

National Cross Country Championships 2020 - 01/02/2020**NCCC-2020****Okahandja Horse Racing Turf****Results****Event 1 Girls 13&U 2000 Meter Run Girls u13**

	Name	Team	Seed	Finals	Points
Results - Women 13 & Under					
1	Johannes, Helga	Okahandja PS		8:18.30	
2	Johannes, Elgenua	Five Rand PS		8:29.29	
3	Johannes, Lucia	Five Rand PS		8:34.73	
4	Kakodi, Helen	Five Rand PS		8:45.67	
5	Witbeen, Ndeshimona	Five Rand PS		8:55.81	
6	Rukanus, Emceline	Five Rand PS		9:12.15	
7	Tjazerua, Vevanga	Five Rand PS		9:53.39	
8	Oelfsen, Teah	Berg-op Akademie		10:41.12	
9	Kaserua, Humbuhumbi	Five Rand PS		10:42.56	
10	van der Merwe, Elandra	Berg-op Akademie		10:43.24	
---	Awases, Angelina	KW van Marees		NT	
---	Ndjiwaki, Maria	Nau-Aib PS		NT	
---	Xoagus, Mercy	Nau-Aib PS		NT	
---	Landsberg, Cherien	KW van Marees		NT	
---	Shijondo, Kapandu	Nau-Aib PS		NT	
---	Rooinasie, Jessica	Nau-Aib PS		NT	
---	Einas, Rene	Nau-Aib PS		NT	
---	Kapale, Hilja	Nau-Aib PS		NT	
---	Tjitavi, McDoline	Nau-Aib PS		NT	
---	Van Heerden, Jani-Mari	Berg-op Akademie		NT	
---	Ishitile, Ester	Okahandja PS		NT	
---	Koch, Anne	Berg-op Akademie		NT	
---	Vevangapi, Tjazerua	Five Rand PS		NT	
---	Ndevahuma, Nashiliote	Khomas		NT	
---	Johannes, Hiika	Khomas		NT	
---	Mupurua, Richeal	Nau-Aib PS		NT	
---	Kakodi, Ndeutala	Five Rand PS		NT	
---	Mathias, Marchelline	Khomas		NT	
---	Henock, Natasha	Nau-Aib PS		NT	
---	Ita, Johanna	Nau-Aib PS		NT	
---	Goses, Beauty	Nau-Aib PS		NT	
---	Van Wyk, Laurika	Nau-Aib PS		NT	
---	Haoses, Magdalena	KW van Marees		NT	
---	Pienaar, Gabriela	KW van Marees		NT	
---	Coetzee, Precious	KW van Marees		NT	
---	Khoases, Alicia	Nau-Aib PS		NT	
---	Ngaringombe, Liezelda	Nau-Aib PS		NT	
---	Veueza, Mbatjanguasi	Nau-Aib PS		NT	
---	Katamba, Innocentia	Nau-Aib PS		NT	
---	Muvangua, Mbajoroka	Nau-Aib PS		NT	
---	Immanuel, Celestine	Nau-Aib PS		NT	
---	Ndeile, Johanna	Nau-Aib PS		NT	
---	Matuka, Tribute	KW van Marees		NT	
---	Shaalukeni, Ndemuhale	KW van Marees		NT	
---	Mapenzi, Mande	KW van Marees		NT	
---	Basson, Rilincia	KW van Marees		NT	
---	Gabes, Denzeline	KW van Marees		NT	

National Cross Country Championships 2020 - 01/02/2020**NCCC-2020****Okahandja Horse Racing Turf****Results****Results - Women 13 & Under ... (Event 1 Girls 13&U 2000 Meter Run Girls u13)**

Name	Team	Seed	Finals	Points
--- Dolowela, Rachel	KW van Marees		NT	
--- Naboth, Frieda	KW van Marees		NT	
--- Urikhas, Geralge	KW van Marees		NT	
--- Shandjauka, Celine	KW van Marees		NT	
--- Kaputjiza, Vennessa	KW van Marees		NT	
--- Nuwuses, Leann	KW van Marees		NT	
--- Munkororo, Jodjah	KW van Marees		NT	
--- Landsberg, Glibe	KW van Marees		NT	

