

ATHLETICS NAMIBIA GRAND PRIX LEG 1 - 13/03/2021**AN Grand Prix L1****Vineta Stadium****Results - AN Grand Prix Leg1 - Swakopmund****Women 100 Meter Dash**

	Name	Team	Seed	Finals	Points
Section 1 Wind: -1.0					
1	#120 Swartz, Ashanty	Capricorn Athletics Club		13.67	1 4
2	#179 Ishitile, Lahja (T11)	Namib Lions AC		13.92	1 3
3	#97 Rukoro, Fabiola	University of Namibia		15.25	1 1
4	#174 Benson, Johanna	Swakop Striders		15.78	1
Section 2 Wind: -0.7					
1	#91 Masilingi, Beatrixe	Quinton-Steele Botes AC		11.79	2 10
2	#191 Jacobs, Jolene	Windhoek Gymnasium A		12.15	2 8
3	#102 Haitembu, Ndawana	University of Namibia		12.75	2 6
4	#84 Fikunawa, Hanganeni	University of Namibia		13.03	2 5
5	#85 Van Wyk, Le-Kecha	Omaruru Athletics Club		14.50	2 2

Women 200 Meter Run

	Name	Team	Seed	Finals	Points
Section 1 Wind: 0.4					
1	#120 Swartz, Ashanty	Capricorn Athletics Club		27.98	1 3
2	#179 Ishitile, Lahja (T11)	Namib Lions AC		28.86	1 1
3	#174 Benson, Johanna	Swakop Striders		33.33	1
Section 2 Wind: 0.6					
1	#91 Masilingi, Beatrixe	Quinton-Steele Botes AC		23.94	2 10
2	#102 Haitembu, Ndawana	University of Namibia		26.23	2 8
3	#77 Vass, Nandi	University of Namibia		26.96	2 6
4	#84 Fikunawa, Hanganeni	University of Namibia		27.07	2 5
5	#107 Nangula, Jade	University of Namibia		27.76	2 4
6	#63 Humavindu, Mbaandja	University of Namibia		28.17	2 2

Women 400 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	#104 Mbonga, Christine	Quinton-Steele Botes AC		51.59	10
2	#48 Ludgerus, Johanna	Namibian Correctional Services		1:02.11	8
3	#87 Alberts, Elizhia	Swakop Striders		1:07.60	6
4	#116 Riet, Simonia	Capricorn Athletics Club		1:11.42	5
5	#108 Ndlovu, Jayline	University of Namibia		1:19.71	4

Women 1500 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	#171 Shilongo, Shiivomwene	Namibian Correctional Services		4:42.51	10
2	#54 Nduviteko, Salmi	Nampol Athletics Club		4:46.17	8
3	#172 Mweshamenkange, Indileni	Namibian Correctional Services		5:04.32	6
4	#18 Mweshendifa, Tuuliki	Athletics Development Club		6:07.79	5
---	#159 Nangombe, Hilma	Namibian Correctional Services		DNF	

Women High Jump

	Name	Team	Seed	Finals	Points
Flight 1					
1	#30 Schutz, Carla	Athletics Development Club		1.50m	10
2	#12 Le Roux, Meagan	Athletics Development Club		1.45m	8

