



INTERFORCES GAMES AND TARGET SHOOTING CHAMPIONSHIP 2026



BUILDING SYNERGY THROUGH SPORTS: UGANDA SECURITY FORCES CONVERGE IN GULU FOR 18TH INTERFORCES GAMES



TEAM NO FEAR: PRISONS SHOOTERS GEAR UP FOR TOUGH INTERFORCES TEST



BATTLE LINES DRAWN: MAROONS SET SIGHTS ON INTERFORCES GLORY IN GULU CITY



KICKING FOR GLORY: PRISONS TAEKWONDO TEAM READY FOR INTERFORCES BATTLE IN GULU

Top Leadership



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BUILDING SYNERGY THROUGH SPORTS: SECURITY FORCES CONVERGE IN GULU FOR 18TH INTERFORCES GAMES



Security forces spokespersons and sports heads at the Uganda Media Centre for the official launch of the 18th Interforces Games and Shooting Championship.

Uganda's security forces are set to converge in Gulu City for the 18th Edition of the Interforces Games and Target Shooting Championship, bringing together the Uganda Peoples' Defence Forces (UPDF), Uganda Police Force (UPF), Uganda Prisons Service (UPS) and Uganda Wildlife Authority (UWA).

The championship, hosted by the UPDF, will run from 22 August to 5 September 2026 under the theme *"Building Synergy through Sports."* The opening ceremony will take place on 24 August at St. Joseph's College Layibi, Gulu City, while the closing ceremony is scheduled for 4 September at the same venue.

The four security institutions will compete in football, netball, athletics, handball, taekwondo, volleyball, darts and target shooting. Both male and female personnel will participate in various disciplines.

Speaking during the official launch on behalf of the Uganda Prisons Service, Senior Commissioner of Prisons Frank Baine Mayanja said the championship gives security personnel an opportunity to showcase their sporting abilities while preparing talented athletes for both national and international competitions.

He noted that the games bring together athletes from across the services, creating an important platform for discovering and developing talent while strengthening teamwork among security institutions.



SCP Frank Baine Mayanja addressing the media during the official launch of the 18th edition of the interforces games at the Uganda Media Centre

Uganda Police Force spokesperson Kituuma Rusoke said the championship will also support the health and wellbeing of security personnel by providing an opportunity to reduce stress through sport and physical activity.

He encouraged members of the public in Gulu and beyond to attend the games, support the athletes and take part in building stronger relations between the security forces and the communities they serve.

Uganda Wildlife Authority spokesperson Bashir Hangi also welcomed the championship as an opportunity for personnel from the different security institutions to interact, compete and strengthen their working relationships.

The competition will be conducted under established rules to ensure fairness and discipline. Football, handball, netball, volleyball and darts will be played on a round-robin basis, while taekwondo will follow a knockout format. Athletics will feature individual events for both men and women, while target shooting will test accuracy, concentration and discipline.

At the end of the championship, the best-performing forces will be recognised according to their overall medal performance, with awards for the Overall Winner, First Runner-up and Second Runner-up.

For the Uganda Prisons Service, the 18th Interforces Games provide another opportunity for its officers to demonstrate sporting talent, discipline, teamwork and commitment while competing alongside fellow security personnel. With the theme

“Building Synergy through Sports.” The championship goes beyond winning medals. It is expected to strengthen cooperation, promote healthy competition and build lasting bonds among Uganda’s security forces.



Security forces spokespersons and sports heads during a planning session at the Uganda Media Centre



Maroons FC team photo during the FUFA Super 8 match against Entebbe UPPC at Hamz Stadium on August 14, 2026

BATTLE LINES DRAWN: MAROONS SET SIGHTS ON INTERFORCES GLORY IN GULU CITY

The Uganda Prisons Service football team, Maroons, is ready for the 18th Interforces Games in Gulu City after months of preparation and intensive training.

The Maroons will kick off their campaign against the Uganda Police Force on 25th August 2026 at 4:00pm at St. Joseph Layibi Playgrounds. They will then face the UPDF on 26th August at 9:00am.

The Uganda Wildlife Authority will be their final opponents on the evening of 27th August, before the team returns to Kampala for league engagements.

The team has a strong squad of 20 players, combining young talent with experienced players. The side is led by skipper Cpl/Wdr Ronald Orombi, who will marshal the midfield.

Among the notable players is Cpl/Wdr Fred Amaku, who returns to the team and is expected to lead the attack. Amaku is known for his goal-scoring ability and will be one of the key players to watch.

Wdr Simon Tamale will provide strength between the posts, while Wdr Jackson Nunda and Wdr Norman Odipio add experience and creativity in midfield. Wdr Biyika Innocent is expected to strengthen the right back, while Wdr Omara Samuel Makmot will provide another attacking option as a forward.

Head Coach Loi Umar Abdallah said the team has used the long preparation period to build a competitive side capable of challenging for the title. Maroons' main task will be to dethrone Uganda Police Force, the defending champions, and bring the football title to Uganda Prisons Service.

The team will also balance its Interforces campaign with the Uganda Premier League, with some players remaining behind to prepare for Maroons' opening league match against URA FC on 29 August.

