

ATHLETICS NAMIBIA GRAND PRIX LEG 3 - 27/03/2021**AN Grand Prix L3****Independence stadium****Results - AN Grand Prix Leg3 - Oshakati****Women 100 Meter Dash**

Name	Team	Seed	Finals	Points
Section 1 Wind: +0.0				
1 #179 Ishitile, Lahja (T11)	Namib Lions AC		13.73	1 2
2 #12 Kayuxuena, Meriam	Cheetah Athletics Club		15.60	1 1
3 #19 Ndumba, Adelheid	Cheetah Athletics Club		15.71	1
4 #9 Josef, Aune	Cheetah Athletics Club		16.32	1
5 #18 Michael, Monika	Cheetah Athletics Club		18.14	1
Section 2 Wind: -2.0				
1 #102 Haitembu, Ndawana	University of Namibia		12.69	2 10
2 #84 Fikunawa, Hanganeni	University of Namibia		12.81	2 8
3 #48 Ludgerus, Johanna	Namibian Correctional Services		12.91	2 6
4 #107 Nangula, Jade	University of Namibia		13.07	2 5
5 #108 Nghidishange, Hendrina	Kakadhinwa AC		13.67	2 4
6 #200 Mukumbi, Christine	University of Namibia		13.68	2 3
--- #94 Andreas, Maria	Cheetah Athletics Club		DQ	2

Women 400 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 #4 Ipinge, Lahya	Cheetah Athletics Club		1:04.36	1
2 #179 Ishitile, Lahja (T11)	Namib Lions AC		1:05.18	1
Section 2				
1 #63 Humavindu, Mbaandja	University of Namibia		1:03.72	2 1
2 #108 Nghidishange, Hendrina	Kakadhinwa AC		1:05.56	2
3 #9 Josef, Aune	Cheetah Athletics Club		1:36.78	2
Section 3				
1 #200 Mukumbi, Christine	University of Namibia		1:00.80	3 5
2 #147 Angala, Tuuliki	Cheetah Athletics Club		1:01.54	3 3
3 #19 Ndumba, Adelheid	Cheetah Athletics Club		1:22.86	3
Section 4				
1 #104 Mboma, Christine	Quinton-Steele Botes AC		50.97	4 10
2 #91 Masilingi, Beatrice	Quinton-Steele Botes AC		51.79	4 8
3 #77 Vass, Nandi	University of Namibia		59.95	4 6
4 #48 Ludgerus, Johanna	Namibian Correctional Services		1:01.11	4 4
5 #199 Nduviteko, Salmi	Nampol Athletics Club		1:02.14	4 2
6 #87 Kauhonwa, Lovisa	Kakadhinwa AC		1:07.67	4

Women 800 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 #171 Shilongo, Shiivomwene	Namibian Correctional Services		2:22.31	10
2 #147 Angala, Tuuliki	Cheetah Athletics Club		2:24.76	8
3 #164 Titus, Peneyambeko	Kakadhinwa AC		2:30.68	6
4 #114 Nghishoonge, Ndakulilwa	Kakadhinwa AC		2:30.75	5
5 #87 Kauhonwa, Lovisa	Kakadhinwa AC		2:44.64	4
6 #158 Hofeni, Selma	Olupale AC		2:58.02	3

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	Name	Team	Seed	Finals	Points
Section 1					
1	#171 Shilongo, Shiivomwene	Namibian Correctional Services		4:49.71	10
2	#199 Nduviteko, Salmi	Nampol Athletics Club		4:50.06	8
3	#172 Mweshamenkange, Indileni	Namibian Correctional Services		4:59.65	6
4	#160 Matana, Kalinasho	Olupale AC		5:00.54	5
5	#114 Nghishoongele, Ndakulilwa	Kakadhinwa AC		5:12.27	4
6	#70 Jeremiah, Beata	Kakadhinwa AC		5:13.27	3

Women Long Jump

	Name	Team	Seed	Finals	Wind	Points
Flight 1						
1	#198 Iithete, Frieda	University of Namibia		5.43m	-0.4	10
2	#97 Rukoro, Fabiola	University of Namibia		4.60m	-2.0	8
3	#179 Ishitile, Lahja (T11)	Namib Lions AC		4.20m	-1.3	6

Women Shot Put

	Name	Team	Seed	Finals	Points
Flight 1					
1	#117 Huber, Xu	Quinton-Steele Botes AC		6.81m	10
2	#165 Haitekalute, Martha	Namib Lions AC		6.22m	8
3	#167 Shivolo, Silvia	Namib Lions AC		5.83m	6

Women Javelin Throw

	Name	Team	Seed	Finals	Points
Flight 1					
1	#117 Huber, Xu	Quinton-Steele Botes AC		20.51m	10

