

Crystal Gold Regional Club Challenge Rancking Series Leg 3 - 07/03/2020**CCRCCS-2-2020****Vineta Stadium****Results****Women 100 Meter Dash**

	Name	Team	Seed	Finals	Points
Section 2	Wind: -3.2				
1	Nangula, Jade	University of Namibia AC		13.57	2
2	Uandara, Uui	Tsaraxa-Eibes Athletics Club		14.26	2
3	Riet, Semonea	University of Namibia AC		14.59	2
---	Hendricks, Marchandry	Swakop Striders AC		NT	2
---	Daniels, Whitney	Rehoboth Athletics Club		NT	2
---	van Wyk, Le-Keche	Swakop Striders AC		NT	2
Section 3	Wind: -2.2				
1	Masilingi, Beatrice	Qsb Windhoek Hochland AC		12.04	3
2	Jacobs, Jolene	Windhoek Gymnasium AC		12.14	3
3	Kangumba, Zemburuka	University of Namibia AC		13.41	3
3	#gom-Kaises, Queen	Swakop Striders AC		13.41	3
5	Fikunawa, Hanganeni	University of Namibia AC		13.44	3
6	Haitembu, Ndawana	University of Namibia AC		13.55	3
7	Ludgerus, Johanna	Namibia Correctional Services		13.66	3

Women 200 Meter Run

	Name	Team	Seed	Finals	Points
Section 2	Wind: -2.3				
1	Haitembu, Ndawana	University of Namibia AC		27.88	2
2	Nangula, Jade	University of Namibia AC		27.98	2
3	Tjingaete, Silba	Ndf Athletics Club		28.30	2
4	Uandara, Uui	Tsaraxa-Eibes Athletics Club		29.52	2
5	Riet, Semonea	University of Namibia AC		29.91	2
6	Alberts, Elizhia	Swakop Striders AC		30.29	2
Section 3	Wind: -1.2				
1	Masilingi, Beatrice	Qsb Windhoek Hochland AC		24.09	3
2	Jacobs, Jolene	Windhoek Gymnasium AC		24.92	3
3	Mboma, Christine	Qsb Windhoek Hochland AC		25.05	3
4	Vass, Nandi	University of Namibia AC		26.94	3
5	Kangumba, Zemburuka	University of Namibia AC		27.27	3
6	Fikunawa, Hanganeni	University of Namibia AC		27.67	3
7	Klaasman, Lilanie	Nampol Athletics Club		27.78	3

Women 400 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	Ishitile, Lahjia(T11)-guide	Namib Lions AC		1:05.49	1
2	Hailonga, Ester(T37)	Namibia Paralympic-Erongo		1:45.15	1
Section 2					
1	Masilingi, Beatrice	Qsb Windhoek Hochland AC		52.19	2
2	Mboma, Christine	Qsb Windhoek Hochland AC		54.14	2
3	Alberts, Elizhia	Swakop Striders AC		1:09.97	2
4	Block, Zaylette	Qsb Windhoek Hochland AC		1:15.10	2

Women 800 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	Mboma, Christine	Qsb Windhoek Hochland AC		2:18.07	

Crystal Gold Regional Club Challenge Rancking Series Leg 3 - 07/03/2020**CCRCCS-2-2020****Vineta Stadium****Results****Section 1 ... (Women 800 Meter Run)**

	Name	Team	Seed	Finals	Points
2	Kauhonwa, Lovisa	Kakadhinwa Athletics AC		2:29.13	
3	Haitope, Ester	Namibia Correctional Services		2:37.47	
4	Nderura, Ingrid	Omaruru Athletics Club		2:50.52	
5	Ao, Cindy	Qsb Windhoek Hochland AC		3:01.14	
6	Namupala, Alma	Namibia Correctional Services		3:09.76	

Women 1500 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	Shilongo, Shivoomwene	Namibia Correctional Services		4:46.26	
2	Kauhonwa, Lovisa	Kakadhinwa Athletics AC		4:53.18	
3	Mweshamekange, Indileni	Namibia Correctional Services		4:54.77	
4	Jeremia, Beata	Kakadhinwa Athletics AC		5:05.87	
5	Haitope, Ester	Namibia Correctional Services		5:10.32	
---	Namupala, Alma	Namibia Correctional Services		NT	
---	Kashako, Susana	Rietfontein Nys AC		NT	
---	Katenda, Johanna	Rietfontein Nys AC		NT	
---	Nderura, Ingrid	Omaruru Athletics Club		NT	

