

Namibia National Track & Field Championships 2021 - 17/04/2021 to 18/04/2021**Namibia National Champs 2021****Independence Stadium****Results****Women 100 Meter Dash****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Team	Seed	Prelims	
Heat 1 Preliminaries Wind: 3.7				
1 #173 Nangula, Jade	University of Namibia		12.52 Q	1
2 #167 Humavindu, Mbaandja	University of Namibia		12.61 Q	1
3 #2 Swartz, Ashanty	Capricorn Athletics Club		12.83	1
4 #147 Benson, Johanna	Swakop Striders		15.01	1
5 #15 Johannes, Sarafina T37	Kakadhinwa AC		15.12	1
Heat 2 Preliminaries Wind: +0.0				
1 #100 Rautenbach, Anne	Quinton-Steele Botes AC		11.80 Q	2
2 #166 Haitembu, Ndawana	University of Namibia		12.30 Q	2
3 #47 Ludgerus, Johanna	Namibian Correctional Services		12.49 q	2
--- #97 Masilingi, Beatrice	Quinton-Steele Botes AC		DQ	2
Heat 3 Preliminaries Wind: 3.7				
1 #203 Jacobs, Jolene	Windhoek Gymnasium A		11.35 Q	3
2 #99 Oosthuizen, Carien	Quinton-Steele Botes AC		12.06 Q	3
3 #164 Fikunawa, Hanganeni	University of Namibia		12.36 q	3
4 #148 Booysen, Bianca	Swakop Striders		13.01	3
5 #18 Nghidishange, Hendrina	Kakadhinwa AC		13.28	3

Women 100 Meter Dash

Name	Team	Prelims	Finals	Points
Section 1 Finals Wind: -0.2				
1 #203 Jacobs, Jolene	Windhoek Gymnasium A	11.35	11.85	10
2 #100 Rautenbach, Anne	Quinton-Steele Botes AC	11.80	12.05	8
3 #166 Haitembu, Ndawana	University of Namibia	12.30	12.39	6
4 #99 Oosthuizen, Carien	Quinton-Steele Botes AC	12.06	12.42	5
5 #47 Ludgerus, Johanna	Namibian Correctional Services	12.49	12.85	4
6 #164 Fikunawa, Hanganeni	University of Namibia	12.36	12.97	3
7 #173 Nangula, Jade	University of Namibia	12.52	13.00	2
8 #167 Humavindu, Mbaandja	University of Namibia	12.61	13.16	1
Preliminaries				
9 #2 Swartz, Ashanty	Capricorn Athletics Club	12.83		
10 #148 Booysen, Bianca	Swakop Striders	13.01		
11 #18 Nghidishange, Hendrina	Kakadhinwa AC	13.28		
12 #147 Benson, Johanna	Swakop Striders	15.01		
13 #15 Johannes, Sarafina T37	Kakadhinwa AC	15.12		
--- #97 Masilingi, Beatrice	Quinton-Steele Botes AC	DQ		

Women 200 Meter Run**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Team	Seed	Prelims	
Heat 1 Preliminaries Wind: 1.8				
1 #99 Oosthuizen, Carien	Quinton-Steele Botes AC		25.03 Q	1
2 #47 Ludgerus, Johanna	Namibian Correctional Services		26.11 Q	1
3 #164 Fikunawa, Hanganeni	University of Namibia		26.25	1
4 #172 Mukumbi, Christine	University of Namibia		26.67	1
5 #64 Junias, Olivia	Nampol Athletics Club		27.54	1
6 #29 Ishitile, Lahja (T11)	Namib Lions AC		27.99	1

Namibia National Track & Field Championships 2021 - 17/04/2021 to 18/04/2021**Namibia National Champs 2021****Independence Stadium****Results****Heat 2 Preliminaries Wind: 1.5 ... (Women 200 Meter Run)**

Name	Team	Seed	Prelims	
Heat 2 Preliminaries Wind: 1.5				
1 #203 Jacobs, Jolene	Windhoek Gymnasium A		23.66 Q	2
2 #100 Rautenbach, Anne	Quinton-Steele Botes AC		23.89 Q	2
3 #166 Haitembu, Ndawana	University of Namibia		24.80 q	2
4 #173 Nangula, Jade	University of Namibia		26.33	2
5 #79 Paulus, Selma	Nust Welwitchia 77		31.06	2
6 #147 Benson, Johanna	Swakop Striders		31.63	2

Heat 3 Preliminaries Wind: NWI

1 #97 Masilingi, Beatrice	Quinton-Steele Botes AC		23.93 Q	3
2 #176 Vass, Nandi	University of Namibia		25.33 Q	3
3 #95 Khachas, Marry-Angel	Quinton-Steele Botes AC		26.17 q	3
4 #18 Nghidishange, Hendrina	Kakadhinwa AC		27.76	3
5 #15 Johannes, Sarafina T37	Kakadhinwa AC		33.13	3

