldn't advance to the quarter finals."

Muyani, whose whereabouts today are not known, put up a more impressive show.

She finished fifth in both her heats, making it to the quarter final in the shorter sprint where she was seventh.

Musani was nevertheless still thrilled by the opening



*While Musani was Uganda's first female Olympian, Dorcus Inzikuru was arguably the first female Ugandan athlete to dominate global headlines in the early and mid 2000s*

Fifty years later Mary, who has nine children and 17 grandchildren, believes that a lot can still be done for the girl child's involvement in sports.

"True, during our time female participation was very low. But I am still not impressed by the numbers today.

There are still more men in sport yet the country has more women. Then, our women also stand more chances of winning medals given that female sport is less competitive than male sport."

#### Women short changed

Musani is also of the view that as mothers of the nation, Uganda would benefit more with increased female involvement.

She bases this on the leadership, discipline, exposure and teamwork benefits that accrue from sport.

Musani is also not happy with the state's general

attitude towards sport. "There are almost no sports facilities. Then, there is also a kit crisis. You just can't enjoy the immense benefits of the industry in such conditions."

Musani, currently a businesswoman, also wants more National Council of Sports involvement. "Sports is not only about football. There must be a wider spectrum of actives more so today when there are a multitude of disciplines. Almost all sports money is being put in football. That's wrong."

She says with wider investment Uganda would not only win more medals, but also be healthier and ultimately have much more economic growth but also happiness.

She cites herself as a classic example of the benefits of sport. "Look at me. Do I really look 76? I look much younger because of long association with sport. So, imagine what national involvement would bring."

## CHAPTER 10

# UGANDA'S LONE RANGERS





# When Uganda competed in Hockey at the '72 Olympics

## Mark Namanya

The mention of 1972 evokes memories of John Akii-Bua's history 400m gold medal at the Munich Olympics.

For others it is the year when the then Ugandan President Idi Amin sent the Indian community into exile.

But for the sport of hockey, it remains the only Olympics edition where Uganda fielded a side for a team sport.

Today it remains the biggest representation for Uganda at the Olympics. 40 athletes and 20 officials represented Uganda at Munich 1972.

Although Indophobia was very much alive towards the Olympics, hockey was the one sport Uganda couldn't do without the Indian community.

For instance Ajit Singh Bhogal, who was member of the country's hockey team in Munich, was born in Jalandhar, Punjab, India.

His parents migrated to Uganda and he was educated



Uganda's 1972 hockey contingent with then President Idi Amin Dada



at Mbale Secondary School.

Ajit played for Kampala Sikh Union and Mbale Sikh Union teams, which he also captained and won his first International cap for Uganda at the age of 16 when he featured against Rhodesia in Kampala in September 1959.

After representing Uganda, he would retire from Hockey after the Olympics before relocating to Toronto, Canada where he lives today.

Then there is Avtar Singh Bhurji who was born in Bika, India in 1944 before his family migrated to Uganda in the same year.

Avtar studied at Demonstration Primary School and Kololo Secondary School. He travelled to England in 1964 and studied at Kingston College where he played for Spencer Hockey Club and Middlesex U21 in 1968, the same year he played for the London

Indians.

In 1969 he returned to Uganda and one year later joined Kampala Sikh Union from where he was selected to represent Uganda at the Munich Olympics.

Thereafter he returned to the UK and featured for a series of clubs before settling there as a coach. Today he lives in Surrey.

Another member of the team, Malkit Singh Sondh, was born in Jinja in 1948, His parents had come to Uganda six years earlier.

He studied at Magwa Primary School, Jinja Public Secondary School and Jinja Senior Secondary school where he was captain of the Hockey teams.

He then went to captain Sikh Union Jinja between 1964 and 1966 before switching to Simba Union Kampala from 1967 to 1972.



Although Indophobia was very much alive towards the Olympics, hockey was the one sport Uganda couldn't do without the Indian community

*“We had to cut down the number of Asians in the team, which meant we lost some strengths but we were very fortunate that he did not stop us from going to Munich,” Matharu recalls.*

Virtually the entire team would have been of Indian origin but for the intervention of Amin.

According to Ajaib Matharu, also a team member of the Olympic team, Amin visited the team camp three weeks to the Games and wasn't impressed that the camp had been dominated by the Asian community.

He consequently ordered that the team must have 'six Ugandans' added onto the team.

“We had to cut down the number of Asians in the team, which meant we lost some strengths but we were very fortunate that he did not stop us from going to Munich,” Matharu recalls.

