

AN Senior National Championships - 5/4/2019 to 6/4/2019

Independence Stadium

Results

Women 100 Meter Sprint

Name	Team	Prelims
Preliminaries		
1 Jacobs, Jolene	Khomas	11.91q NWI
2 Ludgerus, Johanna	Khomas	12.62q NWI
2 du Toit, Chantelle	Khomas	12.62q NWI
4 Mayova, Globine	Khomas	12.66q 0.6
5 Humavindu, Mbaandja	Khomas	12.91q 0.6
6 Horases, Cleopatra	Khomas	13.02q NWI
7 Gom-Khaises, Queen	Erongo	13.20q 0.6
8 Fikunawa, Hanganeni	Khomas	13.58q 0.6

Women 100 Meter Sprint

Name	Team	Finals
Finals		
1 Jacobs, Jolene	Khomas	11.80 3.5
2 Mayova, Globine	Khomas	12.33 3.5
3 Ludgerus, Johanna	Khomas	12.41 3.5
4 du Toit, Chantelle	Khomas	12.44 3.5
5 Humavindu, Mbaandja	Khomas	12.67 3.5
6 Gom-Khaises, Queen	Erongo	12.84 3.5
7 Horases, Cleopatra	Khomas	12.99 3.5
8 Fikunawa, Hanganeni	Khomas	13.46 3.5

Women 200 Meter Sprint

Name	Team	Finals
1 Herunga, Tjipekapora	Khomas	24.62 NWI
2 Rautenbach, Ane	Khomas	25.06 NWI
3 du Toit, Chantelle	Khomas	25.67 NWI
4 Ludgerus, Johanna	Khomas	25.73 NWI
5 Humavindu, Mbaandja	Khomas	26.27 NWI
6 Kneist, Joana	Erongo	28.03 NWI

Women 400 Meter Sprint

Name	Team	Finals
1 Herunga, Tjipekapora	Khomas	54.48
2 Rautenbach, Ane	Khomas	56.18
3 Angala, Tuuliki	Oshana	58.68
4 Schafer, Marli	Khomas	1:04.17
5 Riet, Semonea	Khomas	1:06.82
6 Kneist, Joana	Erongo	1:08.91

Women 800 Meter Run

Name	Team	Finals
1 Ndiviteko, Salmi	Khomas	2:18.34
2 Rautenbach, Ane	Khomas	2:19.63
3 Gustaf, Shekupe	Ohangwena	2:19.69
4 Angala, Tuuliki	Oshana	2:19.79
5 Shapwa, Victoria	Khomas	2:29.70
6 Eelu, Rauna	Khomas	2:34.73

Women 1500 Meter Run

Name	Team	Finals
1 Ndiviteko, Salmi	Khomas	4:50.02
2 Dumeni, Josephine	Oshana	4:53.53
3 Immanuel, Sarafina	Oshana	4:56.82
4 Shivolo, Martha	Khomas	5:02.14
5 du Preez, Michelle	Khomas	6:25.23
--- Shapwa, Victoria	Khomas	DNF

Women 5000 Meter Run

Name	Team	Finals
1 Matana, Kalinasho	Oshana	19:17.56
2 Lucas, Rauna	Oshana	20:04.21
3 Gros, Romy	Erongo	22:27.93
4 Elias, Elizabeth	Erongo	23:09.87

Women 10000 Meter Run

Name	Team	Finals
1 Matana, Kalinasho	Oshana	39:25.07
2 Shilongo, Shivomwene	Khomas	40:43.79
3 Lucas, Rauna	Oshana	41:52.31
4 Josef, Mweuya-Ehafo	Oshana	46:11.72

Women 100 Meter Hurdles

Name	Team	Finals
1 Klein-Nienaber, Christlene	Erongo	15.43 3.0
2 Louw, Natalie	Khomas	15.63 3.0
3 Topnaar, Mariska	Hardap	19.54 3.0
4 Angolo, Inamuvulwa	Khomas	19.93 3.0

Women 400 Meter Hurdles

Name	Team	Finals
1 Topnaar, Mariska	Hardap	1:12.05
2 Louw, Chantelle	Khomas	1:14.24
3 Huber, Cindy	Khomas	1:16.12
4 Landsberg, Nelia	Khomas	1:19.12
5 Huber, Xu Sieglinde	Khomas	1:29.71

