

CCCC Leg 4 - 18/05/2019
Independence Stadium, Windhoek
Results

Event 1 Women 100 Meter Dash

	Name	Team	Seed	Finals	Wind	H#	Points
Finals							
1	Masilingi, Beatrice	Windhoek Hochland Sport Club		11.93	1.6	2	10
2	Jacobs, Jolene	Welwitschia 77		11.97	1.6	2	8
3	Murangi, Refilwe	Namibian Police Windhoek		12.25	1.6	2	6
4	Mphinyane, Gorata	Unattached		12.67	1.6	2	5
5	Ludgerus, Johanna	Unam Athletics Club		12.87	1.6	2	4
6	Manuel, Bianca	Swakop Striders Track & Fiield		13.18	0.8	1	3
7	Fikunawa, Hanganeni	Unam Athletics Club		13.32	1.6	2	2
8	Ishitile, Lahja T11	Namib Lions		13.80	0.8	1	1
9	Huber, Xu Sieglinde	Windhoek Hochland Sport Club		14.34	0.8	1	
10	Huber, Cindy	Windhoek Hochland Sport Club		14.96	0.8	1	

Event 2 Men 100 Meter Dash

	Name	Team	Seed	Finals	Wind	H#	Points
Finals							
1	Coetzee, Chenault Lionel	Swakop Striders Track & Fiield		10.45	1.8	3	10
2	Narib, Ernst	Namibian Police Windhoek		10.53	1.8	3	8
3	Thwanyane, Rebeilwe	Unattached		10.54	1.8	3	6
4	Tjiviju, Even	Namibia Correctional Services		10.69	1.8	3	5
5	Diergaardt, Sandro	Rehoboth Athletics Club		10.77	1.8	3	4
6	Appols, Gregor	Swakop Striders Track & Fiield		10.95	1.8	1	3
7	Nambala, Johannes T13	Namib Lions		11.04	1.8	1	2
8	Dawids, Galvin	Namib Lions		11.15	2.5	2	1
9	Aochamub, Petrus	Cattle Country		11.21	2.5	2	
10	Theophilus, Cassy	Namib Lions		11.22	2.5	2	
11	Murere, Bradley T46	Swakop Striders Track & Fiield		11.30	2.5	2	
12	Goagoseb, Kelvin	Namib Lions		11.32	1.8	1	
13	Krems, Lesego	Namib Lions		11.43	1.8	1	
14	Shikongo, Ananias T11	Namib Lions		11.47	2.5	2	
15	Samantu, Emmanuel	Unam Athletics Club		11.51	1.8	3	
16	Ngeenguno, Tjazupo	Namibia Correctional Services		11.57	1.8	1	
17	Huber, Wilhelm-Ludwig	Windhoek Hochland Sport Club		11.67	1.8	1	
18	Mainelo, Muntalike	Unam Athletics Club		11.98	2.5	2	
19	Tjirombora, Zeranduapi	Namibia Correctional Services		11.99	1.8	1	

Event 3 Women 200 Meter Dash

	Name	Team	Seed	Finals	Wind	H#	Points
Finals							
1	Masilingi, Beatrice	Windhoek Hochland Sport Club		23.93	NWI	2	10
2	Vass, Nandi	Golden Cheetah		25.88	NWI	2	8
3	Mphinyane, Gorata	Unattached		26.12	NWI	2	6
4	Humavindu, Mbaandja	Unam Athletics Club		26.62	NWI	2	5
5	Ludgerus, Johanna	Unam Athletics Club		26.91	NWI	2	4
6	Manuel, Bianca	Swakop Striders Track & Fiield		27.93	NWI	2	3
7	Nangula, Jade	Unam Athletics Club		28.65	NWI	2	2
8	Ishitile, Lahja T11	Namib Lions		28.75	2.5	1	1

CCCC Leg 4 - 18/05/2019
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Results

Event 4 Men 200 Meter Dash

	Name	Team	Seed	Finals	Wind	H#	Points
Finals							
1	Bock, Mahmad	Unam Athletics Club		21.11	1.1	4	10
2	Narib, Ernst	Namibian Police Windhoek		21.24	1.1	4	8
3	Thwanyane, Rebeilwe	Unattached		21.25	1.1	4	6
4	Coetzee, Chenault Lionel	Swakop Striders Track & Field		21.31	1.1	4	5
5	Goreseb, Warren	Unam Athletics Club		21.48	1.1	4	4
6	Kamuaruuma, Sydney	Namib Lions		21.61	1.1	4	3
7	du Plessis, Sherman	Swakop Striders Track & Field		22.67	0.3	3	2
8	Turner, Diego	Swakop Striders Track & Field		22.78	-1.2	1	1
9	Theophilus, Cassy	Namib Lions		22.93	0.3	3	
10	Utaara, Kahorongo	Rehoboth Athletics Club		22.95	-1.2	1	
11	Nyambe, Sebastiaan	Namibian Defence Force		23.07	0.3	3	
12	Kavazanga, Mbino	Omaruru Athletic Club		23.10	1.6	2	
13	Kandiba, Festus	Unam Athletics Club		23.11	-1.2	1	
14	Murere, Bradley T46	Swakop Striders Track & Field		23.15	1.6	2	
15	Aochamub, Petrus	Cattle Country		23.27	-1.2	1	
16	Dawids, Galvin	Namib Lions		23.28	0.3	3	
17	Karupu, Basilius	Namibian Police Windhoek		23.38	1.1	4	
18	Gowaseb, August	Unam Athletics Club		23.83	0.3	3	
19	Andreas, Don	Rehoboth Athletics Club		24.23	0.3	3	
20	Tjirombora, Zeranduapi	Namibia Correctional Services		24.28	1.6	2	
21	Daries, Morgan	Unam Athletics Club		24.30	1.6	2	
22	Mainelo, Muntalike	Unam Athletics Club		24.65	1.6	2	
23	Engelbrecht, Randy	Golden Cheetah		27.56	-1.2	1	

