

**Athletics Namibia Grand Prix Series 2020 - 31/10/2020****AN Grand Prix Leg 5****Oshakati Independence Stadium****Results - Grand Prix 5****Women 16+ 200 Meter Dash**

Name	Team	Seed	Prelims	
<b>Heat 1 Preliminaries Wind: -2.2</b>				
1 Vass, Nandi	Unam Athletics Club		28.80 Q	1
2 Haitembu, Ndawana	Unam Athletics Club		29.13 Q	1
3 Gustav, Radegundus	Ncs Athletics Club		30.38 q	1
4 Sikunawa, Anastasia	Omusati Youth Team		31.36	1
5 Ingashipola, Linda	Olupale Athletics Club		32.55	1
<b>Heat 2 Preliminaries Wind: -2.2</b>				
1 Ludgerus, Johanna	Ncs Athletics Club		28.16 Q	2
2 Fikunawa, Hanganeni	Unam Athletics Club		28.21 Q	2
3 Nangula, Jade	Unam Athletics Club		28.96 q	2

**Women 16+ 200 Meter Dash**

Name	Team	Prelims	Finals	Points
<b>Section 1 Finals Wind: -2.5</b>				
1 Vass, Nandi	Unam Athletics Club	28.80	26.22	
2 Haitembu, Ndawana	Unam Athletics Club	29.13	26.77	
3 Fikunawa, Hanganeni	Unam Athletics Club	28.21	27.16	
4 Ludgerus, Johanna	Ncs Athletics Club	28.16	27.50	
5 Nangula, Jade	Unam Athletics Club	28.96	28.15	

**Women 16+ 800 Meter Run**

Name	Team	Seed	Finals	Points
<b>Section 1</b>				
1 Gustav, Radegundus	Ncs Athletics Club		2:24.12	
2 Titus, Peneyambeko	Kakadhinwa Athletics Club		2:24.53	
3 Nduviteko, Salmi	Nampol Athletics Club		2:26.13	
4 Shihala, Indileni	Olupale Athletics Club		2:30.80	
5 Silas, Paskalia	Oshakati AC		2:39.63	
6 Eelu, Rauna	Ncs Athletics Club		2:41.09	

**Women 16+ 1500 Meter Run**

Name	Team	Seed	Finals	Points
<b>Section 1</b>				
1 Nduviteko, Salmi	Nampol Athletics Club		5:32.40	
2 Kauhonwa, Lovisa	Kakadhinwa Athletics Club		5:33.81	
3 Jeremia, Beata	Kakadhinwa Athletics Club		5:33.84	
4 Shilongo, Shiivomwene	Ncs Athletics Club		5:40.57	
5 Eelu, Rauna	Ncs Athletics Club		5:53.47	

**Women 16+ 3000 Meter Run**

Name	Team	Seed	Finals	Points
<b>Section 1</b>				
1 Matana, Kaleninasho	Cheetah Athletics Club		10:43.46	
2 Shilongo, Shiivomwene	Ncs Athletics Club		10:52.43	
3 Nghishoongele, Ndakulilwa	Kakadhinwa Athletics Club		11:21.10	
4 Mweshamekange, Indileni	Ncs Athletics Club		11:26.11	

**Athletics Namibia Grand Prix Series 2020 - 31/10/2020****AN Grand Prix Leg 5****Oshakati Independence Stadium****Results - Grand Prix 5****Women 16+ Long Jump**

Name	Team	Seed	Finals	Wind	Points
<b>Flight 1</b>					
1 Iithete, Frieda	Unam Athletics Club		5.35m	-1.9	
2 Rukoro, Fabiola	Unam Athletics Club		4.52m	-2.7	
3 Linus, Penny	Unam Athletics Club		4.51m	+0.0	

**Women 16+ Shot Put**

Name	Team	Seed	Finals	Points
<b>Flight 1</b>				
1 Kuyandeka, Virginia	Unam Athletics Club		10.10m	
2 Shivolo-F40, Silvia	Namib Lions Athletics Club		5.85m	
3 Haitekalute-F37, Martha	Namib Lions Athletics Club		5.46m	

**Women 16+ Discus Throw**

Name	Team	Seed	Finals	Points
<b>Flight 1</b>				
2 Waandya, Linia	Npc Ohangwena		6.10m	

**Women 16+ Javelin Throw**

Name	Team	Seed	Finals	Points
<b>Flight 1</b>				
1 Kuyandeka, Virginia	Unam Athletics Club		19.50m	
2 Rukoro, Fabiola	Unam Athletics Club		14.84m	
3 Hamunyela(FX), Joolokebi	Npc Ohangwena		10.70m	
4 Waandya, Linia	Npc Ohangwena		5.46m	

