

Senior Nationals 2018 - 4/20/2018 to 4/21/2018**SNC 2018****Independence stadium, Windhoek****Results****Women 100 Meter Sprint**

Name	Age	Team	Finals	H#	Points
					H#
					H#

Section 1 Wind: +0.0

1	Jacobs, Jolene	Khomas	11.54	
2	de Sousa, Sade	Khomas	11.82	
3	Junias, Olivia	Khomas	12.95	
4	Johannes, Albertina	Oshana	12.98	
5	Ludgerus, Johanna	Khomas	13.00	
6	du Toit, Chantelle	Khomas	13.16	
7	van Wyk, Le-Kecha	Khomas	13.34	
8	Humavinda, Ivy	Khomas	13.68	

Women 200 Meter Sprint

Name	Age	Team	Prelims	H#
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Heat 1 Preliminaries Wind: NWI

1	de Sousa, Sade	Khomas	24.98 Q	
2	Vass, Nandi	Khomas	26.90 Q	
3	Ludgerus, Johanna	Khomas	26.93 q	
4	Ingashipola, Linda	16 Oshikoto	29.01	
---	Rautenbach, Ane	Erongo	NT	

Heat 2 Preliminaries Wind: NWI

1	Jacobs, Jolene	Khomas	23.85 Q	
2	Kanduvazu, Mberihonga	Khomas	25.22 Q	
3	Johannes, Albertina	Oshana	26.34 q	
4	Manual, Bianca	Erongo	27.01 q	
5	van Wyk, Le-Kecha	Khomas	27.67 q	
6	Hangula, Susan	19 Oshana	28.73	

Women 200 Meter Sprint

Name	Age	Team	Finals	H#	Points
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Section 1 Finals Wind: NWI

1	de Sousa, Sade	Khomas	24.62	
2	Kanduvazu, Mberihonga	Khomas	25.94	
3	Johannes, Albertina	Oshana	25.99	
4	Vass, Nandi	Khomas	26.49	
5	Ludgerus, Johanna	Khomas	26.66	
6	Manual, Bianca	Erongo	26.84	
7	van Wyk, Le-Kecha	Khomas	27.45	
---	Jacobs, Jolene	Khomas	NT	

Women 400 Meter Sprint

Name	Age	Team	Prelims	H#
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Heat 1 Preliminaries

1	Kanduvazu, Mberihonga	Khomas	56.96 Q	
2	Rautenbach, Ane	Erongo	1:00.86 Q	
3	Simataa, Perpetua	Erongo	1:01.68 q	
4	Medusale, Petrina	Oshana	1:03.28 q	
5	Shivute, Elizabeth	Oshana	1:05.45 q	

Heat 2 Preliminaries

1	Vass, Nandi	Khomas	1:02.12 Q	
2	Landsberg, Nelia	Khomas	1:02.79 Q	
3	Eelu, Rauna	Khomas	1:03.51 q	
4	Cassie, Sharpley	Khomas	1:10.28	
---	Zemburuka, Kangumba	Otjizondjupa	DNF	

Senior Nationals 2018 - 4/20/2018 to 4/21/2018**SNC 2018****Independence stadium, Windhoek****Results****Women 400 Meter Sprint**

Name	Age	Team	Finals	H#	Points
Section 1 Finals					
1 Simataa, Perpetua		Erongo	58.93		
2 Rautenbach, Ane		Erongo	59.51		
3 Vass, Nandi		Khomas	1:00.55		
4 Landsberg, Nelia		Khomas	1:02.29		
5 Eelu, Rauna		Khomas	1:02.81		
6 Shivute, Elizabeth		Oshana	1:03.89		

Women 800 Meter Run

Name	Age	Team	Finals	H#	Points
Section 1					
1 Nduuviteko, Salmi		Khomas	2:16.11		
2 Gustaf, Rondengudus		Ohangwena	2:18.35		
3 Angala, Tuuliki		Oshana	2:19.10		
4 Shivute, Elizabeth		Oshana	2:25.01		
5 Shapwa, Victoria		Oshana	2:26.22		
6 Eelu, Rauna		Khomas	2:27.92		
7 Neulomo, Lydia		Ohangwena	2:29.83		
8 Amutana, Helena		Oshikoto	2:35.15		
9 Witbeen, Loretha		Hardap	2:40.75		
10 Medusalem, Petrina		Oshana	2:42.92		

