

ATHLETICS NAMIBIA GRAND PRIX LEG 3 - 10/04/2021**AN Grand Prix L3****Independence Stadium****Results - AN Grand Prix Leg4 - Windhoek****Women 200 Meter Run**

Name	Team	Seed	Finals	Points
Section 1 Wind: 4.5				
1 #179 Ishitile, Lahja (T11)	Namib Lions AC		27.73	1
2 #97 Benson, Johanna	Swakop Striders		31.44	1
3 #75 Johannes, Sarafina T37	Kakadhinwa AC		33.57	1
4 #423 Ndlovu, Jayline	University of Namibia		33.88	1
Section 2 Wind: 0.8				
1 #34 Junias, Olivia	Nampol Athletics Club		28.10	2
2 #124 Khachas, Marry-Angel	Quinton-Steele Botes AC		33.08	2
3 #409 Jooste, Madelyn	Quinton-Steele Botes AC		39.08	2
Section 3 Wind: 0.7				
1 #377 Oosthuizen, Carien	Quinton-Steele Botes AC		25.48	3 5
2 #200 Mukumbi, Christine	University of Namibia		26.97	3
3 #108 Nghidishange, Hendrina	Kakadhinwa AC		27.65	3
Section 4 Wind: 3.0				
1 #1 Jacobs, Jolene	Windhoek Gymnasium A		24.00	4 10
2 #402 Haitembu, Ndawana	University of Namibia		24.72	4 8
3 #421 Vass, Nandi	University of Namibia		25.00	4 6
4 #48 Ludgerus, Johanna	Namibian Correctional Services		25.72	4 4
5 #400 Fikunawa, Hanganeni	University of Namibia		25.92	4 3
6 #113 Swartz, Ashanty	Capricorn Athletics Club		26.11	4 2
7 #435 Nangula, Jade	University of Namibia		26.22	4 1
8 #63 Humavindu, Mbaandja	University of Namibia		26.66	4

Women 800 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 #199 Nduviteko, Salmi	Nampol Athletics Club		2:17.89	10
2 #147 Angala, Tuuliki	Cheetah Athletics Club		2:24.01	8
3 #171 Shilongo, Shiivomwene	Namibian Correctional Services		2:29.49	6
4 #172 Mweshamenkange, Indileni	Namibian Correctional Services		2:32.77	5
5 #87 Kauhonwa, Lovisa	Kakadhinwa AC		2:43.91	4
--- #411 Kapundo, Christa	University of Namibia		DNF	

Women 3000 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 #171 Shilongo, Shiivomwene	Namibian Correctional Services		10:24.08	10
2 #172 Mweshamenkange, Indileni	Namibian Correctional Services		10:45.73	8
3 #70 Jeremia, Beata	Kakadhinwa AC		11:19.67	6
4 #50 Grootdood, Willemina	Rehoboth Athletics Club		12:23.24	5
5 #198 Kruger, Ecla	Capricorn Athletics Club		12:41.11	4

Women 400 Meter Hurdles

Name	Team	Seed	Finals	Points
Section 1				
1 #438 Kaura, Alessandra	Triomf Athletics Club		1:07.12	10
2 #410 Iita, Linda	University of Namibia		1:22.42	8

ATHLETICS NAMIBIA GRAND PRIX LEG 3 - 10/04/2021**AN Grand Prix L3****Independence Stadium****Results - AN Grand Prix Leg4 - Windhoek****Women Triple Jump**

	Name	Team	Seed	Finals	Wind	Points
Flight 1						
1	#113 Swartz, Ashanty	Capricorn Athletics Club		11.07m	NWI	10
2	#453 Cloete, Cay-Lee	Windhoek Gymnasium A		10.16m	NWI	8

Women Shot Put

	Name	Team	Seed	Finals	Points
Flight 1					
1	#158 Katjiuongua, Mwansa	Nust Welwitchia 77		7.79m	10
2	#375 Kuppe, Hella	Quinton-Steele Botes AC		6.47m	8
3	#117 Huber, Xu	Quinton-Steele Botes AC		6.36m	6
4	#167 Shivolo, Silvia	Namib Lions AC		5.96m	5
5	#165 Haitekalute, Martha	Namib Lions AC		5.59m	4

Women Javelin Throw

	Name	Team	Seed	Finals	Points
Flight 1					
1	#117 Huber, Xu	Quinton-Steele Botes AC		22.43m	10
2	#375 Kuppe, Hella	Quinton-Steele Botes AC		14.53m	8

ATHLETICS NAMIBIA GRAND PRIX LEG 3 - 10/04/2021**AN Grand Prix L3****Independence Stadium****Results - AN Grand Prix Leg4 - Windhoek****Men 200 Meter Run**

