

2020 Namibia National Track & Field Championships - 13/11/2020 to 14/11/2020**2020 T&F Champs
Independence Stadium
Results****Women 16-99 100 Meter Dash**

Name	Team	Seed	Prelims	
Heat 1 Preliminaries Wind: -2.6				
1 Fikunawa, Hanganeni	University of Namibia AC		13.09 Q	1
2 !gom-Khaises, Queen	Swakop Striders AC		13.16 Q	1
3 Nangula, Jade	University of Namibia AC		13.48 q	1
Heat 2 Preliminaries Wind: -3.4				
1 Masilingi, Beatrice	Qsb Windhoek Hochland Sport AC		11.78 Q	2
2 Haitembu, Ndawana	University of Namibia AC		12.92 Q	2
3 Ludgerus, Johanna	Namibia Correctional Services		13.17 q	2
4 Hatting, Jene	Windhoek Gymnasium		13.66 q	2
5 Van Wyk, Jandia	Golden Cheetah AC		13.77 q	2
6 Uandara, Uji	Tsaraxa Eibes AC		14.55	2

Women 16-99 100 Meter Dash

Name	Team	Prelims	Finals	Points
Section 1 Finals Wind: -0.7				
1 Masilingi, Beatrice	Qsb Windhoek Hochland Sport AC	11.78	11.52	
2 Fikunawa, Hanganeni	University of Namibia AC	13.09	12.88	
2 Haitembu, Ndawana	University of Namibia AC	12.92	J12.88	
4 Ludgerus, Johanna	Namibia Correctional Services	13.17	13.04	
5 !gom-Khaises, Queen	Swakop Striders AC	13.16	13.37	
6 Nangula, Jade	University of Namibia AC	13.48	13.44	
7 Van Wyk, Jandia	Golden Cheetah AC	13.77	13.60	
8 Hatting, Jene	Windhoek Gymnasium	13.66	13.61	

Women 16-99 200 Meter Dash

Name	Team	Seed	Prelims	
Heat 1 Preliminaries Wind: NWI				
1 Vaas, Nandi	University of Namibia AC		25.77 Q	1
2 Haitembu, Ndawana	University of Namibia AC		25.93 Q	1
3 Fikunawa, Hanganeni	University of Namibia AC		26.90 Q	1
4 !gom-Khaises, Queen	Swakop Striders AC		27.67 q	1
5 Ishitile(F/T11), Lahja	Namibia Paralympics		28.25 q	1
6 Benson(T37), Johanna	Namibia Paralympics		31.37	1
7 Natanael, Hilma	Qsb Windhoek Hochland Sport AC		34.72	1
Heat 2 Preliminaries Wind: NWI				
1 Masilingi, Beatrice	Qsb Windhoek Hochland Sport AC		25.35 Q	2
2 Nangula, Jade	University of Namibia AC		27.15 Q	2
3 Klein-Nienaber, Chrislene	Swakop Striders AC		27.36 Q	2
4 Uandara, Uji	Tsaraxa Eibes AC		29.63	2

Women 16-99 200 Meter Dash

Name	Team	Prelims	Finals	Points
Section 1 Finals Wind: 2.8				
1 Masilingi, Beatrice	Qsb Windhoek Hochland Sport AC	25.35	22.81	
2 Vaas, Nandi	University of Namibia AC	25.77	25.42	
3 Haitembu, Ndawana	University of Namibia AC	25.93	25.60	
4 Fikunawa, Hanganeni	University of Namibia AC	26.90	26.69	
5 Nangula, Jade	University of Namibia AC	27.15	27.02	
6 Ishitile(F/T11), Lahja	Namibia Paralympics	28.25	27.69	

2020 Namibia National Track & Field Championships - 13/11/2020 to 14/11/2020**2020 T&F Champs****Independence Stadium****Results****Section 1 Finals Wind: 2.8 ... (Women 16-99 200 Meter Dash)**

Name	Team	Prelims	Finals	Points
7 Klein-Nienaber, Christlene	Swakop Striders AC	27.36	27.96	

