ADOLI STARTS SEASON STRONG

By Faith Kiai

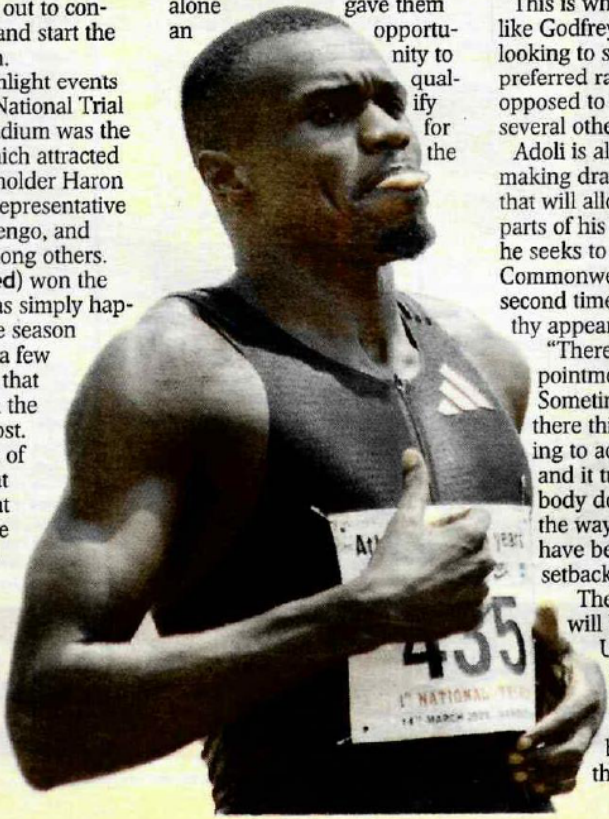
The new athletics season is officially underway, and the best athletes in the nation have already set out to conquer their fears and start the season on a high.

One of the highlight events during the first National Trial at Namboole Stadium was the men's 400m, which attracted national record holder Haron Adoli, athletes' representative Godfrey Chanwengo, and Pius Adome, among others.

Adoli (**pictured**) won the tight race but was simply happy to kick off the season with a win after a few years of injuries that have cost him in the race he loves most.

"We have a lot of competitions that we are looking at this year, like the Commonwealth Games, which are the most important, then the African Championships and the World Relays," he said.

Uganda's mixed national 4x400m relay team has performed well over the last few years and was able to compete at the World Relays last year. This achievement alone gave them an opportunity to qualify for the World Championships. Although they fell short, the men are determined to take part in many more competitions.



This is why more athletes like Godfrey Chanwengo are looking to specialise in their preferred races this year, as opposed to competing in several other disciplines.

Adoli is also looking at making drastic adjustments that will allow him to improve parts of his race craft as he seeks to compete at the Commonwealth Games for the second time after his noteworthy appearance in 2022.

"There are lots of disappointments in this sport. Sometimes you go out there thinking you're going to achieve something, and it turns out that your body doesn't respond the way it should. There have been injuries and setbacks," stated Adoli.

The next few weeks will be important if the Uganda Prisons Service athlete wants to thrive, but so far it has been a good start to the season.