

Coca Cola Leg 3 2017 - 4/8/2017**Swakopmund Leg 3****Vineta Stadium****Results****Women 100 Meter Dash**

				H#
Name	Team	Seed	Prelims	H#
				H#
Preliminaries				
---	Kamuhenune, Winnie	Cattle Country	SCR	
1	De Sousa, Sade	Golden Cheetah	12.54 q	2
2	Mayova, Globine	Namibian Police Windhoek	12.91 q	2
3	Klein-Nienaber, Christlene	Striders Track & Fiield	13.39 q	1
4	Hendricks, Marchandry	Striders Track & Fiield	13.52 q	1
5	Joseph, Jesse	Rehoboth Athletics Club	13.75 q	1
6	Manuel, Bianca	Striders Track & Fiield	13.84 q	2
7	Ndjao, Lurinda	Future Energy Luderitz	13.98 q	1
8	Goagoses, Mercia	Unam Athletics Club	14.29 q	1
9	Kandunda, Theopoline	Namib Lions	14.30	2
10	Johannes, Linda	Kakadhinwa Athletics club	14.82	2
11	Landsberg, Nelia	Windhoek Hochland Sport	15.19	1

Women 100 Meter Dash

Name	Team	Prelims	Finals	H#	Points
Finals					
1	De Sousa, Sade	Golden Cheetah	12.54	12.43	
2	Mayova, Globine	Namibian Police Windhoek	12.91	12.83	
3	Klein-Nienaber, Christlene	Striders Track & Fiield	13.39	13.27	
---	Goagoses, Mercia	Unam Athletics Club	14.29	NT	
---	Hendricks, Marchandry	Striders Track & Fiield	13.52	NT	
---	Joseph, Jesse	Rehoboth Athletics Club	13.75	NT	
---	Ndjao, Lurinda	Future Energy Luderitz	13.98	NT	
---	Manuel, Bianca	Striders Track & Fiield	13.84	NT	

Women 400 Meter Run

Name	Team	Seed	Finals	H#	Points
1	Kanduvazu, Mberihonga	Welwitschia 77	58.37	3	
2	Nduviteko, Salmi	Namibian Police Windhoek	1:00.77	3	
3	Simataa, Perpetua	Striders Track & Fiield	1:00.90	3	
4	Junias, Olivia	Namibian Police Windhoek	1:02.03	3	
5	Hendricks, Marchandry	Striders Track & Fiield	1:02.97	1	
6	Lewin, Ze-Zane	Rehoboth Athletics Club	1:05.03	1	
7	Bethlehema, Christine	Omaruru Athletic Club	1:05.38	2	
8	Johannes, Linda	Kakadhinwa Athletics club	1:05.46	1	
9	Neulumo, Lydia	Okongo Athletics Club	1:05.73	2	
10	Landsberg, Nelia	Windhoek Hochland Sport	1:07.18	1	
11	Skrywer, Mercia	Tsaraxa-Aibes Athletics Club	1:09.34	2	
12	Vass, Mandy	Golden Cheetah	1:09.96	2	
12	Xu, Hubbert	Windhoek Hochland Sport	1:09.96	2	

Women 800 Meter Run

Name	Team	Seed	Finals	H#	Points
1	Nduviteko, Salmi	Namibian Police Windhoek	2:21.19	1	
2	Gustaf, Rondengudus	Kakadhinwa Athletics club	2:21.84	1	
3	Eelu, Rauna	Oshakati Athletic Club	2:23.84	1	
4	Dumeni, Ndinela	Kakadhinwa Athletics club	2:26.40	2	
---	Augustus, Elizabeth	Okongo Athletics Club	NT	2	
---	Witbeen, Loretha	Rehoboth Athletics Club	NT	1	
---	Shilongo, Hilya	Okongo Athletics Club	NT	1	
---	Heyns, Hannah	Striders Track & Fiield	NT	1	
---	Mulundu, Tangi	Unam Athletics Club	NT	2	

(Women 800 Meter Run)

Coca Cola Leg 3 2017 - 4/8/2017**Swakopmund Leg 3****Vineta Stadium****Results**

Name	Team	Seed	Finals	H#	Points
--- Shapwa, Victoria	Namibian Police Windhoek		NT	2	
--- Mweshamekange, Indileni	Kakadhinwa Athletics club		NT	2	
--- Moses, Claudia	Namibian Police Windhoek		NT	1	
--- David, Helena	Olupale		NT	2	
--- Iininga, Meriam	Omaruru Athletic Club		NT	1	
--- Kaulandwa, Victoria	Kakadhinwa Athletics club		NT	2	