Event 2 Boys 13&U 2000 Meter Run Boys u13

Name	Team	Seed	Finals	Points
Results - Men 13 & Under				
1 Van Neel, Gordon	KW van Marees		7:34.36	
2 Ambrosius, Ambrosius	Five Rand PS		7:54.39	
3 Alfie, Iho	Five Rand PS		7:57.24	
4 Mellicent, Mathys	Aurora		8:09.80	
5 Andreas, Alfeus	Five Rand PS		8:23.29	
6 Mcleod, McLondon	KW van Marees		8:27.09	
7 Hitjitevi, Tjerie	KW van Marees		8:32.68	
8 Afrikaner, Celesten	KW van Marees		8:40.02	
9 van Der Westheisen, Elvis	Eden CS		8:46.71	
--- Uri-khob, Urbanus	Nau-Aib PS		NT	
--- Nangolo, Leopold	Five Rand PS		NT	
--- Morohange, Herold	Nau-Aib PS		NT	
--- Hamunyela, Nestor	KW van Marees		NT	
--- Mushendje, Barnabas	Khomas		NT	
--- Nevahoma, Nashiloe	Khomas		NT	
--- Tjinahona, X	Okahandja PS		NT	
--- Mungi, Innocent	KW van Marees		NT	
--- Uirab, Reinald	KW van Marees		NT	
--- Duncan, Quincy	KW van Marees		NT	
--- Afrikaner, Andriano	Nau-Aib PS		NT	
--- Antonio, Noah	KW van Marees		NT	
--- Gawaseb, Giovanni	KW van Marees		NT	
--- Khehe, Gino	Eden CS		NT	
--- Homeb, Elgino	Eden CS		NT	
--- Mata, Tjuudja	Eden CS		NT	
--- Bezuident, Joshua	Eden CS		NT	
--- Iita, Kristof	Five Rand PS		NT	
--- Gowaseb, Jorvani	Five Rand PS		NT	
--- Tjihaa, Tomas	Five Rand PS		NT	
--- Kahiriri, Joseph	Eden CS		NT	
--- Tjiatavi, Mbamuina	Eden CS		NT	
--- Vatilifa, Henry	Okahandja PS		NT	
--- Oelofsen, Buhlem	Berg-op Akademie		NT	
--- Mouton, Meguten	Okahandja PS		NT	
--- Katjaimo, Ukarapo	Okahandja PS		NT	
--- Neuman, Henry	Nau-Aib PS		NT	
--- Ndjwaki, Willem	Nau-Aib PS		NT	

National Cross Country Championships 2020 - 01/02/2020**NCCC-2020****Okahandja Horse Racing Turf****Results****Results - Men 13 & Under ... (Event 2 Boys 13&U 2000 Meter Run Boys u13)**

Name	Team	Seed	Finals	Points
--- Mozengener, Innocent	KW van Marees		NT	
--- Gowaseb, Ethan	Nau-Aib PS		NT	
--- Shindere, Tobia	Nau-Aib PS		NT	
--- Meroro, Daniel	KW van Marees		NT	
--- Garoeb, Brave	KW van Marees		NT	
--- Tjitavi, Ricarteto	KW van Marees		NT	
--- Dausab, Gabriel	KW van Marees		NT	
--- Hawala, Valentino	Nau-Aib PS		NT	
--- Thomsen, Romano	Nau-Aib PS		NT	
--- Nerumbu, Mathew	Otjiwarongo SS		NT	
--- Gawanab, Wilfried	Nau-Aib PS		NT	
--- Nehemia, Wilbart	Nau-Aib PS		NT	
--- Gariseb, Angelo	Nau-Aib PS		NT	
--- Khariseb, Rudolf	Nau-Aib PS		NT	
--- Shikongo, Helmuth	Nau-Aib PS		NT	
--- Naujoma, Frans	KW van Marees		NT	
--- Witbooi, Armando	KW van Marees		NT	
--- Diergaardt, Alberto	KW van Marees		NT	
--- Lamperth, Jaden	KW van Marees		NT	
--- Kammungobe, Rivald	KW van Marees		NT	
--- Garoeb, Karere	KW van Marees		NT	
--- Dekoe, Jakobus	KW van Marees		NT	
--- Katjoho, Ryan	KW van Marees		NT	
--- Guxab, Sylvanus	KW van Marees		NT	
--- Howaseb, Touches	KW van Marees		NT	
--- Malgas, Charles	KW van Marees		NT	
--- Karumendu, Muhupua Katjiruru	Omaruru		NT	
--- Karumendu, Tjizaa Tjeriko	Omaruru		NT	
--- Bock, Jar Dan	KW van Marees		NT	
--- De Klerk, Juvic	KW van Marees		NT	
--- Garoeb, Mervin	KW van Marees		NT	
--- Bock, Benjamin	KW van Marees		NT	

