

**Regional Club Challenge Leg 12018 - 1/20/2018****Coca Cola Club Challenge****Vineta Stadium, Swakopmund****Results****Event 1 Women 100 Meter Dash**

|                         |                          |      |        |      | H# |        |    |
|-------------------------|--------------------------|------|--------|------|----|--------|----|
| Name                    | Team                     | Seed | Finals | Wind | H# | Points |    |
|                         |                          |      |        |      |    |        | H# |
| 1 Jacobs, Jolene        | Welwitschia 77           |      | 12.09  | -1.1 | 3  |        |    |
| 2 Kandovazu, Mberihonga | Welwitschia 77           |      | 12.84  | -1.1 | 3  |        |    |
| 3 Hendricks, Marchandry | Striders Track & Fiield  |      | 13.34  | +0.0 | 1  |        |    |
| 4 Mayova, Globine       | Namibian Police Windhoek |      | 13.37  | -1.1 | 3  |        |    |
| 5 Manuel, Bianca        | Striders Track & Fiield  |      | 13.49  | +0.0 | 1  |        |    |
| 6 van Wyk, Le-Kechia    | Future Energy Luderitz   |      | 13.56  | -0.3 | 2  |        |    |
| 7 Ludgerus, Johanna     | Unam Athletics Club      |      | 13.61  | -1.1 | 3  |        |    |
| 8 Joseph, Jesse         | Rehoboth Athletics Club  |      | 14.00  | -1.1 | 3  |        |    |
| 9 Mugunda, Kaurirongua  | Unam Athletics Club      |      | 14.08  | -1.1 | 3  |        |    |
| 10 Louw, Chantelle      | Windhoek Hochland Sport  |      | 14.24  | +0.0 | 1  |        |    |
| 10 Fikunawa, Hanganeni  | Golden Cheetah           |      | 14.24  | -0.3 | 2  |        |    |
| 12 Minin, Meriam        | Unam Athletics Club      |      | 14.57  | -1.1 | 3  |        |    |
| 13 Zatjirua, Jandja     | Golden Cheetah           |      | 14.76  | +0.0 | 1  |        |    |
| 14 Elias, Elizabeth     | Striders Track & Fiield  |      | 15.05  | -0.3 | 2  |        |    |
| 15 Hartz, Tanja         | Windhoek Hochland Sport  |      | 20.01  | +0.0 | 1  |        |    |