The technical team includes Assistant Coach Ch/Wdr III Cemari James and Goalkeeping Coach Ch/Wdr III Akol Emmanuel.

TRAVELING SQUAD

1. Loi Umar Abdallah (Head Coach)
2. Ch/Wdr III Cemari James
3. Ch/Wdr III Akol Emmanuel
4. Cpl/Wdr Orombi Ronald
5. Cpl/Wdr Kapalaga Shamary Ramadan
6. Cpl/Wdr Adima Hillary
7. Cpl/Wdr Amaku Fred
8. L/Cpl Wdr Okot Felix
9. L/Cpl Wdr Ogwang Joel
10. Wdr Amany Junior
11. Wdr Tamale Simon
12. Wdr Biyika Innocent
13. Wdr Omara Samuel Makmot
14. Wdr Oluka George William
15. Wdr Bossa Bruno Sam
16. Wdr Eriga Ivan
17. Wdr Ogama Mujahid
18. Wdr Omirambe Brian Junior
19. Wdr Jurua Hassan Alidro
20. Wdr Andabati Ronald
21. Wdr Odipio Norman Borniface
22. Wdr Nunda Jackson
23. Wdr Akena Kennedy Gondo



Fred Amaku celebrating a goal in the UPL





Prisons Netball starting seven against Police NC

UNSTOPPABLE: PRISONS QUEENS READY TO DEFEND THEIR INTERFORCES NETBALL CROWN

Uganda Prisons Service netball team, popularly known as the Prisons Queens, will begin their 18th Interforces Games campaign at the St. Joseph Layibi Netball Courts in Gulu City, aiming to maintain their dominance in the competition.

The Queens will face Uganda Police Force on 26 August 2026 at 11:00am, before taking on Uganda Wildlife Authority (UWA) on 27 August at 2:00pm.

They will complete their group matches against UPDF on 28 August in the morning.



The newly crowned East African Netball Club Champions are heading into the competition in excellent form. The Queens are yet to lose a match in the Uganda Netball Super League and currently share the top position on the table.

The team will be coached by L/Cpl/Wdrss Meeme Ruth, who takes charge in the absence of Head Coach Hassan Kato, who is away on other duties. Experienced goal shooter Cpl/Wdrss Namulumba Christine Kango, one of the leading goal shooters in the region. Cpl/Wdrss Nakibuule Joyce, Sgt/Wdrss Kekimuli Catherine and Cpl/Wdrss Nakabuye Hadijah are among some of the key players to watch as the Queens seek to retain their Interforces title.



TRAVELING SQUAD

- 1.Ch/Wdrss II Nanyonga Sylvia
- 2.Ch/Wdrss III Tabia Dorothy
- 3.Cpl/Wdrss Nakibuule Joyce
- 4.Sgt/Wdrss Aseru Juliet
- 5.Sgt/Wdrss Kekimuli Catherine
- 6.Cpl/Wdrss Nakabuye Hadijah
- 7.Cpl/Wdrss Adong Janet
- 8.Cpl/Wdrss Namulumba Christine Kango
- 9.L/Cpl/Wdrss Meeme Ruth
- 10.Wdrss Akello Malisera
- 11.Wdrss Anyait Florence Winnie
- 12.Wdrss Khadala Nashim
- 13.Wdrss Abalo Caroline
- 14.Wdrss Aitasi Evalyn
- 15.Wdrss Juwan Sylvia
- 16.Wdrss Bulage Saida
- 17.Wdrss Awino Jellian
- 18.Wdrss Donia Flavia



Captain Christine Namulumba Kango in action against Dynamite NC at Hamz Stadium

TEAM NO FEAR: PRISONS SHOOTERS GEAR UP FOR TOUGH INTERFORCES TEST

Target shooting may not be one of Uganda's most popular sports, but it is one of the most demanding events at the Interforces Games, requiring maximum concentration, discipline, accuracy and expertise in the use of firearms.

The competition in Gulu City is expected to bring together some of the best shooters in Uganda, drawn from the country's top security organs. Uganda Wildlife Authority (UWA), Uganda Police Force and Uganda People's Defence Forces (UPDF) have all competed strongly in previous editions, making the event highly competitive.

Uganda Prisons Service will field 70 competitive shooters, bringing together both male and female Senior and Junior Officers. The team will be led by Principal Officer II Gilbert Liira.

According to the team leadership, the competitors have been carefully selected based on their skills, experience and knowledge of firearm handling and use. The team leaders expressed confidence that the selected officers have the discipline, technical ability and experience required to compete against the best shooters from other security agencies.

The shooting programme will start on 23 and 24 August 2026 at the Gulu Military Airfield Range Ground, with shooters undergoing briefings on the rules, zeroing, marksmanship and dry-aiming from 10:00am to 5:00pm.

Short-range practice will take place on 25 August, followed by long-range practice on 26 August. The main range competitions will take place on 27 and 28 August, when the best shooters from the participating security agencies will compete for top honours.

The competition will feature pistols, submachine guns (SMGs) and PKs, testing the shooters' accuracy, discipline, speed, skill and ability to remain focused under pressure.