Women 100 Meter Hurdles

	Name	Team	Seed	Finals	Points
Section 1 Wind: -4.0					
1	Klein-Nienaber, Chrislene	Swakop Striders AC		16.10	
2	Lewin, Ze-zane	University of Namibia AC		18.12	

Women 400 Meter Hurdles

	Name	Team	Seed	Finals	Points
Section 1					
1	Ao, Cindy	Qsb Windhoek Hochland AC		1:24.72	
2	Huber, Xu	Qsb Windhoek Hochland AC		1:24.87	

Women 4x100 Meter Relay

	Team	Relay	Seed	Finals	Points
Section 1					
1	University of Namibia AC	A		51.62	
	1) Fikunawa, Hanganeni	2) Haitembu, Ndawana	3) Rukoro, Fabiola	4) Kangumba, Zemburuka	
2	University of Namibia AC	C		53.90	
	1) Lewin, Ze-zane	2) Linus, Penny	3) Minin, Meriam	4) Nambambi, Theresia	
3	Qsb Windhoek Hochland AC	A		54.30	
	1) Masilingi, Beatrice	2) Mboma, Christine	3) Smeer, Ida	4) Ao, Cindy	

Women High Jump

	Name	Team	Seed	Finals	Points
Flight 1					
1	Klein-Nienaber, Chrislene	Swakop Striders AC		J1.60m	
1	Smeer, Ida	Qsb Windhoek Hochland AC		1.60m	
3	Le Roux, Meagan-Louise	Swakop Striders AC		J1.50m	
3	Minin, Meriam	University of Namibia AC		1.50m	
5	Daniels, Whitney	Rehoboth Athletics Club		1.45m	
5	Hanstein, Lara	Triomf AC		1.45m	

Crystal Gold Regional Club Challenge Rancking Series Leg 3 - 07/03/2020**CCRCCS-2-2020****Vineta Stadium****Results****Women Long Jump**

	Name	Team	Seed	Finals	Wind	Points
Flight 1						
1	Iithete, Frieda	University of Namibia AC		4.94m	NWI	
2	Klein-Nienaber, Chrislene	Swakop Striders AC		4.91m	NWI	
3	Hanstein, Lara	Triomf AC		4.70m	NWI	
4	Mayova, Globine	Nampol Athletics Club		J4.56m	NWI	
4	Bruyns, Jamey	Swakop Striders AC		4.56m	NWI	
6	Cloete, Cay-Lee	Windhoek Gymnasium AC		4.53m	NWI	
7	Minin, Meriam	University of Namibia AC		4.41m	NWI	
8	Rukoro, Fabiola	University of Namibia AC		4.32m	NWI	
9	Linus, Penny	University of Namibia AC		4.30m	NWI	
10	Ishitile, Lahjia(T11)-guide	Namib Lions AC		4.25m	NWI	
11	Nambambi, Theresia	University of Namibia AC		3.90m	NWI	
12	Tjingaete, Silba	Ndf Athletics Club		3.80m	NWI	
---	Hailonga, Ester(T37)	Namibia Paralympic-Erongo		ND	NWI	

Women Triple Jump

	Name	Team	Seed	Finals	Wind	Points
Flight 1						
1	Iithete, Frieda	University of Namibia AC		10.51m	-1.4	
2	Cloete, Cay-Lee	Windhoek Gymnasium AC		10.01m	-1.5	
3	Lewin, Ze-zane	University of Namibia AC		9.99m	-2.1	
---	Van Wyk, Jamie	Rehoboth Athletics Club		FOUL		

Women Shot Put

	Name	Team	Seed	Finals	Points
Flight 1					
1	Silver, Tuane	Windhoek Gymnasium AC		11.97m	
2	Botha, Karlien	Qsb Windhoek Hochland AC		11.37m	
3	Kujendeka, Virginia	University of Namibia AC		10.87m	
4	Prinsloo, Madelyn	Swakop Striders AC		9.31m	
5	Prinsloo, Karina	Swakop Striders AC		7.32m	
6	Kuppe, Hella	Qsb Windhoek Hochland AC		6.17m	
7	Shivolo, Silvia (F37)	Namib Lions AC		5.70m	
8	Hailonga, Ester(T37)	Namibia Paralympic-Erongo		5.16m	
9	Haitekalute, Martha(F37)	Namib Lions AC		5.05m	