**Event 2 Men 100 Meter Dash**

| Name                   | Team                          | Seed | Finals | Wind | H# | Points |
|------------------------|-------------------------------|------|--------|------|----|--------|
| 1 Tjiviju, Even        | Namibia Correctional Services |      | 11.03  | 0.1  | 5  |        |
| 2 Ndunge, Tomas        | Future Energy Luderitz        |      | 11.10  | 0.1  | 4  |        |
| 3 Tjiramba, Ismael     | Unam Athletics Club           |      | 11.14  | 0.1  | 5  |        |
| 4 Hummel, Raymond      | Striders Track & Fiield       |      | 11.15  | 0.1  | 4  |        |
| 5 Narib, Ernst         | Namibian Police Windhoek      |      | 11.17  | 0.1  | 5  |        |
| 6 Kamuaruuma, Sydney   | Namib Lions                   |      | 11.18  | 0.1  | 5  |        |
| 7 Ludwig, Dwayne       | Windhoek Hochland Sport       |      | 11.24  | -0.8 | 2  |        |
| 8 Aochamub, Thasiso    | Omaruru Athletic Club         |      | 11.27  | 0.3  | 1  |        |
| 9 Diergaardt, Sandro   | Windhoek Hochland Sport       |      | 11.28  | 0.1  | 4  |        |
| 10 Ndeilenga, David    | Namibia Correctional Services |      | 11.35  | 0.7  | 3  |        |
| 11 Cloete, Valenchio   | Unam Athletics Club           |      | 11.37  | 0.1  | 4  |        |
| 12 Kawela, Isak        | Namibian Police Windhoek      |      | 11.41  | 0.7  | 3  |        |
| 13 Grobbelaar, Ian     | Windhoek Hochland Sport       |      | 11.52  | 0.3  | 1  |        |
| 14 du Plessis, Sherman | Striders Track & Fiield       |      | 11.55  | -0.8 | 2  |        |
| 15 Nambala, Johannes   | Namib Lions                   |      | 11.58  | 0.1  | 4  |        |
| 16 Ngeenguno, Tjazupo  | Namibia Correctional Services |      | 11.62  | 0.3  | 1  |        |
| 17 Losper, Lee-Anzo    | Striders Track & Fiield       |      | 11.64  | 0.1  | 4  |        |
| 18 Claasen, Coburn     | Golden Cheetah                |      | 11.72  | 0.3  | 1  |        |
| 19 Coetzee, Ryan       | Golden Cheetah                |      | 11.81  | 0.1  | 4  |        |
| 20 Shikongo, Ananias   | Namib Lions                   |      | 11.84  | 0.7  | 3  |        |
| 21 Endjala, Devine     | Golden Cheetah                |      | 12.00  | -0.8 | 2  |        |
| 22 Uugwanga, Penda     | Golden Cheetah                |      | 12.01  | 0.1  | 4  |        |
| 23 Bock, Denilson      | Golden Cheetah                |      | 12.19  | 0.7  | 3  |        |
| 24 Goagoseb, Kelvin    | Namib Lions                   |      | 12.29  | 0.3  | 1  |        |
| 25 Bock, Coby          | Unam Athletics Club           |      | 12.88  | 0.7  | 3  |        |

**Event 5 Women 400 Meter Hurdles**

| Name                | Team                    | Seed | Finals  | H# | Points |
|---------------------|-------------------------|------|---------|----|--------|
| 1 Simataa, Perpetua | Striders Track & Fiield |      | 1:12.39 | 1  |        |
| 2 Louw, Chantelle   | Windhoek Hochland Sport |      | 1:15.76 | 2  |        |
| 3 Huber, Cindy      | Windhoek Hochland Sport |      | 1:17.28 | 1  |        |
| 4 Topnaar, Mariska  | Rehoboth Athletics Club |      | 1:20.04 | 2  |        |
| 5 Landsberg, Nelia  | Windhoek Hochland Sport |      | 1:21.32 | 2  |        |

**Regional Club Challenge Leg 12018 - 1/20/2018****Coca Cola Club Challenge****Vineta Stadium, Swakopmund****Results****Event 6 Men 800 Meter Run**

| Name                     | Team                          | Seed | Finals  | H# | Points |
|--------------------------|-------------------------------|------|---------|----|--------|
| 1 Nghipandulwa, Daniel   | Namibian Police Windhoek      |      | 1:57.64 |    |        |
| 2 Dam, David             | Omaruru Athletic Club         |      | 1:57.94 |    |        |
| 3 van Kradenburg, Eugene | Rehoboth Athletics Club       |      | 1:59.28 |    |        |
| 4 Thomas, H              | Namibian Police Windhoek      |      | 1:59.41 |    |        |
| 5 Hengari, Titus         | Unam Athletics Club           |      | 2:00.49 |    |        |
| 6 Muvenga, Johannes      | Unam Athletics Club           |      | 2:01.21 |    |        |
| --- Kapembe, Arnoles     | Namibia Correctional Services |      | NT      |    |        |
| --- Paulus, Michael      | Omaruru Athletic Club         |      | NT      |    |        |
| --- Urorua, Hangane      | Namibia Correctional Services |      | NT      |    |        |
| --- Kasanga, Petrus      | Namib Lions                   |      | NT      |    |        |
| --- Magotsi, Venericus   | Rehoboth Athletics Club       |      | NT      |    |        |
| --- Kavandje, Jeremia    | Namib Lions                   |      | NT      |    |        |
| --- Taapopi, Andreas     | Unam Athletics Club           |      | NT      |    |        |
| --- Shimanda, Sem        | Namibian Police Windhoek      |      | NT      |    |        |