Ranger Wdr Nyanga Erick practicing shooting ahead of the competition

Rangers

- 1.ASP Okello Robinson
- 2.ASP Lakaraber Clare
- 3.ASP Akao Maliam
- 4.ASP Dusabe Immaculate
- 5.ASP Tumwine Allan
- 6.ASP Muwanguzi Dickens
- 7.ASP Mukamaakume Medius
- 8.ASP Innocent Amito
- 9.PO I Ochulu Peter
- 10.PO I Ochom Emmanuel
- 11.PO I Namulondo Ruth
- 12.PO II Abalo Sarah
- 13.PO II Kayera Noeline
- 14.PO II Lirra Gilbert
- 15.PO II Namuganza Perusi
- 16.PO II Anecho O. Deborah

- 17.Ch/ Wdr III Musuto Martin
- 18.Ch/ Wdrss III Aketch Jesca
- 19.Ch/Wdr III Opio Quinto
- 20.Sgt/Wdrss Anena Ivine
- 21.Sgt/Wdrss Owomugisha Agnes
- 22.Sgt/Wdr Ogule Jasper
- 23.Sgt/Wdr Ariko Ignatius
- 24.Sgt/Wdr Bamulaga Joseph
- 25.Sgt/Wdr Abiar Bernard
- 26.Sgt/Wdr Lapyem Bosco
- 27.Sgt/Wdr Omara Nelson
- 28.Sgt/Wdr Kalenzi Peter
- 29.Sgt/Wdr Tushemerirwe Juliet
- 30.Sgt/Wdr Kansime Ivan
- 31.Sgt/Wdr Angudru Abdulhuman
- 32.Sgt/Wdr Okiror Herbert
- 33.Sgt/Wdrss Andru Hope
- 34.Sgt/Wdr Odong Joseph
- 35.Sgt/Wdr Otule Musa
- 36.Cpl/Wdr Kwarija Ernest
- 37.Cpl/Wdr Okwii Emmanuel
- 38.Cpl/Wdr Ogwal Jasper
- 39.Cpl/Wdr Rachiewu Amel Pamela
- 40.Cpl/Wdrss Aping Lillian
- 41.Cpl/Wdrss Akello Doreen
- 42.Cpl/Wdr Odongkara Joseph
- 43.Cpl/Wdrss Asimwe Lovis
- 44.Cpl/Wdrss Akullo Harriet

45. Cpl/Wdrss Nakyanja Allen
- 46.Cpl/Wdr Opadde Abraham
- 47.Cpl/Wdr Nuwagaba Moses
48. Cpl/Wdr Okwangaluk Denis
- 49.Cpl/Wdr Ogowok Walter
- 50.Cpl/Wdr Olobo Solomon
- 51.Cpl/Wdrss Etoku Teddy
- 52.Cpl/Wdr Kiberu Denton
- 53.Cpl/Wdrss Amayo Sarah
- 54.Cpl/Wdrss Wdrss Kateme M
- 55.Cpl/Wdrss Ajokis Joyce
- 56.Cpl/Wdrss Arionget Joan
- 57.L/Cpl Wdr Aremu William
- 58.L/Cpl Wdrss Chandiru F
- 59.L/Cpl Wdr Mungu Omio Philemon
- 60.L/Cpl Wdrss Kandar D
- 61.L/Cpl Wdrss Apolot Jesca
- 62.L/Cpl Wdr Bombo Ishaq
- 63.Wdrss Angee Josephine
- 64.Wdrss Kabahenuzi Grace
- 65.Wdr Ekakoro Eric
- 66.Wdr Nyanga Eric Disi
- 67.Wdr Opio Allan
- 68.Wdrss Mutenyo Gift Mary
- 69.Wdr Wamboka Emmanuel
- 70.Wdr Khisa Deo



Prisons Ranger at the target shooting practice (dry aiming) at the Prisons Academy and Training School

GOLD HUNT BEGINS: PRISONS ATHLETICS STARS AIM FOR INTERFORCES SUPREMACY IN BOTH TRACK AND FIELD.

How thrilling athletics can be—every race, jump and throw keeps spectators on the edge of their seats. This excitement will come to Gulu City on 25 August 2026, when some of Uganda's finest athletes compete at the Interforces Games at St. Joseph College Layibi.

Uganda Prisons Service Athletics Club, which has dominated athletics in Uganda for decades, will be among the teams seeking glory in both track and field events. The Service will field athletes with national and international experience, including some who recently represented Uganda at the Commonwealth Games in Scotland.

Leading the team is celebrated athletics coach Okello Paul who will guide the team as Head Coach, supported by Sgt/Wdr Adar Jimmy Aloka and Sgt/Wdr Kosgei P. Issa. Among the athletes to watch are Sgt/Wdrss Chemutai Vanis, Sgt/Wdrss Cherop Rispa and Cpl/Wdrss Chebet Esther, who will compete in the 5,000m and 10,000m events.

The field events will feature Sgt/Wdr Odong Martin in shot put, Sgt/Wdr Okello Charles in long and triple jump, Cpl/Wdr Mwaka Johnson in javelin and discus, and Cpl/Wdrss Lakot Nancy in javelin.