Women High Jump

Name	Team	Finals
1 Louw, Natalie	Khomas	1.71m
2 Klein-Nienaber, Christlene	Erongo	1.65m
3 Smeer, Ida-Marie	Khomas	1.55m
4 Hanstein, Lara	Khomas	1.50m
5 Fikunawa, Hanganeni	Khomas	1.40m
--- Minin, Meriam	Khomas	NH

Women Long Jump

Name	Team	Finals
1 Louw, Natalie	Khomas	5.65m +0.0
2 Mayova, Globine	Khomas	5.36m 2.4
3 du Toit, Chantelle	Khomas	5.25m 2.0
4 Klein-Nienaber, Christlene	Erongo	5.09m 3.1
5 Hanstein, Lara	Khomas	4.85m 2.5
6 Junias, Olivia	Khomas	4.60m 2.0
7 Bruniclo, Daniel	Khomas	4.58m 2.6
7 Iithete, Frieda	Khomas	4.58m 2.6
9 Diergaardt, Deidre	Khomas	4.48m 1.3
10 Cloete, Kay-Lee	Khomas	4.41m 3.4
11 Linus, Penny	Oshana	4.27m 1.0
12 Nambabi, Theresia	Khomas	4.00m 2.6

Women Triple Jump

Name	Team	Finals
1 Cloete, Kay-Lee	Khomas	10.04m 3.4
2 Topnaar, Mariska	Hardap	9.98m 2.2
3 Diergaardt, Deidre	Khomas	9.85m 1.2
4 Iithete, Frieda	Khomas	9.45m 2.5
5 Lucas, Leandri	Hardap	7.16m 4.5
--- Visser, Samantha	Khomas	FOUL NWI

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Results

Women Shot Put

Name	Team	Finals
1 Botha, Karlien	Khomas	11.48m
2 Kujandeka, Virginia	Khomas	11.41m
3 Louw, Natalie	Khomas	10.56m
4 Jenkins, Chriselda	Khomas	10.53m
5 Emamdien, Ashneen	Khomas	7.09m

Women Discus Throw

Name	Team	Finals
1 Jenkins, Chriselda	Khomas	38.13m
2 Botha, Karlien	Khomas	37.82m
3 Schultz, Vasti	Hardap	26.04m
4 Huber, Xu Sieglinde	Khomas	24.88m
5 Els, Wilme	Erongo	24.52m
6 Emamdien, Ashneen	Khomas	20.54m
7 Burger, Shanie	Khomas	20.27m

Women Javelin Throw

Name	Team	Finals
1 Venter, Roche	Erongo	36.11m
2 Els, Wilme	Erongo	33.02m
3 Burger, Shanie	Khomas	31.44m
4 Maritz, Corlia	Khomas	30.41m
5 Botha, Karlien	Khomas	25.89m
6 Beukes, Linzea	Hardap	25.87m
7 Schultz, Vasti	Hardap	23.93m
8 Huber, Xu Sieglinde	Khomas	23.65m
9 Tjiramba, Jeomba	Khomas	21.97m
10 Kujandeka, Virginia	Khomas	21.47m

Men 100 Meter Sprint

Name	Team	Prelims
Preliminaries		
1 Gurirab, Dantago	Khomas	10.64q 0.2
2 Kamuaruuma, Sydney	Khomas	10.72q 0.2
3 Coetzee, Chenault Lionel	Erongo	10.73q 2.5
4 Tjiviju, Even	Khomas	10.79q 0.2
5 Cloete, Valenchio	Khomas	10.81q 0.2
6 Tjiramba, Ismael	Khomas	10.82q 0.2
7 Human, Theron	Khomas	10.85q 0.2
8 Tities, Kenneth	Khomas	10.86q 0.2
9 Diergaardt, Sandro	Hardap	10.96 0.2
10 Ludwig, Dwayne	Erongo	11.06 0.2
11 Kaanjuka, Hitch	Khomas	11.08 2.5
12 Martin, Marco	Erongo	11.17 2.5
13 apollus, Sherwin	Hardap	11.35 2.5
14 Isaacks, Ricardo	Hardap	11.36 0.2
15 Ao-chamub, Petrus	Omaheke	11.50 0.2
16 Kooper, Maxwell	!karas	11.51 0.2
17 Tjirombora, Zeranduapi	Khomas	11.87 2.5
18 Sheering, Walter Don	Khomas	12.01 2.5