The roster for the Uganda hockey side was: Ajaip Singh Matharu, Ajit Singh, Armajits Sandhu, Avtar Singh, Elly Kitamirike, George Moraes, Herbert Kajumba, Isaac Chirwa and Jagdish Singh Kapoor.

Others were Joseph Kagimu, Kuldip Singh, Malkit Singh, Paul Adiga, Polycarp Pereira, Rajinder Sandhu, Upkar Singh Kapoor and Willie Lobo.

Kitamirike who was 41 at the time of the Games remains Uganda's oldest Olympian in history.

Although Uganda finished 14th out of 16 at the Olympics, the mercurial talent of Kuldip was voted the most outstanding individual player in Munich.

His change of direction at pace with the ball was outstanding and he scored the goal that earned Uganda a 1-1 stalemate with eventual gold medal winners Germany.

Uganda was drawn in Group A of the tournament along with Argentina. France, Belgium, Spain, Malaysia, Pakistan and West Germany.

Malkit , who earned his first International cap against Zanzibar in 1964 when he was 16, represented Uganda at the annual East Africa Championships , the International Tournament in Cairo, Egypt in 1966 and the 6-Nations Tournament in Kenya in 1968.

He would then represent Uganda at the 1972 Olympic Games, after which he migrated to the UK.

He is also a UK resident today.

Uganda's top scorer in Munich, Kuldip Singh Bhogal, was a native of Mbale who was born there in 1950 and studied at Mbale Senior Secondary School before he later joined Simba Union Kampala Hockey Club.



*When the Olympics ended, the majority of the players returned to Kampala to pick their belongings to start a new chapter of their lives in the diaspora. Some headed to Australia while others settled in the UK, USA and Canada after Amin had expelled Indians from the country. Hockey was never the same in the country from then on and Uganda was never to reappear on the world stage.*

But the team finished last after three draws and four losses. Adiga was on the scoresheet in the 3-1 defeat to Malaysia, which was followed by another defeat of a similar scoreline to France.

Kuldip got Uganda's consolation.

Uganda would then suffer a third straight 3-1 defeat at the hands of Pakistan with Armajit joining the country's list of Olympic scorers.

The losing streak ended in a barren stalemate with Argentina that was followed with a scoring draw against hosts Germany.

Holding Germany is vivid in the memory of Matharu. “Because the Olympics were being held in Germany, we were on television and everybody was asking ‘who is this unknown team that has drawn with Germany?’”

Uganda's last two games were a 2-0 defeat to Belgium and a thrilling scoring draw with Sopain where Uganda twice came from a goal down to force a 2-2 scoreline thanks to Kuldip and Willie Lobo strikes.

In the classification game Ugandan emphatically thumped Mexico 4-1. After going down a goal early, the team recovered a struck four unanswered strikes with Sandhu Rajinder, Kapoor Jagdish and Ajit Singh leading from the fore.

When the Olympics ended, the majority of the players returned to Kampala to pick their belongings to start a new chapter of their lives in the diaspora.

Some headed to Australia while others settled in the UK, USA and Canada after Amin had expelled Indians from the country.

Hockey was never the same in the country from then on and Uganda was never to reappear on the world stage.

Seeing how most of the team members were Ugandan-born and nurtured and raised in the same generation, their exodus left a gaping hole in national hockey that the country never recovered from.

## CHAPTER 11

# STRATEGIC **PLAN**



# Uganda Olympic Committee

Strategic Vision... our guiding beacon



UOC's new president and former secretary general Dr. Donald Rukare. He is also chairman National Council of Sports and an arbitrator at the Court of Arbitration for Sports (CAS)



The Uganda Olympic Committee (UOC) / Commonwealth Games Association of Uganda (CGAU) over the last five years has been guided by its strategic plan that was adopted in 2015 and will run to 2020. The plan was developed through a very inclusive and participatory process that involved all the UOC/CGAU membership. The plan is underpinned by a mission, vision and six strategic areas of focus that are the foundation of our activities.

We set for ourselves a very bold mission, 'to act as an agent of the International Olympic Committee and Commonwealth Games Federation in Uganda to uphold and promote Olympic and Commonwealth ideals to its affiliates and stakeholders by providing support, guiding policy and delivering programmes through its organs and structures.'

This mission is complimented by an ambitious vision, 'to be the best sport's governing body in Africa through championing excellence in governance, service delivery, sustainability and sport performance by 2024.'

