

Athletics Namibia 2017 Top Ten Performances per Event

Event	Name Male	DOB	Performance	Comp	IAAF Score	Name Female	DOB	Performance	Comp	IAAF Score
Marathon	1 Iiyambo Paulus	18/03/1982	02:18:59	Gaborone	1007	1 Johannes Helalia		02:29:25	Vienna	1139
	2 Shipingana Simon	12/10/1977	02:19:25	Rio Tinto	1000	2 Haitope Lavinia	03/03/1990	02:40:22	Prague	1033
	3 Nampupala Reonard	28/03/1982	02:22:31	Rio Tinto	949	3 Aimwata Ottilie	06/09/1979	02:56:06	Rio Tinto	890
	4 Kuugongelwa Uvenevie		02:23:11	Vienna	939	4 Nambabi Sofia		03:06:48	Rio Tinto	800
	5 Komeya Oscar	30/07/1975	02:26:21	Gaborone	888	5 Janse van Rensburg Julia		03:17:24	Rio Tinto	714
	6 Ntinda Martin		02:27:51	Rio Tinto	865	6 Dreyer Risa		03:21:57	Rio Tinto	679
	7 Matheus Jesaya	11/11/1992	02:28:49		850	7 Eshitile Sarti		03:27:02	Rio Tinto	641
	8 Embashu Pinehas	10/08/1976	02:30:30		824	8 Page Holly		03:51:07	Rio Tinto	475
	9 Goeieman Erich		02:31:52	Rio Tinto	804	9 Steyl Eliza		03:54:09	Rio Tinto	456
	10 Shifotoka Sakaria	25/03/1982	02:33:12	Rio Tinto	784	10 Knott Harriette		03:58:06	Rio Tinto	431
Event	Name Male	DOB	Performance	Comp	IAAF Score	Name Female	DOB	Performance	Comp	IAAF Score
Half Marathon	1 Namupala Reonard	28/03/1982	01:07:34	Gaborone	897					
	2 Frans Hosea		01:09:46	Gaborone	819					
	3 Kadhingula Matheus	21/12/1981	01:10:04	Lusaka	809					
Event	Name Male	DOB	Performance	Comp	IAAF Score	Name Female	DOB	Performance	Comp	IAAF Score
10km	1 Kondjashili Kefas	02/12/1992	30:16.5	Rio Tinto	938	1 Haitope Lavinia	03/03/1990	33:40.1		1071
	2 Rainhold Tomas		30:18.4	Rio Tinto	937	2 Armas Alina		35:36.3		973
	3 Shaliawe Jeremia	06/06/1988	30:35.7	Rio Tinto	913	3 Ekandjo Leena	25/6/1990	37:46.3		869
	4 Kaudinge Stephanus	03/11/1992	30:51.7	Rio Tinto	891	4 Nduviteko Salmi	15/5/1989	38:35.2		831
	5 Paulus Daniel		31:02.1	Rio Tinto	876	5 Haitope Esther		41:12.3		716
	6 Paulus Simon	04/05/1998	31:07.7	Rio Tinto	869	6 Shapwa Victoria	11/11/1992	43:18.1		630
	7 Ugwanga Elia		32:00.6	Rio Tinto	799	7 Wiese Tania		46:30.4		509
	8 Kaxuxuena Robert		32:17.7	Rio Tinto	777	8 Gontes Sieglinde		46:55.4		495
	9 Komeya Oscar	30/07/1975	32:22.7	Rio Tinto	771	9 Gustaf Rondengudus	24/4/1998	46:56.6		494
	10 Mwatilile John		32:36.9	Rio Tinto	753	10 Courtney Frances		46:57.2		493
Event	Name Male	DOB	Performance	Comp	IAAF Score	Name Female	DOB	Performance	Comp	IAAF Score
	1 Thomas Rainhold	07/02/1991	31:01.5	Nationals	870	1 Ekandjo Leena	25/6/1990	33:43.8	Nationals	1050