**Event 7 Women 800 Meter Run**

| Name                  | Team                      | Seed | Finals  | H# | Points |
|-----------------------|---------------------------|------|---------|----|--------|
| 1 Nduviteko, Salmi    | Namibian Police Windhoek  |      | 2:25.91 |    |        |
| 2 Gustaf, Rondengudus | Kakadhinwa Athletics club |      | 2:26.48 |    |        |
| 3 Huber, Cindy        | Windhoek Hochland Sport   |      | 2:37.15 |    |        |
| 4 Landsberg, Nelia    | Windhoek Hochland Sport   |      | 2:54.23 |    |        |
| 5 Bock, Marceline     | Omaruru Athletic Club     |      | 2:56.39 |    |        |
| 6 Nambabi, Theresia   | Unam Athletics Club       |      | 2:58.29 |    |        |

**Event 8 Men 110 Meter Hurdles**

| Name                     | Team                | Seed | Finals | Wind | H# | Points |
|--------------------------|---------------------|------|--------|------|----|--------|
| 1 Pieterse, Fred-Charles | Welwitschia 77      |      | 15.73  | -1.3 |    |        |
| 2 Goroseb, Warren        | Unam Athletics Club |      | 18.06  | -1.3 |    |        |
| 3 Kaeka, Mbitjita        | Unam Athletics Club |      | 21.41  | -1.3 |    |        |

**Event 9 Women 100 Meter Hurdles**

| Name               | Team                    | Seed | Finals | Wind | H# | Points |
|--------------------|-------------------------|------|--------|------|----|--------|
| 1 Mudimba, Faith   | Unam Athletics Club     |      | 20.45  | NWI  |    |        |
| 2 Topnaar, Mariska | Rehoboth Athletics Club |      | 21.26  | NWI  |    |        |
| 3 Lewin, Ze-Zane   | Rehoboth Athletics Club |      | 21.44  | NWI  |    |        |

**Event 10 Men 5000 Meter Run**

| Name                 | Team                          | Seed | Finals   | H# | Points |
|----------------------|-------------------------------|------|----------|----|--------|
| 1 Shigwedha, Thomas  | Namibian Police Windhoek      |      | 15:00.24 |    |        |
| 2 Kaudinge, Stefanus | Namibia Correctional Services |      | 15:02.97 |    |        |
| 3 Paulus, Daniel     | Kakadhinwa Athletics club     |      | 15:17.95 |    |        |
| 4 Kadhingula, Mateus | Namibian Police Windhoek      |      | 15:18.27 |    |        |
| 5 Kathima, Herman    | Namibian Police Windhoek      |      | 15:21.36 |    |        |
| 6 Paulus, Michael    | Omaruru Athletic Club         |      | 16:28.07 |    |        |
| 7 Naobeb, Alfons     | Omaruru Athletic Club         |      | 16:33.46 |    |        |
| 8 Hamwele, Jackson   | Striders Track & Field        |      | 18:22.70 |    |        |
| --- Dam, David       | Omaruru Athletic Club         |      | NT       |    |        |
| --- Shifinde, Moses  | Oshakati Athletic Club        |      | NT       |    |        |

**Event 11 Women 3000 Meter Run**

| Name                  | Team                      | Seed | Finals   | H# | Points |
|-----------------------|---------------------------|------|----------|----|--------|
| 1 Ekkandjo, Leena     | Namibian Police Windhoek  |      | 10:36.25 |    |        |
| 2 Gustaf, Rondengudus | Kakadhinwa Athletics club |      | 11:21.49 |    |        |

**(Event 11 Women 3000 Meter Run)**

**Regional Club Challenge Leg 12018 - 1/20/2018****Coca Cola Club Challenge****Vineta Stadium, Swakopmund****Results**

| Name                | Team                    | Seed | Finals   | H# | Points |
|---------------------|-------------------------|------|----------|----|--------|
| 3 Elias, Elizabeth  | Striders Track & Fiield |      | 12:08.59 |    |        |
| 4 Kawiwi, Elizabeth | Striders Track & Fiield |      | 12:17.63 |    |        |

