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COMMONWEALTH GAMES, GLASGOW 2026 CAMPAIGN LAUNCH

The Commonwealth Sport Campaign was launched on 5th May 2026 through a discussion featuring Donald Rukare and Lisa Chesney, which focused on leadership, shared values, and preparations for the Commonwealth Games.

The engagement highlighted the role of sport in strengthening the partnership between United Kingdom and Uganda, while promoting unity, collaboration, and mutual understanding through Commonwealth values.

Through dialogue and shared experiences, the campaign celebrated the strong relationship between the two nations, built excitement toward Glasgow 2026, and demonstrated how sport connected communities and inspired positive change.



Dr. Donald Rukare and H.E Lisa Chesney

GAMES UPDATE PRESS CONFERENCE

The Uganda Olympic Committee (UOC) and Commonwealth Games Uganda (CGU) briefed the media on Team Uganda's preparations for the 2026 Youth Olympic Games in Dakar and the Commonwealth Games in Glasgow on 13th May 2026. Led by UOC/CGU President Donald Rukare and other officials, the update highlighted Uganda's 13 quota places for Dakar 2026 and ongoing preparations for Glasgow 2026, where Team Uganda is expected to compete across several sports.

The briefing also provided an update on the Olympic Day Tooke Run scheduled for 20 June 2026 in Bushenyi. Organized in partnership with BIRDC and Nutrition Ambassador Prof. Florence Muranga, the run will feature 5km, 10km, and 21km races, with proceeds supporting Team Uganda's participation in Dakar 2026 while promoting nutrition, healthy living, and Olympic values in communities across Western Uganda.



Lydia Dhamuzungu, Ssemanda Collins, Dr. Donald Rukare and Harriet Ayaa

ADVANCED SPORTS MANAGEMENT COURSE

The Uganda Olympic Committee commenced the Advanced Sport Management Course (ASMC) from 2nd–3rd May 2026, bringing together participants from various federations including Netball, Cricket, FUFA, Basketball, Gymnastics, and Squash to strengthen leadership and management within sport.

The ASMC Women’s Class officially commenced from 9th–10th May 2026 as a dedicated initiative to empower women shaping the future of sport in Uganda. The program celebrated women leaders committed to growth and leadership, reinforcing inclusivity and capacity building in sports administration.

The opening session, facilitated by William Blick, focused on Chapter 1: *Organizing an Olympic Sport Organization*, equipping participants with foundational knowledge in sports governance and administration. The course later progressed to Chapter 2: *Managing Strategically*, led by Dr. Donald Rukare, where participants explored governance, long-term planning, priority setting, and sustainable organizational development.

Supported by the International Olympic Committee, the course continues to strengthen the capacity of sports leaders and promote effective management for sustainable development across Uganda’s sporting sector.



During the class

GAME CONNECT PROJECT ENGAGEMENT WORKSHOP

The Game Connect Project Engagement Workshop brought together partners, federations, coaches, and stakeholders to celebrate the achievements of Phase Two and reflect on the project's impact since its launch in 2020 on 15th May 2026. Implemented with support from the Uganda Olympic Committee, Right To Play, AVSI, Youth Sport Uganda, sports federations, and community partners, the project has used sport to strengthen mental health resilience, create safe spaces, and empower refugee and displaced youth across Uganda.

Participants highlighted significant progress, including improved psychosocial wellbeing, stronger social cohesion, enhanced coaching structures, and the inclusion of Ugandan refugees on the Youth Olympic Games Refugee Team for Dakar 2026. Stakeholders also commended the contribution of partner federations and reaffirmed their commitment to expanding the program’s reach and impact.

As the project looks ahead to Phase Three, partners pledged to build on the momentum achieved, using sport as a tool for healing, inclusion, leadership development, and hope for young people in refugee and host communities.



After the workshop

OLYMPIC DAY TOOKE RUN CAMPAIGN IN NJERU

Stakeholders from the Busoga region met at the BIRDC offices in Njeru on 22nd May 2026 to mobilize support for the Olympic Day Tooke Run scheduled for 20th June 2026 in Bushenyi. The engagement brought together key leaders, including Nutrition Ambassador Prof. Florence Murunga, Rt. Rev. Prof. Dr. Grace Lubaale, regional security leaders, financial sector representatives, and Uganda Olympic Committee officials.

The meeting highlighted the role of sport and nutrition in addressing early-childhood malnutrition while supporting athlete welfare and Team Uganda’s preparations for major competitions, including the Dakar 2026 Youth Olympic Games. Participants rallied behind the campaign’s goal of raising funds and awareness through the Olympic Day Tooke Run.

Stakeholders emphasized that good nutrition is essential for both athletic performance and community wellbeing, reaffirming a shared commitment to building a healthier Uganda and ensuring that malnutrition has no place in the country’s future.



Delegates at the Njeru Launch

OLYMPIC DAY TOOKE RUN CAMPAIGN IN BUSHENYI

Stakeholders gathered in Bushenyi for the Olympic Day Tooke Run breakfast meeting under the theme “*Move, Learn & Discover for Nutrition Care*” on 26th May 2026. The meeting brought together youth athletes preparing for the Youth Olympic Games in Dakar, leaders from Greater Bushenyi, government agencies, private sector representatives, matooke farmers’ cooperatives, sponsors, and officials from the Uganda Olympic Committee (UOC) and Commonwealth Games Uganda (CGU).