10000m	2	Kauanivi Mynhardt	03/03/1984	31:40.9	Nationals	818	2	Amukoto Anna	25/5/1982	37:45.4	Nationals	855
	3	Iiyambo Paulus	18/3/1982	32:01.5	Nationals	790	3	Aimwata Ottilie	06/09/1979	38:35.7	Nationals	817
	4	Embashu Pinehas	10/08/1976	32:16.7	Nationals	772	4					
	5	Mathews Jesaya	11/11/1992	33:01.4	Nationals	715	5					
	6	Shifotoka Sakaria	25/3/1982	33:20.5	Nationals	692	6					
	7	Mbendura Paseuatjo		34:37.8	Nationals	603	7					
	8	Mweetako Martin	31/1/1982	35:22.4	Nationals	553	8					
Event		Name Male	DOB	Performance	Comp	IAAF Score		Name Female	DOB	Performance	Comp	IAAF Score
5000m	1	Thoms Rainhold	07/02/1991	14:17.4	Nationals	943	1	Haitope, Lavinia	03/03/1990	15:27.4	Nationals	1111
	2	Kondjashili, Kefas	13/3/1992	14:19.6	Nationals	936	2	Paulus, Ndapunika		16:26.1		1003
	3	Komeya, Oskar	30/7/1975	14:52.1		834	3	Dumeni, Ndinela	24/2/1998	17:12.3	Nationals	921
	4	Matheus Kadhingula	21/12/1981	15:04.9	Nationals	796	4	Ekandjo, Leena	25/6/1990	17:45.9	Nationals	865
	5	Kaudinge, Stephanus		15:05.6		795	5	Fillipus, Letisia	23/7/1999	18:27.7	Nationals	796
	6	Shipingana, Simon	10/12/1977	15:06.2	Nationals	792	6	Angala Tuuli	04/10/1999	19:51.7	Nationals	667
	7	Nginanamunhu, Jason		15:08.4		786	7	Shilongo Hilya	21/8/1999	20:05.2	Nationals	647
	8	Shipingana, Simon		15:09.6		781	8	Kaliteeka, Victoria	28/5/1997	20:06.8	Nationals	645
	9	Uugwanga Elia	12/08/1991	15:18.0	Nationals	756	9	Ao, Cindy		20:18.1		628
	10						10	Mweshamekange Indileni	06/02/1993	23:56.4	Nationals	357
Event		Name Male	DOB	Performance	Comp	IAAF Score		Name Female	DOB	Performance	Comp	IAAF Score
1500m	1	Shaliawe, Jeremia	6/6/1988	04:00.9	Nationals	854	1	Haitope, Lavinia	03/03/1990	04:39		913
	2	Komeya, Oskar	30/7/1975	04:01.5	Nationals	837	2	Gustaf, Rondengudus	24/4/1998	04:50.5	Nationals	834
	3	Skrywer Johannes	22/8/1987	04:06.5	Nationals	780	3	Ekandjo, Leena	25/6/1990	04:52.3	Nationals	822
	4	Nalukaku, Asser	12/10/1995	04:08.9	Nationals	753	4	Shivute Elizabeth	02/02/2001	05:04.9	Nationals	741
	5	Dam David	20/4/1998	04:10.6	Nationals	735	5	Festus, Elizabeth	04/05/2000	05:13.5	Nationals	687
	6	Mwatilile, John	23/6/1987	04:17.6	Nationals	660	6	Shilongo Hilya	21/8/1999	05:13.9	Nationals	685
	7	Angula Marten	26/6/1996	04:24.1	Nationals	595	7	Shilongo, Shivomwene		05:17.6		663
	8	Nghidipo Veikko	25/4/1995	04:26.3	Nationals	575	8	Shapwa, Victoria	11/11/1992	05:20.1	Nationals	648
	9	Tangeni, Sakalia	17/1/1995	04:29.5	Nationals	543	9	Lucas, Rauna	30/9/1994	05:27.2	Nationals	607
	10	Nhoongoloka Wilibard	08/07/1999	04:32.1	Nationals	518	10	Paulus, Victoria	21/10/1997	05:34.1	Nationals	568
Event		Name Male	DOB	Performance	Comp	IAAF Score		Name Female	DOB	Performance	Comp	IAAF Score
	1	Nghipandulwa, Daniel	08/06/1989	01:52.4	Nationals	959	1	Nduviteko, Salmi		02:18.9		849

