

Athletics Namibia Grand Prix Series 2020 - 31/10/2020**AN Grand Prix Leg4****Independence Stadium****Results - Grand Prix 4****Women 16+ 100 Meter Dash**

Name	Team	Seed	Finals	Points
Section 1				
1 Fikunawa, Hanganeni	Unam Athletics Club		12.80	
2 Haitembu, Ndawana	Unam Athletics Club		12.90	
3 Ludgerus, Johanna	Ncs Athletics Club		12.93	
4 van Wyk, Jandia	Golden Cheetah AC		13.06	
5 Botha, Porche	Whk Gym Athletics Club		13.19	
6 Hattingh, Jane	Whk Gym Athletics Club		13.46	
6 Nangula, Jade	Unam Athletics Club		13.46	
8 Kanguatjivi, Ngunatjiua	Welvitchia Athletics Club		14.80	

Women 16+ 400 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 Vass, Nandi	Unam Athletics Club		1:02.20	
2 Huber, Xu	Qsb Athletics Club		1:17.81	

Women 16+ 1500 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 Jeremia, Beata	Kakadhinwa Athletics Club		5:25.86	
2 Kauhonwa, Lovisa	Kakadhinwa Athletics Club		5:48.45	
3 Watson, Tarietha	Whk Gym Athletics Club		5:57.21	

Women 16+ 3000 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 Jeremia, Beata	Kakadhinwa Athletics Club		11:29.06	
2 Shilongo, Shiivomwene	Ncs Athletics Club		11:37.31	
3 Kauhonwa, Lovisa	Kakadhinwa Athletics Club		13:00.53	

Women 16+ 100 Meter Hurdles

Name	Team	Seed	Finals	Points
Section 1				
1 Huber, Xu	Qsb Athletics Club		20.56	

Women 16+ Long Jump

Name	Team	Seed	Finals	Points
Flight 1				
1 Louw, Natalie	Triomf Athletics Club		5.83m	
2 Iithete, Frieda	Unam Athletics Club		5.35m	
3 Rukoro, Fabiola	Unam Athletics Club		4.33m	
3 Ishitile-F11, Lahjia	Namib Lions Athletics Club		4.33m	
5 Nambambi, Theresia	Unam Athletics Club		3.87m	

Women 16+ Triple Jump

Name	Team	Seed	Finals	Points
Flight 1				
1 Iithete, Frieda	Unam Athletics Club		11.23m	

Athletics Namibia Grand Prix Series 2020 - 31/10/2020**AN Grand Prix Leg4****Independence Stadium****Results - Grand Prix 4****Women 16+ Shot Put**

Name	Team	Seed	Finals	Points
Flight 1				
1 Silver, Tuane	Whk Gym Athletics Club		13.73m	
2 Jenkens, Crisel	Qsb Athletics Club		10.46m	
3 Kuppe, Hella	Qsb Athletics Club		6.59m	
4 Haitekalute-F37, Martha	Namib Lions Athletics Club		5.02m	

Women 16+ Discus Throw

Name	Team	Seed	Finals	Points
Flight 1				
1 Jenkens, Crisel	Qsb Athletics Club		39.96m	
2 Silver, Tuane	Whk Gym Athletics Club		35.54m	
3 Kuppe, Hella	Qsb Athletics Club		14.90m	

Women 16+ Javelin Throw

Name	Team	Seed	Finals	Points
Flight 1				
1 Hattingh, Jane	Whk Gym Athletics Club		31.59m	
2 Louw, Natalie	Triomf Athletics Club		22.05m	
3 Kuppe, Hella	Qsb Athletics Club		14.83m	