Led by UOC/CGU President Dr. Donald Rukare and Nutrition Ambassador Rev. Prof. Florence Murunga, discussions highlighted the critical role of nutrition in sports performance, community wellbeing, and youth development. The partnership between UOC/CGU and BIRDC under the Tooke brand was showcased as a platform to promote healthy lifestyles, support Team Uganda’s preparations for upcoming international competitions, and raise awareness of Uganda’s nutritious banana products.

The engagement also rallied support for the Olympic Day Tooke Run scheduled for 20th June 2026 at Bushenyi Sports Grounds, where 5km, 10km, and 21km races will bring together communities, athletes, and nutrition advocates in support of youth athletes and a healthier Uganda.



Delegates at the Bushenyi’s Launch

MEMOS NETWORKING AT THE ONOC AND COMMONWEALTH OCEANIA MEETING IN AUCKLAND

Commonwealth Sport President Dr. Donald Rukare met with MEMOS alumni during the Oceania National Olympic Committees (ONOC) Assembly and Commonwealth Oceania Regional Meeting held in Auckland, where discussions emphasized the value of global sports education and collaboration.

The engagement brought together sports leaders and MEMOS graduates, highlighting how the MEMOS program strengthens academic development while building international professional networks within the Olympic Movement. Participants reflected on shared values and the role of sport in connecting people across regions.

The meeting reinforced the importance of continued collaboration across continents, with stakeholders noting that sport remains a powerful tool for unity, learning, and global cooperation.



During the meeting

LADY CRANES WIN BRONZE

The Uganda Rugby Lady Cranes fought their way to bronze at the 2026 Rugby Africa Women's Cup in Nairobi, bouncing back from tough losses to champions South Africa 47-20 and hosts Kenya 43-10 with a dominant 46-12 win over Madagascar to secure their place in next year's tournament. Mastula Namboozo powered Uganda's statement victory with a Player of the Match performance, as the Lady Cranes regrouped after back-to-back defeats to finish on the podium and retain their top-tier status in African women's rugby.



Lady Cranes at the Rugby Africa Women's Cup

PERUTH WINS 3000M STEEPLE CHASE

Uganda's Olympic champion Peruth Chemutai delivered a remarkable performance at the Shanghai Diamond League, winning the women's 3000m steeplechase in a world-leading and meeting record time of 8:51.47.

Competing against a strong international field, Chemutai edged reigning world champion Faith Cherotich in a thrilling race, securing victory by just 0.01 seconds. Her outstanding run demonstrated exceptional form and reinforced her status among the world's leading steeplechase athletes. The victory marked another significant milestone for Ugandan athletics, highlighting the country's continued excellence on the global stage as athletes build momentum towards upcoming international championships.



Peruth Chemutai

BRITISH HIGH COMMISSIONER ENGAGED TEAM UGANDA ATHLETES AHEAD OF GLASGOW

The British High Commissioner to Uganda, H.E Lisa Chesney, engaged with Team Uganda athletes as part of efforts to build excitement and strengthen partnerships ahead of the Commonwealth Games Glasgow 2026. On 26th May 2026, she joined a training session with the She Cranes, Uganda's national netball team, where she interacted with players and witnessed their preparations for the Games.

On 28th May 2026, she met with double Commonwealth champion Joshua Cheptegei and learned about his journey as an athlete and his impact beyond sport through education, youth development, and community empowerment. In addition, a representative from the British High Commission spent a day with para swimmer Husnah Kukundakwe on 7th May 2026, who is set to represent Uganda at Glasgow 2026, gaining insight into her training, determination, and preparations for the Games.



Upper; The British High Commissioner with Cheptegei Joshua.

Lower; The British High Commissioner with the Netball team

UGANDA RUGBY ANNUAL GENERAL MEETING.

The Uganda Rugby Union turned the spotlight on its stars at the 2025 Annual Awards Gala, where the night belonged to the Pirates as Timothy Kisiga walked away with Most Valuable Player honours and shared the Top Try Scorer award with Joseph Oyet, while teammate Nkore William claimed the Golden Boot for men. On the women’s side, Lydia Namabiro was crowned MVP and Charlotte Thereza Mudoola took the Golden Boot, capping a strong year for Uganda’s female players. The future shone bright too, with Jinja Hippos’ Yasin Wasswa named Upcoming Player alongside Sayne Babirye in the women’s category. Behind the cameras and keyboards, UOC Media Commission members Johnson Were and Denise Namale were celebrated as Journalists of the Year for Print and Digital respectively, while Ernest Akorebirungi earned TV Journalist of the Year. On the sidelines, Charles Onen was recognised as International Coach of the Year, Marvin Oodongo took Domestic Coach of the Year, and Umar Balikanda blew his whistle to victory as Referee of the Year, in a night that honoured every corner of the rugby fraternity.



The Award winners

GYMNASTICS AND ARCHERY FEDERATIONS HELD ANNUAL GENERAL ASSEMBLIES

The Gymnastics Association of Uganda (GAU) and the Uganda Archery Federation successfully held their Annual General Assemblies, bringing together members and leaders to review progress, strengthen governance, and discuss the future development of their respective sports.

The assemblies provided an important platform for accountability, enabling members to engage with their elected leadership and assess the performance of their federations. Uganda Olympic Committee officials commended GAU President Aya, Uganda Archery Federation President McBond Asiimwe, and their executive committees for convening the meetings and promoting good governance practices. Stakeholders were also encouraged to fully comply with the registration requirements under the National Sports Act Cap 151 and the related Statutory Instrument to ensure effective administration and continued growth of sport in Uganda.



Archery AGM



Gymnastic AGM

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