**Event 12 Men Discus Throw**

| Name                    | Team                     | Seed | Finals | H# | Points |
|-------------------------|--------------------------|------|--------|----|--------|
| 1 Williams, Ryan        | Windhoek Hochland Sport  |      | 43.23m |    |        |
| 2 Seibeb, Clark         | Omaruru Athletic Club    |      | 34.73m |    |        |
| 3 Potgieter, Dirk       | Windhoek Hochland Sport  |      | 31.97m |    |        |
| 4 van Wyk, William      | Rehoboth Athletics Club  |      | 31.28m |    |        |
| 5 Huber, Wilhelm-Ludwig | Windhoek Hochland Sport  |      | 31.27m |    |        |
| 6 Otto, Jano            | Windhoek Hochland Sport  |      | 31.18m |    |        |
| 7 Potgieter, Hendrik    | Windhoek Hochland Sport  |      | 30.72m |    |        |
| 8 Rickerts, Charlton    | Rehoboth Athletics Club  |      | 28.32m |    |        |
| 9 Makumbi, Felix        | Namibian Police Windhoek |      | 27.44m |    |        |
| 10 Aerab, Ludwig        | Namibian Police Windhoek |      | 21.47m |    |        |
| 11 Isaac, Finnety       | Unam Athletics Club      |      | 20.39m |    |        |
| 12 Shihepeo, Simon      | Namib Lions              |      | 17.66m |    |        |
| 13 Gawaseb, Zidane      | Striders Track & Fiield  |      | 17.48m |    |        |

**Event 13 Women Discus Throw**

| Name              | Team                    | Seed | Finals | H# | Points |
|-------------------|-------------------------|------|--------|----|--------|
| 1 Botha, Karlien  | Windhoek Hochland Sport |      | 35.47m |    |        |
| 2 Smith, Conette  | Striders Track & Fiield |      | 31.72m |    |        |
| 3 Mouton, Hildrid | Rehoboth Athletics Club |      | 26.00m |    |        |
| 4 Fawaz, Racheal  | Rehoboth Athletics Club |      | 18.03m |    |        |
| 5 Eelu, Maria     | Oshakati Athletic Club  |      | 16.88m |    |        |
| --- Vliete, Fiola | Rehoboth Athletics Club |      | DQ     |    |        |

**Event 14 Men Shot Put**

| Name                   | Team                     | Seed | Finals | H# | Points |
|------------------------|--------------------------|------|--------|----|--------|
| 1 Williams, Ryan       | Windhoek Hochland Sport  |      | 13.55m |    |        |
| 2 Seibeb, Clark        | Omaruru Athletic Club    |      | 11.39m |    |        |
| 3 Makumbi, Felix       | Namibian Police Windhoek |      | 11.32m |    |        |
| 4 Potgieter, Dirk      | Windhoek Hochland Sport  |      | 11.19m |    |        |
| 5 Otto, Jano           | Windhoek Hochland Sport  |      | 10.45m |    |        |
| 6 van Wyk, William     | Rehoboth Athletics Club  |      | 9.57m  |    |        |
| 7 Potgieter, Hendrik   | Windhoek Hochland Sport  |      | 9.34m  |    |        |
| 8 Isaac, Finnety       | Unam Athletics Club      |      | 8.87m  |    |        |
| 9 Shihepeo, Simon      | Namib Lions              |      | 7.19m  |    |        |
| 10 Muyenga, Johannes   | Unam Athletics Club      |      | 6.39m  |    |        |
| --- Rickerts, Charlton | Rehoboth Athletics Club  |      | ND     |    |        |