Event 3 Girls 14-17 4000 Meter Run Youth u18

Name	Team	Seed	Finals	H#	Points
Results - Women 14-17					
1 Shikongo, Ndadaleka	Five Rand PS		17:51.45	1	
2 Gabriel, Veronica	Five Rand PS		18:43.23	1	
3 Kariazu, Pekara	Eden CS		19:39.14	1	
4 Hinaunye, Hendrina	J.G van der Walth SS		20:20.29	1	
5 Hoxobes, Imelda	Five Rand PS		20:39.56	1	
6 Ganses, Magret	Aurora		21:56.70	1	
7 Naris, Shahida	Eden CS		22:04.62	1	
8 Kunondjo, Hiyanya	Eden CS		22:05.48	1	
9 Fredericks, Cathlin	Eden CS		22:11.30	1	
10 Haihambo, Ravinia	J.G van der Walth SS		23:12.75	1	
--- Ngairo, Anna	Nau-Aib PS		NT	2	
--- Thomas, Tresia	Nau-Aib PS		NT	1	
--- Skrywer, Rachel	Nau-Aib PS		NT	2	

National Cross Country Championships 2020 - 01/02/2020**NCCC-2020****Okahandja Horse Racing Turf****Results****Results - Women 14-17 ... (Event 3 Girls 14-17 4000 Meter Run Youth u18)**

Name	Team	Seed	Finals	H#	Points
--- Bezuidenhoudt, Liza	Eden CS		NT	2	
--- Kamenye, Ndinelao Rejoice	J.G van der Walth SS		NT	1	
--- Gabriel, Nyanyukweni	Five Rand PS		NT	1	
--- Johannes, Maria	Eden CS		NT	1	
--- Hiandja, Kaunadje	Eden CS		NT	2	
--- Malakia, Selma	Eden CS		NT	1	
--- Dreyer, Destree	Okahandja SS		NT	1	
--- Ao-Gomas, Britney	Okahandja SS		NT	1	
--- Shaanika, Angela	Eden CS		NT	1	
--- Kandjambanga, Otja	Eden CS		NT	2	
--- Noabes, Gregoria	Eden CS		NT	1	
--- Haifene, Julia	Eden CS		NT	2	
--- Namises, Numeri	Eden CS		NT	1	
--- Kamuzandu, Turimumue	Eden CS		NT	2	
--- Daan, Natasha	Eden CS		NT	2	
--- Jonas, Saara	Aurora		NT	1	
--- Hinodino, Ndaposhisho	Aurora		NT	2	
--- Jobs, Willien	KW van Marees		NT	2	
--- Witbeen, Ndeshimona	Aurora		NT	2	
--- Ipinge, Tyfees	Aurora		NT	2	
--- Iithana, Selma	KW van Marees		NT	1	
--- Hengari, Elrina	Aurora		NT	1	
--- Fleernuy, Engel	KW van Marees		NT	1	
--- Kaurunda, Rachel	KW van Marees		NT	2	
--- Zamuee, Undjizuva	KW van Marees		NT	2	
--- Pieterse, Jennifer	KW van Marees		NT	2	
--- Kasera, Christine	KW van Marees		NT	1	
--- Shigwedha, Paulina	KW van Marees		NT	1	
--- Kaurundu, Rachel	KW van Marees		NT	2	
--- Pieters, Jennifer	KW van Marees		NT	2	
--- Jacobs, Hashandatja	KW van Marees		NT	1	
--- Fleermay, Angel	KW van Marees		NT	1	
--- Awases, Esmie	Nau-Aib PS		NT	2	
--- Hamases, Esmie	KW van Marees		NT	2	
--- Jobs, Willen	KW van Marees		NT	1	
--- Hukununa, Beauty	KW van Marees		NT	2	
--- Hange, Beauty	KW van Marees		NT	2	
--- Vigilio, Ndeshipanda	KW van Marees		NT	2	
--- Basson, Manay	KW van Marees		NT	2	
--- van Wyk, Bernice	KW van Marees		NT	2	
--- Katjivi, Unotjari	KW van Marees		NT	1	

