

UOC PEDIA

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NOC FORUM 2026

The Uganda Olympic Committee (UOC) participated in the NOC Forum 2026 in Nairobi, Kenya, which took place on 2nd -3rd July 2026 and brought together National Olympic Committees from across Africa to strengthen preparations for the Los Angeles 2028 Olympic Games. Organized by Olympic Solidarity and hosted by the National Olympic Committee of Kenya, the forum focused on athlete development, Olympic Solidarity programs, qualification pathways, governance, and strategic planning for the next Olympic cycle.

UOC Secretary General Ms. Beatrice Ayikoru and Senior Administrator Elijah Njawuzi represented Uganda in discussions aimed at enhancing the country's Olympic systems and athlete support structures. The forum provided an important platform for collaboration, knowledge sharing, and the exchange of best practices, reinforcing UOC's commitment to building stronger systems and laying a solid foundation for Team Uganda's success on the road to LA28.



Members from the different NOCs

TEAM UGANDA RECEIVED TOOKE NUTRITIONAL SUPPORT AHEAD OF GLASGOW 2026

On 4th July 2026, Team Uganda athletes received Tooke nutritional products at the Uganda Olympic Committee (UOC)/Commonwealth Games Uganda (CGU) headquarters in Lugogo as part of their preparations for the Glasgow 2026 Commonwealth Games. The handover was led by UOC/CGU Nutrition Ambassador and Director General of BIRDC, Rev. Prof. Florence Muranga, who emphasized that proper nutrition, alongside discipline, training, and mental preparation, is essential for elite sporting performance.

During the engagement, UOC/CGU President Dr. Donald Rukare encouraged the athletes to proudly wear the Ugandan flag, compete with integrity, uphold safeguarding principles, reject competition manipulation, and remain focused on excellence. He also commended the dedication of coaches and team managers in preparing Team Uganda for the Games. Athletes received a range of locally produced Tooke nutritional products and were encouraged to provide feedback to support the continued development of science-based nutrition solutions tailored to their performance and recovery.



Rev. Prof. Florence Muranga and Dr. Donald Rukare with the federation heads, athletes and coaches.

UGANDA WAS ADMITTED AS THE 26TH MEMBER OF THE INVICTUS GAMES FOUNDATION

Uganda was officially admitted as the 26th member of the Invictus Games Foundation (IGF), becoming only the second African nation to join the global movement. The admission ceremony, attended by the Foundation's founding patron, Prince Harry, marked a significant milestone for Uganda and confirmed the country's participation in the Invictus Games Birmingham 2027.

The ceremony brought together Uganda's Minister of State for Sports, Hon. Peter Ogwang, Uganda's High Commissioner to the United Kingdom, H.E. Nimisha Madhvani, National Council of Sports General Secretary Dr. Bernard Ogwel, and other dignitaries to celebrate the achievement and reaffirm Uganda's commitment to supporting wounded, injured, and sick military service personnel through sport.

Uganda's membership in the Invictus Games Foundation reflected the transformative power of sport in promoting recovery, resilience, inclusion, and hope, while strengthening international collaboration and demonstrating that sport has the power to heal lives and unite communities.



An engagement after admission.

UGANDA STRENGTHENED ENGAGEMENT WITH COMMONWEALTH SPORT AHEAD OF GLASGOW 2026

Hon. Peter Ogwang, Uganda's Minister of State for Sports, and Dr. Bernard Ogwel, General Secretary of the National Council of Sports (NCS), visited the Commonwealth Sport Headquarters in London, where they met with Commonwealth Sport President Dr. Donald Rukare and CEO Ms. Katie Sadleir ahead of the Glasgow 2026 Commonwealth Games.

During the meeting, the Commonwealth Sport leadership provided an update on upcoming activities, including preparations for the Glasgow 2026 Games, which were just 14 days away. The discussions focused on strengthening collaboration and ensuring Team Uganda's readiness for the Games.

Hon. Ogwang expressed confidence in Team Uganda's preparations, noting that the team was ready to compete and expected to perform strongly in Glasgow. The meeting reaffirmed the shared commitment to supporting Team Uganda as the delegation prepared to represent the nation on the Commonwealth stage.