Event 5 Women 400 Meter Dash

	Name	Team	Seed	Finals	Points
Finals					
1	Masilingi, Beatrice	Windhoek Hochland Sport Club		52.33	10
2	Herunga, Tjipekapora	Namibian Police Windhoek		54.37	8
3	Rautenbach, Ane	Windhoek Hochland Sport Club		57.02	6
4	Mulundu, Tangi	Unam Athletics Club		1:03.27	5
5	Fikunawa, Hanganeni	Unam Athletics Club		1:05.73	4
6	Nangula, Jade	Unam Athletics Club		1:12.83	3

Event 6 Men 400 Meter Dash

	Name	Team	Seed	Finals	H#	Points
Finals						
1	Bock, Mahmad	Unam Athletics Club		46.43	3	10
2	Aochamub, Thasiso	Omaruru Athletic Club		48.17	3	8
3	Nambala, Johannes T13	Namib Lions		50.23	3	6
4	Kandiba, Festus	Unam Athletics Club		50.31	1	5
5	Cloete, Valenchio	Unam Athletics Club		50.87	3	4
6	Utaara, Kahorongo	Rehoboth Athletics Club		51.06	1	3
7	Retief, Andre	Windhoek Hochland Sport Club		51.79	2	2
8	du Plessis, Sherman	Swakop Striders Track & Field		52.49	3	1
9	Kawiwi, Enock	Namib Lions		53.14	2	
10	Shikongo, Ananias T11	Namib Lions		53.80	1	
11	Tobias, David	Namibian Defence Force		55.23	2	

CCCC Leg 4 - 18/05/2019
Independence Stadium, Windhoek
Results

Finals ... (Event 6 Men 400 Meter Dash)

	Name	Team	Seed	Finals	H#	Points
12	Kinda, Chris T12	Namib Lions		57.91	1	
13	Engelbrecht, Randy	Golden Cheetah		1:03.00	2	

Event 9 Women 400 Meter Hurdles

	Name	Team	Seed	Finals		Points
1	Topnaar, Mariska	Rehoboth Athletics Club		1:12.44		10

Event 10 Men 400 Meter Hurdles

	Name	Team	Seed	Finals		Points
1	Retief, Andre	Windhoek Hochland Sport Club		56.89		10
2	Kaeka, Mbitjita	Unam Athletics Club		1:00.28		8
3	Otsile, Abraham Junior	Rehoboth Athletics Club		1:03.50		6

Event 11 Women 800 Meter Run

	Name	Team	Seed	Finals		Points
1	Grootfontein, Christine	Windhoek Hochland Sport Club		2:18.68		10
2	Eelu, Rauna	Namibia Correctional Services		2:26.26		8
3	Kaliteeka, Victoria	Namibia Correctional Services		2:31.36		6
4	Tjingaete, Silba	Namibian Defence Force		3:16.76		5
---	Rautenbach, Ane	Windhoek Hochland Sport Club		DNF		

Event 12 Men 800 Meter Run

	Name	Team	Seed	Finals		Points
1	Uhorera, Mavenjono	Namibia Correctional Services		1:55.33		10
2	Mogotsi, Venericus	Namib Lions		1:57.41		8
3	Simon, Ananias	Future Energy Luderitz		1:59.20		6
4	Hengari, Titus	Unam Athletics Club		2:00.31		5
5	Taapopi, Andreas	Unam Athletics Club		2:08.08		4
6	Daries, Morgan	Unam Athletics Club		2:08.90		3
7	Kasanga, Petrus T37	Namib Lions		2:10.01		2

Event 15 Women 5000 Meter Run

	Name	Team	Seed	Finals		Points
1	Kaliteeka, Victoria	Namibia Correctional Services		20:43.38		10
2	Huber, Cindy	Windhoek Hochland Sport Club		22:11.47		8