Women Discus Throw

	Name	Team	Seed	Finals	Points
Flight 1					
1	Botha, Karlien	Qsb Windhoek Hochland AC		39.31m	
2	Silver, Tuane	Windhoek Gymnasium AC		39.13m	
3	van der Merwe, Adri	Swakop Striders AC		25.98m	
4	Prinsloo, Madelyn	Swakop Striders AC		25.90m	
5	Prinsloo, Karina	Swakop Striders AC		17.11m	
6	Shivolo, Silvia (F37)	Namib Lions AC		14.10m	
7	Haitekalute, Martha(F37)	Namib Lions AC		13.99m	
8	Kuppe, Hella	Qsb Windhoek Hochland AC		13.57m	

Crystal Gold Regional Club Challenge Rancking Series Leg 3 - 07/03/2020**CCRCCS-2-2020****Vineta Stadium****Results****Women Javelin Throw**

Name	Team	Seed	Finals	Points
Flight 1				
1 Els, Wilme	Swakop Striders AC		36.99m	
2 van der Merwe, Adri	Swakop Striders AC		29.20m	
3 Botha, Karlien	Qsb Windhoek Hochland AC		27.47m	
4 Kujendeka, Virginia	University of Namibia AC		24.87m	
5 Kuppe, Hella	Qsb Windhoek Hochland AC		15.25m	

Boys 17-19 110 Meter Hurdles

Name	Team	Seed	Finals	Points
Section 1 Wind: -2.3				
1 Dresselhaus, Gian	Windhoek Gymnasium AC		15.94	
2 Leonard, Reinhardt	Tsaraxa-Eibes Athletics Club		21.62	
--- Beukes, Erlico	Tsaraxa-Eibes Athletics Club		DNF	

Boys 17-19 Shot Put

Name	Team	Seed	Finals	Points
Flight 1				
1 Coena, Kuhn	Qsb Windhoek Hochland AC		16.42m	
2 Breytenbach, Leeorr-el	Windhoek Gymnasium AC		14.61m	
3 Diergaardt, Jonathan	Omaruru Athletics Club		10.35m	
4 Neels, Nushan	Tsaraxa-Eibes Athletics Club		9.49m	

Men 100 Meter Dash

Name	Team	Seed	Finals	Points
Section 1 Wind: -4.7				
1 Shikongo, Annanias(T11)-guide	Welvitchia 77 AC		11.77	1
2 Murere, Bradley (T46)	Namibia Paralympic-Erongo		11.90	1
3 Ashipala, Tangeni(T46)	Namibia Paralympic-Erongo		12.19	1
4 Aluvilu, Petrus (T37)	Namibia Paralympic-Erongo		15.15	1
Section 2 Wind: -1.5				
1 Vlees, Valentino	University of Namibia AC		11.72	2
2 Kalondo, Kenneth	University of Namibia AC		11.74	2
3 Namene, Cecil	Triomf AC		12.19	2
4 Mainelo, Muntalike	University of Namibia AC		12.41	2
5 Clark, Rumelo	Rehoboth Athletics Club		13.06	2
Section 3 Wind: -2.7				
1 Apollus, Shewin	Tsaraxa-Eibes Athletics Club		11.76	3
2 Martins, Marco	Swakop Striders AC		11.83	3
3 Nambudu, Filemon	Cheetah Athletics Club		11.90	3
4 Shiluama, Sisel	Cheetah Athletics Club		12.48	3
5 Leonard, Reinhardt	Tsaraxa-Eibes Athletics Club		13.32	3
Section 4 Wind: -2.8				
1 Kamapunga, Rudolf	West Side High School AC		11.52	4
2 Theophilus, Cassy	Namib Lions AC		11.75	4
3 Tjiweka, Daniel	University of Namibia AC		11.90	4
4 Farmer, Christian	Swakop Striders AC		11.91	4
5 Narib, Junior	Swakop Striders AC		11.99	4
Section 5 Wind: -3.7				
1 Murere, Hatogo	Nampol Athletics Club		11.34	5