Women 200 Meter Run

Name	Team	Prelims	Finals	Points
Section 1 Finals Wind: 2.7				
1 #97 Masilingi, Beatrice	Quinton-Steele Botes AC	23.93	22.38	10
2 #203 Jacobs, Jolene	Windhoek Gymnasium A	23.66	23.58	8
3 #100 Rautenbach, Anne	Quinton-Steele Botes AC	23.89	23.64	6
4 #166 Haitembu, Ndawana	University of Namibia	24.80	24.88	5
5 #99 Oosthuizen, Carien	Quinton-Steele Botes AC	25.03	24.94	4
6 #176 Vass, Nandi	University of Namibia	25.33	24.96	3
7 #95 Khachas, Marry-Angel	Quinton-Steele Botes AC	26.17	25.67	2
8 #47 Ludgerus, Johanna	Namibian Correctional Services	26.11	25.90	1
Preliminaries				
9 #164 Fikunawa, Hanganeni	University of Namibia	26.25		
10 #173 Nangula, Jade	University of Namibia	26.33		
11 #172 Mukumbi, Christine	University of Namibia	26.67		
12 #64 Junias, Olivia	Nampol Athletics Club	27.54		
13 #18 Nghidishange, Hendrina	Kakadhinwa AC	27.76		
14 #29 Ishitile, Lahja (T11)	Namib Lions AC	27.99		
15 #79 Paulus, Selma	Nust Welwitchia 77	31.06		
16 #147 Benson, Johanna	Swakop Striders	31.63		
17 #15 Johannes, Sarafina T37	Kakadhinwa AC	33.13		

Women 400 Meter Run**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Seed	Prelims	
Heat 1 Preliminaries				
1 #98 Mboma, Christine	Quinton-Steele Botes AC		56.04 Q	1
2 #172 Mukumbi, Christine	University of Namibia		59.31 Q	1
3 #29 Ishitile, Lahja (T11)	Namib Lions AC		1:03.97 Q	1
4 #16 Kauhonwa, Lovisa	Kakadhinwa AC		1:08.99	1
5 #79 Paulus, Selma	Nust Welwitchia 77		1:16.90	1
Heat 2 Preliminaries				
1 #97 Masilingi, Beatrice	Quinton-Steele Botes AC		57.93 Q	2
2 #176 Vass, Nandi	University of Namibia		58.68 Q	2
3 #95 Khachas, Marry-Angel	Quinton-Steele Botes AC		59.59 Q	2

Namibia National Track & Field Championships 2021 - 17/04/2021 to 18/04/2021**Namibia National Champs 2021****Independence Stadium****Results****Heat 2 Preliminaries ... (Women 400 Meter Run)**

Name	Team	Seed	Prelims	
4 #6 Angala, Tuuliki	Cheetah Athletics Club		1:05.02 q	2
5 #18 Nghidishange, Hendrina	Kakadhinwa AC		1:05.24 q	2

Women 400 Meter Run

Name	Team	Prelims	Finals	Points
Section 1 Finals				
1 #98 Mboma, Christine	Quinton-Steele Botes AC	56.04	49.22	10
2 #97 Masilingi, Beatrice	Quinton-Steele Botes AC	57.93	50.05	8
3 #176 Vass, Nandi	University of Namibia	58.68	58.19	6
4 #95 Khachas, Marry-Angel	Quinton-Steele Botes AC	59.59	58.69	5
5 #172 Mukumbi, Christine	University of Namibia	59.31	1:00.54	4
6 #18 Nghidishange, Hendrina	Kakadhinwa AC	1:05.24	1:04.37	3
7 #6 Angala, Tuuliki	Cheetah Athletics Club	1:05.02	1:05.17	2
8 #29 Ishitile, Lahja (T11)	Namib Lions AC	1:03.97	1:05.60	1
Preliminaries				
9 #16 Kauhonwa, Lovisa	Kakadhinwa AC	1:08.99		
10 #79 Paulus, Selma	Nust Welwitchia 77	1:16.90		

Women 800 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 #98 Mboma, Christine	Quinton-Steele Botes AC		2:11.96	10
2 #66 Nduviteko, Salmi	Nampol Athletics Club		2:15.33	8
3 #6 Angala, Tuuliki	Cheetah Athletics Club		2:24.73	6
4 #16 Kauhonwa, Lovisa	Kakadhinwa AC		2:31.05	5
5 #48 Mweshamenkange, Indileni	Namibian Correctional Services		2:33.40	4
6 #19 Nghishoongele, Ndakulilwa	Kakadhinwa AC		2:33.42	3
7 #17 Nambundu, Elisia	Kakadhinwa AC		2:33.57	2
8 #21 Titus, Peneyambeko	Kakadhinwa AC		2:39.08	1

Women 1500 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 #66 Nduviteko, Salmi	Nampol Athletics Club		4:51.87	10
2 #20 Shikongo, Saara	Kakadhinwa AC		4:54.40	8
3 #48 Mweshamenkange, Indileni	Namibian Correctional Services		5:02.33	6
4 #14 Jeremia, Beata	Kakadhinwa AC		5:05.34	5
5 #19 Nghishoongele, Ndakulilwa	Kakadhinwa AC		5:05.86	4
6 #21 Titus, Peneyambeko	Kakadhinwa AC		5:16.49	3
7 #46 Kaliteka, Victoria	Namibian Correctional Services		5:21.63	2
8 #121 Abrahams, Sharon	Rehoboth Athletics Club		6:16.14	1

Women 5000 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 #20 Shikongo, Saara	Kakadhinwa AC		18:54.88	10
2 #19 Nghishoongele, Ndakulilwa	Kakadhinwa AC		19:05.17	8
3 #46 Kaliteka, Victoria	Namibian Correctional Services		20:06.90	6
4 #122 Grootdood, Willemina	Rehoboth Athletics Club		21:54.75	5
--- #14 Jeremia, Beata	Kakadhinwa AC		DNF	

Namibia National Track & Field Championships 2021 - 17/04/2021 to 18/04/2021**Namibia National Champs 2021****Independence Stadium****Results****Women 100 Meter Hurdles**