Women 1500 Meter Run

Name	Age	Team	Finals	H#	Points
Section 1					
1 Nduuviteko, Salmi		Khomas	4:53.87		
2 Gustaf, Rondengudus		Ohangwena	4:57.78		
3 Shapwa, Victoria		Oshana	5:05.16		
4 Neulomo, Lydia		Ohangwena	5:20.46		
5 Joseph, Mweya-Ehafo		Oshana	5:20.51		
6 Kaliteka, Victoria		Ohangwena	5:30.39		
7 Lukas, Rauna	24	Oshana	5:38.27		
8 Elias, Elizabeth		Erongo	5:55.23		
9 Kawiwi, Elizabeth		Erongo	5:59.71		
--- David, sarafina		Ohangwena	DNF		

Women 5000 Meter Run

Name	Age	Team	Finals	H#	Points
Section 1					
1 Tapopi, Ndatatala		Erongo	19:24.07		
2 Lukas, Rauna	24	Oshana	19:26.08		
3 Joseph, Mweya-Ehafo		Oshana	19:28.40		
4 Shilongo, Shiivomwene	18	Ohangwena	19:47.89		
5 Kaliteka, Victoria		Ohangwena	20:17.91		
6 Kawiwi, Elizabeth		Erongo	20:25.75		
7 Filipus, Letisia	21	Ohangwena	20:53.53		

Women 100 Meter Hurdles

Name	Age	Team	Finals	H#	Points
Section 1 Wind: NWI					
1 van Wyk, Steffi		Khomas	15.81		
2 Kruger, Corlia		Khomas	17.45		
3 Kouwenhoven, Anika		Erongo	17.61		

Senior Nationals 2018 - 4/20/2018 to 4/21/2018**SNC 2018****Independence stadium, Windhoek****Results**

Name	Age	Team	Finals	H#	Points
4 Witbeen, Loretha		Hardap	20.11		

Women 400 Meter Hurdles

Name	Age	Team	Finals	H#	Points
Section 1					
1 van Niekerk, Anika		Khomas	1:09.12		
2 Landsberg, Nelia		Khomas	1:10.70		
3 Louw, Chantelle		Khomas	1:13.58		
4 Blaauw, Tylo		Khomas	1:14.02		
5 Ao, Cindy		Khomas	1:16.90		
6 Topnaar, Mariska		Hardap	1:17.98		

Women High Jump

Name	Age	Team	Finals	H#	Points
Flight 1					
1 Louw, Natalie		Khomas	1.61m		
2 Grunack, Maria		Erongo	J1.52m		
2 Turner, Minette		Erongo	1.52m		
4 Minin, Meriam		Khomas	1.49m		
5 Kheibes, Joslin		Hardap	J1.46m		
5 Fikunawa, Hanganeni		Khomas	1.46m		
7 Daniels, Withney		Hardap	1.40m		

Women Long Jump

Name	Age	Team	Finals	Wind	H#	Points
Flight 1						
1 Louw, Natalie		Khomas	5.48m	NWI		
2 du Toit, Chantelle		Khomas	5.40m	NWI		
3 Mayova, Globine		Khomas	5.12m	NWI		
4 van der Merwe, Adri		Erongo	5.06m	NWI		
4 Joseph, Jesse		Hardap	5.06m	NWI		
6 Grunack, Maria		Erongo	5.00m	NWI		
7 Shaiengange, Shakira		Erongo	4.75m	NWI		
8 Simataa, Perpetua		Erongo	4.70m	NWI		
9 Mudimba, Faith		Khomas	4.62m	NWI		
10 Kheibes, Joslin		Hardap	4.07m	NWI		
--- Brunido, Daniela		Khomas	ND	NWI		
--- Manual, Bianca		Erongo	ND	NWI		
--- Iithete, Frieda		Otiizondjupa	ND	NWI		