Haron Adoli in action in Tokyo

The middle-distance races will also feature experienced runners including Wdr Kiprotich Sam, Wdr Rotich Gideon, Wdr Kiprop Hosea and Wdr Dradriga Tom. With international experience, seasoned athletes, and emerging talent, the Prisons Athletics Club will be looking to showcase its strength and continue its long-standing dominance when the competition gets underway in Gulu.



Prisons long distance runners during a trial at Namboole



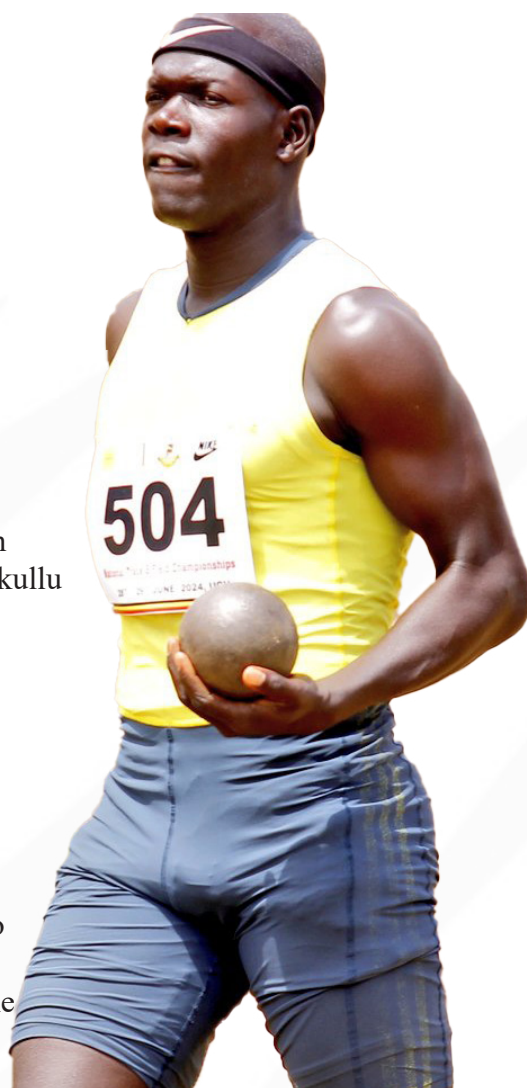
Martin Odong in action during the closing championship 2026 at UCU Mukono



Prisons Athletic Team

TRAVELING SQUAD

- 1.Ch/Wdr I Kiprop Jackson
- 2.Sgt/Wdr Adar Jimmy Aloka
- 3.Sgt/Wdr Kosgei P Issa
- 4.Wdr. Okello Paul
- 5.Sgt/Wdrss Chemutai Vanis
- 6.Sgt/Wdr Odong Martin
- 7.Sgt/Wdr Isabirye Musa
- 8.Sgt/Wdr Okello Charles
- 9.Sgt/Wdrss Cherop Rispa
- 10.Sgt/Wdr Adoli Haron
- 11.Cpl/Wdrss Lakot Nancy
- 12.Cpl/Wdrss Koli Evaline Ocen
- 13.Cpl/Wdrss Wonruku Stella Akullu
- 14.Cpl/Wdrss Auma Mary
- 15.Cpl/Wdr Aboda Emmanuel
- 16.Cpl/Wdr Mwaka Johnson
- 17.Cpl/Wdr Ongee Felix Ouma
- 18.Cpl/Wdrss Chebet Esther
- 19.Cpl/Wdr Komakech Moses
- 20.Cpl/Wdrss Alanyo Catherine
- 21.Cpl/Wdrss Aciro Rosemary
- 22.Cpl/Wdr Oceng Moses Jinaro
- 23.L/Cpl Wdr Erimu Kokas
- 24.L/Cpl Wdrss Amaido Caroline
- 25.L/Cpl Wdrss Lakot Scovia



- 26.L/Cpl Wdrss Chelangat Rebecca
- 27.Wdrss Aguyo Judith
- 28.Wdrss Atimango Winnifred
- 29.Wdrss Cheruto Nowel
- 30.Wdr Onen Kennedy
- 31.Wdr Kibet Dan
- 32.Wdr Kiprotich Sam
- 33.Wdr Obong Emmanuel
- 34.Wdr Kiplangat Denis
- 35.Wdr Rotich Gideon
- 36.Wdr Cherop Eluid
- 37.Wdr Komakech Regan Semei
- 38.Wdr Kiprop Hosea
- 39.Wdr Dradriga Tom
- 40.Wdr Kiprotich Ivan
- 41.Wdrss Abeja Dorothy
- 42.Wdr Cherop Dominic
- 43.Wdr Kipsang David
- 44.Wdr Yeko Dismas
- 45.Wdr Kibet Emmanuel
- 46.Wdr Chelimo Dolvin
- 47.Wdrss Cheptoyek Joy
- 48.Wdrss Chekwemai Brenda
- 49.Wdrss Chebet Maureen
- 50.Wdrss Chelimo Angeline
- 51.Wdrss Apio Elizabeth
- 52.Wdr Cheptoyek Nicholas
- 53.Wdrss Acan Janneth
- 54.Wdr Chelangat Caleb
- 55.Wdr Chemutai Hosea
- 56.Wdr Obuto Solomon