Name	Team	Seed	Finals	Points
Section 1 Wind: 1.1				
1 #99 Oosthuizen, Carien	Quinton-Steele Botes AC		15.07	10
2 #151 Klein-Nienaber, Christlene	Swakop Striders		16.46	8
3 #92 Huber, Xu	Quinton-Steele Botes AC		21.56	6

Women 400 Meter Hurdles

Name	Team	Seed	Finals	Points
Section 1				
1 #160 Kaura, Alessandra	Triomf Athletics Club		1:06.31	10
2 #168 Iita, Linda	University of Namibia		1:18.94	8

Women 4x100 Meter Relay

Team	Relay	Seed	Finals	Points
Section 1				
1 Team Namibia	A		44.78	10
1) #100 Rautenbach, Anne	2) #98 Mboma, Christine	3) #97 Masilingi, Beatrice	4) #203 Jacobs, Jolene	
2 University of Namibia	A		48.15	8
1) #166 Haitembu, Ndawana	2) #176 Vass, Nandi	3) #167 Humavindu, Mbaandja	4) #164 Fikunawa, Hanganeni	
3 University of Namibia	B		49.68	6
1) #47 Ludgerus, Johanna	2) #99 Oosthuizen, Carien	3) #165 Goreses, Cornelia	4) #173 Nangula, Jade	
4 Kakadhinwa AC	A		54.97	5
1) #16 Kauhonwa, Lovisa	2) #17 Nambundu, Elisia	3) #18 Nghidishange, Hendrina	4) #21 Titus, Peneyambeko	

Women High Jump

Name	Team	Seed	Finals	Points
Flight 1				
1 #151 Klein-Nienaber, Christlene	Swakop Striders		1.60m	10
2 #171 Minin, Meriam	University of Namibia		1.45m	6
2 #1 Schutz, Carla	Athletics Development Club		1.45m	8

Women Long Jump

Name	Team	Seed	Finals	Wind	Points
Flight 1					
1 #2 Swartz, Ashanty	Capricorn Athletics Club		5.46m	3.0	10
2 #98 Mboma, Christine	Quinton-Steele Botes AC		5.45m	0.9	8
3 #169 Iithete, Frieda	University of Namibia		5.41m	1.7	6
4 #160 Kaura, Alessandra	Triomf Athletics Club		5.40m	+0.0	5
5 #29 Ishitile, Lahja (T11)	Namib Lions AC		4.70m	1.8	4
6 #201 Cloete, Cay-Lee	Windhoek Gymnasium A		4.65m	1.0	3
7 #175 Rukoro, Fabiola	University of Namibia		4.38m	+0.0	2
8 #80 Tjaondjo, Jeomba	Nust Welwitchia 77		3.24m	2.9	1

Women Triple Jump

Name	Team	Seed	Finals	Wind	Points
Flight 1					
1 #169 Iithete, Frieda	University of Namibia		11.95m	2.8	10
2 #2 Swartz, Ashanty	Capricorn Athletics Club		11.40m	2.4	8
--- #201 Cloete, Cay-Lee	Windhoek Gymnasium A		FOUL		

Namibia National Track & Field Championships 2021 - 17/04/2021 to 18/04/2021**Namibia National Champs 2021****Independence Stadium****Results****Women Shot Put**

	Name	Team	Seed	Finals	Points
Flight 1					
1	#204 Silver, Tuane	Windhoek Gymnasium A		12.96m	10
2	#94 Jenkins, Crisleda	Quinton-Steele Botes AC		10.78m	8
3	#205 Van Zyl, Edelle	Windhoek Gymnasium A		9.63m	6
4	#78 Katjuongua, Mwansa	Nust Welwitchia 77		8.28m	5
5	#150 Gontes, Queen	Swakop Striders		6.63m	4
6	#96 Kuppe, Hella	Quinton-Steele Botes AC		6.50m	3
7	#77 Guxas, Agnola	Nust Welwitchia 77		6.02m	2
8	#30 Shivolo, Silvia F40	Namib Lions AC		5.83m	1
9	#28 Haitekalute, Martha F37	Namib Lions AC		5.47m	

Women Discus Throw

	Name	Team	Seed	Finals	Points
Flight 1					
1	#204 Silver, Tuane	Windhoek Gymnasium A		40.40m	10
2	#94 Jenkins, Crisleda	Quinton-Steele Botes AC		38.98m	8
3	#93 Jenkins, Bre-Anne	Quinton-Steele Botes AC		30.91m	6
4	#205 Van Zyl, Edelle	Windhoek Gymnasium A		29.56m	5
5	#92 Huber, Xu	Quinton-Steele Botes AC		24.82m	4
6	#123 Kohima, Annemari	Rehoboth Athletics Club		19.89m	3
7	#28 Haitekalute, Martha F37	Namib Lions AC		16.12m	2
8	#30 Shivolo, Silvia F40	Namib Lions AC		15.76m	1
9	#77 Guxas, Agnola	Nust Welwitchia 77		15.54m	
10	#150 Gontes, Queen	Swakop Striders		15.48m	
11	#96 Kuppe, Hella	Quinton-Steele Botes AC		14.67m	
12	#76 Ashipala, Rosa	Nust Welwitchia 77		13.31m	

Women Javelin Throw

	Name	Team	Seed	Finals	Points
Flight 1					
1	#149 Fourie, Jorinda	Swakop Striders		39.70m	10
2	#202 Hattingh, Jene	Windhoek Gymnasium A		36.96m	8
3	#205 Van Zyl, Edelle	Windhoek Gymnasium A		34.66m	6
4	#94 Jenkins, Crisleda	Quinton-Steele Botes AC		31.48m	5
5	#93 Jenkins, Bre-Anne	Quinton-Steele Botes AC		28.11m	4
6	#92 Huber, Xu	Quinton-Steele Botes AC		22.39m	3
7	#123 Kohima, Annemari	Rehoboth Athletics Club		21.46m	2
8	#77 Guxas, Agnola	Nust Welwitchia 77		15.02m	1
9	#96 Kuppe, Hella	Quinton-Steele Botes AC		14.17m	