We are endeavoring to embed this vision into the DNA and operational fabric of the UOC/CGAU on a daily basis. In doing this we serve our members with integrity, transparency, professionalism, accountability, respect and equity which are our values enshrined in the plan.

Our areas of strategic focus or key performance areas are, Governance, Athlete Development, Capacity Building, Organizational Sustainability, Promoting Olympic Values and Hosting International Sporting Events.

These six areas form the basis of our key activities at the UOC/CGAU. To this end we have for example adopted a new Constitution that has inter alia provides for a revised open and more transparent electoral system.

We instituted quarterly council meetings which act as an important information sharing platform between the executive Committee and our members. We have enhanced the capacity of over 1,000 sports administrators at certificate, diploma and masters levels through capacity building initiatives.

The UOC commissions are instrumental in promoting Olympic values and Olympism through their vibrant activities like celebrating the annual Olympic Day. We hosted a number of International events such as the International Sports Law Seminar for African National Olympic Committees.

Developing alliances and strategic partnerships is another area of focus for us at the UOC/CGAU. In this regard we have forged partnerships with UNAids and the embassies of Italy and France. We are in advanced stages of concluding a historic partnership with the Olympic Refuge Foundation and the United Nations High Commissioner for Refugees (UNHCR) to implement a three year refugee program in Uganda.

As we celebrate UOC at 65 years, it is clear that our activities and actions are purposefully guided by our strategic plan, vision, mission and strategic areas which are our guiding beacon as we daily strive to be the best sport's governing body in Africa.

## CHAPTER 12

# GOVERNMENT **SUPPORT**

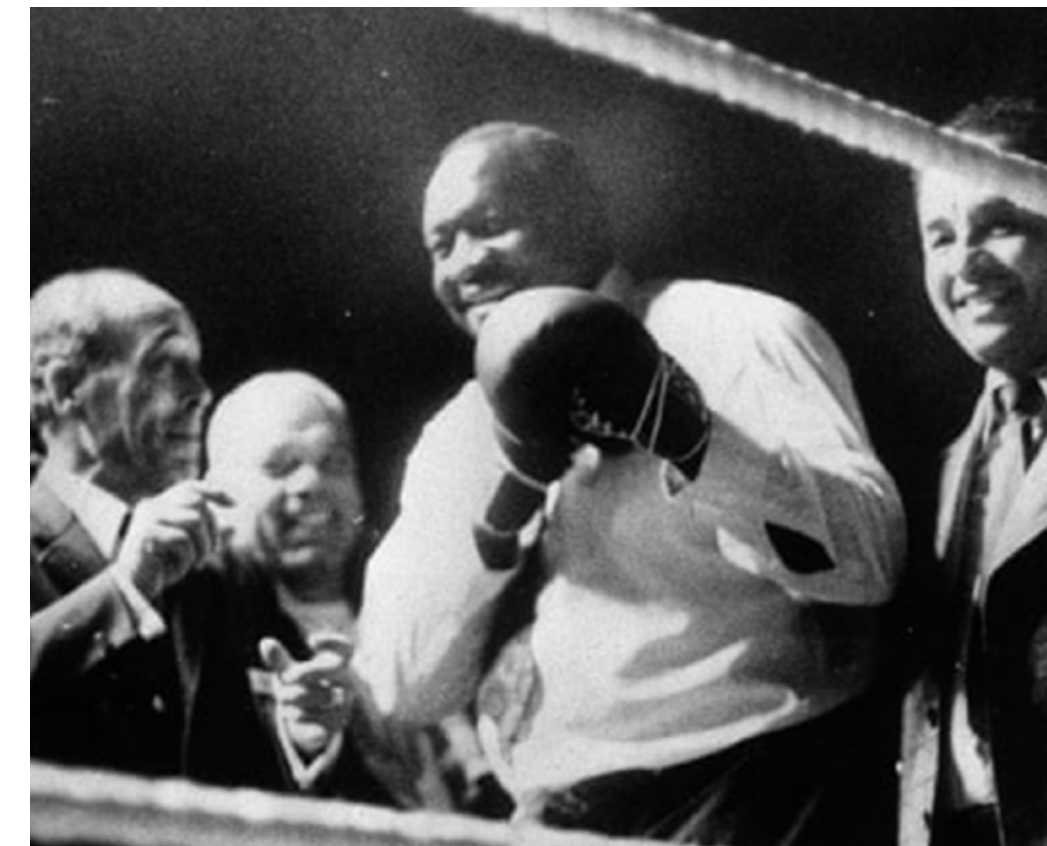


# Iddi Amin: His love for sport was genuine and not a PR stunt



Idi Amin - Uganda's President from 1972-1979

Legendary Ugandan boxer John Mugabi arrived in the country to a rousing welcome at Entebbe International Airport after 21 years in the diaspora.