AIRBORNE AND UNSTOPPABLE

UGANDA PRISONS VOLLEYBALL TEAM SET FOR THE INTERFORCES SHOWDOWN IN GULU



Prisons Volleyball Team

Uganda Prisons Service Volleyball team is heading to the Interforces Games with renewed confidence after securing qualification back to Serie A, Uganda's top volleyball league a return that underlines the team's strength and experience at the highest level of the sport. Volleyball is a highly technical and enjoyable sport to watch, with every powerful spike, high jump, block, serve and quick save keeping fans engaged. That action will take centre stage in Gulu City as the Prisons team takes on three security agencies at St. Joseph's.

The campaign begins on 27 August at 9:00am against Uganda Police Force (UPF). The match will test the Prisons side's attacking power, serving, blocking and defence against a strong rival.

At 11:00am the same day, Prisons will face Uganda Wildlife Authority (UWA). With only two hours between the matches, the team's fitness, squad depth and ability to recover quickly will be important. The final group match will be against UPDF on 28 August at 9:00am, providing another tough test for the Prisons side.



Prisons enters the competition with a clear advantage as the only team among the participating Interforces sides playing professional volleyball at Serie A level. The experience gained from competing against the country's top clubs makes the team one of the strongest contenders.

The squad has players capable of performing different roles, including setters, who organise attacks; outside and opposite hitters, who provide attacking power; middle blockers, who defend and attack at the net; and liberos and defensive players, who specialise in receiving and keeping the ball in play.



TRAVELING SQUAD

- 1.Cpl/Wdr Olupot Richard
- 2.Cpl/Wdr Ajena Calvin Ben
- 3.Cpl/Wdr Oboo James
- 4.Cpl/Wdr Naukoth Daniel
- 5.Cpl/Wdr Ocabal Remegius
- 6.Cpl/Wdr Imuta William
- 7.Cpl/Wdr Ojilong James
- 8.Wdr Obwang Jimmy
- 9.Wdr Adiri Andrew
- 10.Wdr Mutegana Brian
- 11.Wdr Omongin Timothy
- 12.Wdr Ojema Hussein
- 13.Wdr Ocuu Isaac Ben
- 14.Wdr Okalang Trevor
- 15.Wdr Lwanga Charles



Prisons Volleyball team in action during a frindly match

BULLSEYE MISSION: PRISONS DARTS TEAM HEADS BACK TO GULU AFTER NATIONAL LEAGUE PLAYOFF VICTORY

Fresh from winning the Uganda National Darts League Playoffs, Uganda Prisons Service Darts team heads to the Interforces Games with confidence, but faces a tough challenge from some of the country's strongest security agencies in Uganda Police Force, UPDF and Uganda Wildlife Authority.

Darts is a game of accuracy, concentration and consistency, where players throw three darts at a time towards a numbered board, aiming to score as many points as possible and finish on the required score. Although it may appear simple, every throw demands focus, control and the ability to perform under pressure.

The Prisons team will be led by one of Uganda's outstanding darts players, Ch/Wdr II Emomeri Andrew, who also serves as Team Manager. Emomeri is considered national team material and will be one of the players to watch during the competition.



Prisons Darts Club (Men)

The team also has experienced players including Sgt/Wdr Ocitti James, the team captain, and Cpl/Wdr Omoding James and Cpl/Wdr Malinga Julius, who will provide strength and experience in the men's category. The women's side features players including Cpl/Wdrss Amony Sunday, L/Cpl/Wdrss Akullo Barbra, Wdrss Awidi Victoria, Wdrss Aguyo Josephine, Wdrss Ajuro Stella, Wdrss Adong Jennifer and Wdrss Apiiah Kevin.

The Interforces fixtures are expected to be highly competitive, with all participating teams bringing strong players and no easy match on the schedule. Uganda Wildlife Authority (UWA) enters the competition as the defending Interforces champions adding another layer of pressure to an already competitive field.

Tough Fixtures Ahead

The Prisons men's and women's teams will begin their campaign against UPDF on 26 August at 9:00am at the St. Joseph's Layibi Darts Hall. Later that day at 4:00pm, both teams will face UWA giving the Prisons players two demanding matches on the opening day. On 27 August at 9:00am, the men's team will take on Uganda Police Force (UPF) while the women's side will also face Police.

With the national playoff title fresh in their hands Prisons will be looking to carry that winning form into Gulu.