Men 100 Meter Dash**8 Advance: Top 1 Each Heat plus Next 3 Best Times**

	Name	Team	Seed	Prelims	
Heat 1 Preliminaries Wind: 2.4					
1	#60 Tjiuju, Even	Namibian Correctional Services		10.82 Q	1
2	#194 Tities, Kenneth	University of Namibia		10.98	1
3	#85 Shikongo, Ananias T11	Nust Welwitchia 77		11.29	1
4	#61 Nyambe, Sebastian	Namibian Defence Force		11.37	1
5	#197 Elias, Ananias F42	Welwitschia Paralympic Sports		14.70	1

Namibia National Track & Field Championships 2021 - 17/04/2021 to 18/04/2021**Namibia National Champs 2021****Independence Stadium****Results****Heat 2 Preliminaries Wind: 1.8 ... (Men 100 Meter Dash)**

Name	Team	Seed	Prelims	
Heat 2 Preliminaries Wind: 1.8				
1 #82 Nambala, JohannesT13	Nust Welwitchia 77		11.07 Q	2
2 #179 Appols, Gregor	University of Namibia		11.13	2
3 #187 Mbaisa, McDuff	University of Namibia		11.30	2
4 #89 Beukes, Terence	Omaruru Athletics Club		11.38	2
5 #3 Gowaseb, Vivian	Capricorn Athletics Club		11.43	2
6 #116 Retief, Cobus	Quinton-Steele Botes AC		11.99	2
Heat 3 Preliminaries Wind: 3.6				
1 #81 Hainuca, Gilbert	Nust Welwitchia 77		10.14 Q	3
2 #40 Theofilus, Cassy	Namib Lions AC		10.76 q	3
3 #70 Kamundu, Lee	Nampol Athletics Club		11.12	3
4 #154 Martin, Marco	Swakop Striders		11.25	3
5 #155 Murere, Bradley	Swakop Striders		11.46	3
6 #24 Lameck, Josef	Kakadhinwa AC		11.93	3
7 #36 Kinda, Chris T12	Namib Lions AC		11.97	3
Heat 4 Preliminaries Wind: 0.4				
1 #31 Gaseb, Elvis	Namib Lions AC		10.52 Q	4
2 #68 Diergaardt, Sandro	Nampol Athletics Club		10.78 q	4
3 #208 Joubert, Paul	Windhoek Gymnasium A		10.92	4
4 #13 Vries, Anthony	Golden Cheetahs Athletics Club		11.14	4
5 #119 Steyn, Johan	Quinton-Steele Botes AC		12.24	4
6 #198 Petrus, Aluvilu T37	Welwitschia Paralympic Sports		14.07	4
Heat 5 Preliminaries Wind: 2.5				
1 #74 Narib, Ernst	Nampol Athletics Club		10.70 Q	5
2 #73 Murere, Hatago	Nampol Athletics Club		10.77 q	5
3 #37 Krems, Lesego	Namib Lions AC		11.46	5
4 #196 Ashipala, Tangeni T46	Welwitschia Paralympic Sports		11.72	5
5 #145 Lungameni, Petrus	Rietfontein AC		12.06	5
6 #105 Du Plessis, Dandre	Quinton-Steele Botes AC		12.27	5

Men 100 Meter Dash

Name	Team	Prelims	Finals	Points
Section 1 Finals Wind: -2.7				
1 #74 Narib, Ernst	Nampol Athletics Club	10.70	10.73	10
2 #60 Tjiuju, Even	Namibian Correctional Services	10.82	10.84	8
3 #31 Gaseb, Elvis	Namib Lions AC	10.52	10.89	6
4 #68 Diergaardt, Sandro	Nampol Athletics Club	10.78	10.92	5
5 #73 Murere, Hatago	Nampol Athletics Club	10.77	11.19	4
6 #40 Theofilus, Cassy	Namib Lions AC	10.76	11.31	3
7 #82 Nambala, JohannesT13	Nust Welwitchia 77	11.07	11.89	2
--- #81 Hainuca, Gilbert	Nust Welwitchia 77	10.14	DNF	
Preliminaries				
9 #208 Joubert, Paul	Windhoek Gymnasium A	10.92		
10 #194 Tities, Kenneth	University of Namibia	10.98		
11 #70 Kamundu, Lee	Nampol Athletics Club	11.12		
12 #179 Appols, Gregor	University of Namibia	11.13		
13 #13 Vries, Anthony	Golden Cheetahs Athletics Club	11.14		
14 #154 Martin, Marco	Swakop Striders	11.25		
15 #85 Shikongo, Ananias T11	Nust Welwitchia 77	11.29		

Namibia National Track & Field Championships 2021 - 17/04/2021 to 18/04/2021**Namibia National Champs 2021****Independence Stadium****Results****Preliminaries ... (Men 100 Meter Dash)**