Crystal Gold Regional Club Challenge Rancking Series Leg 3 - 07/03/2020**CCRCCS-2-2020****Vineta Stadium****Results****Section 5 Wind: -3.7 ... (Men 100 Meter Dash)**

	Name	Team	Seed	Finals	Points
2	Nambala, Johannes (T12)	Welvitchia 77 AC		11.48	5
3	Desiderius, Bonifatius	Ndf Athletics Club		11.54	5
4	Krems, Lesege	Namib Lions AC		11.78	5
5	Hamukonda, Wilbard	Oshakati Athletics Club		12.19	5
6	Willmore, John	Rehoboth Athletics Club		13.12	5
---	Du Plessis, Sherman	Swakop Striders AC		DQ	5

Section 6 Wind: -2.6

1	Tities, Kenneth	University of Namibia AC		11.1h	6
2	Theron, Konrad	Windhoek Gymnasium AC		11.3h	6
3	Goagoseb, Kelvin	Namib Lions AC		11.8h	6
---	Koopman, Milano	Sunshine Athletics Club		NT	6
---	Kavazanga, Mbino	Omaruru Athletics Club		NT	6
---	Beukes, Terence	Omaruru Athletics Club		NT	6
---	Ihuhwa, Johannes	Oshakati Athletics Club		NT	6
---	Humann, Jurie	Qsb Windhoek Hochland AC		NT	6

Section 7 Wind: -2.1

1	Urikhob, Jessy	Nampol Athletics Club		10.92	7
2	Diergaart, Sandro	Nampol Athletics Club		10.98	7
3	Tjiviju, Even	Namibia Correctional Services		11.03	7
4	Kamuurumua, Sydney	Namib Lions AC		11.17	7
5	Cloete, Valencio	University of Namibia AC		11.35	7
6	Tjirmaba, Ismael	University of Namibia AC		11.46	7
7	Appols, Gregor	University of Namibia AC		11.49	7
8	Nekundi, Onesmus	University of Namibia AC		11.77	7

Men 200 Meter Run

	Name	Team	Seed	Finals	Points
Section 1 Wind: -2.3					
1	Ashipala, Tangeni(T46)	Namibia Paralympic-Erongo		24.43	1
2	Isaac, Finety	University of Namibia AC		25.22	1
3	Kinda, Chris(T12) - guide	Namib Lions AC		25.36	1
4	Shatimwene, Ismael (T46)	Namibia Paralympic-Erongo		27.52	1

Section 2 Wind: -2.8

1	Murere, Hatogo	Nampol Athletics Club		22.45	2
2	Balzer, Galvin	Namib Lions AC		23.23	2
---	Kalondo, Kenneth	University of Namibia AC		NT	2
---	Mukuaruize, Uamunika	Rietfontein Nys AC		NT	2
---	Namene, Cecil	Triomf AC		NT	2
---	Martins, Marco	Swakop Striders AC		NT	2

Section 3 Wind: -1.3

1	Apollus, Shewin	Tsaraxa-Eibes Athletics Club		22.91	3
2	Kamapunga, Rudolf	West Side High School AC		23.27	3
3	Koopman, Milano	Sunshine Athletics Club		24.43	3
4	Uuwanga, Naftal	University of Namibia AC		24.50	3
5	Hamukonda, Wilbard	Oshakati Athletics Club		24.51	3
6	Mainelo, Muntalike	University of Namibia AC		25.16	3

Section 4 Wind: -3.4

1	Theophilus, Cassy	Namib Lions AC		23.51	4
2	Nyambe, Sebastian	Ndf Athletics Club		23.63	4

Crystal Gold Regional Club Challenge Rancking Series Leg 3 - 07/03/2020**CCRCCS-2-2020****Vineta Stadium****Results****Section 4 Wind: -3.4 ... (Men 200 Meter Run)**

	Name	Team	Seed	Finals	Points
3	Vlees, Valentino	University of Namibia AC		23.66	4
4	Ihuhwa, Johannes	Oshakati Athletics Club		25.31	4
5	Shiluama, Sisel	Cheetah Athletics Club		25.59	4

