

Athletics Namibia Sr National Championship 20 - 4/22/2017**Senior Nationals 2017****Independence Stadium, Windhoek****Results****Women 100 Meter Dash**

					H#	
Name	Team	Seed	Finals	Wind	H#	Points
H#						
1 Jacobs, J	Welwitschia 77		11.82	2.0		
2 De Sousa, S	Golden Cheetah		11.85	2.0		
3 Mayova, G	Namibian Police Windhoek		12.22	2.0		
4 Ylimaula, R	Unam Athletics Club		12.89	2.0		
5 Joseph, J	Rehoboth Athletics Club		12.98	2.0		
6 Johannes, L	Kakadhinwa Athletics club		15.93	2.0		

Women 200 Meter Dash

Name	Team	Seed	Finals	Wind	H#	Points
1 De Sousa, S	Golden Cheetah		24.30	2.8		
2 Kanduvazu, M	Welwitschia 77		24.76	2.8		
3 Mayova, G	Namibian Police Windhoek		24.78	2.8		
4 Junias, O	Namibian Police Windhoek		25.54	2.8		
5 Goagoses, M	Unam Athletics Club		27.70	2.8		
6 Johannes, L	Kakadhinwa Athletics club		29.12	2.8		
--- Neulumo, L	Okongo Athletics Club		DQ	2.8		

Women 400 Meter Dash

Name	Team	Seed	Finals	H#	Points
1 Kanduvazu, M	Welwitschia 77		57.58		
2 Nduviteko, S	Namibian Police Windhoek		59.09		
3 Simataa, P	Striders Track & Field		1:00.93		
4 Junias, O	Namibian Police Windhoek		1:01.47		
5 Eelu, R	Oshakati Athletic Club		1:02.59		
6 Bethlehema, C	Omaruru Athletic Club		1:04.65		
7 Neulumo, L	Okongo Athletics Club		1:06.54		
--- Tjingaete, S	Namibian Defence Force		DNF		

Women 800 Meter Run

Name	Team	Seed	Finals	H#	Points
1 Nduviteko, S	Namibian Police Windhoek		2:19.15		
2 Gustaf, R	Kakadhinwa Athletics club		2:19.84		
3 Shivute, E	Cheetah Athletic Club		2:24.67		
4 Eelu, R	Oshakati Athletic Club		2:31.26		
5 Dumeni, N	Kakadhinwa Athletics club		2:34.29		
5 Mbwale, J	Kakadhinwa Athletics club		2:34.29		
--- Dumeni, J	Oshakati Athletic Club		NT		

Women 1500 Meter Run

Name	Team	Seed	Finals	H#	Points
1 Haitope, L	Namibian Police Windhoek		4:42.05		
2 Gustaf, R	Kakadhinwa Athletics club		4:50.51		
3 Shivute, E	Cheetah Athletic Club		5:04.89		
4 Shilongo, H	Okongo Athletics Club		5:13.94		
5 Festus, E	Cheetah Athletic Club		5:23.39		
6 Shapwa, V	Namibian Police Windhoek		5:25.63		
7 Malundu, T	Unam Athletics Club		5:43.50		
--- Paulus, V	Kakadhinwa Athletics club		NT		

Women 5000 Meter Run

Name	Team	Seed	Finals	H#	Points
1 Ekandjo, L	Namibian Police Windhoek		17:45.90		
2 Dumeni, N	Kakadhinwa Athletics club		18:49.45		

(Women 5000 Meter Run)

Athletics Namibia Sr National Championship 20 - 4/22/2017**Senior Nationals 2017****Independence Stadium, Windhoek****Results**

Name	Team	Seed	Finals	H#	Points
3 Fillipus, L	Okongo Athletics Club		19:01.52		
4 Angala, T	Cheetah Athletic Club		19:51.68		
5 Shilongo, H	Okongo Athletics Club		20:05.15		
6 Kaliteeka, V	Kakadhinwa Athletics club		22:05.73		
7 Mweshamekange, I	Kakadhinwa Athletics club		23:56.36		

Women 10000 Meter Run

Name	Team	Seed	Finals	H#	Points
1 Ekandjo, L	Namibian Police Windhoek		33:43.81		
2 Nambabi, S	Oshakati Athletic Club		37:45.40		
3 Aimwata, O	Namibian Defence Force		38:35.67		
--- Amukoto, A	Namibian Defence Force		DNF		