Men 16+ 100 Meter Dash

Name	Team	Seed	Prelims	
Heat 1 Preliminaries				
1 Diergaardt, Sandro	Nampol Athletics Club		10.89 Q	1
2 Appols, Gregor	Unam Athletics Club		10.96 Q	1
3 Nambala-TX, Johannes	Welvitchia Athletics Club		11.37	1
4 Shikongo-TX, Ananias	Welvitchia Athletics Club		11.48	1
5 Kinda-T11, Chris	Namib Lions Athletics Club		11.96	1
Heat 2 Preliminaries				
1 Uri-khob, Jesse	Nampol Athletics Club		11.19 Q	2
1 Gaseb, Elvis	Namib Lions Athletics Club		11.19 Q	2
3 Lourens, Rooi	Unam Athletics Club		11.66	2
4 Basson, Jurgen Gideon	Golden Cheetah AC		12.16	2
Heat 3 Preliminaries				
1 Murere, Hatago	Nampol Athletics Club		10.76 Q	3
2 Tities, Kenneth	Unam Athletics Club		10.97 Q	3
3 Nekundi, Onesmus	Unam Athletics Club		11.03 q	3
4 Theophilus, Casey	Namib Lions Athletics Club		11.14 q	3
5 Namene, Cecil	Triomf Athletics Club		11.20	3
6 De Koe, Ruwayno	Qsb Athletics Club		11.25	3
7 Desiderius, Bonifatius	Ndf Athletics Club		11.66	3

Men 16+ 100 Meter Dash

Name	Team	Prelims	Finals	Points
Section 1 Finals				
1 Uri-khob, Jesse	Nampol Athletics Club	11.19	10.77	
2 Diergaardt, Sandro	Nampol Athletics Club	10.89	10.81	
3 Murere, Hatago	Nampol Athletics Club	10.76	10.89	
4 Tities, Kenneth	Unam Athletics Club	10.97	11.02	

Athletics Namibia Grand Prix Series 2020 - 31/10/2020**AN Grand Prix Leg4****Independence Stadium****Results - Grand Prix 4****Section 1 Finals ... (Men 16+ 100 Meter Dash)**

Name	Team	Prelims	Finals	Points
5 Appols, Gregor	Unam Athletics Club	10.96	11.06	
6 Nekundi, Onesmus	Unam Athletics Club	11.03	11.14	
7 Theophilus, Casey	Namib Lions Athletics Club	11.14	11.27	
8 Gaseb, Elvis	Namib Lions Athletics Club	11.19	11.37	

Men 16+ 400 Meter Run

Name	Team	Seed	Prelims	Points
Heat 1 Preliminaries				
1 Garoeb, Manfred	Qsb Athletics Club		50.08 Q	1
2 Kandimba, Festus	Unam Athletics Club		52.46 Q	1
2 Shikongo-TX, Ananias	Welvitchia Athletics Club		52.46 Q	1
4 Hainana, Victor	Namib Lions Athletics Club		53.83	1
5 Kinda-T11, Chris	Namib Lions Athletics Club		56.04	1
Heat 2 Preliminaries				
1 Narib, Ernst	Nampol Athletics Club		47.55 Q	2
2 Appolus, Mervin	Omaruru Athletics Club		49.95 Q	2
3 Mbaisa, Lazarus	Golden Cheetah AC		51.60 q	2
4 Muyenga, Johannes	Unam Athletics Club		51.79	2
5 Hengari, Titus	Unam Athletics Club		53.18	2
6 Kawiwi, Enock	Namib Lions Athletics Club		53.40	2
Heat 3 Preliminaries				
1 Nambala-TX, Johannes	Welvitchia Athletics Club		50.73 Q	3
2 Otsile, Abraham	Nampol Athletics Club		51.61 Q	3
3 Naruseb, Shawn	Golden Cheetah AC		52.49	3
4 Venomukona, Kaputuaza	Namib Lions Athletics Club		54.32	3
5 Awaseb-T13, Julien	Namib Lions Athletics Club		59.49	3

Men 16+ 400 Meter Run

Name	Team	Prelims	Finals	Points
Section 1 Finals				
1 Narib, Ernst	Nampol Athletics Club	47.55	46.92	
2 Garoeb, Manfred	Qsb Athletics Club	50.08	47.54	
3 Appolus, Mervin	Omaruru Athletics Club	49.95	49.23	
4 Nambala-TX, Johannes	Welvitchia Athletics Club	50.73	50.86	
5 Otsile, Abraham	Nampol Athletics Club	51.61	51.38	
6 Mbaisa, Lazarus	Golden Cheetah AC	51.60	51.79	
7 Kandimba, Festus	Unam Athletics Club	52.46	52.28	
8 Shikongo-TX, Ananias	Welvitchia Athletics Club	52.46	52.73	