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	Name	Team	Seed	Finals	Points
Section 1 Wind: -2.8					
1	#141 Ashipala, Tangeni T46	Welwitschia Paralympic Sports		12.18	1
2	#340 Shikongo, Ananias T11	Nust Welwitchia 77		12.36	1
3	#157 Kinda, Chris T11	Namib Lions AC		12.63	1
4	#32 Slabbert, Ashwinn	Athletics Development Club		13.01	1
Section 2 Wind: -1.4					
1	#35 Basson, Jurgen	Golden Cheetahs Athletics Club		12.27	2
2	#130 Swartbooi, Rivaldo	Capricorn Athletics Club		12.41	2
3	#9 Kanyangela, Johannes	Athletics Development Club		12.90	2
4	#131 Pieterse, Rivaldino	Capricorn Athletics Club		14.51	2
5	#139 Petrus, Aluvilu T37	Welwitschia Paralympic Sports		14.55	2
Section 3 Wind: -2.2					
1	#67 Mbaisa, McDuff	University of Namibia		11.53	3 2
2	#46 Vries, Anthony	Golden Cheetahs Athletics Club		11.77	3
3	#112 Retief, Andre	Quinton-Steele Botes AC		11.80	3
4	#59 Beukes, Terence	Omaruru Athletics Club		11.92	3
5	#373 Farmer, Christiaan	Swakop Striders		11.94	3
6	#74 Gawaseb, Prins Daniel	Tsaraxa Aibes Athletics Club		12.32	3
Section 4 Wind: -2.3					
1	#57 Appolus, Mervin	Omaruru Athletics Club		11.34	4 6
2	#377 Ludwig, Dwayne	Swakop Striders		11.53	4 2
2	#335 Nambala, Johannes T13	Nust Welwitchia 77		11.53	4 2
4	#374 Kampunga, Rulof	Swakop Striders		11.86	4
5	#137 Freygang, Eric	Rehoboth Athletics Club		12.25	4
6	#176 Murere, Bradley	Swakop Striders		12.31	4
Section 5 Wind: -2.5					
1	#330 Hainuca, Gilbert	Nust Welwitchia 77		10.88	5 10
2	#183 Gaseb, Elvis	Namib Lions AC		11.08	5 8
3	#148 Kamuaruuma, Sydney	Namib Lions AC		11.40	5 4.50
3	#100 Tities, Kenneth	University of Namibia		11.40	5 4.50
5	#73 Appols, Gregor	University of Namibia		11.68	5

Men 400 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	#112 Retief, Andre	Quinton-Steele Botes AC		49.09	1 10
2	#153 Mushila, Eino T13	Namib Lions AC		56.05	1
3	#157 Kinda, Chris T11	Namib Lions AC		56.10	1
4	#283 Kinda, Leroy	Empelheim Jss AC		1:02.08	1
Section 2					
1	#57 Appolus, Mervin	Omaruru Athletics Club		49.97	2 6
2	#65 Nakapela, Hitewa	Omaruru Athletics Club		51.86	2 2
3	#141 Ashipala, Tangeni T46	Welwitschia Paralympic Sports		52.35	2
4	#98 Tjiramba, Ismael	University of Namibia		55.38	2
5	#72 Higoam, Hiskia	Tsaraxa Aibes Athletics Club		57.37	2
6	#38 Kahireke, Douglas	Golden Cheetahs Athletics Club		57.82	2
Section 3					
1	#86 Rupingena, Branden	University of Namibia		52.14	3 1

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	Name	Team	Seed	Finals	Points
2	#137 Freygang, Eric	Rehoboth Athletics Club		53.10	3
3	#53 Nyambe, Sebastian	Namibian Defence Force		53.24	3
4	#182 Moses, Jones	Swakop Striders		53.73	3
5	#293 Keister, Jan Yorick	Empelheim Jss AC		57.89	3
6	#32 Slabbert, Ashwinn	Athletics Development Club		1:05.37	3

Section 4

1	#41 Kuhanga, Tjimatjititua	Golden Cheetahs Athletics Club		50.64	4	4
2	#64 Kandiba, Festus	University of Namibia		52.42	4	
3	#42 Mbaisa, Lazarus	Golden Cheetahs Athletics Club		52.74	4	
4	#149 Kawiwiw, Enock	Namib Lions AC		53.41	4	
5	#19 Palmer, Anthony	Athletics Development Club		1:04.12	4	
---	#181 Nghilukilua, Simon	Namibian Correctional Services		NT	4	

Section 5

1	#62 Bock, Mahmad	University of Namibia		49.76	5	8
2	#92 Nekundi, Onesmus	University of Namibia		50.00	5	5
3	#335 Nambala, Johannes T13	Nust Welwitchia 77		51.45	5	3
4	#175 Hummel, Raymond	Swakop Striders		53.28	5	
5	#143 Hammond, Daniel	Rehoboth Athletics Club		53.92	5	