Section 5 Wind: -2.7

1	Du Plessis, Sherman	Swakop Striders AC		23.38	5
2	Bock, David	University of Namibia AC		23.50	5
3	Theron, Konrad	Windhoek Gymnasium AC		23.60	5
4	Krems, Lesege	Namib Lions AC		23.79	5
5	Kandimba, Festus	University of Namibia AC		23.82	5
6	Nambudu, Filemon	Cheetah Athletics Club		24.23	5
7	Tsumib, Wedley	Swakop Striders AC		24.24	5
8	Narib, Junior	Swakop Striders AC		24.56	5

Section 6 Wind: -2.4

1	Tities, Kenneth	University of Namibia AC		22.45	6
2	Goreseb, Warren	University of Namibia AC		22.56	6
3	Cloete, Valencio	University of Namibia AC		23.17	6
4	Turner, Diego	Swakop Striders AC		23.54	6
5	Van Kradenburg, Eugene	Rehoboth Athletics Club		23.56	6
6	Beukes, Terence	Omaruru Athletics Club		24.71	6

Section 7 Wind: -2.7

1	Narib, Ernst	Nampol Athletics Club		21.2h	7
2	Geldenhys, Ivan Dani	Qsb Windhoek Hochland AC		21.4h	7
3	Diergaart, Sandro	Nampol Athletics Club		22.0h	7
---	Kamuurumua, Sydney	Namib Lions AC		NT	7
---	Appols, Gregor	University of Namibia AC		NT	7
---	Bock, Mahmud	University of Namibia AC		NT	7
---	Aochamub, Thasiso	Omaruru Athletics Club		NT	7
---	Tjiviju, Even	Namibia Correctional Services		NT	7

Men 400 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	Ashipala, Tangeni(T46)	Namibia Paralympic-Erongo		52.84	1
2	Shikongo, Annanias(T11)-guide	Welvitchia 77 AC		52.90	1
3	Kinda, Chris(T12) - guide	Namib Lions AC		57.06	1
4	Murere, Bradley (T46)	Namibia Paralympic-Erongo		58.07	1
5	Shatimwene, Ismael (T46)	Namibia Paralympic-Erongo		58.92	1
6	Martins, Utuhole T37	Namibia Paralympic-Erongo		1:10.17	1
Section 2					
1	Bock, David	University of Namibia AC		51.01	2
2	Otsile, Abraham	Nampol Athletics Club		51.63	2
3	Kandimba, Festus	University of Namibia AC		52.14	2
4	Likando, Moses	Oshakati Athletics Club		1:01.21	2
Section 3					
1	Turner, Diego	Swakop Striders AC		50.45	3
2	Retief, Andre	Qsb Windhoek Hochland AC		50.54	3
3	Leevi, Stefanus	Olupale AC		51.78	3
4	Kawiwi, Enock	Namib Lions AC		52.85	3
5	Uuwanga, Naftal	University of Namibia AC		58.08	3

Crystal Gold Regional Club Challenge Rancking Series Leg 3 - 07/03/2020**CCRCCS-2-2020****Vineta Stadium****Results****Section 4 ... (Men 400 Meter Run)**

	Name	Team	Seed	Finals	Points
Section 4					
1	Geldenhys, Ivan Dani	Qsb Windhoek Hochland AC		47.27	4
2	Narib, Ernst	Nampol Athletics Club		49.04	4
3	Ndunge, Thomas	University of Namibia AC		49.48	4
4	Van Kradenburg, Eugene	Rehoboth Athletics Club		50.13	4
5	Nambala, Johannes (T12)	Welvitchia 77 AC		50.86	4

Men 800 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	Dam, Dawid	Omaruru Athletics Club		1:55.50	
2	Ashuulu, Vaino	Cheetah Athletics Club		1:58.75	
3	Muyenga, Johannes	University of Namibia AC		2:00.66	
4	Paulus, Michael	Omaruru Athletics Club		2:03.29	
5	Shimanda, Sam	Nampol Athletics Club		2:06.91	
6	Leevi, Stefanus	Olupale AC		2:08.34	
7	Shilongo, Paulus	Ndf Athletics Club		2:10.43	
8	Snyders, Ethan	Swakop Striders AC		2:14.50	
9	Gowaseb, Roodly (wheelchair)	Namib Lions AC		2:15.48	
10	Nghifewa, Jonas	University of Namibia AC		2:17.13	