Women Triple Jump

Name	Age	Team	Finals	Wind	H#	Points
Flight 1						
1 Joseph, Jesse		Hardap	10.95m	NWI		
2 Lias, Elina		Khomas	10.28m	NWI		
3 Mudimba, Faith		Khomas	9.94m	NWI		
4 Topnaar, Mariska		Hardap	9.85m	NWI		
5 Daniels, Withney		Hardap	9.35m	NWI		

Women Shot Put

Name	Age	Team	Finals	H#	Points
Flight 1					
1 Kujaandeka, Virginia		Khomas	10.87m		
2 Botha, Karlien		Khomas	10.47m		

Flight 1 ... (Women Shot Put)

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	Name	Age	Team	Finals	H#	Points
3	Swanepoel, Anjone		Khomas	10.07m		
4	Iindongo, Frieda		Khomas	9.58m		
5	Gous, Arina		Khomas	8.95m		
6	Booyesen, Elize		Khomas	8.29m		
7	Bampton, Justicia		Hardap	7.87m		

Women Discus Throw

	Name	Age	Team	Finals	H#	Points
Flight 1						
1	Botha, Karlien		Khomas	37.60m		
2	Swanepoel, Anjone		Khomas	31.72m		
3	Boovsen, Elize		Khomas	29.53m		
4	Basingweight, Eudia		Hardap	19.59m		
5	Kujandeka, Virginia		Khomas	9.64m		

Women Hammer Throw

	Name	Age	Team	Finals	H#	Points
Flight 1						
1	Botha, Karlien		Khomas	38.57m		
2	Louw, Chantelle		Khomas	19.72m		
3	Huber, Xu		Khomas	18.91m		

Women Javelin Throw

	Name	Age	Team	Finals	H#	Points
Flight 1						
1	Kruger, Corlia		Khomas	32.64m		
2	Els, Wilme		Erongo	32.32m		
3	Gous, Arina		Khomas	29.99m		
4	van der Merwe, Adri		Erongo	29.14m		
5	Minin, Meriam		Khomas	23.53m		
6	Basingweight, Eudia		Hardap	23.19m		
7	Tjirambo, Jeomba		Khomas	20.13m		

Men 100 Meter Sprint

	Name	Age	Team	Prelims	H#	Points
Heat 1 Preliminaries	Wind: NWI					
1	Ndeilenga, David		Khomas	10.96 Q		
2	Ludwig, Dwayne		Khomas	11.08 Q		
3	Murere, Hatago		Otjizondjupa	11.17 q		
4	Mulenamaswe, Aimar		Otjizondjupa	11.96		
5	Eichab, Eben		Hardap	12.86		
Heat 2 Preliminaries	Wind: NWI					
1	Tjiviju, Even		Khomas	10.50 Q		
2	Kamaruuma, Sydney		Khomas	10.69 Q		
3	Diergaardt, Sandro		Khomas	10.84 q		
4	Karupu, Basilius		Khomas	11.12 q		
5	Coetzee, Chenoult		Erongo	11.34 q		
6	Apollus, Sherwin		Hardap	11.71		
---	Tjiramba, Ismael		Khomas	DNF		

Men 100 Meter Sprint

	Name	Age	Team	Finals	H#	Points
Section 1 Finals	Wind: NWI					
1	Tjiviju, Even		Khomas	10.54		

Section 1 Finals Wind: NWI ... (Men 100 Meter Sprint)

Senior Nationals 2018 - 4/20/2018 to 4/21/2018**SNC 2018****Independence stadium, Windhoek****Results**

	Name	Age	Team	Finals	H#	Points
2	Diergaardt, Sandro		Khomas	10.77		
3	Kamaruuma, Sydney		Khomas	10.83		
4	Ndeilenga, David		Khomas	11.01		
5	Ludwig, Dwayne		Khomas	11.17		
6	Karupu, Basilius		Khomas	11.19		
7	Murere, Hatago		Otjizondjupa	11.30		
---	Coetzee, Chenoult		Erongo	NT		