Event 4 Boys 14-17 6000 Meter Run Youth u18

Name	Team	Seed	Finals	H#	Points
Results - Men 14-17					
1 Kushoshi, Benictus	Five Rand PS		23:59.18	1	
2 Mushandja, Barnabas	Tobias Hainyeko PS		24:10.50	1	
3 Kharuchab, Bradley	Aurora		24:25.25	1	
4 Nasesb, Erwin	Aurora		25:35.18	1	

National Cross Country Championships 2020 - 01/02/2020**NCCC-2020****Okahandja Horse Racing Turf****Results****Results - Men 14-17 ... (Event 4 Boys 14-17 6000 Meter Run Youth u18)**

	Name	Team	Seed	Finals	H#	Points
5	Kamati, Bruno	Okahandja SS		25:58.01	1	
6	Snyder, Ethan	Swakop Striders AC		25:59.84	1	
7	Nerumbu, Ethan	Otjiwarongo SS		26:12.90	1	
8	Mangoni, Sage	Five Rand PS		26:15.95	1	
9	Hasen, Romario	Okahandja SS		27:44.88	1	
---	Erastus, Collin	KW van Marees		NT	1	
---	Erastus, Ronan	KW van Marees		NT	1	
---	Ahobeb, Joseph	KW van Marees		NT	1	
---	Augustinus, Muronga	KW van Marees		NT	2	
---	Ithindi, Julius	KW van Marees		NT	1	
---	Ndeurita, Erickson	KW van Marees		NT	1	
---	Mushendje, Barnabas	Tangeni Nakale AC		NT	2	
---	Nikembwa, Andreas	Five Rand PS		NT	1	
---	Shiveza, Alfredo	Aurora		NT	2	
---	Musole, Kanyanga	Aurora		NT	1	
---	Nghihepa, Simon	KW van Marees		NT	1	
---	Namandje, Johannes	Aurora		NT	1	
---	Van Wyk, Ricky	KW van Marees		NT	1	
---	Van Rooi, Ronan	KW van Marees		NT	1	
---	Eichab, Jerome	KW van Marees		NT	1	
---	Shilongo, Ndeshipanda	KW van Marees		NT	2	
---	Kavei, Kuna	KW van Marees		NT	2	
---	Tjerije, Hitjitevi	KW van Marees		NT	1	
---	Ndeurita, Erickson	KW van Marees		NT	1	
---	Muronga, Augustinus	KW van Marees		NT	1	
---	Mathias, Marcheline	Unattached		NT	1	
---	Natangwe, Petrus	Otjiwarongo SS		NT	2	
---	De Amerida, Laurin	KW van Marees		NT	1	
---	Katamba, Harold	KW van Marees		NT	1	
---	Tsaoseb, Pichendu	KW van Marees		NT	2	
---	Geingob, Bradley	KW van Marees		NT	2	
---	Witbeen, Norman	KW van Marees		NT	2	
---	Kaambo, Terence	KW van Marees		NT	1	
---	Shonale, Festus	KW van Marees		NT	1	
---	McLeod, MacDonald	KW van Marees		NT	2	
---	Hobeb, Joseph	KW van Marees		NT	2	
---	Vaino, Alfeus	KW van Marees		NT	2	

Event 5 Women 18-19 6000 Meter Run Juniors u20

	Name	Team	Seed	Finals	Points
Results - Women 18-19					
1	Haufiku, Ndapandula	Okahandja SS		30:01.27	
2	Junia, Victoria	Okahandja SS		34:40.17	
3	Goeieman, Desiree	Okahandja SS		37:40.67	
4	Mathia, Merceline	J.G van der Walth SS		40:58.53	
---	Anusca, XX	KW van Marees		NT	
---	van Wyk, Magratha	KW van Marees		NT	
---	Howases, Beyonce	KW van Marees		NT	
---	Ndevahoma, Nashilote	Tangeni Nakale AC		NT	