Women 16-99 400 Meter Dash

Name	Team	Seed	Finals	Points
Section 1				
1 Masilingi, Beatrice	Qsb Windhoek Hochland Sport AC		58.46	
2 Vaas, Nandi	University of Namibia AC		59.50	
3 Gustav, Radegundus	Namibia Correctional Services		1:01.13	
4 Ishitile(F/T11), Lahja	Namibia Paralympics		1:05.37	
5 Junias, Ndahambelela O	Namibia Police Force AC		1:09.33	
6 Kandonga, Assera	Nys-Rietfontein AC		1:15.89	
7 Natanael, Hilma	Qsb Windhoek Hochland Sport AC		1:18.04	
8 Ndara, Rosalia	Nys-Rietfontein AC		1:35.16	

Women 16-99 800 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 Mbonga, Christine	Qsb Windhoek Hochland Sport AC		2:11.65	
2 Nduviteko, Salmi	Namibia Police Force AC		2:22.36	
3 Gustav, Radegundus	Namibia Correctional Services		2:25.00	
4 Titu, Peneyambeko	Kakadhinwa AC		2:37.76	
5 Silas, Paskaria	Oshakati AC		2:42.79	
6 Eelu, Rauuna	Namibia Correctional Services		2:48.85	
7 Shihala, Indileni	Olupale AC		3:12.79	

Women 16-99 1500 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 Mbonga, Christine	Qsb Windhoek Hochland Sport AC		5:03.84	
2 Nduviteko, Salmi	Namibia Police Force AC		5:09.25	
3 Titu, Peneyambeko	Kakadhinwa AC		5:11.47	
4 Jeremia, Beata	Kakadhinwa AC		5:13.32	
5 Shihala, Indileni	Olupale AC		5:18.68	
6 Nghishoonge, Ndakulilwa	Kakadhinwa AC		5:21.94	
7 Silas, Paskaria	Oshakati AC		5:27.95	
8 Eelu, Rauuna	Namibia Correctional Services		5:35.68	
9 Watson, Tarietha	Windhoek Gymnasium		5:37.57	
--- Kauhonwa, Lovisa	Kakadhinwa AC		DNF	
--- Shilongo, Shivomwene	Namibia Correctional Services		DNF	

Women 16-99 5000 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 Nghishoonge, Ndakulilwa	Kakadhinwa AC		18:49.91	
2 Matana, Kaleninasho	Cheetah AC		19:07.15	
3 Shilongo, Shivomwene	Namibia Correctional Services		19:11.02	
4 Kauhonwa, Lovisa	Kakadhinwa AC		21:03.38	
--- Jeremia, Beata	Kakadhinwa AC		DNF	

2020 Namibia National Track & Field Championships - 13/11/2020 to 14/11/2020**2020 T&F Champs
Independence Stadium
Results****Women 16-99 4x100 Meter Relay**

Team	Relay	Seed	Finals	Points
Section 1				
1 University of Namibia AC 1) Fikunawa, Hanganeni	A 2) Haitembu, Ndawana	3) Vaas, Nandi	51.31 4) Nangula, Jade	
2 Namibia Correctional Services 1) Gustav, Radegundus	A 2) Ludgerus, Johanna	3) Eelu, Rauuna	54.54 4) Haitope, Ester	

Women 16-99 4x400 Meter Relay

Team	Relay	Seed	Finals	Points
Section 1				
1 Namibia Police Force AC	A		4:13.91	
2 Cheetah AC	A		5:08.37	

Women 16-99 High Jump

Name	Team	Seed	Finals	Points
Flight 1				
1 Klein-Nienaber, Chrislene	Swakop Striders AC		1.55m	
2 Smeer, Ida	Qsb Windhoek Hochland Sport AC		1.50m	
--- Le Roux, Megan-Louise	Swakop Striders AC		NH	

Women 16-99 Long Jump

Name	Team	Seed	Finals	Wind	Points
Flight 1					
1 Louw, Natalie	Triomf AC		5.57m	0.9	
2 Klein-Nienaber, Chrislene	Swakop Striders AC		5.11m	0.6	
3 iithete, Frieda	University of Namibia AC		4.90m	NWI	
4 Mbonga, Christine	Qsb Windhoek Hochland Sport AC		4.85m	0.6	
5 Linus, Penny	University of Namibia AC		4.43m	NWI	
6 Ishitile(F/T11), Lahja	Namibia Paralympics		4.34m	2.2	
7 Rukoro, Fabiola	University of Namibia AC		4.27m	+0.0	
8 Nambambi, Theresia	University of Namibia AC		4.10m	NWI	