Men 100 Meter Dash

	Name	Team	Seed	Finals	Points
Section 1 Wind: -1.4					
1	#50 Du plessis, Sherman	Golden Cheetahs Athletics Club		11.46	1
2	#340 Shikongo, Ananias T11	Nust Welwitchia 77		11.56	1
3	#395 Stevenson, Hamukito	Oshakati AC		13.15	1
Section 2 Wind: -1.8					
1	#54 Gabriel, Hilarius Junior	Oshakati AC		12.27	2
2	#55 Uunona, Pinehas	Namibian Correctional Services		12.39	2
3	#98 Shilongo, Hilka	Cheetah Athletics Club		13.70	2
4	#2 Namupala, Jacob	Cheetah Athletics Club		13.75	2
Section 3 Wind: -1.8					
1	#183 Gaseb, Elvis	Namib Lions AC		11.07	3 2
2	#148 Kamuaruuma, Sydney	Namib Lions AC		11.24	3 1
3	#335 Nambala, JohannesT13	Nust Welwitchia 77		11.25	3
4	#67 Mbaisa, McDuff	University of Namibia		11.37	3
5	#46 Vries, Anthony	Golden Cheetahs Athletics Club		11.43	3
6	#53 Nyambe, Sebastian	Namibian Defence Force		11.46	3
7	#35 Basson, Jurgen	Golden Cheetahs Athletics Club		12.18	3
8	#124 Khoeseb, Benjamin	Quinton-Steele Botes AC		13.23	3
Section 4 Wind: -1.9					
1	#330 Hainuca, Gilbert	Nust Welwitchia 77		10.59	4 10

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	Name	Team	Seed	Finals		Points
2	#143 Narib, Ernst	Nampol Athletics Club		10.64	4	8
3	#145 Uri-khob, Jesse	Nampol Athletics Club		10.79	4	6
4	#191 Tjiuju, Even	Namibian Correctional Services		10.87	4	5
5	#137 Diergaardt, Sandro	Nampol Athletics Club		10.91	4	4
6	#344 Murere, Hatago	Nampol Athletics Club		10.92	4	3
7	#100 Tities, Kenneth	University of Namibia		11.56	4	

Men 200 Meter Run

	Name	Team	Seed	Finals		Points
Section 1 Wind: -1.1						
1	#50 Du plessis, Sherman	Golden Cheetahs Athletics Club		22.92	1	2
2	#89 Lameck, Josef	Kakadhinwa AC		25.08	1	
3	#900 Imanuel, Elikana	Cheetah Athletics Club		25.45	1	
4	#61 Fillipus, Kotokeni Paulus	Cheetah Athletics Club		26.66	1	
Section 2 Wind: -0.9						
1	#67 Mbaisa, McDuff	University of Namibia		23.08	2	
2	#53 Nyambe, Sebastian	Namibian Defence Force		23.43	2	
3	#168 Figo, Hafyenanye	Oshakati AC		24.88	2	
4	#38 Kahireke, Douglas	Golden Cheetahs Athletics Club		25.95	2	
---	#6900 Shafondino, Matias	Cheetah Athletics Club		NT	2	
Section 3 Wind: 0.4						
1	#68 Kondo, Simon	Cheetah Athletics Club		26.27	3	
2	#2 Namupala, Jacob	Cheetah Athletics Club		28.32	3	
3	#74 Naftal, Salom	Cheetah Athletics Club		29.01	3	
4	#76 Nambuli, Matti	Cheetah Athletics Club		30.30	3	
5	#9900 Namweda, Fillipus	Cheetah Athletics Club		30.53	3	
6	#72 Michael, Jacobus	Cheetah Athletics Club		30.60	3	
Section 4 Wind: -2.4						
1	#92 Nekundi, Onesmus	University of Namibia		22.63	4	3
2	#93 Taukeni, Leigh	University of Namibia		22.94	4	1
3	#41 Kuhanga, Tjimatjititua	Golden Cheetahs Athletics Club		23.14	4	
4	#64 Kandiba, Festus	University of Namibia		23.87	4	
5	#55 Uunona, Pinehas	Namibian Correctional Services		26.01	4	
6	#124 Khoeseb, Benjamin	Quinton-Steele Botes AC		27.30	4	
Section 5 Wind: -1.5						
1	#143 Narib, Ernst	Nampol Athletics Club		21.31	5	10
2	#62 Bock, Mahmad	University of Namibia		21.76	5	8
3	#191 Tjiuju, Even	Namibian Correctional Services		21.91	5	6
4	#183 Gaseb, Elvis	Namib Lions AC		21.99	5	5
5	#148 Kamuaruuma, Sydney	Namib Lions AC		22.49	5	4
6	#100 Tities, Kenneth	University of Namibia		23.10	5	

Men 400 Meter Run

	Name	Team	Seed	Finals		Points
Section 1						
1	#157 Kinda, Chris T11	Namib Lions AC		54.71	1	
2	#170 Venomukona, Kaputuaza	Namib Lions AC		55.66	1	
3	#74 Naftal, Salom	Cheetah Athletics Club		1:13.97	1	

ATHLETICS NAMIBIA GRAND PRIX LEG 3 - 27/03/2021**AN Grand Prix L3****Independence stadium****Results - AN Grand Prix Leg3 - Oshakati****Section 2 ... (Men 400 Meter Run)**