Men 200 Meter Sprint

	Name	Age	Team	Prelims	H#
Heat 1 Preliminaries	Wind: NWI				
1	Tjiviju, Even		Khomas	21.36 Q	
2	Kamaruuma, Sydney		Khomas	21.46 Q	
3	Appolus, Mervin		Erongo	22.12 q	
4	Auchamub, Thasiso		Karas	22.65 q	
5	Kahorongongo, Utara		Otjizondjupa	23.24	
6	Kandibaba, Festus		Khomas	23.50	
Heat 2 Preliminaries	Wind: NWI				
1	Narib, Ernst		Khomas	21.68 Q	
2	van Wyk, Adiel		Khomas	22.00 Q	
3	Bock, David		Hardap	22.70	
4	Ngeenguno, Tjazupo		Khomas	23.57	
Heat 3 Preliminaries	Wind: NWI				
1	Geldenhuis, Ivan		Khomas	21.71 Q	
2	Murere, Hatago		Otjizondjupa	22.65 Q	
3	Appolus, Sherwin		Hardap	23.54	
4	Mulenamaswe, Aimar		Otjizondjupa	24.63	

Men 200 Meter Sprint

	Name	Age	Team	Finals	H#	Points
Section 1 Finals	Wind: NWI					
1	Tjiviju, Even		Khomas	21.04		
2	Geldenhuis, Ivan		Khomas	21.14		
2	Narib, Ernst		Khomas	21.14		
4	Kamaruuma, Sydney		Khomas	21.52		
5	van Wyk, Adiel		Khomas	21.65		
6	Appolus, Mervin		Erongo	22.09		
7	Murere, Hatago		Otjizondjupa	22.58		
---	Auchamub, Thasiso		Karas	NT		

Men 400 Meter Sprint

	Name	Age	Team	Prelims	H#
Heat 1 Preliminaries					
1	Geldenhuis, Ivan		Khomas	47.37 Q	
2	Bock, Mahmad		Khomas	47.58 Q	
3	Nambala, Johannes		Erongo	48.24 q	
4	Appolus, Mervin		Erongo	49.08 q	
5	Nakapela, Hitewa		Erongo	49.88 q	
---	Ndunge, Thomas		Karas	DNF	
---	Grobblaar, Ian	17	Otjizondjupa	DNF	
Heat 2 Preliminaries					
1	Narib, Ernst		Khomas	48.30 Q	
2	Auchamub, Thasiso		Karas	48.98 Q	

Heat 2 Preliminaries ... (Men 400 Meter Sprint)

Senior Nationals 2018 - 4/20/2018 to 4/21/2018**SNC 2018****Independence stadium, Windhoek****Results**

Name	Age	Team	Prelims	H#
3 Uetema, Francis		Erongo	50.39 q	
4 Kahorongo, Utara		Otjizondjupa	52.46	
5 Abrahm, Otsile	17	Otjizondjupa	55.11	

Men 400 Meter Sprint

Name	Age	Team	Finals	H#	Points
Section 1 Finals					
1 Narib, Ernst		Khomas	46.55		
2 Geldenhuys, Ivan		Khomas	46.95		
3 Bock, Mahmad		Khomas	47.19		
4 Auchamub, Thasiso		Karas	47.83		
5 Appolus, Mervin		Erongo	47.85		
6 Nambala, Johannes		Erongo	48.17		
7 Uetema, Francis		Erongo	48.73		
--- Nakapela, Hitewa		Erongo	NT		