Women 5000 Meter Run

Name	Team	Seed	Finals	H#	Points
1 Ekkandjo, Leena	Namibian Police Windhoek		17:04.44		
2 Phillipus, Letisia	Okongo Athletics Club		18:27.66		
3 Kaliteeka, Victoria	Kakadhinwa Athletics club		20:06.84		
4 Ao, Cindy	Windhoek Hochland Sport		20:18.11		

Women 100 Meter Hurdles

Name	Team	Seed	Finals	H#	Points
1 Simataa, Perpetua	Striders Track & Fiield		16.71		
2 Lewin, Ze-Zane	Rehoboth Athletics Club		17.70		
3 Feist, Lea	Striders Track & Fiield		18.86		
4 Mudimba, Faith	Unam Athletics Club		19.39		
5 Topnaar, Rista	Rehoboth Athletics Club		19.61		
6 Topnaar, Mariska	Rehoboth Athletics Club		20.69		
7 Kisting, Gail	Tsaraxa-Aibes Athletics Club		21.73		

Women 400 Meter Hurdles

Name	Team	Seed	Finals	H#	Points
1 Louw, Chantelle	Windhoek Hochland Sport		1:10.86		
2 Landsberg, Nelia	Windhoek Hochland Sport		1:12.72		
3 Topnaar, Mariska	Rehoboth Athletics Club		1:15.98		
4 Topnaar, Rista	Rehoboth Athletics Club		1:32.94		

Women High Jump

Name	Team	Seed	Finals	H#	Points
1 Klein-Nienaber, Christlene	Striders Track & Fiield		1.68m		
2 Louw, Natalie	Triomf Athletics Club		J1.68m		
3 Minin, Meriam	Unam Athletics Club		1.60m		
4 Turner, Minette	Striders Track & Fiield		1.55m		
5 Le Roux, Meagan-Louise	Striders Track & Fiield		1.50m		
6 Kotze, Madelein	Windhoek Hochland Sport		J1.50m		
7 Daniels, Whitney	Rehoboth Athletics Club		1.40m		
7 Lucas, Leandri	Rehoboth Athletics Club		1.40m		

Women Long Jump

Name	Team	Seed	Finals	H#	Points
1 Louw, Natalie	Triomf Athletics Club		5.10m		
2 Manuel, Bianca	Striders Track & Fiield		4.70m		
3 Tom, Marchelina	Namibian Police Windhoek		4.68m		
4 Joseph, Jesse	Rehoboth Athletics Club		4.65m		
5 Mudimba, Faith	Unam Athletics Club		4.46m		
6 Skrywer, Mercia	Tsaraxa-Aibes Athletics Club		4.35m		
7 Kandunda, Theopoline	Namib Lions		4.15m		
8 Louw, Jayne	Rehoboth Athletics Club		3.58m		
--- David, Helena	Olupale		ND		
--- Bruniclo, Daniel	Golden Cheetah		ND		

Coca Cola Leg 3 2017 - 4/8/2017**Swakopmund Leg 3****Vineta Stadium****Results****Women Discus Throw**

Name	Team	Seed	Finals	H#	Points
1 Botha, Karlien	Windhoek Hochland Sport		37.54m		
2 Smith, Conette	Striders Track & Fiield		33.25m		
3 Shilongo, Selma	Golden Cheetah		28.43m		
4 Xu, Hubbert	Windhoek Hochland Sport		25.45m		
5 Prinsloo, Madelyn	Striders Track & Fiield		22.35m		
6 Goagoses, Lerischia	Unam Athletics Club		20.00m		
--- Vliete, Fiola	Rehoboth Athletics Club		ND		

Women Javelin Throw

Name	Team	Seed	Finals	H#	Points
1 Botha, Karlien	Windhoek Hochland Sport		27.85m		
2 Gous, Arina	Windhoek Gymnasium		27.63m		
3 Lucas, Leandri	Rehoboth Athletics Club		25.24m		
4 Minin, Meriam	Unam Athletics Club		19.61m		