Men 100 Meter Sprint

Name	Team	Finals
Finals		
1 Gurirab, Dantago	Khomas	10.57 0.8
2 Coetzee, Chenault Lionel	Erongo	10.65 0.8
3 Tjiviju, Even	Khomas	10.75 0.8
4 Kamuaruuma, Sydney	Khomas	10.77 0.8

4 Human, Theron	Khomas	10.77 0.8
6 Tjiramba, Ismael	Khomas	10.90 0.8
7 Cloete, Valenchio	Khomas	11.23 0.8

Men 100 Meter Sprint T11

Name	Team	Finals
1 Mushila, Aino	Khomas	12.01 1.6
2 Kinda, Amos	Khomas	12.30 1.6
3 Kinda, Chris	Khomas	12.48 1.6

Men 200 Meter Sprint T11

Name	Team	Finals
1 Mushila, Aino	Khomas	24.27 2.7
2 Kinda, Amos	Khomas	24.91 2.7
3 Kinda, Chris	Khomas	24.99 2.7

Men 200 Meter Sprint

Name	Team	Finals
1 Narib, Ernst	Khomas	20.99 2.8
2 Kamuaruuma, Sydney	Khomas	21.13 2.8
3 Goreseb, Warren	Khomas	21.26 2.8
4 Tities, Kenneth	Khomas	21.39 2.8
5 Tjiviju, Even	Khomas	21.69 2.8
6 Cloete, Valenchio	Khomas	21.88 2.8
7 Nambala, Johannes	Khomas	21.95 2.8
8 Hiskia, Eden	Omac	22.39 NWI
9 Kandimba, Festus	Khomas	22.58 NWI
10 Kooper, Maxwell	!karas	22.62 1.4
11 apollus, Sherwin	Hardap	22.76 1.4
11 Martin, Marco	Erongo	22.76 2.8
13 Ao-chamub, Petrus	Omaheke	22.91 1.4
14 Tjirombora, Zeranduapi	Khomas	24.21 1.4
15 Sheering, Walter Don	Khomas	24.37 NWI
16 Appols, Gregor	Erongo	24.69 NWI
17 Isaacks, Ricardo	Hardap	24.77 1.4

Men 400 Meter Sprint

Name	Team	Finals
1 Bock, Mahmad	Khomas	46.56
2 Narib, Ernst	Khomas	47.26
3 Aochamub, Thasiso	Omac	47.45
4 Goreseb, Warren	Khomas	47.71
5 Nambala, Johannes	Khomas	49.47
6 Hiskia, Eden	Omac	49.68
7 Turner, Diego	Erongo	49.74
8 Otsile, Junior	Hardap	50.90
9 Hengari, Titus	Khomas	52.84
10 Fillemon, Linekela	!karas	53.11
11 Kahorongo, Utaara	Hardap	53.56
12 apollus, Sherwin	Hardap	54.68
13 Swartbooi, Teven	Hardap	1:00.22

Men 800 Meter Run

Name	Team	Finals
1 Nghipandulwa, Daniel	Khomas	1:53.81
2 Mavenjono, Uhorera	Khomas	1:55.17
3 van Kradenburg, Eugene	Hardap	1:55.85
4 Angula, Arno	Oshana	1:55.90
5 Kapembe, Arnoles	Khomas	1:58.17
6 Teofelis, Lisias	Oshana	2:02.20
7 Magotsi, Venericus	Khomas	2:12.46
8 Daries, Morgan	Khomas	2:17.46

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Results

(Men 800 Meter Run)

Name	Team	Finals
--- Simon, Ananias	!karas	DNF

Men 1500 Meter Run

Name	Team	Finals
1 Shaliawe, Jeremia	Khomas	3:55.06
2 Teofelis, Lisias	Oshana	3:59.09
3 Paulus, Simon	Ohangwena	4:03.06
4 Sakaria, Tangeni	Khomas	4:13.34
5 Kathima, Herman	Khomas	4:25.55
6 Kharaseb, Herbert	Hardap	4:33.11