Women 100 Meter Hurdles

Name	Team	Seed	Finals	Wind	H#	Points
1 Simataa, P	Striders Track & Fiield		15.0h	NWI		
2 Potgieter, L	Windhoek Hochland Sport		16.9h	NWI		
3 Lewin, Z	Rehoboth Athletics Club		17.0h	NWI		
--- Feist, L	Striders Track & Fiield		NT	NWI		
--- Abrahams, H	Cheetah Athletic Club		NT	NWI		
--- Kisting, G	Tsaraxa-Aibes Athletics Club		NT	NWI		
--- Landsberg, N	Windhoek Hochland Sport		NT	NWI		

Women 400 Meter Hurdles

Name	Team	Seed	Finals	H#	Points
1 van Niekerk, A	Windhoek Gymnasium		1:10.08		
2 Louw, C	Windhoek Hochland Sport		1:10.17		
3 Landsberg, N	Windhoek Hochland Sport		1:10.43		
4 Tjauha, M	Namibian Police Windhoek		1:13.93		
--- Topnaar, R	Rehoboth Athletics Club		NT		
--- Topnaar, M	Rehoboth Athletics Club		NT		

Women High Jump

Name	Team	Seed	Finals	H#	Points
1 Louw, N	Triomf Athletics Club		1.65m		
2 Minin, M	Unam Athletics Club		1.65m		
3 Kotze, M	Windhoek Hochland Sport		1.45m		
4 Daniels, W	Rehoboth Athletics Club		1.40m		
5 Skrywer, M	Rehoboth Athletics Club		1.40m		

Women Long Jump

Name	Team	Seed	Finals	Wind	H#	Points
1 Louw, N	Triomf Athletics Club		5.69m	1.7		
2 Kruger, C	Triomf Athletics Club		5.27m	2.7		
3 Tom, M	Namibian Police Windhoek		5.15m	3.2		
4 Joseph, J	Rehoboth Athletics Club		5.14m	2.4		
5 Mudimba, F	Unam Athletics Club		4.89m	2.5		
6 Kooper, I	Rehoboth Athletics Club		4.86m	+0.0		
--- Mekondjo, T	Windhoek Hochland Sport		ND	NWI		
--- Womba, K	Cattle Country		ND	NWI		

Women Triple Jump

Name	Team	Seed	Finals	Wind	H#	Points
1 Joseph, J	Rehoboth Athletics Club		10.95m	1.4		

(Women Triple Jump)

Athletics Namibia Sr National Championship 20 - 4/22/2017**Senior Nationals 2017****Independence Stadium, Windhoek****Results**

Name	Team	Seed	Finals	Wind	H#	Points
2 Lewin, Z	Rehoboth Athletics Club		9.98m	1.9		
3 Mudimba, F	Unam Athletics Club		9.93m	+0.0		
4 Louw, J	Rehoboth Athletics Club		8.89m	1.4		

Women Shot Put

Name	Team	Seed	Finals	H#	Points
1 Smith, C	Striders Track & Fiield		11.07m		
2 Shilongo, S	Golden Cheetah		10.89m		
3 Botha, K	Windhoek Hochland Sport		9.78m		
4 Gous, A	Windhoek Hochland Sport		9.30m		
5 Booysen, E	Windhoek Hochland Sport		9.24m		
6 Kotze, L	Welwitschia 77		7.25m		
7 Luoto, I	Unam Athletics Club		7.03m		

Women Discus Throw

Name	Team	Seed	Finals	H#	Points
1 Botha, K	Windhoek Hochland Sport		39.55m		
2 Smith, C	Striders Track & Fiield		32.02m		
3 Booysen, E	Windhoek Hochland Sport		28.64m		
4 Hubert, X	Windhoek Hochland Sport		26.00m		
5 Goagoses, L	Unam Athletics Club		21.24m		

Women Javelin Throw

Name	Team	Seed	Finals	H#	Points
1 Burger, S	Windhoek Hochland Sport		35.25m		
2 Kruger, C	Triomf Athletics Club		34.02m		
3 Gous, A	Windhoek Hochland Sport		30.10m		
4 Shilongo, S	Golden Cheetah		26.42m		
5 Minin, M	Unam Athletics Club		21.53m		

