

CCCC Leg 3 Oshakati - 3/16/2019

Leg 3

Oshakati Stadium

Results

Women 100 Meter Sprint

Name	Team	Finals
1 Humavindu, Mbaandja	Unam	12.58
2 Ludgerus, Johanna	Unam	12.65
3 Gom-Khaises, Queen	Striders Track	12.76
4 Armado, Julieta	Cheetah	13.35
5 Elias, Elizabeth	Striders Track	14.81

Women 200 Meter Sprint

Name	Team	Finals
1 Herunga, Tjipekapora	Namibian	24.72
2 Ludgerus, Johanna	Unam	26.33
3 Ingashipola, Linda	Olupale	28.32
4 Riet, Semonea	Unam	29.26
5 Elias, Elizabeth	Striders Track	31.17

Women 400 Meter Sprint

Name	Team	Finals
1 Shekupe, Gustaf	Namibia	57.04
2 Angala, Tuuliki	Cheetah	59.95
3 Amutana, Helena	Olupale	1:03.45
4 Ingashipola, Linda	Olupale	1:03.46
5 Eelu, Rauna	Namibia	1:05.78
6 Fikunawa, Hanganeni	Unam	1:07.92

Women 800 Meter Run

Name	Team	Finals
1 Shekupe, Gustaf	Namibia	2:18.46
2 Angala, Tuuliki	Cheetah	2:19.12
3 Ndiviteko, Salmi	Namibian	2:19.40
4 Amutana, Helena	Olupale	2:26.44
5 Shivolo, Martha	Namibia	2:29.35
6 Eelu, Rauna	Namibia	2:31.51
7 Shapwa, Victoria	Namibian	2:34.61
8 Immanuel, Sarafina	Cheetah	2:41.24

Women 1500 Meter Run

Name	Team	Finals
1 Shivolo, Martha	Namibia	4:53.33
2 Ndiviteko, Salmi	Namibian	4:53.99
3 Immanuel, Sarafina	Cheetah	5:03.79
4 Dumeni, Josephine	Oshakati	5:03.83
5 Shapwa, Victoria	Namibian	5:05.00
--- Shekupe, Gustaf	Namibia	DNF

Women 10000 Meter Run

Name	Team	Finals
1 Matana, Kalinasho	Cheetah	39:53.08
2 Shilongo, Shivomwene	Namibia	40:36.56
3 Lucas, Rauna	Oshakati	42:43.18
4 Josef, Mweuya-Ehafo	Sunshine	46:57.84

Women Long Jump

Name	Team	Finals
1 Mayova, Globine	Namibian	5.00m
2 Nambabi, Theresia	Unam	4.90m
3 Linus, Penny	Cheetah	4.80m
4 Minin, Meriam	Unam	4.52m
5 Kawiwi, Elizabeth	Striders Track	4.50m
6 Petrus, Shangela	Unam	4.10m

Women Shot Put

Name	Team	Finals
1 Kujandeka, Virginia	Unam	11.46m

Men 100 Meter Sprint

Name	Team	Prelims
Preliminaries		
1 Coetzee, Chenoult	Striders Track	11.01q
2 Gurirab, Dantago	Golden	11.03q
3 Tities, Kenneth	Unam	11.06q
4 Diergaardt, Sandro	Rehoboth	11.08q
5 Tjiramba, Ismael	Unam	11.18q
5 Kanjuka, Hitch	Namibian	11.18q
7 Appols, Gregor	Striders Track	11.24q
8 Theophilus, Cassy	Namib Lions	11.26q
9 Shimweetheleni,	Sunshine	11.29
10 Asheela, Joseph	Namibia	11.30
11 Martin, Marco	Striders Track	11.32
12 Dawids, Galvin	Namib Lions	11.35
13 Fillemon, Nambubdu	Cheetah	11.43
14 Ndeilenga, David	Namibia	11.48
15 Samuntu, Emmanuel	Unam	11.63
16 Vlees, Valentino	Unam	11.78
17 Murere, Hatago	Rehoboth	11.99
17 Tjirombora, Zeranduapi	Namibia	11.99
19 Mahali, Joseph	Unam	12.23
20 Johannes, Iihuhwa	Cheetah	12.33
21 Hamukonda, Wilbard	Sunshine	13.23

Men 100 Meter Sprint

Name	Team	Finals
Finals		
1 Tjiramba, Ismael	Unam	10.60
2 Coetzee, Chenoult	Striders Track	10.67
3 Tities, Kenneth	Unam	10.71
4 Kanjuka, Hitch	Namibian	10.99
5 Diergaardt, Sandro	Rehoboth	11.00
6 Appols, Gregor	Striders Track	11.26
7 Theophilus, Cassy	Namib Lions	11.28
--- Gurirab, Dantago	Golden	DNF

Men 200 Meter Sprint

Name	Team	Finals
1 Tities, Kenneth	Unam	21.78
2 Hiskia, Elden	Omaruru	22.24
2 Cloete, Valenchio	Unam	22.24
4 Martin, Marco	Striders Track	22.41
5 Taukeni, Leigh	Unam	22.45
5 Theophilus, Cassy	Namib Lions	22.45
7 Kandimba, Festus	Unam	22.55
8 Murere, Hatago	Rehoboth	22.84
9 Kahorongo, Utaara	Rehoboth	22.87
10 Dawids, Galvin	Namib Lions	23.04
11 Fillemon, Nambubdu	Cheetah	23.47
12 Vlees, Valentino	Unam	23.78
13 Kawiwi, Enock	Namib Lions	23.85
14 Dux, Lutabezi	Sunshine	24.02
15 Johannes, Paulus	Omuthiya	24.21
16 Endjaa, Petrus	Olupale	26.72

