CHAIRMAN'S CUP MARKS 116TH EDITION

PHOTO BY SILVANO KIBUUKA



Members of Kampala Club pose for a photo moment during the launch of the annual edition of the Kampala Club Chairman's Cup

By Silvano Kibuuka

The annual Kampala Club Chairman's Cup has grown even bigger this year with the introduction of CrossFit, a new discipline designed to test participants' fitness levels. The addition brings the tournament's roster to 11 sporting events as members celebrate the 116th edition of the Chairman's Cup, a tradition that dates back to the club's founding in 1911.

CrossFit captain Fred Mulimba explained that the sport combines gym-based drills, including jumping, weightlifting, stretching, and other exercises that build strength, flexibility, and overall fitness while reducing the risk of injuries.

Over 100 club members, alongside invited guests and corporate teams, are competing across a wide range of activities, including lawn tennis, table tennis, badminton, squash, swimming, chess, darts, omweso, scrabble, and brisk walking for both men and women.

The tournament will culminate on Saturday with the final events followed by an awards ceremony.

Kampala Club chairman Dr. David Kamukama praised the event's sponsors, Absa Bank, Centenary Bank, Uganda Communications Commission (UCC), and Kakira Sugar for their support, noting that the tournament promotes both health and high standards of play while encouraging youth involvement in sports.

"Over the years, Kampala Club has played a central role in developing sports in Uganda through the National Council of Sports," Kamukama said.

"We've hosted national and international lawn tennis competitions and groomed many badminton and squash players who have gone on to represent the country. Now, we are shifting our focus toward younger, active members to inspire the next generation of athletes."

Absa Bank official Winfred Sembatya handed over a sh15m cheque to the club and commended its ongoing commitment to sports development.