Men 16+ 1500 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 Dam, Dawid	Omaruru Athletics Club		4:03.20	
2 Komeya, Oscar	Ndf Athletics Club		4:06.98	
3 Muyenga, Johannes	Unam Athletics Club		4:18.54	
4 Nghifenwa, Jonas	Unam Athletics Club		4:30.69	
5 Kasanga-T37, Petrus	Namib Lions Athletics Club		4:46.87	

Athletics Namibia Grand Prix Series 2020 - 31/10/2020**AN Grand Prix Leg4****Independence Stadium****Results - Grand Prix 4****Men 16+ 5000 Meter Run**

Name	Team	Seed	Finals	Points
Section 1				
1 Paulus, Daniel	Ncs Athletics Club		14:36.10	
2 Rainhold, Tomas Hilifa	Ncs Athletics Club		14:58.02	
3 Lisias, Teofelus	Cheetah Athletics Club		16:06.33	
4 Xhaeku, Xhaka	Qsb Athletics Club		16:43.88	
5 Nakapata, Sam	Kakadhinwa Athletics Club		17:24.17	
6 Shilongo, Filemon	Whk Gym Athletics Club		17:44.57	
7 Nambuli, Joseph	Kakadhinwa Athletics Club		17:46.64	
--- Kandivi, Edison	Unam Athletics Club		NT	
--- Cornelius, Simon	Golden Cheetah AC		DNF	
--- Simon, Ananias	Omaruru Athletics Club		DNF	
--- Gowaseb-T54, Rudley	Namib Lions Athletics Club		DNF	
--- Kathima, Herman	Unam Athletics Club		DNF	

Men 16+ 110 Meter Hurdles

Name	Team	Seed	Finals	Points
Section 1				
1 Methys, Deevan	Unam Athletics Club		19.06	

Men 16+ 400 Meter Hurdles

Name	Team	Seed	Finals	Points
Section 1				
1 Louw, Leander	Triomf Athletics Club		59.04	
2 Brandt, Cameron	Unam Athletics Club		1:01.98	
3 Kawiwi, Enock	Namib Lions Athletics Club		1:02.17	

Men 16+ High Jump

Name	Team	Seed	Finals	Points
Flight 1				
1 Samuntu, Emmanuel	Unam Athletics Club		2.10m	
2 Klaasman, Wencuslaus	Nampol Athletics Club		2.05m	
3 Methys, Deevan	Unam Athletics Club		1.90m	
4 Pereira, Domingo	Unam Athletics Club		1.85m	

Men 16+ Long Jump

Name	Team	Seed	Finals	Points
Flight 1				
1 Diergaardt, Sandro	Nampol Athletics Club		7.70m	
2 Samuntu, Emmanuel	Unam Athletics Club		6.94m	
3 De Koe, Ruwayno	Qsb Athletics Club		6.49m	
4 Afrikaner, Dawid	Qsb Athletics Club		6.22m	
5 Hengari, Titus	Unam Athletics Club		6.03m	
6 Beukes, Breyton	Unam Athletics Club		5.97m	

Men 16+ Shot Put

Name	Team	Seed	Finals	Points
Flight 1				
1 Breytenbach, Leeorr-el	Whk Gym Athletics Club		14.97m	
2 Williams, Rayn	Qsb Athletics Club		14.34m	

Athletics Namibia Grand Prix Series 2020 - 31/10/2020**AN Grand Prix Leg4****Independence Stadium****Results - Grand Prix 4****Flight 1 ... (Men 16+ Shot Put)**

Name	Team	Seed	Finals	Points
3 Shihepo-F37, Simon	Namib Lions Athletics Club		8.64m	

Men 16+ Discus Throw

Name	Team	Seed	Finals	Points
Flight 1				
1 Williams, Rayn	Qsb Athletics Club		56.70m	
2 Breytenbach, Leeorr-el	Whk Gym Athletics Club		48.80m	
3 Bruwer, Petri	Whk Gym Athletics Club		36.41m	
4 Huber, Ludwig	Qsb Athletics Club		35.58m	
5 Shihepo-F37, Simon	Namib Lions Athletics Club		29.32m	

Men 16+ Javelin Throw

Name	Team	Seed	Finals	Points
Flight 1				
1 Engelbrecht, Jasper	Qsb Athletics Club		58.66m	
2 Huber, Ludwig	Qsb Athletics Club		55.70m	
3 Theunissen, Dirk	Whk Gym Athletics Club		50.43m	