TRAVELING SQUAD

- 1.Ch/Wdr II Emomeri Andrew
- 2.Sgt/Wdr Ocitti James
- 3.Cpl/Wdr Omoding James
- 4.Cpl/Wdrss Amony Sunday
- 5.Cpl/Wdr Malinga Julius
- 6.L/Cpl Wdr Olokojo Stephen
- 7.L/Cpl Wdrss Akullo Barbra
- 8.Wdrss Awidi Victoria
- 9.Wdr Ofoymungu Patrick
- 10.Wdr Ogwang Joshua
- 11.Wdr Kalule Eddy
- 12.Wdrss Aguyo Josephine
- 13.Wdr Otomei Geoffrey
- 14.Wdrss Ajuro Stella
- 15.Wdrss Adong Jennifer
- 16.Wdrss Apiiah Kevin



Prisons Darts Club (Ladies) celebrates a trophy in Gulu

KICKING FOR GLORY: PRISONS TAEKWONDO TEAM READY FOR INTERFORCES BATTLE IN GULU

Taekwondo is one of the most demanding combat sports, combining speed, strength, discipline, balance and precision.

At the Interforces Games, Uganda Prisons Service fighters will step into the ring knowing that every kick, punch and defensive move could decide the outcome.

Taekwondo is fought between two competitors, with points awarded for controlled and accurate kicks and punches to permitted scoring areas. Fighters compete in different weight categories, making the weigh-in an important part of the competition before the draws determine their opponents.

The Prisons team will begin with weighing and draws on 30 August 2026 at St. Joseph's from 9:00am to 4:00pm, before competitions run on 31 August and 1 September, also from 9:00am to 4:00pm.

Uganda Prisons Service enters the competition with a strong group of fighters, some of whom have dominated domestic competitions. The team will be led by Ch/Wdr III Ogwang Mark, with Ch/Wdr III Masendi Brenda as Assistant Manager.

The squad is captained by international fighter Sgt/Wdr Angalla Paul, whose experience on the international stage will be important as the Prisons team takes on some of the country's strongest fighters. Other notable fighters include Sgt/Wdr Charity Bosco Olung, Cpl/Wdr Komakech Simon Boika, Cpl/Wdr Alboho Eddie Newton, Cpl/Wdrss Kiiza Annet, Cpl/Wdr Odongo Sam and Cpl/Wdrss Akello Lillian Mwesigwa.



The team also features L/Cpl/Wdr Okello Boniface, L/Cpl/Wdrss Adoko Lucky, L/Cpl/Wdr Ucungi Leeroy Odong Paul, Wdrss Abeja Gloria Penninah, Wdr Tabule Richard, Wdr Echatu Anthony, Wdr Monday Charles, Wdrss Alimo Lucky, Wdrss Angu Dinah Jovia, Wdrss Abalo Vicky and Wdrss Katono Della.

Tough Rivalry

The Prisons fighters face a tough challenge from UPDF and Uganda Police Force, both of whom have strong taekwondo teams.

The three agencies have, however, maintained joint training sessions and exchange programmes aimed at improving skills, sharing experience and developing taekwondo across the security forces. This has helped raise the level of competition and created a strong pool of fighters capable of competing at national and international level.

Fighting for the Prisons Badge

For the fighters, representing Uganda Prisons Service is more than simply entering a competition. It is an opportunity to defend the Service's colours, demonstrate discipline and skill and fight for the pride and glory of the institution.

The players are expected to enter the ring focused, disciplined and physically prepared, while respecting their opponents and



Gloria Abeja in action during training

following the rules of the sport.

Team Manager Ch/Wdr III Ogwang Mark says the fighters have been carefully prepared for the competition and believes the experience gained through domestic competitions, joint training and international exposure has positioned the team well. He urged the fighters to remain disciplined, trust their training and give their best in every bout, with the ultimate goal of bringing glory to Uganda Prisons Service.



TRAVELING SQUAD

- | | |
|---------------------------------|--------------------------------|
| 1.Ch/ Wdr III Ogwang Mark | 11.L/Cpl Wdrss Adoko Lucky |
| 2.Ch/ Wdr III Masendi Brenda | 12.L/Cpl Wdr Ucungi Leeroy |
| 3.Sgt/ Wdr Angalla Paul | 13.Wdrss Abeja Gloria Penninah |
| 4.Sgt/ Wdr Charity Bosco Olung | 14.Wdr Tabule Richard |
| 5.Cpl/ Wdr Komakech Simon Boika | 15.Wdr Echatu Anthony |
| 6.Cpl/ Wdr Alboho Eddie Newton | 16.Wdr Monday Charles |
| 7.Cpl/ Wdrss Kiiza Annet | 17.Wdrss Alimo Lucky |
| 8.Cpl/ Wdr Odongo Sam | 18.Wdrss Angu Dinah Jovia |
| 9.Cpl/ Wdrss Akello Lillian | 19.Wdrss Abalo Vicky |
| 10.L/Cpl Wdr Okello Boniface | 20.Wdrss Katono Della |



UNFINISHED BUSINESS: REJUVENATED PRISONS HANDBALL TEAM HUNTS FOR THE INTERFORCES SUPREMACY

When it comes to the Interforces Games, few sports display the rivalry, passion and fighting spirit of the competing security agencies like handball. For more than a decade, Uganda Prisons Service, Uganda Police Force and UPDF have produced fierce battles on the court, with every match carrying its own story.

Handball is fast, physical and highly enjoyable to watch. Players attack, defend, sprint, jump and fight for every ball, with the intensity sometimes resembling a battle zone. The desire to defend the team's colours, settle past defeats and claim bragging rights often pushes the players to their limits.