Men 100 Meter Dash

Name	Team	Seed	Prelims	Wind	H#
Preliminaries					
1 Gurirab, D	Golden Cheetah		10.50 q	1.8	2
2 Kaanjuka, H	Namibian Police Windhoek		10.66 q	1.8	2
3 Tjiviju, E	Namibia Correctional Services		10.79 q	2.9	1
4 Ludwig, D	Windhoek Hochland Sport		10.84 q	1.8	2
4 Kamuaruuma, S	Namib Lions		10.84 q	2.9	1
4 Tjiramba, I	Unam Athletics Club		10.84 q	1.8	2
7 Taukeni, L	Unam Athletics Club		10.93 q	2.9	1
8 Theron, H	Windhoek Hochland Sport		11.00 q	2.9	1
9 Karupu, B	Namibian Police Windhoek		11.03	2.9	1
10 Diergaardt, S	Windhoek Hochland Sport		11.09	2.9	1
11 Shiwayu, N	Oshakati Athletic Club		11.30	1.8	2
12 Uugwanga, P	Golden Cheetah		11.52	1.8	2
13 Swartbooi, L	Unam Athletics Club		11.67	1.8	2
14 Aoxamub, P	Cattle Country		11.79	2.9	1
--- Hummel, R	Striders Track & Fiield		DQ	2.9	1

Men 100 Meter Dash

Name	Team	Prelims	Finals	Wind	H#	Points
Finals						
1 Gurirab, D	Golden Cheetah	10.50	10.3h	NWI		
2 Kaanjuka, H	Namibian Police Windhoek	10.66	10.4h	NWI		

Finals ... (Men 100 Meter Dash)

Athletics Namibia Sr National Championship 20 - 4/22/2017**Senior Nationals 2017****Independence Stadium, Windhoek****Results**

Name	Team	Prelims	Finals	Wind	H#	Points
3 Tjiviju, E	Namibia Correctional Services	10.79	10.5h	NWI		
4 Kamuaruuma, S	Namib Lions	10.84	10.5h	NWI		
--- Taukeni, L	Unam Athletics Club	10.93	NT	NWI		
--- Theron, H	Windhoek Hochland Sport	11.00	NT	NWI		
--- Tjiramba, I	Unam Athletics Club	10.84	NT	NWI		
--- Ludwig, D	Windhoek Hochland Sport	10.84	NT	NWI		

Men 200 Meter Dash

Name	Team	Seed	Finals	Wind	H#	Points
1 Narib, E	Namibian Police Windhoek		20.94	3.4	2	
2 Tjiviju, E	Namibia Correctional Services		21.46	3.4	2	
3 Kaanjuka, H	Namibian Police Windhoek		21.53	3.4	2	
4 Kamuaruuma, S	Namib Lions		21.66	3.4	2	
5 Aochamub, T	Omaruru Athletic Club		21.99	3.4	2	
6 Hummel, R	Striders Track & Field		22.05	3.4	2	
7 Theron, H	Windhoek Hochland Sport		22.36	1.3	1	
8 Bock, D	Rehoboth Athletics Club		22.48	3.4	2	
9 Shikongo, P	Namib Lions		22.54	1.3	1	
10 Nyambe, S	Golden Cheetah		22.81	1.3	1	
11 Swartbooi, L	Unam Athletics Club		23.02	1.3	1	
12 Markus, B	Olupale		25.98	1.3	1	

Men 400 Meter Dash

Name	Team	Seed	Finals	H#	Points
1 Narib, E	Namibian Police Windhoek		46.54	2	
2 Bock, M	Unam Athletics Club		48.33	1	
3 Kangwiya, G	Omusati Police Athletics		48.54	1	
4 Aochamub, T	Omaruru Athletic Club		48.61	1	
5 Shimanda, S	Namibian Police Windhoek		48.67	2	
6 Appolus, M	Omaruru Athletic Club		48.81	2	
7 Nambala, J	Namib Lions		48.83	1	
8 Ndunge, T	Future Energy Luderitz		48.93	2	
9 Karupu, B	Namibian Police Windhoek		50.22	1	
10 Nakapela, H	Future Energy Luderitz		50.60	2	
11 Shikongo, P	Namib Lions		52.11	2	
12 Titus, K	Golden Cheetah		52.24	1	
13 Mwahanya, J	Cheetah Athletic Club		52.83	2	
14 Markus, B	Olupale		59.42	1	

