OPINION

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HOW UGANDA CAN BUILD A STRONGER ATHLETICS FUTURE

Uganda athletics has produced world-class champions in long-distance events, but sustaining success across all disciplines requires more than talent alone. The recently concluded World Athletics Relays in Botswana offered an important lesson on how proper planning, investment, and trust in local systems can transform a country into a competitive athletics nation.

Botswana's rise in sprinting did not happen overnight. The country invested in facilities, developed local coaches, rewarded excellence, and created strong competition structures. Hosting the World Athletics Relays also boosted confidence, visibility, and experience in managing elite events. Uganda can learn from this model if it wants to compete consistently on the global stage.

One of Uganda's biggest challenges remains limited funding. Many athletes lack access to quality facilities, nutrition, sports science, and medical support. Coaches are also under appreciated despite playing a central role in athlete development. Without investing in coaches through education, incentives, and international exposure, athlete progress will remain slow. Uganda must also widen its talent base beyond middle- and long-distance running.

Going forward, Uganda Athletics and government must prioritise infrastructure, grassroots development, athlete welfare, and private sponsorship. Sustainable success will only come through long-term planning, better systems, and continuous investment in both athletes and coaches nationwide.

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