Dr. Bernard Ogwel, Ms. Katie Sadleir, Hon. Peter Ogwang and Dr. Donald Rukare

TEAM UGANDA WAS OFFICIALLY FLAGGED OFF FOR THE GLASGOW 2026 COMMONWEALTH GAMES

Team Uganda was officially flagged off for the Glasgow 2026 Commonwealth Games during a ceremony held at Mestil Hotel and presided over by the Rt. Hon. Prime Minister, Robinah Nabbanja. Organized by the National Council of Sports (NCS), the event marked the official send-off for the national delegation ahead of the Games in Scotland.

Uganda confirmed its participation across Athletics, Boxing, Women's 3x3 Basketball, Cycling, Netball, Para Powerlifting, Para Swimming, Swimming, Weightlifting, and Judo. During the ceremony, Team Uganda Assistant Captains Husnah Kukundakwe (Para Swimming) and Nuhu Batte (Boxing) pledged to lead by example and inspire the team to deliver outstanding performances on the Commonwealth stage.

The flag-off celebrated the nation's preparations and renewed commitment to sporting excellence as Team Uganda departed to proudly represent Uganda at the Glasgow 2026 Commonwealth Games, building on the country's rich Commonwealth sporting legacy.



Team Uganda after being flagged off by the Prime minister

TEAM UGANDA WAS HOSTED AT A BRITISH HIGH COMMISSION SEND-OFF AHEAD OF GLASGOW 2026

Ahead of the Glasgow 2026 Commonwealth Games, Team Uganda was hosted at a special send-off reception by British Deputy High Commissioner Tiffany Kirlew on behalf of British High Commissioner Lisa Chesney. The event brought together athletes, coaches, and team officials to celebrate Team Uganda's journey and strengthen the long-standing partnership between Uganda and the United Kingdom through sport.

The reception provided an opportunity for the delegation to reflect on their preparations, share their ambitions for the Games, and appreciate the continued support of the British High Commission as they prepared to depart for Glasgow.



Team Uganda during the Dinner at the British High Commissioner's residence.

TEAM UGANDA DEPARTED FOR GLASGOW 2026 WITH TOOKE NUTRITIONAL SUPPORT

On 21st July 2026, the first batch of Team Uganda athletes and officials departed for Glasgow, Scotland, ahead of the 2026 Commonwealth Games. Before departure, the team received an additional supply of Tooke nutritional products from PIBID/BIRDC, reaffirming Tooke's role as the Official Nutrition Partner for Team Uganda throughout the Games.

The symbolic handover took place at the Uganda Olympic Committee (UOC) headquarters and was attended by IOC Member William Frederick Blick, UOC Vice President Moses Mwase, Nutrition Ambassador Rev. Prof. Florence Muranga, Olympic champion Stephen Kiprotich, and other officials. Rev. Prof. Muranga congratulated the athletes on earning the honour of representing Uganda and encouraged them to compete with discipline, integrity, and excellence while emphasizing the importance of proper nutrition in maximizing performance and recovery.



The sendoff ceremony of Team Uganda

UOC COMMENCED SAFEGUARDING TRAINING TO STRENGTHEN SAFE SPORT

The Uganda Olympic Committee (UOC), through its Gender Equality and Diversity (GED) Commission, commenced a Training of Trainers (ToT) program for leaders of National Sports Federations and Associations to strengthen safeguarding systems across Uganda's sports sector.

The program equipped participants with the knowledge and tools to promote safe, inclusive, and respectful sporting environments while reinforcing athlete welfare, integrity in sport, anti-doping education, and the prevention of competition manipulation. A structured 30-, 60-, and 90-day implementation framework was introduced to support federations in embedding safeguarding practices into their daily operations.

The initiative reflected UOC's continued commitment to creating safer sporting environments by building the capacity of sports leaders and ensuring that athlete protection remains a priority across all federations and associations.



Participants and facilitators after the ToT

OPENING CEREMONY OF THE GLASGOW 2026 COMMONWEALTH GAMES

The Opening Ceremony of the Glasgow 2026 Commonwealth Games took place on 23rd July 2026 where His Majesty King Charles III and Dr. Donald Rukare, President of Commonwealth Sport and the Uganda Olympic Committee/Commonwealth Games Uganda officially declared the games open. The occasion marked a significant moment as Commonwealth leaders and athletes gathered to officially launch the Games.

The ceremony also showcased Team Uganda in its official ceremonial kit as the delegation proudly joined other Commonwealth nations in celebrating the values of friendship, unity, and excellence. The interaction underscored Uganda's active role within the Commonwealth Sport Movement and highlighted the importance of the Games in bringing nations together through sport.