	Name	Team	Prelims	Finals	Points
16	#187 Mbaisa, McDuff	University of Namibia	11.30		
17	#61 Nyambe, Sebastian	Namibian Defence Force	11.37		
18	#89 Beukes, Terence	Omaruru Athletics Club	11.38		
19	#3 Gowaseb, Vivian	Capricorn Athletics Club	11.43		
20	#37 Krems, Lesego	Namib Lions AC	11.46		
20	#155 Murere, Bradley	Swakop Striders	11.46		
22	#196 Ashipala, Tangeni T46	Welwitschia Paralympic Sports	11.72		
23	#24 Lameck, Josef	Kakadhinwa AC	11.93		
24	#36 Kinda, Chris T12	Namib Lions AC	11.97		
25	#116 Retief, Cobus	Quinton-Steele Botes AC	11.99		
26	#145 Lungameni, Petrus	Rietfontein AC	12.06		
27	#119 Steyn, Johan	Quinton-Steele Botes AC	12.24		
28	#105 Du Plessis, Dandre	Quinton-Steele Botes AC	12.27		
29	#198 Petrus, Aluvilu T37	Welwitschia Paralympic Sports	14.07		
30	#197 Elias, Ananias F42	Welwitschia Paralympic Sports	14.70		

Men 200 Meter Run**8 Advance: Top 1 Each Heat plus Next 3 Best Times**

	Name	Team	Seed	Prelims	
Heat 1 Preliminaries Wind: 0.7					
1	#40 Theofilus, Cassy	Namib Lions AC		22.04 Q	1
2	#194 Tities, Kenneth	University of Namibia		22.32	1
3	#37 Krems, Lesego	Namib Lions AC		23.62	1
4	#45 Marungu, Christoph T12	Namibia Paralympic Committee		25.28	1
5	#55 Nghilukilua, Simon	Namibian Correctional Services		27.23	1
Heat 2 Preliminaries Wind: 2.2					
1	#74 Narib, Ernst	Nampol Athletics Club		21.41 Q	2
2	#75 Shimanda, Sem	Nampol Athletics Club		21.98 q	2
3	#189 Nekundi, Onesmus	University of Namibia		22.21 q	2
4	#117 Ryk, Erasmus	Quinton-Steele Botes AC		22.44	2
5	#187 Mbaisa, McDuff	University of Namibia		22.97	2
Heat 3 Preliminaries Wind: 0.3					
1	#181 Bock, Mahmad	University of Namibia		21.50 Q	3
2	#10 Du plessis, Sherman	Golden Cheetahs Athletics Club		22.27	3
3	#5 Swartbooi, Rivaldo	Capricorn Athletics Club		24.36	3
4	#9 Basson, Jurgen	Golden Cheetahs Athletics Club		24.54	3
5	#200 Shatimwene, Ishmael T42	Welwitschia Paralympic Sports		26.87	3
Heat 4 Preliminaries Wind: 0.2					
1	#31 Gaseb, Elvis	Namib Lions AC		21.59 Q	4
2	#34 Kamuaruuma, Sydney	Namib Lions AC		22.20 q	4
3	#61 Nyambe, Sebastian	Namibian Defence Force		22.67	4
4	#196 Ashipala, Tangeni T46	Welwitschia Paralympic Sports		23.54	4
5	#36 Kinda, Chris T12	Namib Lions AC		24.65	4
---	#24 Lameck, Josef	Kakadhinwa AC		DNF	4
Heat 5 Preliminaries Wind: 0.8					
1	#73 Murere, Hatago	Nampol Athletics Club		21.83 Q	5
2	#118 Shinana, Robert	Quinton-Steele Botes AC		22.68	5
3	#112 Masahu, Gift Simataa	Quinton-Steele Botes AC		23.57	5
4	#33 Hainana, Victor	Namib Lions AC		24.74	5

Namibia National Track & Field Championships 2021 - 17/04/2021 to 18/04/2021**Namibia National Champs 2021****Independence Stadium****Results****Men 200 Meter Run**

Name	Team	Prelims	Finals	Points
Section 1 Finals Wind: 3.0				
1 #74 Narib, Ernst	Nampol Athletics Club	21.41	20.99	10
2 #181 Bock, Mahmad	University of Namibia	21.50	21.37	8
3 #31 Gaseb, Elvis	Namib Lions AC	21.59	21.45	6
4 #73 Murere, Hatago	Nampol Athletics Club	21.83	21.82	5
5 #75 Shimanda, Sem	Nampol Athletics Club	21.98	21.98	4
6 #40 Theofilus, Cassy	Namib Lions AC	22.04	22.04	3
7 #189 Nekundi, Onesmus	University of Namibia	22.21	22.37	2
8 #194 Tities, Kenneth	University of Namibia	22.32	22.70	1
Preliminaries				
7 #34 Kamuaruuma, Sydney	Namib Lions AC	22.20		
9 #10 Du plessis, Sherman	Golden Cheetahs Athletics Club	22.27		
11 #117 Ryk, Erasmus	Quinton-Steele Botes AC	22.44		
12 #61 Nyambe, Sebastian	Namibian Defence Force	22.67		
13 #118 Shinana, Robert	Quinton-Steele Botes AC	22.68		
14 #187 Mbaisa, McDuff	University of Namibia	22.97		
15 #196 Ashipala, Tangeni T46	Welwitschia Paralympic Sports	23.54		
16 #112 Masahu, Gift Simataa	Quinton-Steele Botes AC	23.57		
17 #37 Krems, Lesego	Namib Lions AC	23.62		
18 #5 Swartbooi, Rivaldo	Capricorn Athletics Club	24.36		
19 #9 Basson, Jurgen	Golden Cheetahs Athletics Club	24.54		
20 #36 Kinda, Chris T12	Namib Lions AC	24.65		
21 #33 Hainana, Victor	Namib Lions AC	24.74		
22 #45 Marungu, Christoph T12	Namibia Paralympic Committee	25.28		
23 #200 Shatimwene, Ishmael T42	Welwitschia Paralympic Sports	26.87		
24 #55 Nghilukilua, Simon	Namibian Correctional Services	27.23		
--- #24 Lameck, Josef	Kakadhinwa AC	DNF		