Men 100 Meter Dash

Name	Team	Seed	Prelims	H#
Preliminaries				
1 Gurirab, Dantago	Golden Cheetah		11.33 q	4
1 Tjiviju, Even	Namibian Correctional		11.33 q	3
3 Kamuaruuma, Sydney	Namib Lions		11.42 q	3
4 Ludwig, Dwayne	Windhoek Hochland Sport		11.44 q	3
5 Tjiramba, Ismael	Unam Athletics Club		11.45 q	4
6 Pieterse, Fred-Charles	Welwitschia 77		11.48 q	4
7 Kaanjuka, Hitch	Namibian Police Windhoek		11.51 q	1
8 Diergaardt, Sandro	Windhoek Hochland Sport		11.52 q	2
9 Theron, Human	Windhoek Hochland Sport		11.58	3
10 Aochamub, Thasiso	Omaruru Athletic Club		11.61	1
11 Ndeilenga, David	Namibian Correctional		11.63	2
12 Taukeni, Leigh	Unam Athletics Club		11.74	4
13 Narib, Ernst	Namibian Police Windhoek		11.81	1
14 Shikongo, Ananias	Namib Lions		12.00	4
15 Razak, Naeem	Welwitschia 77		12.04	1
16 Haitembu, Williams	Oshakati Athletic Club		12.14	2
17 van Wyk, Sam-Ray	Rehoboth Athletics Club		12.24	3
18 Shilongo, Paulus	Namibian Defence Force		12.27	2
19 Nyambe, Sebastiaan	Golden Cheetah		12.36	2
20 Kampunja, Rudolf	Striders Track & Fiield		12.52	3
21 Uugwanga, Penda	Golden Cheetah		12.62	1
22 Murere, Bradley	Welwitschia Sport Club		12.91	2
23 Visagie, Virque	Future Energy Luderitz		13.01	3
24 Shaningwa, David	Welwitschia Sport Club		13.18	1
25 Smith, Inge	Future Energy Luderitz		13.43	1

Men 100 Meter Dash

Name	Team	Prelims	Finals	H#	Points
Finals					
1 Gurirab, Dantago	Golden Cheetah	11.33	10.90		
2 Tjiviju, Even	Namibian Correctional	11.33	11.04		
3 Kaanjuka, Hitch	Namibian Police Windhoek	11.51	11.13		
--- Ludwig, Dwayne	Windhoek Hochland Sport	11.44	NT		
--- Theron, Human	Windhoek Hochland Sport	11.58	NT		
--- Tjiramba, Ismael	Unam Athletics Club	11.45	NT		

Finals ... (Men 100 Meter Dash)

Coca Cola Leg 3 2017 - 4/8/2017**Swakopmund Leg 3****Vineta Stadium****Results**

Name	Team	Prelims	Finals	H#	Points
--- Diergaardt, Sandro	Windhoek Hochland Sport	11.52	NT		
--- Kamuaruuma, Sydney	Namib Lions	11.42	NT		

Men 400 Meter Run

Name	Team	Seed	Finals	H#	Points
1 Narib, Ernst	Namibian Police Windhoek		48.50	4	
2 Bock, Mahmad	Unam Athletics Club		48.69	4	
3 Geldenhuys, Ivan-Danny	Triomf Athletics Club		49.03	4	
4 Aochamub, Thasiso	Omaruru Athletic Club		49.33	1	
5 Shimanda, Sem	Namibian Police Windhoek		49.63	4	
6 Ndunge, Tomas	Future Energy Luderitz		49.81	3	
7 Nambala, Johannes	Namib Lions		50.03	4	
8 Karupu, Basilius	Namibian Police Windhoek		50.07	4	
9 Kangwiya, Gerson	Omusati Police Athletics		50.34	1	
10 Bock, Dawid	Rehoboth Athletics Club		50.43	4	
11 Appolus, Mervin	Omaruru Athletic Club		50.77	1	
12 Andries, Arnaldo	Striders Track & Fiield		50.94	3	
13 Tjarirove, Tjiho	Welwitschia 77		51.12	3	
14 Titus, Katenga	Golden Cheetah		51.80	1	
15 Magotsi, Venericus	Rehoboth Athletics Club		51.85	3	
16 van Kradenburg, Eugene	Rehoboth Athletics Club		52.14	1	
17 Beukes, Lincoln	Windhoek Hochland Sport		52.27	2	
18 Ndimulunde, Elias	Namib Lions		52.50	3	
19 Tobias, David	Namibian Defence Force		52.84	2	
20 Johannes, Nicodemus	Oshakati Athletic Club		53.03	2	
21 Turner, Diego	Striders Track & Fiield		54.89	3	
21 Nakapela, Hitewa	Future Energy Luderitz		54.89	3	
23 Grobbelaar, Jaco	Windhoek Hochland Sport		55.98	2	
24 Kaputuaza, Venomukona	Namib Lions		56.08	2	
24 Grobbelaar, Ian	Windhoek Hochland Sport		56.08	2	
26 Nghidikwa, Julius	Future Energy Luderitz		58.31	2	