Dr. Donald Rukare and His Maj. King Charles III during the opening Ceremony of the games

UGANDA PARTICIPATED IN THE 12TH COMMONWEALTH SPORTS MINISTERS MEETING.

Uganda participated in the 12th Commonwealth Sports Ministers Meeting held in Glasgow, Scotland, under the theme "Reimagining the Power of Sport Towards Healthier, Fairer and Equitable Commonwealth Communities." The meeting brought together sports ministers and senior leaders from across the Commonwealth to discuss the role of sport in advancing health, inclusion, equality, and sustainable development.

The forum provided an opportunity for member countries to exchange experiences, strengthen collaboration, and explore innovative policies that harness sport as a tool for social and economic transformation. Uganda joined fellow Commonwealth nations in reaffirming its commitment to promoting safe, inclusive, and equitable sporting environments that benefit communities across the country.



An engagement after the meeting

TEAM UGANDA ATHLETE SUPPORT PROGRAM

The Uganda Olympic Committee (UOC)/Commonwealth Games Uganda (CGU), through its Medical and Anti-Doping Commission and Safeguarding Officer, continued its Athlete Support Program across multiple training venues as preparations for the Glasgow 2026 Commonwealth Games intensified. The program reached athletes and officials from boxing, para powerlifting, swimming, judo, weightlifting, and athletics in Hamza Stadium, Ndeeba, Bukwo, Kapchorwa, Chemwania, and Kapkoros.

Athletes, coaches, and support personnel participated in safeguarding awareness, anti-doping education, medical examinations, and physiotherapy assessments to promote clean sport, athlete welfare, and safe sporting environments. The Bukwo outreach also featured opening remarks by double Commonwealth Games gold medallist Moses Kipsiro, who encouraged athletes to uphold integrity and professionalism throughout their careers.



The different sessions that were held.

UGANDA SECURES THREE MEDALS AT THE GLASGOW 2026 COMMONWEALTH GAMES

After 11 days of competition, the Glasgow 2026 Commonwealth Games concluded in Scotland, with Uganda finishing the Games with an impressive haul of three medals. The medal tally comprised a silver medal won by Para swimmer Husnah Kukundakwe in the SB8 100m Breaststroke, another silver medal secured by the Uganda Women's 3x3 Basketball Team, and a bronze medal claimed by Peruth Chemutai in the Women's 3000m Steeplechase.

Uganda was represented by 55 athletes from eight national sports federations, who competed across 10 sporting disciplines, including Para Swimming and Para Powerlifting. The national contingent also reflected the country's commitment to gender inclusion, with 34 women and 21 men proudly representing Uganda.

The Games provided Uganda's athletes with an opportunity to showcase their talent on the Commonwealth stage, and the medal-winning performances underscored the nation's continued progress and growing competitiveness in international sport.



Husnah Kukundakwe, the Gazelles and Peruth Chemutai

SYDNEY GONGODYO MEMORIAL WALK

The Sydney Gongodyo Memorial Walk was held to honor the legacy of Sydney Gongodyo while raising awareness about the dangers of mob action and promoting peace, justice, and respect for the rule of law. Participants walked to Kings Park Arena, demonstrating their collective commitment to ending mob violence and encouraging communities to resolve conflicts through lawful and peaceful means.

The memorial walk brought together stakeholders and members of the public in a united call for safer communities, highlighting the importance of protecting human life, promoting civic responsibility, and fostering a culture of respect and accountability.



Participants after the walk

TABLE TENNIS



Patience receiving her award

Uganda celebrated outstanding recognition at the ITTF Africa Youth Championships 2026 Awards Night, highlighting the country's growing impact in African table tennis. Coach Alvin Katumba received a Special Award of Appreciation on behalf of the Uganda Table Tennis Association (UTTA) in recognition of the association's exceptional commitment to youth development and its efforts to nurture the next generation of African table tennis players.

The celebrations were further boosted when Africa's U-15 Girls Champion, Patience Anyango, was named Most Improved Player, acknowledging her remarkable progress and impressive performances throughout the championship.

ARCHERY



The team during the championships

Uganda celebrated a historic milestone at the 2026 African Archery Championships after Asimwe Precious won the country's first-ever gold medal in para-archery. The victory also marked Uganda's first gold medal in the history of the continental archery championships.

Competing in his first international appearance, Precious defeated an opponent from Algeria to secure the title, delivering a remarkable performance on the continental stage. Fellow Ugandan para-archer Mutyaba Bashir also impressed with a fourth-place finish, contributing to Uganda's strong showing at the championship.

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