Men 400 Meter Run**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Team	Seed	Prelims	
Heat 1 Preliminaries				
1 #181 Bock, Mahmad	University of Namibia		49.26 Q	1
2 #88 Appolus, Mervin	Omaruru Athletics Club		49.94 Q	1
3 #118 Shinana, Robert	Quinton-Steele Botes AC		50.16	1
4 #108 Garoeb, Manfred	Quinton-Steele Botes AC		50.85	1
5 #45 Marungu, Christoph T12	Namibia Paralympic Committee		56.58	1
6 #200 Shatimwene, Ishmael T42	Welwitschia Paralympic Sports		57.77	1
7 #83 Nujoma, Paul	Nust Welwitchia 77		58.82	1
Heat 2 Preliminaries				
1 #117 Ryk, Erasmus	Quinton-Steele Botes AC		50.25 Q	2
2 #85 Shikongo, Ananias T11	Nust Welwitchia 77		51.98 Q	2
3 #33 Hainana, Victor	Namib Lions AC		54.23	2
4 #42 Gowaseb, Roodly T54	Namibia Paralympic Committee		57.57	2
Heat 3 Preliminaries				
1 #109 Geldenhuys, Ivan Danny	Quinton-Steele Botes AC		51.02 Q	3
2 #11 Kuhanga, Tjimatjitjua	Golden Cheetahs Athletics Club		51.04 Q	3
3 #152 Hummel, Raymond	Swakop Striders		52.51	3

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Name	Team	Seed	Prelims	
4 #184 Kandiba, Festus	University of Namibia		52.85	3
5 #196 Ashipala, Tangeni T46	Welwitschia Paralympic Sports		53.72	3
6 #36 Kinda, Chris T12	Namib Lions AC		59.91	3

Heat 4 Preliminaries

1 #115 Retief, Andre	Quinton-Steele Botes AC		49.03 Q	4
2 #82 Nambala, Johannes T13	Nust Welwitchia 77		49.44 Q	4
3 #189 Nekundi, Onesmus	University of Namibia		49.65	4
4 #188 Muyenga, Johannes	University of Namibia		53.21	4
5 #38 Mushila, Eino T13	Namib Lions AC		56.27	4

Men 400 Meter Run

Name	Team	Prelims	Finals	Points
Section 1 Finals				
1 #181 Bock, Mahmad	University of Namibia	49.26	47.48	10
2 #109 Geldenhuys, Ivan Danny	Quinton-Steele Botes AC	51.02	47.72	8
3 #115 Retief, Andre	Quinton-Steele Botes AC	49.03	48.54	6
4 #88 Appolus, Mervin	Omaruru Athletics Club	49.94	49.35	5
5 #82 Nambala, Johannes T13	Nust Welwitchia 77	49.44	49.54	4
6 #117 Ryk, Erasmus	Quinton-Steele Botes AC	50.25	50.25	3
7 #11 Kuhanga, Tjimatjititua	Golden Cheetahs Athletics Club	51.04	50.36	2
8 #85 Shikongo, Ananias T11	Nust Welwitchia 77	51.98	54.15	1

Preliminaries

9 #189 Nekundi, Onesmus	University of Namibia	49.65		
10 #118 Shinana, Robert	Quinton-Steele Botes AC	50.16		
11 #108 Garoeb, Manfred	Quinton-Steele Botes AC	50.85		
12 #152 Hummel, Raymond	Swakop Striders	52.51		
13 #184 Kandiba, Festus	University of Namibia	52.85		
14 #188 Muyenga, Johannes	University of Namibia	53.21		
15 #196 Ashipala, Tangeni T46	Welwitschia Paralympic Sports	53.72		
16 #33 Hainana, Victor	Namib Lions AC	54.23		
17 #38 Mushila, Eino T13	Namib Lions AC	56.27		
18 #45 Marungu, Christoph T12	Namibia Paralympic Committee	56.58		
19 #42 Gowaseb, Roodly T54	Namibia Paralympic Committee	57.57		
20 #200 Shatimwene, Ishmael T42	Welwitschia Paralympic Sports	57.77		
21 #83 Nujoma, Paul	Nust Welwitchia 77	58.82		
22 #36 Kinda, Chris T12	Namib Lions AC	59.91		

Men 800 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 #91 Nakapela, Hitewa	Omaruru Athletics Club		2:01.25	1 2
2 #157 Rikondonone, Ndura	Swakop Striders		2:08.06	1 1
3 #44 Kasanga, Petrus T37	Namibia Paralympic Committee		2:08.30	1
4 #43 Kandondo, Manfred T12	Namibia Paralympic Committee		2:15.91	1
5 #83 Nujoma, Paul	Nust Welwitchia 77		2:18.34	1
Section 2				
1 #180 Ashuulu, Vaino	University of Namibia		1:52.10	2 10
2 #90 Dam, Dawid	Omaruru Athletics Club		1:52.91	2 8
3 #7 Angula, Arno	Cheetah Athletics Club		1:54.02	2 6

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	Name	Team	Seed	Finals	Points
4	#188 Muyenga, Johannes	University of Namibia		1:57.06	2 5
5	#178 Angula, Mathew	University of Namibia		1:57.89	2 4
6	#137 Van Wyk, Wenzell	Rehoboth Athletics Club		1:59.21	2 3
7	#209 Shilongo, Filemon	Windhoek Gymnasium A		2:13.72	2