While many saw Idi Amin as a curse, there were those who applauded him. Ugandan sport formed a considerable part of the latter.

As he massacred hundreds, Uganda emerged as a country of sharply contrasting extremes with anarchy on one side and a thriving sports sector on the other.

Uganda produced its first Olympic champion and world record holder- John Akii-Bua. Uganda's boxing also thrived producing Africa's first world amateur champion-Ayub Kalule.

It was also during Amin's nine-year reign of terror that Uganda's national football side-the Cranes reached the Africa Cup of Nations final.

He was not only an active sportsman, but as head of

state, also ensured that sportsmen had whatever they required to shine.

Many see this support for the industry as not love, but as a deliberate PR move, typical of African dictators at the time, to give a humane face to what was an otherwise a bloody reign.

But others close Amin, insist that his love for sport was genuine, and that whatever he did for the industry was seriously meant to develop it. This school of thought is hinged in Amin's serious involvement in sport during his youth.

Amin, who stood at 6ft 4in and weighed 140 Kg, was an East African heavyweight boxing champion for a decade.



*Idi Amin with the Ethiopia national football team*

He was also a serious basketballer, swimmer, rugby player and also a rally driver.

One of his most famous quotes came up while addressing boxers from an International tournament early into his reign. They complained of unfair judgement by the largely white officials.

Trust Amin in having quick solutions. “Just knock them out,” he told the boxers. “You can’t cheat for someone who has floored his opponent,” he added.

The boxers paid heed and what followed was the golden era of Ugandan boxing. Uganda dominated Africa and was ranked third in the world, largely not only because of skill, but also Uganda’s rich knock-out record.

In rugby Amin played rugby initially with the Nile R.F.C in Jinja and later for the Kobs R.F.C. in Kampala

In one of his speeches he was very clear on his abilities while outlining his rugby skills and crowned it up with his famous boxing tip:



*P.M. Levy Eshkol with the Uganda Chief Of Staff Idi Amin and Uganda Vice President John Babiha after His Arrival at Entebbe Airport.*



*ETHIOPIA - JANUARY 10: The press talk to Ugandan President Idi Amin Dada , immersed in the swimming pool during a summit in Addis Ababa, Ethiopia on January 10, 1976.*

“As you know I am a rugby player. I am second row, so I know how to push. I am very big. You don’t want to push against me. And I also play wing three-quarter and I am very fast. I can run one hundred meters in nine point five seconds (applause). If you tackle me, you will try, and you will hurt only yourself. So to everyone who is a boxer, I say this, do what you have to do to knock out your opponent.

As if to lead by example, Amin, to everyone’s surprise, took on national coach Grace Sseruwagi, in a special contest to mark the opening of the Sixth

Africa Boxing Championship on December 9, 1974.

The Amin vs Seruwagi match was not on the programme but in Amin’s way of conducting affairs, protocol could be turned inside out.

“Amin declared that he would open the championships by boxing me. The fight went ahead, ending in a knock-out in favour of Amin,” recalls Seruwagi.

Because the bout had not been planned for, Amin entered the ring with his neck-tie still on. Seruwagi



Mongolia's Serdamba Purevdorj (R) fights against Uganda's Ronald Serugo during their 2008 Olympic Games Light Flyweight (48 kg) boxing bout on August 13, 2008 in Beijing.

ABOVE RIGHT: President Amin liked to have his fun



wore a track suit.

The Voice of Uganda newspaper reported on December 11, "President Amin, opening the Sixth All Africa Amateur Boxing Championships on Monday night, registered a technical knock-out over his opponent, Uganda's boxing coach Grace Seruwagi.

"The referee had to stop the fight in the second round to save Seruwagi from further punishment," the Voice of Uganda added under the headline, "Boxer of the year."

"Lugogo Indoor Stadium went wild with cheers when the Ugandan leader entered the boxing ring. Cheers of Amin Oyee, Uganda Moto greeted the General as he kept trotting with his tremendous footwork and jabs.

The General's opponent tried to ward off the powerful blows, but not for long."

Immediately after the bout, Amin said he enjoyed sports and wanted to boost the morale of all boxers taking part in the championships.

He said sports, particularly boxing, were central in

uniting people.