Men 1500 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	#60 Dam, Dawid	Omaruru Athletics Club		4:04.28	10
2	#190 Nghipandulwa, Daniel	Kakadhinwa AC		4:04.42	8
3	#180 Mavengono, Uhorera	Namibian Correctional Services		4:05.19	6
4	#14 Angula, Mathew	University of Namibia		4:07.79	5
5	#173 Van Wyk, Wenzell	Rehoboth Athletics Club		4:07.82	4
6	#96 Pereira, Domingo	University of Namibia		4:26.59	3
7	#55 Uunona, Pinehas	Namibian Correctional Services		4:31.91	2
8	#344 Husselman, Elih	Quinton-Steele Botes AC		4:34.17	1
9	#154 Kasanga, Petrus T37	Namib Lions AC		4:36.51	
10	#24 Hamukoto, Thomas	Namibian Correctional Services		4:53.78	
11	#29 Nghifivali, Thomas	Namibian Correctional Services		5:06.32	
---	#61 Marenga, Ndjipua	Omaruru Athletics Club		NT	
---	#1 Heita, Henry	Athletics Development Club		NT	
---	#181 Nghilukilua, Simon	Namibian Correctional Services		NT	
---	#79 Uakumbua, Utatjo	Omaruru Athletics Club		NT	
---	David, Salomo	Namibian Correctional Services		NT	
---	#283 Kinda, Leroy	Empelheim Jss AC		NT	
---	#78 Paulus, Micheal	Omaruru Athletics Club		NT	

Men 110 Meter Hurdles

	Name	Team	Seed	Finals	Points
Section 1 Wind: -1.5					
1	#149 Kawiwiw, Enock	Namib Lions AC		20.68	10
2	#293 Keister, Jan Yorick	Empelheim Jss AC		22.94	8

ATHLETICS NAMIBIA GRAND PRIX LEG 1 - 13/03/2021**AN Grand Prix L1****Vineta Stadium****Results - AN Grand Prix Leg1 - Swakopmund****Men Long Jump**

Name	Team	Seed	Finals	Wind	Points
Flight 1					
1 #59 Beukes, Terence	Omaruru Athletics Club		6.36m	1.9	10
2 #82 Keister, Heino	Tsaraxa Aibes Athletics Club		6.33m	1.3	8
3 #106 Muksiilongo, Aston	Quinton-Steele Botes AC		6.12m	1.0	6
3 #395 Martin, Marco	Swakop Striders		J6.12m	NWI	5
5 #143 Hammond, Daniel	Rehoboth Athletics Club		5.99m	NWI	4
6 #138 Shaningwa, David T13	Welwitschia Paralympic Sports		5.82m	-0.6	3
7 #4 Kalilo, Andrew	Athletics Development Club		5.78m	-0.5	2
8 #126 Eksteen, Franklin	Rehoboth Athletics Club		5.40m	NWI	1
9 #74 Gawaseb, Prins Daniel	Tsaraxa Aibes Athletics Club		5.20m	NWI	
10 #130 Swartbooi, Rivaldo	Capricorn Athletics Club		4.85m	1.6	
11 #9 Kanyangela, Johannes	Athletics Development Club		4.76m	NWI	
12 #131 Pieterse, Rivaldino	Capricorn Athletics Club		3.95m	NWI	

Men Shot Put

Name	Team	Seed	Finals	Points
Flight 1				
1 #88 Benade, Reggie	Quinton-Steele Botes AC		10.10m	10
2 #399 Coakley, Jernarlo	Tsaraxa Aibes Athletics Club		9.10m	8
3 #146 Elias, Ananias F42	Welwitschia Paralympic Sports		8.85m	6
4 #156 Shihepo, Simon F37	Namib Lions AC		8.62m	5
5 #75 Lucas, Nomin	Tsaraxa Aibes Athletics Club		7.93m	4

Men Javelin Throw

Name	Team	Seed	Finals	Points
Flight 1				
1 #194 Ndeilenga, David	Namibian Correctional Services		41.11m	10
2 #377 Ludwig, Dwayne	Swakop Striders		36.41m	8
3 #399 Coakley, Jernarlo	Tsaraxa Aibes Athletics Club		30.42m	6
4 #146 Elias, Ananias F42	Welwitschia Paralympic Sports		29.48m	5
5 #75 Lucas, Nomin	Tsaraxa Aibes Athletics Club		24.64m	4
6 #88 Benade, Reggie	Quinton-Steele Botes AC		19.19m	3