**Event 15 Women Shot Put**

| Name              | Team                    | Seed | Finals | H# | Points |
|-------------------|-------------------------|------|--------|----|--------|
| 1 Smith, Conette  | Striders Track & Fiield |      | 10.09m |    |        |
| 2 Botha, Karlien  | Windhoek Hochland Sport |      | 9.47m  |    |        |
| 3 Eelu, Maria     | Oshakati Athletic Club  |      | 8.64m  |    |        |
| 4 Fawaz, Racheal  | Rehoboth Athletics Club |      | 8.38m  |    |        |
| 5 Mouton, Hildrid | Rehoboth Athletics Club |      | 7.39m  |    |        |

**Event 16 Men Long Jump**

| Name                 | Team                    | Seed | Finals | Wind | H# | Points |
|----------------------|-------------------------|------|--------|------|----|--------|
| 1 Diergaardt, Sandro | Windhoek Hochland Sport |      | 6.85m  | NWI  |    |        |
| 2 Samantu, Emmanuel  | Unam Athletics Club     |      | 6.80m  | NWI  |    |        |

**(Event 16 Men Long Jump)**

**Regional Club Challenge Leg 12018 - 1/20/2018****Coca Cola Club Challenge****Vineta Stadium, Swakopmund****Results**

|    | <b>Name</b>           | <b>Team</b>                   | <b>Seed</b> | <b>Finals</b> | <b>Wind</b> | <b>H#</b> | <b>Points</b> |
|----|-----------------------|-------------------------------|-------------|---------------|-------------|-----------|---------------|
| 3  | Coetzee, Chenoult     | Striders Track & Fiield       |             | 6.62m         | NWI         |           |               |
| 4  | Makari, Gregg         | Unam Athletics Club           |             | 6.25m         | NWI         |           |               |
| 5  | Orlam, Dennis         | Rehoboth Athletics Club       |             | 6.09m         | NWI         |           |               |
| 6  | Klaasman, Wencuslaus  | Namibian Police Windhoek      |             | 6.06m         | NWI         |           |               |
| 7  | Ngishoono, David      | Namibian Police Windhoek      |             | 5.98m         | NWI         |           |               |
| 8  | Huber, Wilhelm-Ludwig | Windhoek Hochland Sport       |             | 5.71m         | NWI         |           |               |
| 9  | Beukes, Terence       | Omaruru Athletic Club         |             | 5.67m         | NWI         |           |               |
| 10 | Ndeilenga, David      | Namibia Correctional Services |             | 5.60m         | NWI         |           |               |
| 11 | Bock, Denilson        | Golden Cheetah                |             | 5.23m         | NWI         |           |               |
| 12 | Kandiba, Festus       | Unam Athletics Club           |             | 5.00m         | NWI         |           |               |

**Event 17 Women Long Jump**

|   | <b>Name</b>          | <b>Team</b>              | <b>Seed</b> | <b>Finals</b> | <b>Wind</b> | <b>H#</b> | <b>Points</b> |
|---|----------------------|--------------------------|-------------|---------------|-------------|-----------|---------------|
| 1 | Joseph, Jesse        | Rehoboth Athletics Club  |             | 4.83m         | NWI         |           |               |
| 2 | Manuel, Bianca       | Striders Track & Fiield  |             | 4.58m         | NWI         |           |               |
| 3 | Mavova, Globine      | Namibian Police Windhoek |             | 4.53m         | NWI         |           |               |
| 4 | Mugunda, Kaurirongua | Unam Athletics Club      |             | 4.51m         | NWI         |           |               |
| 5 | Shangange, Shakira   | Striders Track & Fiield  |             | 4.29m         | NWI         |           |               |
| 6 | Mudimba, Faith       | Unam Athletics Club      |             | 4.24m         | NWI         |           |               |
| 7 | Kawiwi, Elizabeth    | Striders Track & Fiield  |             | 4.17m         | NWI         |           |               |
| 8 | van Wyk, Jayme       | Rehoboth Athletics Club  |             | 3.99m         | NWI         |           |               |