"Amin is a one-time boxing champion in East Africa and was unbeaten throughout his boxing career," the Voice of Uganda reported.

Sseruwagi, a team-mate of Amin in the 1950s, was on the back foot for the entire contest. Years later before his death in 2018, said he just couldn't punch back.

"There were security operatives surrounding the ring. I probably wouldn't have lived another day if I had hit back."

To create a legacy for national heroes, he named streets and stadia after sports legends like; Akii-Bua road in Kololo and stadium in Lira.

He also rewarded Akii-Bua with a bungalow in Kamwokya, a city residential area.

There were also reports of medalists being rewarded with cash. There was also a time Amin sent his jet to the national soccer side-the Cranes.

"He was overjoyed we had beaten Tanzania. We headed right away to Tripoli for shopping on an all-expenses paid trip."

But perhaps one of the most interesting sides of Amin was brought in 1978 at the World Boxing Championships in Belgrade.

A Ugandan Adron Butambeki was drawn against an Israeli fighter. Amin, who had in 1976 been humiliated by an Israeli raid on Entebbe, saw this as a dream match-up.

The Field Marshal just couldn't wait for the fight to happen. It eventually did, and Butambeki, to Amin's delight outclassed his Israeli opponent.



To Amin, this was sweet revenge. Looking back, a boxer who was part of that team recounts that Amin immediately recalled the team.

"The tournament was mid-way, but to Amin, it was as good as concluded with Ugandan emerging champions simply because his fighter had defeated an Israeli!"



Sseruwagi, a team-mate of Amin in the 1950s, was on the back foot when they locked horns to open the Sixth All Africa Amateur Boxing Championships in Lugogo in December 1974. However, years later before his death in 2018, Sseruwagi confessed he just couldn't punch back at the President because they were surrounded by security.

# President Museveni continues to reward outstanding sports personalities



President Museveni shares a light moment with Association of National Olympic Committees of Africa (ANOCA) president Mustapha Berraf after the former was honoured with the continental body's highest award - ANOCA Order of Merit - for his contribution towards sports in Uganda



President Museveni flags of Uganda's team to Rio. The team was introduced to her by Minister of Education and Sports Janet Museveni and Uganda Athletics Federation President Dominic Otuchet.

The team had just disembarked from the British Airways flight from Heathrow in London to arrive to a massive welcome at Entebbe where thousands lined up to receive Uganda's sixth Olympic medal winner.

But this wasn't just a medal winner; this was a gold medalist in the most grueling track and field competition of all – the marathon.

In winning only Uganda's second gold medal in Olympic history, Stephen Kiprotich had put the country on the world map to become an instant legend.

So when he arrived back home from the London 2012

Olympics, President Museveni invited the team for a luncheon at Entebbe State House right on the day of arrival.

The entire contingent from London together with officials of the Uganda Olympic Committee and Uganda Athletics Federation drove straight to State House where they were treated to a sumptuous meal and later on an interaction with the President.

An excited Museveni paid tribute to Kiprotich's momentous feat before directing that government credits Shs200m (\$55,000) to his bank account on that very day.



“This medal is from God,” Museveni observed at the luncheon. “Particularly now that Uganda is celebrating 50 years of independence.”

“I need to salute Kiprotich and those people who helped him to train. When there was confusion in Uganda he went to the bush in Kenya. This gives us a morale boost to organize ourselves better,” he said.

It has not been uncommon for Ugandan long distance runners to train in Iten, Kenya and Kiprotich was following the pattern of Moses Kipsiro, Boniface Kiprop and Benjamin Kiplagat who have all trained there during their careers.

Museveni at the welcome luncheon also offered to build a three-bedroom house for Kiprotich’s parents.

Kiprotich was neither the first nor the last athlete sportsman being recognized by the President for his achievement on the global stage.

*Joshua Cheptegei is a regular visit at State House thanks to his international athletics exploits in the recent past. The generous President Museveni and First Lady Janet have been more than willing to extend a supportive hand to excelling sports personalities*

When Davis Kamoga won bronze at the 1996 Olympics in Atlanta, Museveni personally wrote to him to acknowledge his contribution to Uganda’s International standing.

And when Moses Kipsiro became the first man in 72 years to win the 5,000m and 10,000m double at the Commonwealth Games, Museveni offered him a car.

A host of gold-medal winning athletes have all received cars from the Head of State including world 10,000m champion in Doha, Qatar Joshua Cheptegei and Stella Chesang, 10,000m Commonwealth champion at the last Games in Gold Coast, Queensland, Australia.