Men 800 Meter Run

Name	Age	Team	Finals	H#	Points
Section 1					
1 Nghipandulwa, Daniel		Khomas	1:51.89		
2 Kangiwa, Gerson		Omusati	1:52.54		
3 Dam, Dawid		Erongo	1:53.08		
4 Nalukaku, Asser		Oshana	1:54.06		
5 van Kradenburg, Eugene		Hardap	1:54.61		
6 Leevi, Stefanus		Oshikoto	1:54.74		
7 Angula, Arno	22	Oshana	1:57.62		
8 Hengari, Titus		Khomas	1:58.45		
9 Kapembe, Aruoles		Khomas	1:58.80		
10 Nghoongoloka, Wilibard	21	Oshana	1:58.91		
11 Afrikaner, Franky	24	Omaheke	2:00.50		
12 Simon, Ananias		Karas	2:03.78		
13 Izaks, Ignatius		Otjizondjupa	2:04.78		
--- Makati, Jan	23	Kunene	NT		
--- Nauyoma, Lukas	21	Ohangwena	NT		
--- Thomas, H		Khomas	NT		
--- Likuwa, Johannes	20	Kavango East	NT		
--- Amupolo, Herman		Ohangwena	NT		

Men 1500 Meter Run

Name	Age	Team	Finals	H#	Points
Section 1					
1 shaliawwe, Jeremiah		Khomas	4:03.70		
2 Dam, Dawid		Erongo	4:04.28		
3 Uuwanga, Elia		Khomas	4:04.88		
4 Nalukaku, Asser		Oshana	4:05.49		
5 Komeya, Oscar		Khomas	4:13.12		
6 Sakaria, Tangeni		Khomas	4:15.42		
7 Kathima, Herman		Khomas	4:15.72		
8 Nghoongoloka, Wilibard	21	Oshana	4:17.52		
9 Halweendo, Victor	19	Ohangwena	4:18.86		
10 Izaks, Ignatius		Otjizondjupa	4:22.69		
--- Nghipandulwa, Daniel		Khomas	DNF		
--- Nauyoma, Lukas	21	Ohangwena	DNF		

Senior Nationals 2018 - 4/20/2018 to 4/21/2018**SNC 2018****Independence stadium, Windhoek****Results****Men 5000 Meter Run**

Name	Age	Team	Finals	H#	Points
Section 1					
1 Rainhold, Thomas		Khomas	14:33.79		
2 Kadhingula, Mateus		Khomas	14:47.64		
3 Paulus, Daniel		Ohangwena	14:47.68		
4 Kauanivi, Mynhard		Khomas	14:49.17		
5 Kaudinge, Stefanus		Khomas	15:22.83		
6 Shigweda, Thomas		Khomas	15:45.78		
7 Kondjashili, Kefas		Khomas	16:24.15		
8 Ngilyeende, Kornelius		Khomas	16:30.54		
--- Piet, Jan	21	Omaheke	NT		
--- Paulus, Simon		Ohangwena	NT		

Men 10000 Meter Run

Name	Age	Team	Finals	H#	Points
Section 1					
1 Rainhold, Thomas		Khomas	31:15.50		
2 Kauanivi, Mynhard		Khomas	31:23.15		
3 Kondjash, F		Khomas	31:45.67		
4 Paulus, Daniel		Ohangwena	32:12.34		
5 Kaunding, Stephanus		Khomas	32:42.77		

Men 110 Meter Hurdles

Name	Age	Team	Finals	H#	Points
Section 1 Wind: 1.4					
1 Pieterse, Fred-Charles		Khomas	14.55		
2 April, Zuriel		Khomas	16.12		
3 Goreseb, Warren		Khomas	16.91		
4 Theunissen, Mell		Khomas	19.20		
5 Kaeka, Mbitjitia		Khomas	20.86		
--- Smith, Edward		Erongo	NT		

Men 400 Meter Hurdles

Name	Age	Team	Finals	H#	Points
Section 1					
1 Pieterse, Fred-Charles		Khomas	54.24		
2 Kaeka, Mbitjitia		Khomas	54.56		
3 Goreseb, Warren		Khomas	54.57		
4 April, Zuriel		Khomas	56.99		
5 Orlam, Dennis		Hardap	58.73		
6 Kangiwa, Gerson		Omusati	1:00.46		
7 Gawaseb, Zidane		Erongo	1:02.01		