	Name	Team	Seed	Finals	Points
Section 1 Wind: 3.6					
1	#406 Ashipala, Tangeni T46	Welwitschia Paralympic Sports		23.33	1
2	#157 Kinda, Chris T11	Namib Lions AC		24.04	1
3	#85 Mushila, Eino T13	Namib Lions AC		24.58	1
4	#443 Elias, Ananias F42	Welwitschia Paralympic Sports		31.59	1
Section 2 Wind: 3.9					
1	#36 Shimanda, Sam	Nampol Athletics Club		22.32	2 3
2	#634 Ryk, Erasmus	Quinton-Steele Botes AC		22.53	2
3	#53 Nyambe, Sebastian	Namibian Defence Force		23.22	2
4	#55 Kawiwi, Enock	Namib Lions AC		23.44	2
5	#114 Gowaseb, Vivian	Capricorn Athletics Club		23.59	2
6	#440 Nameme, Cecil	Triomf Athletics Club		24.91	2
7	#437 Steyn, Johan	Quinton-Steele Botes AC		25.16	2
8	#68 Kondo, Simon	Cheetah Athletics Club		27.76	2
Section 3 Wind: 0.5					
1	#418 Gawaseb, Prins Daniel	Tsaraxa Aibes Athletics Club		23.90	3
2	#35 Basson, Jurgen	Golden Cheetahs Athletics Club		24.12	3
3	#170 Hainana, Victor	Namib Lions AC		24.17	3
4	#19 Swartbooi, Rivaldo	Capricorn Athletics Club		24.32	3
---	#416 Tweka, Daniel	University of Namibia		DQ	3
Section 4 Wind: 3.1					
1	#46 Vries, Anthony	Golden Cheetahs Athletics Club		22.51	4
2	#428 Freygang, Eric	Rehoboth Athletics Club		23.27	4
3	#66 Krems, Lesego	Namib Lions AC		23.45	4
4	#57 Higoam, Bonafacius	Omaruru Athletics Club		24.46	4
5	#194 Cobus, Retief	Quinton-Steele Botes AC		24.49	4
6	#37 Raimo, Tangeni	Nust Welwitchia 77		25.09	4
Section 5 Wind: 2.6					
1	#335 Nambala, Johannes T13	Nust Welwitchia 77		22.38	5
2	#14 Du Plessis, Dandre	Quinton-Steele Botes AC		24.75	5
3	#38 Kahireke, Douglas	Golden Cheetahs Athletics Club		25.67	5
4	#12 Likuwa, Romio	Golden Cheetahs Athletics Club		26.65	5
Section 6 Wind: 2.1					
1	#425 Mbaisa, McDuff	University of Namibia		22.83	6
2	#64 Kandiba, Festus	University of Namibia		23.18	6
3	#414 Muyenga, Johannes	University of Namibia		23.64	6
Section 7 Wind: 0.6					
1	#62 Bock, Mahmad	University of Namibia		21.29	7 10
2	#183 Gaseb, Elvis	Namib Lions AC		21.55	7 8
3	#148 Kamuaruuma, Sydney	Namib Lions AC		21.78	7 6
4	#104 Theofilus, Cassy	Namib Lions AC		21.91	7 4.50
4	#100 Tities, Kenneth	University of Namibia		21.91	7 4.50
6	#424 Nekundi, Onesmus	University of Namibia		22.34	7 2
7	#41 Kuhanga, Tjimatjititua	Golden Cheetahs Athletics Club		22.35	7 1
8	#107 Vlees, Valentino	Rehoboth Athletics Club		23.16	7

ATHLETICS NAMIBIA GRAND PRIX LEG 3 - 10/04/2021**AN Grand Prix L3****Independence Stadium****Results - AN Grand Prix Leg4 - Windhoek****Men 800 Meter Run**

	Name	Team	Seed	Finals	Points
Section 1					
1	#404 Ashuulu, Vaino	University of Namibia		1:57.46	1 6
2	#71 Angula, Arno	Cheetah Athletics Club		1:58.10	1 5
3	#414 Muyenga, Johannes	University of Namibia		1:59.93	1 3
4	#139 Moses, Hafeni Shifinde	Olupale AC		2:09.30	1
5	#417 Pereira, Domingo	University of Namibia		2:10.44	1
6	#54 Djuulume, Gabriel	Kakadhinwa AC		2:10.56	1
7	#154 Kasanga, Petrus T37	Namib Lions AC		2:11.52	1
8	#163 Sakeus, Josef	Kakadhinwa AC		2:12.39	1
9	#18 Makina, Posible	Capricorn Athletics Club		2:20.53	1
10	#189 Nujoma, Paul	Nust Welwitchia 77		2:25.25	1
11	#408 Shatumwene, Ishmael	Welwitschia Paralympic Sports		2:28.75	1