**Event 18 Men 400 Meter Hurdles**

|   | <b>Name</b>            | <b>Team</b>              | <b>Seed</b> | <b>Finals</b> |  | <b>H#</b> | <b>Points</b> |
|---|------------------------|--------------------------|-------------|---------------|--|-----------|---------------|
| 1 | Pieterse, Fred-Charles | Welwitschia 77           |             | 57.94         |  | 2         |               |
| 2 | Kangwiya, Gerson       | Omusati Police Athletics |             | 58.84         |  | 1         |               |
| 3 | Orlam, Dennis          | Rehoboth Athletics Club  |             | 59.24         |  | 2         |               |
| 4 | Goroseb, Warren        | Unam Athletics Club      |             | 59.31         |  | 1         |               |
| 5 | Uatema, Francis        | Striders Track & Fiield  |             | 1:00.01       |  | 2         |               |
| 6 | Kaeka, Mbitjita        | Unam Athletics Club      |             | 1:02.07       |  | 2         |               |
| 7 | Gawaseb, Zidane        | Striders Track & Fiield  |             | 1:06.32       |  | 1         |               |
| 8 | Kawiwi, Enock          | Namib Lions              |             | 1:06.90       |  | 1         |               |

**Event 19 Men High Jump**

|   | <b>Name</b>          | <b>Team</b>              | <b>Seed</b> | <b>Finals</b> |  | <b>H#</b> | <b>Points</b> |
|---|----------------------|--------------------------|-------------|---------------|--|-----------|---------------|
| 1 | Samantu, Emmanuel    | Unam Athletics Club      |             | 2.05m         |  |           |               |
| 2 | Ujaha, Visamuje      | Striders Track & Fiield  |             | 2.00m         |  |           |               |
| 3 | Klaasman, Wencuslaus | Namibian Police Windhoek |             | J2.00m        |  |           |               |
| 4 | Manale, Luciano      | Striders Track & Fiield  |             | 1.90m         |  |           |               |
| 5 | Nanuseb, Li-Shane    | Striders Track & Fiield  |             | 1.85m         |  |           |               |
| 6 | Tom, Enzo            | Striders Track & Fiield  |             | 1.80m         |  |           |               |

**Event 20 Women High Jump**

|   | <b>Name</b>         | <b>Team</b>             | <b>Seed</b> | <b>Finals</b> |  | <b>H#</b> | <b>Points</b> |
|---|---------------------|-------------------------|-------------|---------------|--|-----------|---------------|
| 1 | Grunak, Maria       | Striders Track & Fiield |             | 1.53m         |  |           |               |
| 2 | Fikunawa, Hanganeni | Golden Cheetah          |             | J1.53m        |  |           |               |
| 3 | Turner, Minette     | Striders Track & Fiield |             | 1.50m         |  |           |               |
| 4 | Minin, Meriam       | Unam Athletics Club     |             | 1.45m         |  |           |               |
| 5 | Horn, Siranda       | Striders Track & Fiield |             | 1.40m         |  |           |               |
| 6 | Daniels, Whitney    | Rehoboth Athletics Club |             | 1.35m         |  |           |               |

**Event 21 Men Hammer Throw Promotional**

|   | <b>Name</b>     | <b>Team</b>             | <b>Seed</b> | <b>Finals</b> |  | <b>H#</b> | <b>Points</b> |
|---|-----------------|-------------------------|-------------|---------------|--|-----------|---------------|
| 1 | Potgieter, Dirk | Windhoek Hochland Sport |             | 27.85m        |  |           |               |