National Cross Country Championships 2020 - 01/02/2020**NCCC-2020****Okahandja Horse Racing Turf****Results****Results - Women 18-19 ... (Event 5 Women 18-19 6000 Meter Run Juniors u20)**

Name	Team	Seed	Finals	Points
--- Kaizikurue, Seniorita	KW van Marees		NT	
--- Kandoroza, Janet	Eden CS		NT	
--- Alfeus, Ndamona	KW van Marees		NT	
--- Eises, Tracy	KW van Marees		NT	

Event 6 Men 18-19 8000 Meter Run Juniors u20

Name	Team	Seed	Finals	Points
Results - Men 18-19				
1 Kathima, Herman	Tangeni Nakale AC		28:47.70	
2 Schuter, Justin	Rehoboth AC		30:51.92	
3 Kenatjizeu, Tjiindjena	Otiwarongo SS		31:55.78	
4 Mbonge, Immanuel	Okahandja SS		34:05.74	
5 Ammwaalwa, Michael	J.G van der Walth SS		34:53.50	
6 Tjiueza, Reihnrtd	J.G van der Walth SS		35:24.15	
7 Ndeunjema, Junias	Otiwarongo SS		36:41.48	
--- Shindombe, Jacob	Otiwarongo SS		NT	
--- Nicodemus, Andreas	Eden CS		DNF	
--- Petrus, Shetunyenga	Tangeni Nakale AC		DNF	
--- Gaingob, MacDonald	Okahandja SS		DNF	
--- Tjiueza, Gabriel	Okahandja SS		DNF	
--- Nghishindimbwa, Petrus	J.G van der Walth SS		DNF	
--- Kaangundwe, Motjari	J.G van der Walth SS		DNF	
--- Mureti, Immanuel	Okahandja SS		DNF	
--- Ouseb, Elton	Eden CS		DNF	
--- Zamuee, Vetjiua	Okahandja SS		DNF	

Event 7 Women 10000 Meter Run Seniors Open

Name	Team	Seed	Finals	Points
Results - Women				
1 Armas, Alina	Ndf AC		37:16.97	
2 Amutoko, Anna	Ndf AC		39:17.89	
3 Ekandjo, Leena	Nampol AC		40:46.86	
4 Mweshamekange, Indileni	Ndf AC		41:06.14	
5 Ipinge, Helena	Ndf AC		44:05.89	
6 Akukothela, Rachel	Ndf AC		48:41.12	
--- Haitope, Lavinia	Nampol AC		DNF	

Event 8 Men 10000 Meter Run Seniors Open

Name	Team	Seed	Finals	Points
Results - Men				
1 Kondjashili, Kefas	Nampol AC		32:39.94	
2 Shigwedha, Thomas	Ndf AC		32:40.10	
3 Sakaria, Tangeni	Namibia Correctional Services		33:20.16	
4 Paulus, Simon	Namibia Correctional Services		34:10.16	
5 Swaartbooi, Herbert	Rehoboth AC		35:13.22	
6 Uushona, Olavi	Unattached		40:00.11	
7 Gawaseb, Nesley	Okahandja Running Club		41:43.06	
--- Muhau, Rooyen	Okahandja SS		NT	
--- Garoeb, Recentry	Rehoboth AC		NT	

National Cross Country Championships 2020 - 01/02/2020**NCCC-2020****Okahandja Horse Racing Turf****Results****Results - Men ... (Event 8 Men 10000 Meter Run Seniors Open)**

Name	Team	Seed	Finals	Points
--- Mbinge, Polykarpus	Nyc Okahandja		NT	
--- Shigwedha, Petrus	Okahandja SS		NT	
--- Vihanga, MacDonald	Nyc Okahandja		DNF	
--- Murangi, Ramos	Okahandja Running Club		DNF	
--- Vilho, George	Okahandja SS		DNF	