Men 1500 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	#90 Dam, Dawid	Omaruru Athletics Club		3:58.63	10
2	#59 Shigwedha, Tomas	Namibian Correctional Services		4:02.15	8
3	#58 Sakaria, Tangeni	Namibian Correctional Services		4:04.09	6
4	#22 Djuulume, Gabriel	Kakadhinwa AC		4:07.61	5
5	#23 Jonas, Josef	Kakadhinwa AC		4:12.33	4
6	#25 Nakapata, Sem	Kakadhinwa AC		4:12.60	3
7	#87 Moses, Hafeni Shifinde	Olupale AC		4:14.54	2
8	#180 Ashuulu, Vaino	University of Namibia		4:21.98	1
9	#131 Garoeb, Recentry	Rehoboth Athletics Club		4:25.37	
10	#44 Kasanga, Petrus T37	Namibia Paralympic Committee		4:34.83	
11	#190 Pereira, Domingo	University of Namibia		4:42.53	
12	#43 Kandondo, Manfred T12	Namibia Paralympic Committee		4:47.33	
---	#51 Matheus, Jesaya	Namibian Correctional Services		DNF	
---	#55 Nghilukilua, Simon	Namibian Correctional Services		DNF	

Men 5000 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	#57 Paulus, Daniel	Namibian Correctional Services		14:24.88	1 10
2	#59 Shigwedha, Tomas	Namibian Correctional Services		14:29.39	1 8
3	#63 Wilhem, Hangula	Namibian Defence Force		15:10.41	1 6
4	#56 Nghiyende, Kornelius	Namibian Correctional Services		15:11.67	1 5
5	#54 Nghifivali, Thomas	Namibian Correctional Services		15:46.75	1 2
6	#26 Nambuli, Josef	Kakadhinwa AC		16:28.35	1
---	#51 Matheus, Jesaya	Namibian Correctional Services		DNF	1
Section 2					
1	#58 Sakaria, Tangeni	Namibian Correctional Services		15:16.18	2 4
2	#22 Djuulume, Gabriel	Kakadhinwa AC		15:24.91	2 3
3	#25 Nakapata, Sem	Kakadhinwa AC		16:04.74	2 1
4	#62 Simon, Shipingana	Namibian Defence Force		16:25.39	2
5	#131 Garoeb, Recentry	Rehoboth Athletics Club		16:34.26	2
6	#8 Shimanya, Johannes	Cheetah Athletics Club		16:58.86	2

Men 110 Meter Hurdles

	Name	Team	Seed	Finals	Points
Section 1 Wind: 1.2					
1	#163 Keister, Heino	Tsaraxa Aibes Athletics Club		16.52	10
2	#138 Vlees, Valentino	Rehoboth Athletics Club		18.04	8
3	#119 Steyn, Johan	Quinton-Steele Botes AC		18.55	6
4	#35 Kawiwi, Enock	Namib Lions AC		19.94	5

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	Name	Team	Seed	Finals	Points
Section 1					
1	#138 Vlees, Valentino	Rehoboth Athletics Club		1:00.06	1 3
2	#41 Venomukona, Kaputuaza	Namib Lions AC		1:03.02	1 2
3	#135 Thomas, Sakeus	Rehoboth Athletics Club		1:04.24	1
4	#119 Steyn, Johan	Quinton-Steele Botes AC		1:05.15	1

Section 2					
1	#109 Geldenhuys, Ivan Danny	Quinton-Steele Botes AC		53.49	2 10
2	#115 Retief, Andre	Quinton-Steele Botes AC		53.65	2 8
3	#161 Louw, Leander	Triomf Athletics Club		57.45	2 6
4	#35 Kawiwi, Enock	Namib Lions AC		58.36	2 5
5	#132 Hammond, Daniel	Rehoboth Athletics Club		58.53	2 4
6	#130 Freygang, Eric	Rehoboth Athletics Club		1:03.62	2 1

Men 4x100 Meter Relay

	Team	Relay	Seed	Finals	Points
Section 1					
1	Team Namibia	A		41.15	10
	1) #73 Murere, Hatago	2) #68 Diergaardt, Sandro	3) #181 Bock, Mahmad	4) #60 Tjiuju, Even	
2	Team Namibia	B		42.34	8
	1) #34 Kamuaruuma, Sydney		3) #189 Nekundi, Onesmus	4) #31 Gaseb, Elvis	
3	Golden Cheetahs Athletics Club	A		43.79	6
	1) #10 Du plessis, Sherman	2) #9 Basson, Jurgen	3) #13 Vries, Anthony	4) #11 Kuhanga, Tjimatjititua	
4	Quinton-Steele Botes AC	A		44.02	5
	1) #109 Geldenhuys, Ivan Danny	2) #117 Ryk, Erasmus	3) #118 Shinana, Robert	4) #108 Garoeb, Manfred	
5	Namib Lions AC	A		45.42	4
	1) Haufiku, Henok	2) #32 Goagoseb, Kelvin	3) #33 Hainana, Victor		
6	Quinton-Steele Botes AC	B		47.92	3
	1) #116 Retief, Cobus	2) #115 Retief, Andre	3) #105 Du Plessis, Dandre	4) #112 Masahu, Gift Simataa	