Women 16-99 Shot Put

Name	Team	Seed	Finals	Points
Flight 1				
1 Silver, Tuaine	Windhoek Gymnasium		12.86m	
2 Jenkins, Chriselda	Qsb Windhoek Hochland Sport AC		10.32m	
3 Kujendeka, Virginia	University of Namibia AC		10.20m	
4 Kuppe (Master), Hella	Qsb Windhoek Hochland Sport AC		6.70m	
5 Shivolo(F40), Sylvia	Namibia Paralympics		5.45m	
6 Haitkalute (F37), Martha	Namibia Paralympics		5.31m	

Women 16-99 Discus Throw

Name	Team	Seed	Finals	Points
Flight 1				
1 Jenkins, Chriselda	Qsb Windhoek Hochland Sport AC		41.26m	
2 Silver, Tuaine	Windhoek Gymnasium		35.15m	
3 Schultz, Vasti	Rehoboth Athletics Club		20.78m	
4 Kuppe (Master), Hella	Qsb Windhoek Hochland Sport AC		13.24m	
5 Shivolo(F40), Sylvia	Namibia Paralympics		13.01m	

2020 Namibia National Track & Field Championships - 13/11/2020 to 14/11/2020**2020 T&F Champs****Independence Stadium****Results****Women 16-99 Javelin Throw**

Name	Team	Seed	Finals	Points
Flight 1				
1 Jenkins, Chriselda	Qsb Windhoek Hochland Sport AC		31.98m	
2 Hatting, Jene	Windhoek Gymnasium		30.99m	
3 Silver, Tuaine	Windhoek Gymnasium		26.11m	
4 Xu, Huber	Qsb Windhoek Hochland Sport AC		25.86m	
5 Schultz, Vasti	Rehoboth Athletics Club		25.02m	
6 Kuppe (Master), Hella	Qsb Windhoek Hochland Sport AC		14.99m	

Men 16-99 100 Meter Dash

Name	Team	Seed	Prelims	
Heat 1 Preliminaries Wind: -2.3				
1 Murere, Hatago	Namibia Police Force AC		11.17 Q	1
2 Nekundi, Onesmus	University of Namibia AC		11.31 Q	1
2 Tjiviju, Even	Namibia Correctional Services		11.31 Q	1
4 Cloete, Valenchio	University of Namibia AC		11.39 q	1
5 Appols, Gregor	University of Namibia AC		11.51	1
6 Narib, Junior	Swakop Striders AC		12.00	1
7 Basson, Jurgen Gideon	Golden Cheetah AC		12.32	1
Heat 2 Preliminaries Wind: -3.0				
1 Diergaardt, Sandro	Namibia Police Force AC		11.09 Q	2
2 Tities, Kenneth	University of Namibia AC		11.19 Q	2
3 Cassy, Theofilus	Namib Lions AC		11.47	2
4 Ludwig, Dwayne	Swakop Striders AC		11.54	2
5 Bonifatius, Desiderius	Namibia Defence Force AC		11.59	2
6 Martin, Marco	Swakop Striders AC		11.63	2
7 Ashipala (T46), Tangeni	Namibia Paralympics		12.02	2
8 Kinda(T12), Chris	Namibia Paralympics		12.54	2
Heat 3 Preliminaries Wind: -3.6				
1 Narib, Ernst	Namibia Police Force AC		11.22 Q	3
2 Gaseb, Elvis	Namib Lions AC		11.49 Q	3
3 Tsumib, Wesley	Swakop Striders AC		11.72	3
4 De Koe, Ruwayno	Qsb Windhoek Hochland Sport AC		11.89	3
5 Shikongo(T11), Ananias	Welvitchia77 AC		12.02	3
6 Namene, Cecil	Triomf AC		12.30	3