Men 5000 Meter Run

Name	Team	Finals
1 Kondjashili, Kefas	Khomas	14:41.89
2 Kuugongelwa,	Khomas	14:57.62
3 Paulus, Simon	Ohangwena	15:01.59
4 Kaudinge, Stefanus	Khomas	15:02.74
5 Paulus, Daniel	Ohangwena	15:37.56
6 Shikongo, Crismes	Sunshine	16:03.38

Men 10000 Meter Run

Name	Team	Finals
1 Paulus, Daniel	Ohangwena	31:21.34
2 Kauanivi, Mynhardt	Khomas	31:30.61
3 Kaudinge, Stefanus	Khomas	31:44.36
4 Haufiku, Henock	Oshana	35:12.14
5 Moses, Paulus	Oshana	35:36.49

Men 110 Meter Hurdles

Name	Team	Finals
1 Theunissen, Mell	Khomas	16.65 2.4
2 Louw, Gayden	Hardap	17.42 2.4
3 Kaeka, Mbitjita	Khomas	17.64 2.4

Men 400 Meter Hurdles

Name	Team	Finals
1 Goreseb, Warren	Khomas	56.51
2 Kaeka, Mbitjita	Khomas	58.59
3 Mathys, Deevan	Khomas	59.65
4 Louw, Leander	Khomas	1:03.30
5 Beukes, Breyton	Khomas	1:17.19

Men High Jump

Name	Team	Finals
1 Samantu, Emmanuel	Khomas	2.08m
2 Klaasman, Wencuslaus	Khomas	2.05m
3 Shaningwa, Renaldo	Khomas	1.90m
4 Retief, Andre	Khomas	1.85m
5 Louw, Gayden	Hardap	1.80m
5 Ilonga, Mathew	Khomas	1.80m
5 Andreas, Don	Hardap	1.80m

Men Long Jump

Name	Team	Finals
1 Diergaardt, Sandro	Hardap	7.41m 2.8
2 Coetzee, Chenault Lionel	Erongo	7.35m 2.6
3 Mukwiilongo, Aston	Erongo	6.51m 2.6
4 Klaasman, Wencuslaus	Khomas	6.34m 3.3
5 Smith, Fergus	Khomas	6.21m 1.6

Men Triple Jump

Name	Team	Finals
1 Makari, Gregg	Khomas	14.43m +0.0
2 Andreas, Don	Hardap	14.10m 1.4
3 Kisting, Ginaldo	Khomas	13.90m 2.6
4 Louw, Gayden	Hardap	13.36m 2.3
5 Wildschudt, Errol	Hardap	12.35m 2.9
6 van Kradenburg, Eugene	Hardap	12.29m 2.4
--- Venter, Eugene	Khomas	FOUL NWI

Men Shot Put

Name	Team	Finals
1 Williams, Ryan	Khomas	14.08m
2 Labuschagne, Jaco	Khomas	12.53m
3 Breytenbach, Leeorr-el	Khomas	12.29m
4 Makumbi, Felix	Khomas	10.98m
5 Araeb, Ludwig	Khomas	8.75m

Men Discus Throw

Name	Team	Finals
1 Williams, Ryan	Khomas	45.51m
2 Breytenbach, Leeorr-el	Khomas	41.79m
3 Huber, Wilhelm-Ludwig	Khomas	34.57m
4 Labuschagne, Jaco	Khomas	34.30m
5 Araeb, Ludwig	Khomas	31.46m
6 van Wyk, William	Hardap	29.23m
7 January, Gehrswinn	Hardap	29.08m
8 De Koe, Adolf	Hardap	26.46m
9 Isaac, Finnety	Khomas	26.06m

Men Javelin Throw

Name	Team	Finals
1 Smit, Johan	Khomas	59.13m
2 Huber, Wilhelm-Ludwig	Khomas	51.24m
3 Viljoen, Manie	Khomas	48.92m
4 van Wyk, William	Hardap	44.32m
5 January, Gehrswinn	Hardap	43.54m
6 De Koe, Adolf	Hardap	41.74m
--- Hauwanga, Toive	Khomas	FOUL