Men 800 Meter Run

Name	Team	Seed	Finals	H#	Points
1 Nghipandulwa, D	Namibian Police Windhoek		1:53.23		
2 Shaliawe, J	Namibian Police Windhoek		1:55.11		
3 Simon, A	Future Energy Luderitz		1:56.37		
4 Magotsi, V	Rehoboth Athletics Club		1:56.40		
5 Nalukaku, A	Oshakati Athletic Club		1:56.71		
6 Dam, D	Omaruru Athletic Club		1:57.24		
7 Komeya, O	Namibian Defence Force		1:57.65		
8 Paulus, S	Kakadhinwa Athletics club		1:58.44		
9 Vatilifa, A	Olupale		2:02.90		
10 Hanganee, U	Welwitschia 77		2:03.67		
11 Muyenga, J	Unam Athletics Club		2:05.99		
12 Tjihuro, A	Namibian Police Windhoek		2:06.09		

(Men 800 Meter Run)

Athletics Namibia Sr National Championship 20 - 4/22/2017**Senior Nationals 2017****Independence Stadium, Windhoek****Results**

Name	Team	Seed	Finals	H#	Points
13 Shigwedha, T	Namibian Police Windhoek		2:10.54		

Men 1500 Meter Run

Name	Team	Seed	Finals	H#	Points
1 Shaliawe, J	Namibian Police Windhoek		4:00.92		
2 Komeya, O	Namibian Defence Force		4:01.51		
3 Skrywer, J	Namibian Police Windhoek		4:06.46		
4 Nalukaku, A	Oshakati Athletic Club		4:08.90		
5 Dam, D	Omaruru Athletic Club		4:10.60		
6 Angula, M	Olupale		4:24.13		
7 Nghidipo, V	Kakadhinwa Athletics club		4:26.32		
8 Tangeni, S	Oshakati Athletic Club		4:30.61		
9 Nghoongoloka, W	Cheetah Athletic Club		4:32.10		
--- Kasanga, P	Namib Lions		NT		
--- Mwatilile, J	Namibian Defence Force		NT		
--- Vatilifa, A	Olupale		NT		

Men 5000 Meter Run

Name	Team	Seed	Finals	H#	Points
1 Thomas, R	Namibia Correctional Services		14:45.29		
2 Kondjashili, K	Namibian Police Windhoek		14:53.93		
3 Kadhingula, M	Namibian Police Windhoek		15:04.86		
4 Shipingana, S	Namibian Defence Force		15:06.18		
5 Kaudinge, S	Namibian Police Windhoek		15:15.30		
6 Uugwanga, E	Namibia Correctional Services		15:18.04		
--- Isaak, N	Marginalised Community		NT		
--- Kuariouje, H	Marginalised Community		NT		
--- Tjipuiko, M	Marginalised Community		NT		
--- Titus, T	Olupale		NT		
--- Nghidipo, V	Kakadhinwa Athletics club		NT		
--- Nginanamunhu, J	Kakadhinwa Athletics club		NT		
--- Iita, J	Cheetah Athletic Club		NT		
--- Halweendo, V	Okongo Athletics Club		NT		

Men 10000 Meter Run

Name	Team	Seed	Finals	H#	Points
1 Thomas, R	Namibia Correctional Services		31:01.50		
2 Kauanivi, M	Namibian Police Windhoek		31:40.93		
3 Iiyambo, P	Namibian Defence Force		32:01.49		
4 Embashu, P	Namibian Defence Force		32:16.66		
5 Mathews, J	Namibian Police Windhoek		33:01.39		
6 Shifotoka, S	Namibian Police Windhoek		33:20.45		
7 Mbendura, P	Marginalised Community		34:37.80		
8 Mweetako, M	Namibian Police Windhoek		35:22.35		
--- Kondjashili, K	Namibian Police Windhoek		NT		
--- Egumbo, D	Namibian Police Windhoek		NT		
--- Nampala, R	Namibian Defence Force		NT		
--- Kamakuwa, N	Namibian Police Windhoek		NT		

Men 110 Meter Hurdles

Name	Team	Seed	Finals	Wind	H#	Points
1 Pieterse, F	Welwitschia 77		14.27	1.0		
2 Klaasman, W	Namibian Police Windhoek		16.15	1.0		
3 April, Z	Rehoboth Athletics Club		16.78	1.0		

Athletics Namibia Sr National Championship 20 - 4/22/2017**Senior Nationals 2017****Independence Stadium, Windhoek****Results****Men 400 Meter Hurdles**

Name	Team	Seed	Finals	H#	Points
1 Maritz, G	Windhoek Hochland Sport		50.30		
2 Pieterse, F	Welwitschia 77		57.74		
3 Goroseb, W	Unam Athletics Club		57.90		
4 Orlam, D	Rehoboth Athletics Club		58.58		
5 Diergaardt, H	Rehoboth Athletics Club		1:01.08		
6 Mbitjita, K	Unam Athletics Club		1:03.16		
7 April, Z	Rehoboth Athletics Club		1:16.40		
--- Kangwiya, G	Omusati Police Athletics		NT		