CCCC Leg 3 Oshakati - 3/16/2019

Leg 3

Oshakati Stadium

Results

(Men 200 Meter Sprint)

Name	Team	Finals
17 Shivute, Abner	Olupale	28.41

Men 400 Meter Sprint

Name	Team	Finals
1 Narib, Ernst	Namibian	46.57
2 Bock, Mahmad	Unam	46.93
3 Aochamub, Thasiso	Omaruru	47.63
4 Goreseb, Warren	Unam	48.91
5 Kahorong, Utaara	Rehoboth	49.95
6 Hiskia, Elden	Omaruru	49.97
7 Otsile, Junior	Rehoboth	51.10
8 Ashuulu, Vaino	Cheetah	51.16
9 Stefanus, Leevi	Olupale	51.46
10 Hengari, Titus	Unam	51.74
11 Shinana, Robert	Unam	51.99
12 Gowaseb, August	Unam	52.52
13 Taapopi, Andreas	Unam	52.59
14 Kawiwi, Enock	Namib Lions	52.66
15 Tobias, David	Namibian	53.08
16 Johannes, Paulus	Omuthiya	54.49
--- Endjaa, Petrus	Olupale	NT
--- Angula, Arno	Cheetah	DNF

Men 800 Meter Run

Name	Team	Finals
1 Nghipandulwa, Daniel	Unam	1:57.92
2 Mavonjono, Uhorera	Namibia	1:58.05
3 Angula, Arno	Cheetah	1:59.63
4 Nalukaku, Asser	Namibia	1:59.81
5 Magotsi, Venericus	Namib Lions	1:59.89
6 Kapembe, Arnoles	Namibia	2:00.64
7 Nambala, David	Olupale	2:01.27
8 Komeya, Oskar	Namibian	2:01.54
9 Simon, Ananias	Future Energy	2:01.72
10 Dam, David	Omaruru	2:01.86
11 Teofelis, Lisias	Cheetah	2:02.72
12 Angula, Martin	Olupale	2:03.13
13 Petrus, Jackson	Omuthiya	2:06.96
14 van Wyk, Wentzel	Unam	2:08.19
--- Shimanda, Sam	Namibian	NT
--- Shatimwene, Ismael T46	Striders Track	NT
--- Kaeka, Mbitjita	Unam	NT
--- Tjetara, Uaoropara	Namibia	NT
--- Lucas, Kris	Cheetah	NT
--- Mateus, Nikanor	Cheetah	NT
--- van Kradenburg, Eugene	Rehoboth	NT
--- Cuimbra, Johannes	Oshakati	NT
--- Nahole, Fillipus	Cheetah	NT
--- Haimbodi, Teofilus	Oshakati	NT
--- Nikanor, Otto	Cheetah	NT
--- Moses, Likande	Oshakati	NT
--- Ashuulu, Vaino	Cheetah	NT

Men 1500 Meter Run

Name	Team	Finals
1 Shaliawe, Jeremia	Namibian	3:54.65
2 Komeya, Oskar	Namibian	3:57.64
3 Paulus, Simon	Kakadhinwa	3:58.06

4 Teofelis, Lisias	Cheetah	3:59.03
5 Nalukaku, Asser	Namibia	3:59.86
6 Dam, David	Omaruru	4:12.23
7 Simon, Ananias	Future Energy	4:12.34
8 Petrus, Jackson	Omuthiya	4:15.59
9 Nikanor, Otto	Cheetah	4:22.76
10 Moses, Paulus	Oshakati	4:28.95
11 Shiluwa, Petrus	Oshakati	4:28.98
12 van Wyk, Wentzel	Unam	4:33.48
13 Amutenya, Abraham	Sunshine	4:33.71
14 Cuimbra, Johannes	Oshakati	4:54.37
--- Kadhila, Erastus	Olupale	NT

Men 10000 Meter Run

Name	Team	Finals
1 Kauanivi, Mynhardt	Namibian	30:47.26
2 Paulus, Daniel	Kakadhinwa	31:02.40
2 Kaudinge, Stefanus	Namibia	31:02.40
4 Kadhingula, Mateus	Namibian	32:03.30
5 Haufiku, Henock	Oshakati	32:35.48
6 Moses, Paulus	Oshakati	35:33.43
--- Rainhold, Thomas	Namibia	DNF

Men Long Jump

Name	Team	Finals
1 Diergaard, Sandro	Rehoboth	7.57m
2 Coetzee, Chenoult	Striders Track	7.34m
3 Samuntu, Emmanuel	Unam	7.27m
4 Klaasman, Wencuslaus	Namibian	6.66m
5 Goagoseb, Valentino	Unam	6.31m
6 Tjirombora, Zeranduapi	Namibia	5.84m
7 Johannes, Iihuhwa	Cheetah	5.69m
8 Lukas, Olavi	Olupale	5.53m
9 Shikongo, Erik	Olupale	5.20m

Men Triple Jump

Name	Team	Finals
1 Makari, Gregg	Unam	13.70m

Men Shot Put

Name	Team	Finals
1 Isaac, Finnety	Unam	9.63m
2 Andreas, Vaino	Namibia	9.62m
3 Tobias, David	Namibian	9.18m

Men Discus Throw

Name	Team	Finals
1 Isaac, Finnety	Unam	31.52m
2 Andreas, Vaino	Namibia	17.86m