	Name	Team	Seed	Finals	Points
Section 2					
1	#41 Kuhanga, Tjimatjititua	Golden Cheetahs Athletics Club		48.89	2 8
2	#86 Rupingena, Branden	University of Namibia		51.16	2 2
3	#64 Kandiba, Festus	University of Namibia		51.34	2 1
4	#340 Shikongo, Ananias T11	Nust Welwitchia 77		52.04	2
Section 3					
1	#6900 Shafondino, Matias	Cheetah Athletics Club		1:02.38	3
2	#72 Michael, Jacobus	Cheetah Athletics Club		1:14.01	3
Section 4					
1	#900 Imanuel, Elikana	Cheetah Athletics Club		56.00	4
2	#98 Shilongo, Hilka	Cheetah Athletics Club		1:04.18	4
3	#76 Nambuli, Matti	Cheetah Athletics Club		1:13.51	4
Section 5					
1	#62 Bock, Mahmad	University of Namibia		48.69	5 10
2	#56 Goreseb, Warren	University of Namibia		48.92	5 6
3	#92 Nekundi, Onesmus	University of Namibia		49.30	5 5
4	#335 Nambala, JohannesT13	Nust Welwitchia 77		49.46	5 4
5	#190 Nghipandulwa, Daniel	Kakadhinwa AC		49.64	5 3
---	#181 Nghilukilua, Simon	Namibian Correctional Services		NT	5

Men 800 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	#60 Dam, Dawid	Omaruru Athletics Club		1:53.64	10
2	#125 Ashuulu, Vaino	University of Namibia		1:53.95	8
3	#71 Angula, Arno	Cheetah Athletics Club		1:54.26	6
4	#173 Kapembe, Arnoles	Namibian Correctional Services		1:58.35	5
5	#14 Angula, Mathew	University of Namibia		1:58.86	4
6	#42 Mbaisa, Lazarus	Golden Cheetahs Athletics Club		2:02.71	3
7	#154 Kasanga, Petrus T37	Namib Lions AC		2:12.87	2

Men 1500 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	#175 Matheus, Jesaya	Namibian Correctional Services		3:59.88	10
2	#188 Shigwedha, Tomas	Namibian Correctional Services		3:59.89	8
3	#178 Sakaria, Tangeni	Namibian Correctional Services		3:59.99	6
4	#85 Jonas, Josef	Kakadhinwa AC		4:05.18	5
5	#161 Moses, Hafeni Shifinde	Olupale AC		4:05.43	4
6	#176 Nghiyende, Kornelius	Namibian Correctional Services		4:08.68	3
7	#96 Pereira, Domingo	University of Namibia		4:11.53	2
8	#154 Kasanga, Petrus T37	Namib Lions AC		4:15.52	1
9	#181 Nghilukilua, Simon	Namibian Correctional Services		4:18.11	
10	#29 Nghifivali, Thomas	Namibian Correctional Services		4:22.43	

Men 5000 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	#177 Paulus, Daniel	Namibian Correctional Services		14:35.92	10

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	Name	Team	Seed	Finals	Points
2	#189 Shigwedha, Thomas	Nampol Athletics Club		14:52.85	8
3	#178 Sakaria, Tangeni	Namibian Correctional Services		14:58.63	6
4	#175 Matheus, Jesaya	Namibian Correctional Services		15:18.23	5
5	#176 Nghiyendele, Kornelius	Namibian Correctional Services		15:22.67	4
6	#85 Jonas, Josef	Kakadhinwa AC		16:33.92	3
---	#29 Nghifivali, Thomas	Namibian Correctional Services		NT	
---	#30 Nghidimokanya, Ferdinad	Cheetah Athletics Club		NT	
---	#196 Simon, Matias	Nampol Athletics Club		NT	
---	#162 Haufiku, Henok	Olupale AC		NT	
---	#634 Shikesho, Pendukeni	Kakadhinwa AC		NT	
---	#194 Dominikus, Maulisiu	Kakadhinwa AC		NT	
---	#90 Nakapata, Sem	Kakadhinwa AC		NT	
---	#99 Nambuli, Josef	Kakadhinwa AC		NT	
---	#24 Hamukoto, Thomas	Namibian Correctional Services		NT	
---	#188 Shigwedha, Tomas	Namibian Correctional Services		NT	
---	#95 Shimanya, Johannes	Cheetah Athletics Club		NT	

Men High Jump

	Name	Team	Seed	Finals	Points
Flight 1					
1	#132 Samuntu, Anana Emmanuel	University of Namibia		1.95m	10
2	#93 Taukeni, Leigh	University of Namibia		1.85m	8

Men Discus Throw

	Name	Team	Seed	Finals	Points
Flight 1					
1	#121 Jansen, Dian	Quinton-Steele Botes AC		46.02m	10
2	#153 Huber, Ludwigh	Quinton-Steele Botes AC		38.41m	8
3	#156 Shihepo, Simon F37	Namib Lions AC		31.60m	6
4	#79 Heinrich, Kahamba Frans	Cheetah Athletics Club		19.13m	5