Men 1500 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	Dam, Dawid	Omaruru Athletics Club		3:57.16	
2	Paulus, Simon	Namibia Correctional Services		3:58.22	
3	Shigwedha, Thomas	Namibia Correctional Services		4:04.28	
---	Kamonde, Matias	Rietfontein Nys AC		NT	
---	Nangolo, Festus	Rietfontein Nys AC		NT	
---	Uakumbua, Uatjatjo	Swakop Striders AC		NT	
---	Lysias, Teofelus	Cheetah Athletics Club		NT	
---	Ashuulu, Vaino	Cheetah Athletics Club		NT	
---	Snyders, Ethan	Swakop Striders AC		NT	
---	Paulus, Michael	Omaruru Athletics Club		NT	
---	Gowaseb, Roodly (wheelchair)	Namib Lions AC		NT	
---	Nambuli, Joseph	Kakadhinwa Athletics AC		NT	
---	Martins, Utuhole T37	Namibia Paralympic-Erongo		NT	
---	Nghifewa, Jonas	University of Namibia AC		NT	
---	Muyenga, Johannes	University of Namibia AC		NT	
---	Kadhingula, Matheus	Nampol Athletics Club		NT	
---	Nakapata, Sem	Kakadhinwa Athletics AC		NT	
---	Hengari, Titus	University of Namibia AC		NT	

Men 5000 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	Paulus, Simon	Namibia Correctional Services		14:54.46	
2	Shigwedha, Thomas	Namibia Correctional Services		14:55.46	
3	Paulus, Daniel	Namibia Correctional Services		15:01.03	

Crystal Gold Regional Club Challenge Rancking Series Leg 3 - 07/03/2020**CCRCCS-2-2020****Vineta Stadium****Results****Section 1 ... (Men 5000 Meter Run)**

Name	Team	Seed	Finals	Points
4 Lysias, Teofelus	Cheetah Athletics Club		15:04.43	
5 Nambuli, Joseph	Kakadhinwa Athletics AC		15:54.46	
6 Haufiku, Henock	Cheetah Athletics Club		15:57.29	
7 Nakapata, Sem	Kakadhinwa Athletics AC		16:02.96	
8 Mbambo, Alpo	Omaruru Athletics Club		16:53.87	
--- Kandivi, Edison	University of Namibia AC		DNF	

Men 110 Meter Hurdles

Name	Team	Seed	Finals	Points
Section 1 Wind: -2.3				
1 Pieterse, Fred-Charles	University of Namibia AC		16.05	
2 Huber, Ludwig	Qsb Windhoek Hochland AC		19.90	
--- Beukes, Erlico	Tsaraxa-Eibes Athletics Club		DNF	

Men 400 Meter Hurdles

Name	Team	Seed	Finals	Points
Section 1				
1 Retief, Andre	Qsb Windhoek Hochland AC		55.08	
2 Dresselhaus, Gian	Windhoek Gymnasium AC		56.12	
3 Pieterse, Fred-Charles	University of Namibia AC		57.14	
4 Orlam, Dennis	Rehoboth Athletics Club		1:00.76	
5 Swartbooi, Rivaldo	University of Namibia AC		1:10.64	

Men 4x100 Meter Relay

Team	Relay	Seed	Finals	Points
Section 1				
1 Rietfontein Nys AC	A		43.59	1
1) Abraham, Josua	2) Gabriel, Abraham	3) Hafeni, Matti	4) Kamonde, Matias	

Section 2

1 University of Namibia AC	A		43.65	2
1) Cloete, Valencio	2) Nekundi, Onesmus	3) Tjirmaba, Ismael	4) Bock, Mahmad	

Men High Jump

Name	Team	Seed	Finals	Points
Flight 1				
1 Samuntu, Emmanuel	University of Namibia AC		2.10m	
2 Klaasman, Wencuslaus	Nampol Athletics Club		1.95m	
3 Mathys, Deevan	University of Namibia AC		1.85m	
4 Swartz, Sebrina	Swakop Striders AC		J1.80m	
4 Afrikaner, Dawid	Qsb Windhoek Hochland AC		1.80m	
6 Pereira, Domingo	University of Namibia AC		1.70m	
7 van Neel, Zenaldo	Swakop Striders AC		1.65m	
7 Narib, Junior	Swakop Striders AC		1.65m	
--- Ndjahera, Nguzuta	University of Namibia AC		NH	
--- Beukes, Clinton	Tsaraxa-Eibes Athletics Club		NH	
--- Markus, Joshua	Rehoboth Athletics Club		NH	