The rivalry is also reflected in the Uganda Handball Super League. In the men's category, Prisons recently edged Police by a narrow margin, while UPDF, the defending league champions, defeated Prisons by just one goal.



In the women's league, Police have shown their strength, defeating Prisons and UPDF and currently holding the league title. Police also won the last edition of the Interforces Games in all categories, giving Prisons an even bigger challenge as the team seeks to reclaim its place at the top.

Prisons' Road to Glory
Uganda Prisons Service Handball team is entering this year's competition with a rejuvenated handball team determined to return to the glory days. Prisons has a long history as one of the most successful handball teams in Uganda, and the current squad is seeking to restore that reputation.

The team combines experience with younger players, with every position playing an important role. Goalkeepers will be the last line of defence, wings will provide speed and attacking options from the sides, backs will create and take long-range shots, while the centre back will control the attack and create opportunities. The pivot will battle defenders around the six-metre area, creating space and finishing chances.

The men's team has received a major boost with the return of Ch/Wdr III Akena Dominic and Sgt Wdr Ojok Gilbert from retirement. His return brings valuable experience, quality and leadership to a team looking to challenge the strongest sides.

Other key players include L/Cpl Wdr Musoke Douglas with vast experience on the court, alongside Sgt/Wdr Okot Walter, Cpl/Wdr Okwir Solomon, Cpl/Wdr Twinamasiko Collins, Cpl/Wdr Okello Michael and Cpl/Wdr Okello Umar.

Three Days of Fierce Competition

The men's competition starts on 26 August, with UPDF facing UWA at 9:00am before Prisons takes on Police at 11:00am. The Prisons-Police encounter is expected to be one of the day's biggest battles, given their long-standing rivalry and recent close league contest.

The women's team will then face Police at 2:00pm, while UWA takes on UPDF at 4:00pm.

On 27 August, the Prisons women will face UPDF at 11:00am, while the men's side returns to court at 4:00pm against UPDF. row one-goal victory over Prisons in the league.

The women's competition continues on 28 August, with Prisons facing UWA at 2:00pm. The men's side will begin the day against UWA at 9:00am, before Police take on UPDF at 4:00pm.

TRAVELING SQUAD

Men's team

- 1.Ch/ Wdr II Kongo Ibrahim
- 2.Ch/Wdr II Bandaru Caroline
- 3.Ch/ Wdr III Akena Dominic
- 4.Cpl/Wdr Angolenyang Alex
- 5.Sgt/Wdr Okot Walter



- 6.Cpl/Wdr Okwir Solomon
- 7.Cpl/Wdr Twinamasiko Collins
- 8.Cpl/Wdr Okello Micheal
- 9.Cpl/Wdr Okello Umar
- 10.L/Cpl Wdr Musoke Dauglas
- 11.Wdr Toko Ivan
- 12.Wdr Aboku Dan
- 13.Wdr Lukwago Sharifu
- 14.Wdr Koire Ibrahim
- 15.Wdr Ayo Patrick
- 16.Wdr Okwer Denis
- 17.Wdr Acai Patrick

Women's team

- 1.Ch//Wdr III Angwech Flavia
- 2.Sgt/Wdr Odong George
- 3.Sgt/Wdrss Ajalet Brenda
- 4.Cpl/Wdrss Abiria Kalsum
- 5.Cpl/Wdrss Ocokoru Gloria
- 6.CplWdrss Aketch Mary
- 7.Cpl/Wdr Opedun Solomon
- 8.Cpl/Wdrss Lamunu Scovia
- 9.Cpl/Wdrss Pira Mary
- 10.Cpl/Wdrss Acayo Violet
- 11.Cpl/Wdrss Adokorach Brenda
- 12.Wdrss Tabingwa Claire
- 13.Wdrss Namajja Aisha
- 14.Wdrss Aber Priscillah
- 15.Wdrss Namutosi Joyce Patience

18TH EDITION OF INTER FORCES GAMES AND CHAMPIONSHIPS 2026 FIXTURES

KEY DATES:

22 Aug 26: Arrival of participants

23 Aug 26: Technical meeting and Synchronization

24 Aug 26: Opening ceremony

29 Aug 26: National cleaning day

03 Sept 26: Resting day

04 Sept 26: Closing ceremony

FOOTBALL				
DATE	ACTIVITY/EVENT	VENUE	TIME	CATEGORY
24 Aug 26	UPDF Vs UWA	ST JOSEPH'S	1115HRS	MEN
25 Aug 26	UPF Vs UPS	ST JOSEPH'S	1600HRS	MEN
26 Aug 26	UPS Vs UPDF	ST JOSEPH'S	0900HRS	MEN
	UPF Vs UWA	ST JOSEPH'S	1600HRS	MEN
27 Aug 26	UWA Vs UPS	ST JOSEPH'S	1600HRS	MEN
04 Sept 26	UPDF Vs UPF	ST JOSEPH'S	1200HRS	MEN
NETBALL				
26 Aug 26	UPDF Vs UWA	ST JOSEPH'S	0900HRS	WOMEN
	UPF Vs UPS	ST JOSEPH'S	1100HRS	WOMEN