Men 800 Meter Run

Name	Team	Seed	Finals	H#	Points
1 Nghipandulwa, Daniel	Namibian Police Windhoek		1:52.44		
2 Shaliawe, Jeremia	Namibian Police Windhoek		1:55.12		
3 Komeya, Oskar	Namibian Defence Force		1:56.40		
4 Dam, David	Omaruru Athletic Club		1:56.53		
--- van Kradenburg, Eugene	Rehoboth Athletics Club		NT		
--- Nghidipo, Veikko	Kakadhinwa Athletics club		NT		
--- Nalukaku, Asser	Oshakati Athletic Club		NT		
--- Vatilifa, Aaron	Olupale		NT		
--- Magotsi, Venericus	Rehoboth Athletics Club		NT		
--- Shatimwene, Ismael	Welwitschia Sport Club		NT		
--- Silveira, Madaleno	Unam Athletics Club		NT		
--- Hanganee, Urorua	Welwitschia 77		NT		
--- Gowaseb, Elrico	Namibian Defence Force		NT		
--- Kandiba, Festus	Unam Athletics Club		NT		
--- Sapako, Silveira Madaleno	Unattached		NT		
--- Koch, Jonathan	Striders Track & Fiield		NT		
--- Kangwiya, Gerson	Omusati Police Athletics		NT		
--- Nakapela, Hitewa	Future Energy Luderitz		NT		
--- Ndimulunde, Elias	Namib Lions		NT		

(Men 800 Meter Run)

Coca Cola Leg 3 2017 - 4/8/2017**Swakopmund Leg 3****Vineta Stadium****Results**

Name	Team	Seed	Finals	H#	Points
--- Hamutenya, Immanuel	Golden Cheetah		NT		
--- Engelbrecht, Denzel	Namib Lions		NT		
--- Absalom, Maxton	Golden Cheetah		NT		
--- Kambana, Petrus	Golden Cheetah		NT		
--- Nalwaanda, Simon	Kakadhinwa Athletics club		NT		
--- Fillemon, Linekela	Future Energy Luderitz		NT		
--- Shigwedha, Thomas	Namibian Police Windhoek		NT		
--- Simon, Ananias	Future Energy Luderitz		NT		

Men 5000 Meter Run

Name	Team	Seed	Finals	H#	Points
1 Rainhold, Thomas	Namibian Correctional		14:17.44		
2 Kondjashili, Kefas	Namibian Police Windhoek		14:19.60		
3 Komeya, Oskar	Namibian Defence Force		14:52.10		
--- Nghidinwa, Elias	Okongo Athletics Club		NT		
--- Paulus, Simon	Kakadhinwa Athletics club		NT		
--- Paulus, Daniel	Kakadhinwa Athletics club		NT		
--- Shipingana, Simon	Namibian Defence Force		NT		
--- Silveira, Madaleno	Unam Athletics Club		NT		
--- Embashu, Pinehas	Namibian Defence Force		NT		
--- Nampala, Reonard	Namibian Defence Force		NT		
--- Mweetako, Martin	Namibian Police Windhoek		NT		
--- Kapembe, Gidion	Namib Lions		NT		
--- Kaudinge, Stephanus	Namibian Police Windhoek		NT		
--- Kadhingula, Mateus	Namibian Police Windhoek		NT		
--- Uugwanga, Elia	Namibian Correctional		NT		
--- Tangeni, Sakalia	Oshakati Athletic Club		NT		
--- Hanse, Lorenzo	Future Energy Luderitz		NT		

Men 110 Meter Hurdles

Name	Team	Seed	Finals	H#	Points
1 Pieterse, Fred-Charles	Welwitschia 77		14.84		
2 Razak, Naeem	Welwitschia 77		J15.39		
3 Klaasman, Wencuslaus	Namibian Police Windhoek		J16.04		
4 Makari, Gregg	Unam Athletics Club		J17.40		
5 Awaseb, Zidane	Striders Track & Field		J19.03		
6 Oosthuizen, Jaco	Windhoek Hochland Sport		J15.15		