In fact it is Museveni who started the scheme to reward athletes who win continental or global events with a monthly stipend.



Today gold medalists are entitled to Shs5m a month, bronze winners Shs3m while bronze fetches Shs1m.

That stipend has gone a long way in pushing athletes to work beyond their limits to not only become national heroes, but also to earn a decent amount of money from government from their sweat.

How long the disbursement of that stipend towards Uganda’s International stars lasts is a position that is yet to be clarified but certainly the majority of athletes are enthralled by the idea of receiving a token of thanks every month by the government.

Said Chesang shortly after winning Commonwealth Gold in Gold Coast, “When I was running and pushing myself to limit, I remembered the President’s words of rewarding outstanding athletes with a monthly income and it pushed me to the finish line.”

Museveni, who always flags off teams for Olympics and Commonwealth Games, has always highlighted the

*L-R: Sports Minister Hamson Denis Obua, Minister of Education and Sports plus First Lady Janet Museveni, President Yoweri Museveni, ANOCA president Mustapha Berraf and UOC president William Blick share a photo opportunity in March*



*Today gold medalists are entitled to Shs5m a month, bronze winners Shs3m while bronze fetches Shs1m thanks to President Museveni. That stipend has gone a long way in pushing athletes to work beyond their limits*



LEGEND: World champions Joshua Cheptegei (left) meets President Museveni.

HANDSHAKE: President Yoweri Museveni hosted the Uganda Cranes after they returned from Egypt where they featured in the Africa Cup of Nations.

peaceful environment as a major factor in today's improved medal haul.

"For a long time Uganda was caught in wars, which didn't create an enabling environment to produce world class competitors but now that we live in peaceful times, the results speak volumes," Museveni explained when hosting the 2018 Commonwealth team that had just posted Uganda's best performance in 48 years at the Games.

Today the government is in advanced stages of constructing the High Altitude Training Centre in Teryet, Kapchorwa to tap into the abundant talent for long-distance running in the region.



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The project was mooted to the President by the Uganda Athletics Federation after Kipsiro's 2010 New Delhi Commonwealth double but gained momentum when Kiprotich delivered Olympic marathon gold two years later.

A decade later, it is nearing completion.

Museveni is a man of many passions with sports one of them.

The General is a renown admirer of military planning and strategy, but is also a keen follower of athletics and football.

For instance, he watched all Uganda's Africa Cup of

Nations matches at Gabon 2017 on television and also caught Cranes at the next Afcon edition in Cairo, Egypt.

In 2017 when Uganda hosted the IAAF World Cross-Country Championships at Kololo, Museveni together with First Lady and Minister of Education and Sports Janet Museveni arrived at the venue one hour early and left after seven hours.

While there they watched the historic capitulation of Joshua Cheptegei and requested the State House medical team to look into what caused his collapse.

Beyond rewarding outstanding sportsmen with a stipend, the Museveni government has raised the annual sports budget to Shs27b and gradually the National Council of Sports, the



*PresidentIAL SEND-OFF: President Yoweri Museveni and the First Lady and Minister of Education and Sports Janet Museveni bid farewell to Team Uganda as they left for Tanzania for the East African Games.*



*Thank you son: First Lady and Minister of Education and Sports, Janet Kataha Museveni welcomes 5,000m and 10,000m gold medalist Joshua Cheptegei with the rest of the medalists and the other contingent on arrival at Entebbe Airport from the Commonwealth Games in Gold Coast, Australia.*

regulatory body for sport in the country, is beginning to adequately facilitate various sports federations and associations.

Museveni has also been an ardent participant in charity Games at Mandela National Stadium in Namboole where to famously wears no.7 whenever he laces his soccer boots,

The President meanwhile often uses his twitter handle to celebrate outstanding individual or team sports performances. And on many other occasions he has been known to directly call athletes to express his gratefulness for their efforts.



*GO GIRL: First Lady and Minister of Education and Sports Mama Janet Kataha Museveni (left) congratulates 800m women's world champion Halima Nakaayi (middle) along with President Museveni.*

Athletes in Uganda compete at the biggest stages for medals and International acclaim, but it is not a secret that they all know at the back of their minds that a meeting with President Museveni almost automatically beckons once gold is won.

And when the national adulation and recognition from the parliament and country is done, President Museveni most certainly offer a 4x4 brand new vehicle and a significant sum of money for business or personal development.



*Meeting Royalty: Mubiru has met President Yoweri Museveni,*



## UOC JOURNEY



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