27 Aug 26	UWA Vs UPS	ST JOSEPH'S	1400HRS	WOMEN
	UPDF Vs UPF	ST JOSEPH'S	1600HRS	WOMEN
28 Aug 26	UPS Vs UPDF	ST JOSEPH'S	0900HRS	WOMEN
	UWA Vs UPF	ST JOSEPH'S	1600HRS	WOMEN
HANDBALL				
26 Aug 26	UPDF Vs UWA	ST JOSEPH'S	0900HRS	MEN
	UPS Vs UPF	ST JOSEPH'S	1100HRS	MEN
	UPF Vs UPS	ST JOSEPH'S	1400HRS	WOMEN
	UWA Vs UPDF	ST JOSEPH'S	1600HRS	WOMEN
27 Aug 26	UWA Vs UPF	ST JOSEPH'S	0900HRS	WOMEN
	UPDF Vs UPS	ST JOSEPH'S	1100HRS	WOMEN
	UPF Vs UWA	ST JOSEPH'S	1400HRS	MEN
	UPS Vs UPDF	ST JOSEPH'S	1600HRS	MEN
28 Aug 26	UPS Vs UWA	ST JOSEPH'S	1400HRS	WOMEN
	UPDF Vs UPF	ST JOSEPH'S	1600HRS	WOMEN
	UWA Vs UPS	ST JOSEPH'S	0900HRS	MEN
	UPF Vs UPDF	ST JOSEPH'S	1600HRS	MEN
VOLLEYBAL L				
27 Aug 26	UPDF Vs UWA	ST JOSEPH'S	0900HRS	MEN
	UPF Vs UPS	ST JOSEPH'S	0900HRS	MEN
	UPF Vs UPDF	ST JOSEPH'S	1100HRS	MEN
	UPS Vs UWA	ST JOSEPH'S	1100HRS	MEN
28 Aug 26	UPDF Vs UPS	ST JOSEPH'S	0900HRS	MEN

	UWA Vs UPF	ST JOSEPH'S	1100HRS	MEN
DARTS				
26 Aug 26	UPDF Vs UPS	ST JOSEPH'S	0900HRS	MEN
	UPDF Vs UPS	ST JOSEPH'S	0900HRS	WOMEN
	UWA Vs UPF	ST JOSEPH'S	1100HRS	MEN
	UWA Vs UPF	ST JOSEPH'S	1100HRS	WOMEN
	UPF Vs UPDF	ST JOSEPH'S	1400HRS	MEN
	UPF Vs UPDF	ST JOSEPH'S	1400HRS	WOMEN
	UPS Vs UWA	ST JOSEPH'S	1600HRS	MEN
	UPS Vs UWA	ST JOSEPH'S	1600HRS	WOMEN
27 Aug 26	UPS Vs UPF	ST JOSEPH'S	0900HRS	MEN
	UPF Vs UPS	ST JOSEPH'S	0900HRS	WOMEN
	UWA Vs UPDF	ST JOSEPH'S	1500HRS	MEN
	UPDF Vs UWA	ST JOSEPH'S	1500HRS	WOMEN
TAEKWONDO				
30 Aug 26	Weighing and Draws	ST JOSEPH'S	0900-1600HRS	MEN & WOMEN
31 Aug	COMPETITIONS	ST JOSEPH'S	0900-1600HRS	MEN & WOMEN
01 Sept 26	COMPETITIONS	ST JOSEPH'S	0900-1600HRS	MEN & WOMEN

ATHLETICS (Track and Field)				
25 Aug 26	Teams assemble		0700hrs	All teams
	Technical committee meeting with federation officials		0730-0750hrs	Officials
	-10,000m - Shot put - Long jump - Javelin		0800hrs	Men Men Women Women
	- 400M		0900hrs	Men
	- 400M		0930hrs	Women
	- 5,000M		0945hrs	Women
	-Shot put -Long jump		1000hrs	Women Men
	- Discuss - 200M		1030hrs	Men Women
	- 200M - Triple jump		1100hrs	Men Men
	- 1500M		1115hrs	Women
	- triple jump - 5,000M - Discuss		1130hrs	Women Men Women
	- 800M - Javelin		1200hrs	Men Men

	- 100M		1230hrs	Men
	- 100M		1235hrs	Women
	- 800M		1300hrs	Women
	- 1,500M		1330hrs	Men
	- 100 X 4 Relay		1500hrs	Women
	- 100 X 4 Relay		1520hrs	Men
	- 10,000M		1525hrs	Women
	- 4 x 400M Relays		1600hrs	Women
	- 4 x 400M Relays		1630hrs	Men
	- Departure		1700hrs	All teams
02 Sept 26	- Mini Marathon		0600-0900hrs	Athletes Men and Women
RANGE:				
23-24 Aug 26	Rules and Zeroing	Range grd	1000-1700hrs	Men and Women
25 Aug 26	Short range practice	Range grd	1000-1700hrs	Men and Women
26 Aug 26	Long range practice	Range grd	1000-1700hrs	Men and Women
27-28 Aug 26	Range competitions	Range grd	1000-1700hrs	Men and Women