**(Event 21 Men Hammer Throw Promotional)**

**Regional Club Challenge Leg 12018 - 1/20/2018****Coca Cola Club Challenge****Vineta Stadium, Swakopmund****Results**

|   | Name                  | Team                     | Seed | Finals | H# | Points |
|---|-----------------------|--------------------------|------|--------|----|--------|
| 2 | Rickerts, Charlton    | Rehoboth Athletics Club  |      | 22.99m |    |        |
| 3 | van Wyk, William      | Rehoboth Athletics Club  |      | 22.50m |    |        |
| 4 | Potgieter, Hendrik    | Windhoek Hochland Sport  |      | 22.22m |    |        |
| 5 | Seibeb, Clark         | Omaruru Athletic Club    |      | 21.28m |    |        |
| 6 | Aerab, Ludwig         | Namibian Police Windhoek |      | 20.99m |    |        |
| 7 | Makumbi, Felix        | Namibian Police Windhoek |      | 20.41m |    |        |
| 8 | Isaac, Finnety        | Unam Athletics Club      |      | 16.64m |    |        |
| 9 | Huber, Wilhelm-Ludwig | Windhoek Hochland Sport  |      | 15.30m |    |        |

**Event 22 Women Hammer Throw Promotional**

|   | Name           | Team                    | Seed | Finals | H# | Points |
|---|----------------|-------------------------|------|--------|----|--------|
| 1 | Botha, Karlien | Windhoek Hochland Sport |      | 26.77m |    |        |
| 2 | Smith, Conette | Striders Track & Fiield |      | 19.25m |    |        |

**Event 25 Women 200 Meter Run Promotional**

|   | Name              | Team                    | Seed | Finals | Wind | H# | Points |
|---|-------------------|-------------------------|------|--------|------|----|--------|
| 1 | Manuel, Bianca    | Striders Track & Fiield |      | 27.71  | 1.6  |    |        |
| 2 | Vass, Nandi       | Golden Cheetah          |      | 27.76  | 1.6  |    |        |
| 3 | Ludgerus, Johanna | Unam Athletics Club     |      | 29.04  | 1.6  |    |        |
| 4 | Louw, Tharina     | Golden Cheetah          |      | 30.69  | 1.6  |    |        |
| 5 | Zatjirua, Jandja  | Golden Cheetah          |      | 30.94  | 1.6  |    |        |

**Event 26 Men 200 Meter Run Promotional**

|     | Name               | Team                          | Seed | Finals | Wind | H# | Points |
|-----|--------------------|-------------------------------|------|--------|------|----|--------|
| 1   | Kamuaruuma, Sydney | Namib Lions                   |      | 22.46  | 1.8  | 2  |        |
| 2   | Hummel, Raymond    | Striders Track & Fiield       |      | 22.61  | 1.9  | 3  |        |
| 3   | Narib, Ernst       | Namibian Police Windhoek      |      | 22.70  | 1.0  | 1  |        |
| 4   | Ndunge, Tomas      | Future Energy Luderitz        |      | 22.76  | 1.0  | 1  |        |
| 5   | Aochamub, Thasiso  | Omaruru Athletic Club         |      | 22.82  | 1.9  | 3  |        |
| 6   | Cloete, Valenchio  | Unam Athletics Club           |      | 23.25  | 1.0  | 1  |        |
| 7   | Karupu, Basilius   | Namibian Police Windhoek      |      | 23.28  | 1.9  | 3  |        |
| 8   | Nambala, Johannes  | Namib Lions                   |      | 23.36  | 1.8  | 2  |        |
| 9   | Endjala, Devine    | Golden Cheetah                |      | 24.28  | 1.8  | 2  |        |
| --- | Claasen, Coburn    | Golden Cheetah                |      | NT     | 1.9  | 3  |        |
| --- | Coetzee, Ryan      | Golden Cheetah                |      | NT     | 1.9  | 3  |        |
| --- | Cloete, Nolito     | Striders Track & Fiield       |      | NT     | 1.8  | 2  |        |
| --- | Kandiba, Festus    | Unam Athletics Club           |      | NT     | 1.8  | 2  |        |
| --- | Ngeenguno, Tjazupo | Namibia Correctional Services |      | NT     | 1.9  | 3  |        |
| --- | van Wyk, Freddie   | Golden Cheetah                |      | NT     | 1.8  | 2  |        |
| --- | Ugwanga, Penda     | Golden Cheetah                |      | NT     | 1.8  | 2  |        |
| --- | Bock, Mahmad       | Unam Athletics Club           |      | DNF    | 1.0  | 1  |        |