Men 400 Meter Hurdles

Name	Team	Seed	Finals	H#	Points
1 Goroseb, Warren	Unam Athletics Club		J59.39		
2 Diergaardt, Hilton	Rehoboth Athletics Club		J1:01.11		
3 Oosthuizen, Jaco	Windhoek Hochland Sport		J58.65		
--- Kaeka, Mbitjita	Unam Athletics Club		NT		
--- Basson, Andy	Namibian Police Windhoek		NT		

Men High Jump

Name	Team	Seed	Finals	H#	Points
1 Klaasman, Wencuslaus	Namibian Police Windhoek		2.05m		
2 Blaaw, Coenraad	Windhoek Hochland Sport		2.00m		
3 Ujaha, Visamuje	Striders Track & Field		1.95m		
4 Samuntu, Anana	Windhoek Hochland Sport		J1.95m		
5 Manale, Luciano	Striders Track & Field		1.90m		
6 Shaningwa, Renaldo	Windhoek Hochland Sport		1.85m		

(Men High Jump)

Coca Cola Leg 3 2017 - 4/8/2017**Swakopmund Leg 3****Vineta Stadium****Results**

	Name	Team	Seed	Finals	H#	Points
7	Tom, Enzo	Striders Track & Fiield		1.75m		
8	Mouton, Timothy	Striders Track & Fiield		1.70m		
8	Gillmore, Rene	Striders Track & Fiield		1.70m		
8	Swartbooi, Hilton	Welwitschia 77		1.70m		
11	Retief, Andre	Windhoek Hochland Sport		1.65m		
11	Diergaardt, Jonathan	Omaruru Athletic Club		1.65m		
---	Taukeni, Leigh	Unam Athletics Club		NH		

Men Long Jump

	Name	Team	Seed	Finals	H#	Points
1	Samuntu, Anana	Windhoek Hochland Sport		5.90m		
2	Ngishoono, David	Namibian Police Windhoek		5.65m		
3	Tom, Enzo	Striders Track & Fiield		5.42m		
4	Bock, Denilson	Golden Cheetah		5.40m		
5	Ludwig, Dwayne	Windhoek Hochland Sport		5.38m		
6	Venter, Eugene	Windhoek Hochland Sport		5.18m		
6	Basson, Andy	Namibian Police Windhoek		5.18m		
8	Johannes, Nicodemus	Oshakati Athletic Club		5.11m		
9	Shilongo, Paulus	Namibian Defence Force		4.89m		
10	Swartz, Calvin	Omaruru Athletic Club		4.88m		
---	Makari, Gregg	Unam Athletics Club		ND		
---	Diergaardt, Sandro	Windhoek Hochland Sport		ND		
---	Coetzee, John	Tsaraxa-Aibes Athletics Club		ND		
---	van Wyk, Sam-Ray	Rehoboth Athletics Club		ND		

Men Discus Throw

	Name	Team	Seed	Finals	H#	Points
1	Aerab, Ludwig	Namibian Police Windhoek		34.76m		
2	Potgieter, Dirk	Windhoek Hochland Sport		33.41m		
3	Seibeb, Clark	Omaruru Athletic Club		33.26m		
4	Makumbi, Felix	Namibian Police Windhoek		31.78m		
5	Rickerts, Charlton	Rehoboth Athletics Club		30.98m		
6	Wessels, Barend	Windhoek Hochland Sport		30.23m		
7	van Wyk, William	Rehoboth Athletics Club		30.16m		
8	Isaac, Finnety	Unam Athletics Club		24.21m		
9	Tobias, David	Namibian Defence Force		20.73m		
---	Williams, Ryan	Windhoek Hochland Sport		ND		
---	Potgieter, Hendrik	Windhoek Hochland Sport		ND		

Men Javelin Throw

	Name	Team	Seed	Finals	H#	Points
1	Smit, Johan	Windhoek Hochland Sport		56.10m		
2	Wessels, Barend	Windhoek Hochland Sport		51.63m		
3	Madjiedt, Paul	Rehoboth Athletics Club		50.08m		
4	Potgieter, Dirk	Windhoek Hochland Sport		44.85m		
5	Williams, Ryan	Windhoek Hochland Sport		42.97m		
6	van Wyk, William	Rehoboth Athletics Club		42.57m		
7	Ndeilenga, David	Namibian Correctional		42.50m		
8	Potgieter, Hendrik	Windhoek Hochland Sport		41.22m		
9	Makumbi, Felix	Namibian Police Windhoek		37.26m		
10	Isaac, Finnety	Unam Athletics Club		28.70m		
---	Titus, Katenga	Golden Cheetah		ND		