Event 16 Men 5000 Meter Run

	Name	Team	Seed	Finals		Points
1	Shaliawe, Jeremia	Namibian Police Windhoek		16:15.90		10
2	Kauanivi, Mynhardt	Namibian Police Windhoek		16:31.60		8
3	Ndjulume, Gabriel	Cheetah Athletic Club		16:49.07		6
4	Sakaria, Tangeni	Namibia Correctional Services		17:27.53		5
5	Komeya, Oskar	Namibian Defence Force		17:36.03		4
6	Nakale, Simon	Cheetah Athletic Club		18:21.91		3
7	Katjikuru, Kaurumbua T12	Namib Lions		20:21.28		2

CCCC Leg 4 - 18/05/2019
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Event 19 Women High Jump

Name		Team	Finals		Points
Finals					
1	Smeer, Ida-Marie	Windhoek Hochland Sport Club	1.58m	5-02.25	10
2	Iithete, Frieda	Unam Athletics Club	1.40m	4-07.00	7
2	Minin, Meriam	Unam Athletics Club	1.40m	4-07.00	7

Event 20 Men High Jump

	Name	Team	Finals		Points
Finals					
1	Klaasman, Wencuslaus	Namibian Police Windhoek	2.00m	6-06.75	10
2	Samantu, Emmanuel	Unam Athletics Club	1.95m	6-04.75	8
3	Pereira, Domingo	Unam Athletics Club	1.65m	5-05.00	6

Event 21 Women Long Jump

	Name	Team	Finals		Wind	Points
Finals						
1	Iithete, Frieda	Unam Athletics Club	4.41m	14-05.75	NWI	10
2	Topnaar, Mariska	Rehoboth Athletics Club	4.04m	13-03.25	NWI	8
3	Nambabi, Theresia	Unam Athletics Club	3.70m	12-01.75	NWI	6
4	Angolo, Inamuvulwa	Unam Athletics Club	3.50m	11-05.75	NWI	5

Event 22 Men Long Jump

	Name	Team	Finals		Wind	Points
Finals						
1	Coetzee, Chenault Lionel	Swakop Striders Track & Fiield	7.91m	25-11.50	NWI	10
2	Diergaardt, Sandro	Rehoboth Athletics Club	7.20m	23-07.50	NWI	8
3	Klaasman, Wencuslaus	Namibian Police Windhoek	6.70m	21-11.75	NWI	6
4	Kavazanga, Mbino	Omaruru Athletic Club	6.12m	20-01.00	NWI	5
5	Otsile, Abraham Junior	Rehoboth Athletics Club	5.80m	19-00.50	NWI	4
6	Andreas, Don	Rehoboth Athletics Club	5.67m	18-07.25	NWI	3
7	Kudumo, Johannes	Unam Athletics Club	5.01m	16-05.25	NWI	2

Event 25 Women Discus Throw

	Name	Team	Finals		Points
Finals					
1	Botha, Karlien	Windhoek Hochland Sport Club	37.38m	122-08	10
2	Huber, Xu Sieglinde	Windhoek Hochland Sport Club	24.60m	80-08	8
3	Vliede, Fiola	Rehoboth Athletics Club	17.92m	58-09	6
4	Shivolo, Sylvia F40	Namib Lions	12.56m	41-02	5
5	Hitekalute, Martha F37	Namib Lions	12.55m	41-02	4

Event 26 Men Discus Throw

	Name	Team	Finals		Points
Finals					
1	Jansen, Dian F44	Windhoek Hochland Sport Club	34.40m	112-10	10
2	Benade, Reginald F36	Namib Lions	31.88m	104-07	8
3	Araeb, Ludwig	Namibian Police Windhoek	31.66m	103-10	6
4	Isaac, Finnety	Unam Athletics Club	28.70m	94-02	5
5	van Wyk, William	Rehoboth Athletics Club	28.39m	93-02	4
6	De Koe, Adolf	Rehoboth Athletics Club	24.71m	81-01	3
7	Shihepeo, Simon F37	Namib Lions	24.31m	79-09	2

CCCC Leg 4 - 18/05/2019
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Finals ... (Event 26 Men Discus Throw)

Name	Team	Finals		Points
8 Kuhanga, Jeremia	Namib Lions	21.10m	69-03	1

Event 27 Women Javelin Throw

Name		Team	Finals		Points
Finals					
1	Els, Wilme	Swakop Striders Track & Field	36.48m	119-08	10
2	Venter, Roche	Swakop Striders Track & Field	34.15m	112-00	8
3	Vliede, Fiola	Rehoboth Athletics Club	32.09m	105-03	6
4	Kujandeka, Virginia	Unam Athletics Club	25.64m	84-01	5

Event 28 Men Javelin Throw

	Name	Team	Finals		Points
Finals					
1	Smit, Johan	Windhoek Hochland Sport Club	54.66m	179-04	10
2	Huber, Wilhelm-Ludwig	Windhoek Hochland Sport Club	46.15m	151-05	8
3	van Wyk, William	Rehoboth Athletics Club	45.04m	147-09	6
4	De Koe, Adolf	Rehoboth Athletics Club	40.14m	131-08	5
5	Kauta, Tuelo	Cattle Country	31.13m	102-01	4