800m	2	Shaliawxe, Jeremia	06/06/1988	01:55.1	Nationals	886	2	Gustaf, Rondengudus	24/4/1998	02:19.8	Nationals	835
	3	Simon, Ananias	16/6/1996	01:56.4	Nationals	852	3	Dumeni, Ndinela	24/2/1998	02:24.1	Nationals	771
	4	Komeya, Oskar	30/7/1975	01:56.4	Nationals	852	4	Shivute Elizabeth	02/02/2001	02:24.7	Nationals	762
	5	Magotsi, Verenicus	04/05/1998	01:56.4	Nationals	852	5	Eelu, Rauna	08/05/1992	02:25.8	Nationals	747
	6	Dam, David	20/4/1998	01:56.5	Nationals	849	6	Landsberg, Nelia	07/03/1983	02:32.0	Nationals	660
	7	Nalukaku Asser	10/12/1995	01:56.7	Nationals	844	7	Mbwale, Julia		02:34.3		630
	8	Paulus Simon	04/05/1998	01:58.4	Nationals	801	8	Festus, Elizabeth	04/05/2000	02:42.4	Nationals	528
	9	Vatilifa Aaron	16/3/1996	02:02.9	Nationals	691	9	Dumeni, Josephine	24/4/1993	02:42.7	Nationals	524
	10	Hanagnee Ururua	20/2/1990	02:03.7	Nationals	673	10					
Event		Name Male	DOB	Performance	Comp	IAAF Score		Name Female	DOB	Performance	Comp	IAAF Score
400m	1	Narib, Ernst	27/5/1990	46.54	Nationals	1076	1	Herunga Tjipekapora		53.58		1066
	2	Bock, Mahmad	23/8/1994	48.33	Nationals	960	2	Kandovazu Mberihonga	26/6/1991	57.21	Nationals	933
	3	Kangwiya Gerson	14/11/1987	48.54	Nationals	947	3	Nduviteko, Salmi	15/5/1989	59.09	Nationals	868
	4	Aochamub, Thasiso	06/11/1994	48.61	Nationals	943	4	Simataa, Perpetua	28/4/2000	60.90	Nationals	807
	5	Shimanda, Sem		48.67	Nationals	939	5	Junias, Olivia	07/08/1996	61.47	Nationals	789
	6	Appolus Mervin	08/07/1994	48.81	Nationals	930	6	Eelu, Rauna	08/05/1992	62.59	Nationals	753
	7	Nambala, Johannes	15/2/1991	48.83	Nationals	929	7	Hendricks, Marchandry		62.97		741
	8	Ndunge, Thomas	27/9/1997	48.93	Nationals	923	8	Majova, Globine	29/2/1988	63.79	Nationals	715
	9	Geldenhuis, Ivan-Danny	14/11/1987	49.03	Nationals	917	9	Bethlehema Christine	25/7/1998	64.65	Nationals	689
	10	Tjarirove, Tjiho	14/9/1990	49.48	Nationals	890	10	Landsberg, Nelia	07/03/1983	64.78	Nationals	685
Event		Name Male	DOB	Performance	Comp	IAAF Score		Name Female	DOB	Performance	Comp	IAAF Score
200m	1	Narib, Ernst	27/5/1990	20.94	Nationals	1076	1	Herunga Tjipekapora		24.06		1030
	2	Tjiviju, Even	02/02/1992	21.44	Nationals	1004	2	De Sousa, Sade	28/3/2001	24.30	Nationals	1007
	3	Kaanjuka Hitch	29/12/1987	21.53	Nationals	991	3	Kandovazu, Mberihonga	26/6/1991	24.76	Nationals	964
	4	Kamuaruuma, Sydney	05/03/1991	21.66	Nationals	973	4	Majova, Globine	29/2/1988	24.78	Nationals	962
	5	Aochamub, Thasiso	06/11/1994	21.99	Nationals	927	5	Jacobs, Jolene	24/3/1992	25.29	Nationals	915
	6	Hummel Raymond	03/08/2001	22.05	Nationals	918	6	Junias, Olivia	07/08/1996	25.54	Nationals	893
	7	Bock, Dawid	10/02/1998	22.18	Nationals	901	7	Vass, Mandy	03/11/2002	26.38	Nationals	819
	8	Theron Human		22.36		877	8	Goagoses Mercia	30/1/2000	27.70	Nationals	710
	9	Gurirab, Dantago	03/09/1990	22.38	Nationals	874	9	Landsberg, Nelia	07/03/1983	28.57	Nationals	642
	10	Shikongo Paulus	04/10/1993	22.54	Nationals	853	10	Mudimba, Faith	28/8/1992	28.65	Nationals	636