Section 2					
1	#60 Dam, Dawid	Omaruru Athletics Club		1:54.04	2 10
2	#190 Nghipandulwa, Daniel	Kakadhinwa AC		1:57.40	2 8
3	#403 Angula, Mathew	University of Namibia		1:59.70	2 4
4	#434 Van Wyk, Wenzell	Rehoboth Athletics Club		2:00.85	2 2
5	#419 Rupingena, Branden	University of Namibia		2:03.76	2 1
6	#170 Hainana, Victor	Namib Lions AC		2:13.84	2
7	#9 Johannes, Shipopyeni	Golden Cheetahs Athletics Club		2:19.66	2

Men 5000 Meter Run

	Name	Team	Seed	Finals	Points
Section 1					
1	#177 Paulus, Daniel	Namibian Correctional Services		14:41.15	10
2	#441 Shigwedha, Tomas	Namibian Correctional Services		15:26.41	8
3	#29 Nghifivali, Thomas	Namibian Correctional Services		15:48.65	6
4	#54 Djuulume, Gabriel	Kakadhinwa AC		16:00.30	5
5	#95 Shimanya, Johannes	Cheetah Athletics Club		16:14.39	4
6	#99 Nambuli, Josef	Kakadhinwa AC		17:22.43	3
7	#180 Haufiku, Henok	Olupale AC		17:38.73	2
8	#154 Kasanga, Petrus T37	Namib Lions AC		19:05.69	1
9	#181 Nghilukilua, Simon	Namibian Correctional Services		27:22.30	
---	#176 Nghieende, Kornelius	Namibian Correctional Services		DNF	
---	#175 Matheus, Jesaya	Namibian Correctional Services		DNF	
---	#163 Sakeus, Josef	Kakadhinwa AC		DNF	
---	#196 Simon, Matias	Nampol Athletics Club		DNF	

Men 400 Meter Hurdles

	Name	Team	Seed	Finals	Points
Section 1					
1	#107 Vlees, Valentino	Rehoboth Athletics Club		58.68	1 6
2	#429 Hammond, Daniel	Rehoboth Athletics Club		59.11	1 5
3	#55 Kawiwi, Enock	Namib Lions AC		59.29	1 4
Section 2					
1	#372 Thomas, Sakeus	Rehoboth Athletics Club		1:03.36	2
2	#86 Higoam, Hiskia	Tsaraxa Aibes Athletics Club		1:05.45	2
3	#437 Steyn, Johan	Quinton-Steele Botes AC		1:06.07	2

ATHLETICS NAMIBIA GRAND PRIX LEG 3 - 10/04/2021**AN Grand Prix L3****Independence Stadium****Results - AN Grand Prix Leg4 - Windhoek****Section 3 ... (Men 400 Meter Hurdles)**

Name	Team	Seed	Finals	Points
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Section 3

1	#428 Freygang, Eric	Rehoboth Athletics Club	59.44	3	3
2	#427 Eksteen, Franklin	Rehoboth Athletics Club	1:03.22	3	1

Section 4

1	#392 Retief, Andre	Quinton-Steele Botes AC	55.97	4	10
2	#439 Louw, Leander	Triomf Athletics Club	56.99	4	8
3	#178 Klaasman, Wencuslaus	Nampol Athletics Club	1:02.85	4	2

Men High Jump

Name	Team	Seed	Finals	Points
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Flight 1

1	#407 Samuntu, Anana Emmanuel	University of Namibia	2.06m	10
2	#420 Keister, Heino	Tsaraxa Aibes Athletics Club	1.85m	8
3	#405 Amunyela, Godlieb	University of Namibia	1.80m	5.50
3	#413 Mathys, Deevan	University of Namibia	1.80m	5.50
5	#412 Machenje, Junior	University of Namibia	1.70m	3.50
5	#430 Mouton, Timmothy	Rehoboth Athletics Club	1.70m	3.50

Men Discus Throw

Name	Team	Seed	Finals	Points
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Flight 1

1	#153 Huber, Ludwig	Quinton-Steele Botes AC	36.96m	10
2	#121 Jansen, Dian	Quinton-Steele Botes AC	35.01m	8
3	#156 Shihepo, Simon F37	Namib Lions AC	32.16m	6
4	#88 Benade, Reggie	Quinton-Steele Botes AC	31.79m	5
5	#14 Du Plessis, Dandre	Quinton-Steele Botes AC	28.66m	4
6	#125 Frederik, Jacobsz	Quinton-Steele Botes AC	28.65m	3
7	#67 Bampton, Satrick	Rehoboth Athletics Club	25.60m	2
8	#11 Shikongo, Theodore	Nust Welwitchia 77	25.26m	1