Men High Jump

	Name	Team	Seed	Finals	Points
Flight 1					
1	#192 Samuntu, Anana Emmanuel	University of Namibia		1.95m	10
1	#72 Klaasman, Wencuslaus	Nampol Athletics Club		1.95m	8
3	#163 Keister, Heino	Tsaraxa Aibes Athletics Club		1.90m	5
3	#128 Dax, George	Rehoboth Athletics Club		1.90m	5
3	#177 Amunyela, Godlieb	University of Namibia		1.90m	5
6	#212 Munyaradzi, Chadenga	Zimbabwe		1.75m	3
7	#134 Mouton, Timmothy	Rehoboth Athletics Club		1.70m	1 .50
7	#159 Van Neel, Zenaldo	Swakop Striders		1.70m	1 .50

Men Long Jump

	Name	Team	Seed	Finals	Wind	Points
Flight 1						
1	#68 Diergaardt, Sandro	Nampol Athletics Club		7.63m	2.0	10
2	#114 Muksiiilongo, Aston	Quinton-Steele Botes AC		6.65m	1.1	8
3	#89 Beukes, Terence	Omaruru Athletics Club		6.61m	1.5	6
4	#154 Martin, Marco	Swakop Striders		6.49m	2.9	5
5	#163 Keister, Heino	Tsaraxa Aibes Athletics Club		6.48m	2.5	4

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	Name	Team	Seed	Finals	Wind	Points
6	#132 Hammond, Daniel	Rehoboth Athletics Club		6.37m	1.6	3
7	#133 Markus, Leroy	Rehoboth Athletics Club		6.24m	2.6	2
8	#113 Masiri, Mathew	Quinton-Steele Botes AC		6.06m	2.6	1
9	#135 Thomas, Sakeus	Rehoboth Athletics Club		5.76m	2.3	
10	#159 Van Neel, Zenaldo	Swakop Striders		5.57m	1.9	
11	#200 Shatimwene, Ishmael T42	Welwitschia Paralympic Sports		4.60m	2.0	
12	#4 Scott, Christo	Capricorn Athletics Club		4.52m	2.5	

Men Triple Jump

	Name	Team	Seed	Finals	Wind	Points
Flight 1						
1	#102 Afrikaner, David	Quinton-Steele Botes AC		14.05m	+0.0	10
2	#124 Andreas, Don	Rehoboth Athletics Club		14.00m	1.2	8
3	#126 Baz Grugeiras, Alex	Rehoboth Athletics Club		13.82m	0.6	6
4	#128 Dax, George	Rehoboth Athletics Club		13.24m	+0.0	5
5	#133 Markus, Leroy	Rehoboth Athletics Club		13.03m	+0.0	4

Men Shot Put

	Name	Team	Seed	Finals	Points
Flight 1					
1	#104 Brand, Andre	Quinton-Steele Botes AC		11.31m	10
2	#110 Huber, Ludwig	Quinton-Steele Botes AC		11.08m	8
3	#120 Van Wyk, William	Quinton-Steele Botes AC		11.00m	6
4	#103 Benade, Reggie	Quinton-Steele Botes AC		9.90m	5
5	#39 Shihepo, Simon F37	Namib Lions AC		9.39m	4
6	#107 Frederik, Jacobsz	Quinton-Steele Botes AC		8.96m	2.50
6	#129 De Koe, Alberto	Rehoboth Athletics Club		8.96m	2.50
8	#101 Abrahams, Region	Quinton-Steele Botes AC		8.89m	1
9	#67 Brinkman, /hapio Lenford	Nampol Athletics Club		8.78m	
10	#197 Elias, Ananias F42	Welwitschia Paralympic Sports		8.36m	
11	#84 Sankah, Alpha	Nust Welwitchia 77		8.28m	
12	#162 Coakley, Jernarlo	Tsaraxa Aibes Athletics Club		8.15m	

Men Discus Throw

	Name	Team	Seed	Finals	Points
Flight 1					
1	#104 Brand, Andre	Quinton-Steele Botes AC		39.59m	10
2	#207 Bruwer, Petri	Windhoek Gymnasium A		38.30m	8
3	#110 Huber, Ludwig	Quinton-Steele Botes AC		37.75m	6
4	#111 Jansen, Dian (F?)	Quinton-Steele Botes AC		36.41m	5
5	#39 Shihepo, Simon F37	Namib Lions AC		33.25m	4
6	#120 Van Wyk, William	Quinton-Steele Botes AC		32.92m	3
7	#103 Benade, Reggie	Quinton-Steele Botes AC		32.17m	2
8	#107 Frederik, Jacobsz	Quinton-Steele Botes AC		28.25m	1
9	#105 Du Plessis, Dandre	Quinton-Steele Botes AC		26.87m	
10	#125 Bampton, Satrick	Rehoboth Athletics Club		22.17m	

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	Name	Team	Seed	Finals	Points
Flight 1					
1	#106 Engelbwecht, Jasper	Quinton-Steele Botes AC		59.20m	10
2	#110 Huber, Ludwig	Quinton-Steele Botes AC		59.09m	8
3	#210 Theunissen, Dirk	Windhoek Gymnasium A		49.86m	6
4	#120 Van Wyk, William	Quinton-Steele Botes AC		41.59m	5
5	#53 Ndeilenga, David	Namibian Correctional Services		41.36m	4
6	#126 Baz Grugeiras, Alex	Rehoboth Athletics Club		40.62m	3
7	#153 Ludwig, Dwayne	Swakop Striders		34.60m	2
8	#129 De Koe, Alberto	Rehoboth Athletics Club		33.81m	1
9	#197 Elias, Ananias F42	Welwitschia Paralympic Sports		27.46m	
10	#162 Coakley, Jernarlo	Tsaraxa Aibes Athletics Club		26.98m	