Men High Jump

Name	Team	Seed	Finals	H#	Points
1 Klaasman, W	Namibian Police Windhoek		2.00m		
2 Samuntu, A	Windhoek Hochland Sport		2.00m		
3 Manale, L	Striders Track & Field		1.95m		
3 Ujaha, V	Striders Track & Field		1.95m		
5 Blaaw, C	Windhoek Hochland Sport		1.95m		
6 Dax, G	Rehoboth Athletics Club		1.90m		
6 Shaningwa, R	Windhoek Hochland Sport		1.90m		
8 Swartbooi, H	Welwitschia 77		1.70m		

Men Long Jump

Name	Team	Seed	Finals	Wind	H#	Points
1 Diergaardt, S	Windhoek Hochland Sport		7.34m	3.6		
2 Samuntu, A	Windhoek Hochland Sport		7.01m	3.3		
3 Makari, G	Unam Athletics Club		6.94m	4.5		
4 Shiwayu, N	Oshakati Athletic Club		6.68m	2.7		
5 Ngishoono, D	Namibian Police Windhoek		6.49m	2.5		
6 Beukes, C	Rehoboth Athletics Club		6.30m	2.4		
7 Ndeilenga, D	Namibia Correctional Services		6.18m	2.1		
8 Ludwig, D	Windhoek Hochland Sport		5.94m	1.9		
9 Nyambe, S	Golden Cheetah		5.70m	3.6		
10 Kisting, G	Tsaraxa-Aibes Athletics Club		3.80m	1.6		

Men Triple Jump

Name	Team	Seed	Finals	Wind	H#	Points
1 Orlam, D	Rehoboth Athletics Club		13.68m	1.7		
2 Makari, G	Unam Athletics Club		13.35m	1.2		
3 van Kradenburg, E	Rehoboth Athletics Club		12.86m	1.5		
4 Kisting, G	Tsaraxa-Aibes Athletics Club		12.80m	1.9		
5 Ngishoono, D	Namibian Police Windhoek		12.32m	1.3		
6 Coetzee, J	Rehoboth Athletics Club		12.21m	2.0		

Men Shot Put

Name	Team	Seed	Finals	H#	Points
1 Williams, R	Windhoek Hochland Sport		12.97m		
2 Seibeb, C	Omaruru Athletic Club		11.49m		
3 Makumbi, F	Namibian Police Windhoek		10.82m		
4 Isaac, F	Unam Athletics Club		9.76m		
5 Mweshiilwa, M	Cheetah Athletic Club		8.79m		
6 Diergaardt, H	Rehoboth Athletics Club		8.68m		
--- Rickerts, C	Rehoboth Athletics Club		ND		

Athletics Namibia Sr National Championship 20 - 4/22/2017**Senior Nationals 2017****Independence Stadium, Windhoek****Results****Men Discus Throw**

Name	Team	Seed	Finals	H#	Points
1 Williams, R	Windhoek Hochland Sport		45.67m		
2 Potgieter, D	Windhoek Hochland Sport		33.30m		
3 Seibeb, C	Omaruru Athletic Club		32.60m		
4 Wessels, B	Windhoek Hochland Sport		31.74m		
5 van Wyk, W	Rehoboth Athletics Club		31.72m		
5 Delpert, J	Windhoek Hochland Sport		31.72m		
7 Makumbi, F	Namibian Police Windhoek		30.51m		
8 Rickerts, C	Rehoboth Athletics Club		28.73m		
9 van Zyl, J	Tsaraxa-Aibes Athletics Club		25.89m		
10 Mweshiilwa, M	Cheetah Athletic Club		25.87m		

Men Javelin Throw

Name	Team	Seed	Finals	H#	Points
1 Wessels, B	Windhoek Hochland Sport		55.00m		
2 Jacobi, K	Windhoek Hochland Sport		52.50m		
3 Madjiedt, P	Rehoboth Athletics Club		51.29m		
4 van Wyk, W	Rehoboth Athletics Club		47.35m		
5 Potgieter, D	Windhoek Hochland Sport		47.07m		
6 Kheiseb, B	Cattle Country		46.93m		
7 Ndeilenga, D	Namibia Correctional Services		46.74m		
8 van Zyl, J	Tsaraxa-Aibes Athletics Club		44.39m		