**Men 16+ 200 Meter Dash**

Name	Team	Seed	Prelims	Points
<b>Heat 1 Preliminaries Wind: -2.3</b>				
1 Tities, Kenneth	Unam Athletics Club		22.98 q	1
2 Simon (Tx), Festus	Npc Ohangwena		32.77	1
<b>Heat 2 Preliminaries Wind: -3.0</b>				
1 Theophilus, Casey	Namib Lions Athletics Club		23.50	2
2 Nambundu, Fillemon	Cheetah Athletics Club		23.83	2
3 Otsile, Abraham	Nampol Athletics Club		23.91	2
4 Dux, Lerato	Cheetah Athletics Club		24.43	2
<b>Heat 3 Preliminaries Wind: -2.6</b>				
1 Uri-khob, Jesse	Nampol Athletics Club		22.89 q	3
2 Katupose, Figo	Oshakati AC		25.74	3
3 Natangwe(TX), Kanime	Npc Ohangwena		35.81	3
<b>Heat 4 Preliminaries Wind: -3.0</b>				
1 Murere, Hatago	Nampol Athletics Club		22.22 q	4
2 Nekundi, Onesmus	Unam Athletics Club		22.85 q	4
3 Nambala-TX, Johannes	Welvitchia Athletics Club		23.72	4
4 Ishitile (T13), Titus	Sunshine Athletics Club		26.50	4
5 Kambwa, Sem	Kakadhinwa Athletics Club		27.66	4
<b>Heat 5 Preliminaries Wind: -2.5</b>				
1 Diergaardt, Sandro	Nampol Athletics Club		22.31 q	5
2 Kandimba, Festus	Unam Athletics Club		23.87	5
3 Likando, Moses	Oshakati AC		24.94	5

**Athletics Namibia Grand Prix Series 2020 - 31/10/2020****AN Grand Prix Leg 5****Oshakati Independence Stadium****Results - Grand Prix 5****Heat 5 Preliminaries Wind: -2.5 ... (Men 16+ 200 Meter Dash)**

Name	Team	Seed	Prelims	
4 Heinrich (T37), Kahamba Frans	Namib Lions Athletics Club		32.00	5

**Heat 6 Preliminaries Wind: -3.1**

1 Appols, Gregor	Unam Athletics Club		23.04	6
2 Cloete, Valenchio	Unam Athletics Club		23.68	6
3 Shimanda, Sam	Nampol Athletics Club		23.72	6
4 Lamek, Joseph	Kakadhinwa Athletics Club		28.19	6

**Heat 7 Preliminaries Wind: -2.4**

1 Narib, Ernst	Nampol Athletics Club		22.53 q	7
2 Elias, Markus	Omuthiya AC		24.82	7
3 Ihuhwa, Johannes	Oshakati AC		25.17	7
4 Ndumeni, Nelson	Cheetah Athletics Club		25.42	7

**Men 16+ 200 Meter Dash**

Name	Team	Prelims	Finals	Points
<b>Section 1 Finals Wind: -2.2</b>				
1 Narib, Ernst	Nampol Athletics Club	22.53	21.25	
2 Murere, Hatago	Nampol Athletics Club	22.22	21.60	
3 Diergaardt, Sandro	Nampol Athletics Club	22.31	21.75	
4 Nekundi, Onesmus	Unam Athletics Club	22.85	22.50	
5 Tities, Kenneth	Unam Athletics Club	22.98	22.60	
--- Uri-khob, Jesse	Nampol Athletics Club	22.89	DNF	

**Men 16+ 800 Meter Run**

Name	Team	Seed	Finals	Points
<b>Section 1</b>				
1 Ashuulu, Vaino	Cheetah Athletics Club		1:55.12	
2 Dam, Dawid	Omaruru Athletics Club		1:55.86	
3 Nghipandulwa, Daniel	Unam Athletics Club		1:56.92	
4 Mavenjono, Uhorera	Ncs Athletics Club		1:57.38	
5 Angula, Arno	Cheetah Athletics Club		1:57.95	
6 Nghifenwa, Jonas	Unam Athletics Club		2:09.46	

**Men 16+ 1500 Meter Run**

Name	Team	Seed	Finals	Points
<b>Section 1</b>				
1 Dam, Dawid	Omaruru Athletics Club		4:13.55	
2 Mavenjono, Uhorera	Ncs Athletics Club		4:14.10	
3 Nakapata, Sam	Kakadhinwa Athletics Club		4:14.94	
4 Moses, Petrus	Olupale Athletics Club		4:28.74	
5 Nghifenwa, Jonas	Unam Athletics Club		4:28.87	
6 Shaalukeni, Josephat	Oshakati AC		5:06.01	
7 Nghilifivali, Thomas	Ncs Athletics Club		5:27.77	
--- Kandivi, Edison	Unam Athletics Club		DNF	