Event	Name Male	DOB	Performance	Competition	IAAF Score	Name Female	DOB	Performance	Competition	IAAF Score
100m	1 Tjiviju, Even	02/02/1992	10.70	Nationals	977	1 Jacobs, Jolene	24/3/1992	11.82	Nationals	1028
	2 Bock, Mahmad	23/8/1994	10.78	Nationals	952	2 De Sousa, Sade	28/3/2001	11.85	Nationals	1021
	3 Kaanjuka, Hitch	29/12/1987	10.84	Nationals	934	3 Mayova, Globine	29/2/1988	12.22	Nationals	948
	4 Guirirab, Dantago	03/09/1990	10.90		916	4 Kandovazu Mberihonga	26/6/1991	12.28	Nationals	937
	5 Aochamub, Thasiso	06/11/1994	11.04	Nationals	874	5 Ylimauala, Rosa		12.89	Nationals	823
	6 Tjiramba, Ismael	03/03/1995	11.06	Nationals	869	6 Joseph, Jesse	26/2/1999	12.98	Nationals	807
	7 Ludwig, Dwayne		11.10	Nationals	857	7 Shange Elao, Nande		13.19	Nationals	771
	8 Taukeni, Leigh	18/1/1995	11.17	Nationals	937	8 Johannes Linda	6/3/19989	15.93	Nationals	365
Event	Name Male	DOB	Performance	Comp	IAAF Score	Name Female	DOB	Performance	Comp	IAAF Score
110mH/ 100mH	1 Pieterse, Fred-Charles	16/1/1993	14.27	Nationals	1018	1 Simataa, Perpetua		15.00		895
	2 Dresselhaus, Timon		14.63		955	2 Potgieter, Laurie-Anne		16.90		683
	3 Esterhuizen, Corne		15.00		893	3 Lewin. Ze-Zane		17.00		672
	4 Oosthuizen, Jaco		15.15		868	4 Feist, Lea		18.86		493
	5 Klaasman, Wencuslaus	19/4/1989	16.04	Nationals	729	5 Mudimba, Faith	28/8/1992	19.36		450
	6 April Zuriel	05/06/1999	16.78	Nationals	623	6 Topnaar, Rista		19.61		429
	7 Makari, Gregg	19/10/1992	17.40	Nationals	540	7 Topnaar, Mariska		20.69		345
	8 Awaseb, Zidane	04/11/1999	19.03	Nationals	351	8 Kisting, Gail		21.73		272
Event	Name Male	DOB	Performance	Comp	IAAF Score	Name Female	DOB	Performance	Comp	IAAF Score
400mH	1 Maritz, Hardus		50.30		1116	1 van Niekerk, Anika		01:10.1		748
	2 Pieterse Fred-Charles		57.74		778	2 Louw, Chantelle		01:10.2		746
	3 Goreseb, Warren		57.90		772	3 Landsberg, Nelia		01:10.4		741
	4 Dresselhaus, Gian		58.25		758	4 Tiauha, Marthina		01:11.6		711
	5 Orlam, Dennis		58.58		744	5 Topnaar, Mariska		01:11.7		709
	6 Oosthuizen, Jaco		58.65		741	6 Topnaar, Rista		01:32.9		287
	7 Diergaardt, Hilton		60.97		651	7				
	8 Mbitjita Kaeka		63.16		571	8				
	9 April Zuriel		76.40		199	9				
Event	Name Male	DOB	Performance	Comp	IAAF Score	Name Female	DOB	Performance	Comp	IAAF Score