Crystal Gold Regional Club Challenge Rancking Series Leg 3 - 07/03/2020**CCRCCS-2-2020****Vineta Stadium****Results****Men Long Jump**

	Name	Team	Seed	Finals	Wind	Points
Flight 1						
1	Nghifitikeko, Romario	Swakop Striders AC		6.32m	NWI	
2	Nekundi, Onesmus	University of Namibia AC		6.21m	NWI	
3	Kavazanga, Mbino	Omaruru Athletics Club		6.05m	NWI	
4	Bruyns, Janko	Swakop Striders AC		5.70m	NWI	
5	Likando, Moses	Oshakati Athletics Club		5.69m	NWI	
6	van Neel, Zenaldo	Swakop Striders AC		5.49m	NWI	
7	Beukes, Erlico	Tsaraxa-Eibes Athletics Club		5.42m	NWI	
8	Beukes, Breyton	University of Namibia AC		5.41m	NWI	
9	Willmore, John	Rehoboth Athletics Club		5.05m	NWI	
10	Beukes, Clinton	Tsaraxa-Eibes Athletics Club		5.03m	NWI	
11	Ndeilenga, David	Namibia Correctional Services		4.64m	NWI	
11	Clark, Rumelo	Rehoboth Athletics Club		4.64m	NWI	
13	Rodrigues, Carlito	University of Namibia AC		3.55m	NWI	

Men Triple Jump

	Name	Team	Seed	Finals	Wind	Points
Flight 1						
1	Makari, Greg	University of Namibia AC		13.71m	-2.1	
2	Afrikaner, Dawid	Qsb Windhoek Hochland AC		13.30m	-1.9	
3	Orlam, Dennis	Rehoboth Athletics Club		12.94m	-2.1	
4	Beukes, Clinton	Tsaraxa-Eibes Athletics Club		10.99m	-1.0	

Men Shot Put

	Name	Team	Seed	Finals	Points
Flight 1					
1	van Wyk, William	Qsb Windhoek Hochland AC		10.55m	
2	Shihopo, Simon(F37)	Namib Lions AC		8.56m	

Men 19 & Under Discus Throw u20

	Name	Team	Seed	Finals	Points
Flight 1					
1	Breytenbach, Leeorr-el	Windhoek Gymnasium AC		55.59m	
2	Coena, Kuhn	Qsb Windhoek Hochland AC		47.78m	
3	Bruwer, Petri	Windhoek Gymnasium AC		40.03m	
4	Neels, Nushan	Tsaraxa-Eibes Athletics Club		33.09m	
5	van Wyk, William	Qsb Windhoek Hochland AC		31.04m	

Men Discus Throw

	Name	Team	Seed	Finals	Points
Flight 1					
1	Huber, Ludwig	Qsb Windhoek Hochland AC		37.63m	
2	Shihopo, Simon(F37)	Namib Lions AC		28.93m	

Men Javelin Throw

	Name	Team	Seed	Finals	Points
Flight 1					
1	Huber, Ludwig	Qsb Windhoek Hochland AC		54.35m	
2	Neethling, Dian	Swakop Striders AC		48.29m	

Crystal Gold Regional Club Challenge Ranking Series Leg 3 - 07/03/2020**CCRCCS-2-2020****Vineta Stadium****Results****Flight 1 ... (Men Javelin Throw)**

	Name	Team	Seed	Finals	Points
3	van Wyk, William	Qsb Windhoek Hochland AC		45.68m	
4	Ndeilenga, David	Namibia Correctional Services		43.41m	
5	Bruyns, Janko	Swakop Striders AC		37.72m	
6	Diergaardt, Jonathan	Omaruru Athletics Club		33.57m	