**Men 16+ 5000 Meter Run**

Name	Team	Seed	Finals	Points
<b>Section 1</b>				
1 Paulus, Daniel	Ncs Athletics Club		14:40.17	
2 Teofelus, Lisias	Cheetah Athletics Club		15:57.75	
3 Nakapata, Sem	Omusati Youth Team		16:16.35	

**Athletics Namibia Grand Prix Series 2020 - 31/10/2020****AN Grand Prix Leg 5****Oshakati Independence Stadium****Results - Grand Prix 5****Section 1 ... (Men 16+ 5000 Meter Run)**

Name	Team	Seed	Finals	Points
4 Junias, Onesmus	Cheetah Athletics Club		16:32.82	
5 Haufiku, Henock	Cheetah Athletics Club		17:07.91	
6 Nambuli, Joseph	Kakadhinwa Athletics Club		17:14.98	
7 Dumeni, Andreas	Kakadhinwa Athletics Club		17:15.21	
8 Nghilifivali, Thomas	Ncs Athletics Club		17:30.20	
9 Shikesho, Pendukeni	Kakadhinwa Athletics Club		18:23.47	

**Men 16+ High Jump**

Name	Team	Seed	Finals	Points
<b>Flight 1</b>				
1 Dax, George	Rehoboth Athletics Club		1.80m	
1 Pereira, Domingo	Unam Athletics Club		1.80m	
3 Elias, Markus	Omuthiya AC		1.65m	

**Men 16+ Long Jump**

Name	Team	Seed	Finals	Wind	Points
<b>Flight 1</b>					
1 Diergaardt, Sandro	Nampol Athletics Club		7.12m	-4.0	
2 Nekundi, Onesmus	Unam Athletics Club		6.63m	-3.8	
3 Ihuhwa, Johannes	Oshakati AC		5.94m	-3.2	
4 Elias, Markus	Omuthiya AC		5.60m	-3.3	
5 Katupose, Figo	Oshakati AC		5.11m	-3.3	
6 Hamukoto (T13), Stevenson	Sunshine Athletics Club		4.68m	-3.6	

**Men 16+ Triple Jump**

Name	Team	Seed	Finals	Wind	Points
<b>Flight 1</b>					
1 Dax, George	Rehoboth Athletics Club		13.20m	NWI	

**Men 16+ Shot Put**

Name	Team	Seed	Finals	Points
<b>Flight 1</b>				
1 Kaanjuka, Hitjivirue	Nampol Athletics Club		11.10m	
2 Shihepo-F37, Simon	Namib Lions Athletics Club		8.60m	
3 Daniel, Ngweda	Npc Ohangwena		7.37m	
4 Moses (Tx), Nghiwete	Npc Ohangwena		6.90m	
5 Toivo (Fx), Tuyoleni	Npc Ohangwena		6.20m	
6 Mateus(FX), Lisias	Npc Ohangwena		5.43m	
7 Kristof Fx), Shikoya	Npc Ohangwena		3.66m	

**Men 16+ Discus Throw**

Name	Team	Seed	Finals	Points
<b>Flight 1</b>				
1 Shihepo-F37, Simon	Namib Lions Athletics Club		26.80m	
2 Kaanjuka, Hitjivirue	Nampol Athletics Club		19.90m	
3 Moses (Tx), Nghiwete	Npc Ohangwena		14.40m	
4 Mateus(FX), Lisias	Npc Ohangwena		12.00m	

**Athletics Namibia Grand Prix Series 2020 - 31/10/2020****AN Grand Prix Leg 5****Oshakati Independence Stadium****Results - Grand Prix 5****Men 16+ Javelin Throw**

<b>Name</b>	<b>Team</b>	<b>Seed</b>	<b>Finals</b>	<b>Points</b>
<b>Flight 1</b>				
1 Ndeilenga, David	Ncs Athletics Club		42.33m	
2 Kaanjuka, Hitjivirue	Nampol Athletics Club		42.23m	
3 Moses, Petrus	Olupale Athletics Club		34.62m	
4 Heinrich (T37), Kahamba Frans	Namib Lions Athletics Club		31.13m	
5 Toivo (Fx), Tuyoleni	Npc Ohangwena		24.26m	
6 Natangwe(TX), Kanime	Npc Ohangwena		20.66m	