Long Jump	1	Diergaardt Sandro	7.34	995	1	Louw Natalie	5.69	932		
	2	Samuntu Anana	7.01	924	2	Kruger, Corlia	5.27	741		
	3	Makari, Gregg	6.94	909	3	Tom, Marchelina	5.15	815		
	4	Shiwayu Nikanor	6.68	854	4	Joseph, Jesse	5.14	813		
	5	Nghisoono, David	6.57	830	5	Manuel, Bianca	4.92	766		
	6	Beukes, Casey	6.30	773	6	Mudimba, Faith	4.89	760		
	7	Kisting, Ginaldo	6.27	767	7	Kooper, Ivone	4.86	754		
	8	Ndeilenga, David	6.18	748	8	Womba, Kangotti	4.63	705		
	9	Orlam, Dennis	6.17	746	9					
	10	Kwenani, Jethro	6.09	729	10					
Event	Name Male	DOB	Performance	Comp	IAAF Score	Name Female	DOB	Performance	Comp	IAAF Score
Triple Jump	1	Haitengi Roger	16.22	1082	1	Smith Conette	11.07	821		
	2	Makari, Gregg	13.68	816	2	Joseph Jesse	11.05	819		
	3	Orlam Dennis	13.68	816	3	Shilongo Selma	10.89	803		
	4	Kisting, Ginaldo	13.13	759	4	Mudimba, Faith	10.04	719		
	5	van Kradenburg, Eugene	12.86	731	5	Topnaar, Mariska	9.93	708		
	6	Kwenani, Jethro	12.79	724	6	Botha Karlien	9.78	693		
	7	Nghisoono, David	12.59	703	7	Gous, Arina	9.74	689		
	8	Nekundi, Marrinus	12.53	697	8	Gous Arina	9.3	646		
	9	Ya France, Penda	12.31	675	9	Booyesen Elise	9.24	640		
	10	Coetzee Johan	12.21	664	10	Louw, Jayne	9.1	626		
Event	Name Male	DOB	Performance	Comp	IAAF Score	Name Female	DOB	Performance	Comp	IAAF Score
High Jump	1	Klaasman, Wencuslaus	2.05	958	1	Louw, Natalie	1.71	936		
	2	Blaaw, Coenraad	2.00	914	2	Klein-Nienaber, Christlene	1.68	907		
	3	Samuntu, Anana	2.00	914	3	Minin, Meriam	1.65	878		
	4	Shaningwa, Renaldo	1.95	870	4	Turner, Minette	1.55	782		
	5	Ujaha, Visamuje	1.95	870	5	Le Roux, Meagan-Louise	1.50	735		
	6	Manale, Luciano	1.95	870	6	Kotze, Madelein	1.50	735		
	7	Dax George	1.90	827	7	Oosthuizen, Jenna	1.45	687		
	8	Swartbooi, Hilton	1.80	741	8	Daniels, Withney	1.40	640		
	9	Kwenani, Jethro	1.75	698	9	Skrywer Mecia	1.40	640		
	10				10					

Event	Name Male	DOB	Performance	Comp	IAAF Score	Name Female	DOB	Performance	Comp	IAAF Score
Javelin Throw	1 Smit, Johan		56.10		763	1 Burger, Shani		35.25		622
	2 Wessels, Barend		55.00		748	2 Kruger, Corlia		34.02		600
	3 Jacobi, Karel		52.50		713	3 Gous, Arina		30.10		528
	4 Madjiedt, Paul		51.29		709	4 Shilongo, Selma		28.63		501
	5 van Wyk, William		47.35		640	5 Botha, Karlien		27.85		487
	6 Potgieter, Dirk		47.07		636	6 Fliete, Fiola		27.29		477
	7 Kheiseb, Bongani		46.93		634	7 Lucas, Leandri		25.24		439
	8 Ndeilenga, David		46.74		632	8 Minin, Meriam		22.59		391
	9 van Zyl Juan		44.39		598	9				
	10					10				
Event	Name Male	DOB	Performance	Comp	IAAF Score	Name Female	DOB	Performance	Comp	IAAF Score
Discus Throw	1 Williams, Ryan		45.67		798	1 Botha, Karlien		39.55		622
	2 Araeb, Ludwig		34.76		600	2 Smith, Conette		33.25		582
	3 Potgieter, Dirk		33.41		575	3 Booysen, Elise		31.46		550
	4 Seibeb, Clark		33.26		572	4 Shilongo, Selma		30.60		516
	5 Makumbi, Felix		31.78		546	5 Hubbert, Xu		26.00		450
	6 Wessels, Barend		31.74		545	6 Prinsloo, Madelyn		22.35		384
	7 van Wyk, William		31.72		544	7 Gous, Arina		21.73		373
	8 Delport, Jens		31.72		544	8 Goagoses, Lerischia		21.24		364
	9 Rickerts, Charlton		30.98		531	9				
	10 van Zyl Juan		25.89		439	10				
Event	Name Male	DOB	Performance	Comp	IAAF Score	Name Female	DOB	Performance	Comp	IAAF Score
Shot Put	1 Williams, Ryan		12.97		703	1 Smith, Conete		11.07		652
	2 Seibeb, Clark		12.58		681	2 Shilongo, Selma		10.93		644
	3 Potgieter, Dirk		12.42		671	3 Botha, Karlien		10.02		588
	4 Rickerts, Charlton		11.55		620	4 Gous, Arina		9.93		582
	5 Isaacs, Finnety		11.36		609	5 Booysen, Elize		9.52		557
	6 Makumbi, Felix		10.82		571	6 Kotze, Louwrette		7.63		483
	7 Diergaardt, Hilton		10.41		553	7 Luoto, Ira		7.35		423
	8 van Wyk, William		9.92		524	8 Fliete, Fiola		5.93		336

9 Mweshifilwa Mike

8.79

457

9