Men High Jump

Name	Age	Team	Finals	H#	Points
Flight 1					
1 Samantu, Emmanuel		Khomas	2.05m		
1 Blaauw, Conrad		Khomas	J2.05m		
3 Klaasman, Wencuslaus		Khomas	2.00m		
4 Dax, George		Hardap	1.90m		
4 Ujaha, Visamuje		Erongo	J1.90m		
6 Manale, Luciano		Erongo	1.85m		
7 Hendricks, Mubaseb		Khomas	J1.74m		
7 Nanuseb, Li-Shane		Erongo	1.74m		

Senior Nationals 2018 - 4/20/2018 to 4/21/2018**SNC 2018****Independence stadium, Windhoek****Results****Men Long Jump**

	Name	Age	Team	Finals	Wind	H#	Points
Flight 1							
1	Diergaardt, Sandro		Khomas	7.56m	NWI		
2	Samantu, Emmanuel		Khomas	7.27m	NWI		
3	Coetzee, Chenoult		Erongo	7.21m	NWI		
4	van Wyk, Adiel		Khomas	6.93m	NWI		
5	Nghifiteko, Romario		Erongo	6.67m	NWI		
6	Theunissen, Mell		Khomas	6.20m	NWI		
7	Beukes, Casey Ryan		Hardap	6.13m	NWI		
8	Nghishoona, David		Khomas	6.02m	NWI		
9	Ludwig, Dwayne		Khomas	6.00m	NWI		

Men Triple Jump

	Name	Age	Team	Finals	Wind	H#	Points
Flight 1							
1	Klaasman, Wencuslaus		Khomas	14.08m	NWI		
2	Makari, Gregg		Khomas	14.07m	NWI		
3	Kisting, Ginaldo		Hardap	13.96m	NWI		
4	Dax, George		Hardap	12.99m	NWI		
5	Orlam, Dennis		Hardap	12.65m	NWI		
6	van Kradenburg, Eugene		Hardap	12.64m	NWI		
7	de Koe, Adolf		Hardap	12.26m	NWI		
8	Nghishoona, David		Khomas	12.16m	NWI		

Men Shot Put

	Name	Age	Team	Finals	H#	Points
Flight 1						
1	Swanepoel, Pieter-Jan		Khomas	14.35m		
2	Williams, Ryan		Khomas	12.87m		
3	Seibeb, Clarke		Erongo	12.29m		
4	Breytenbach, Lee-Orrel		Khomas	11.47m		
5	Makumbi, Felix		Khomas	10.21m		
6	van Wyk, William		Hardap	10.19m		
7	Andreas, Vaino		Khomas	9.47m		
---	Finnetv, Isaac		Khomas	ND		
---	Otto, Jano		Khomas	ND		
---	Rickerts, Charlton		Hardap	ND		
---	Potgieter, Dirk		Khomas	ND		
---	Naruseb, Dr Kim		Otjizondjupa	ND		

Men Discus Throw

	Name	Age	Team	Finals	H#	Points
Flight 1						
1	Williams, Ryan		Khomas	47.33m		
2	Swanepoel, Pieter-Jan		Khomas	39.72m		
3	Breytenbach, Lee-Orrel		Khomas	39.16m		
4	Seibeb, Clarke		Erongo	36.34m		
5	Araeb, Ludwig		Khomas	33.61m		
6	Wessels, Bernhardt		Khomas	33.56m		
---	Human, Jurgen-Leigh		Khomas	ND		
---	Potgieter, Hendrik		Khomas	ND		
---	Jansen, Dian		Khomas	ND		

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	Name	Age	Team	Finals	H#	Points
Flight 1						
1	van Wyk, William		Hardap	23.83m		
2	Huber, Ludwig		Khomas	16.45m		
3	Kapewasha, Edward		Ohangwena	11.75m		

Men Javelin Throw

	Name	Age	Team	Finals	H#	Points
Flight 1						
1	Wessels, Bernhardt		Khomas	55.25m		
2	Huber, Ludwig		Khomas	51.37m		
3	Blaauw, Conrad		Khomas	49.47m		
4	van Wyk, William		Hardap	48.91m		
5	Ndeilenga, David		Khomas	41.47m		