Men 16-99 100 Meter Dash

Name	Team	Prelims	Finals
Section 1 Finals Wind: -0.8			
1 Diergaardt, Sandro	Namibia Police Force AC	11.09	10.80
2 Narib, Ernst	Namibia Police Force AC	11.22	10.93
3 Murere, Hatago	Namibia Police Force AC	11.17	11.07
4 Tities, Kenneth	University of Namibia AC	11.19	11.19
5 Nekundi, Onesmus	University of Namibia AC	11.31	11.26
6 Gaseb, Elvis	Namib Lions AC	11.49	11.28
7 Cloete, Valenchio	University of Namibia AC	11.39	11.39

2020 Namibia National Track & Field Championships - 13/11/2020 to 14/11/2020**2020 T&F Champs****Independence Stadium****Results****Men 16-99 200 Meter Dash**

Name	Team	Seed	Prelims	
Heat 1 Preliminaries Wind: +0.0				
1 Cassy, Theofilus	Namib Lions AC		22.65 Q	1
2 Shikongo(T11), Ananias	Welvitchia77 AC		22.92 Q	1
3 Theron, Konrad	Windhoek Gymnasium		23.35	1
4 Markus, Elia	Omuthiya AC		24.24	1
Heat 2 Preliminaries Wind: 1.0				
1 Tities, Kenneth	University of Namibia AC		21.94 Q	2
2 Nambala (T13), Johannes	Welvitchia77 AC		22.57 Q	2
3 Tsumib, Wesley	Swakop Striders AC		22.61	2
4 Ashipala (T46), Tangeni	Namibia Paralympics		23.09	2
5 Martin, Marco	Swakop Striders AC		23.35	2
6 Maswahu, Gift	Qsb Windhoek Hochland Sport AC		24.42	2
7 Shitimwene(T46), Israel	Namibia Paralympics		26.21	2
Heat 3 Preliminaries Wind: -1.2				
1 Narib, Ernst	Namibia Police Force AC		21.60 Q	3
2 Murere, Hatago	Namibia Police Force AC		22.20 Q	3
3 Gaseb, Elvis	Namib Lions AC		22.63	3
4 Nekundi, Onesmus	University of Namibia AC		22.90	3
5 Bonifatius, Desiderius	Namibia Defence Force AC		22.98	3
6 Basson, Jurgen Gideon	Golden Cheetah AC		25.38	3
Heat 4 Preliminaries Wind: 1.8				
1 Geldenhuys, Ivan Dani	Qsb Windhoek Hochland Sport AC		22.47 Q	4
2 Appols, Gregor	University of Namibia AC		22.80 Q	4
3 Nyambe, Sebastian	Namibia Defence Force AC		23.10	4
4 Narib, Junior	Swakop Striders AC		24.05	4

Men 16-99 200 Meter Dash

Name	Team	Prelims	Finals	Points
Section 1 Finals Wind: 1.1				
1 Narib, Ernst	Namibia Police Force AC	21.60	20.94	
2 Geldenhuys, Ivan Dani	Qsb Windhoek Hochland Sport AC	22.47	21.31	
3 Murere, Hatago	Namibia Police Force AC	22.20	21.63	
4 Tities, Kenneth	University of Namibia AC	21.94	22.00	
5 Cassy, Theofilus	Namib Lions AC	22.65	22.37	
6 Nambala (T13), Johannes	Welvitchia77 AC	22.57	22.64	
7 Appols, Gregor	University of Namibia AC	22.80	22.81	
8 Shikongo(T11), Ananias	Welvitchia77 AC	22.92	23.00	

Men 16-99 400 Meter Dash

Name	Team	Seed	Prelims	
Heat 1 Preliminaries				
1 Shimanda, Sam	Namibia Police Force AC		50.42 Q	1
2 Muyenga, Johannes	University of Namibia AC		52.66 Q	1
3 Kaputuaza, Venomukono	Namib Lions AC		56.25	1
4 Appolus, Sherwin	Rehoboth Athletics Club		57.37	1
Heat 2 Preliminaries				
1 Narib, Ernst	Namibia Police Force AC		50.94 Q	2
2 Otsile, Abraham	Namibia Police Force AC		51.37 Q	2

2020 Namibia National Track & Field Championships - 13/11/2020 to 14/11/2020**2020 T&F Champs
Independence Stadium
Results****Heat 2 Preliminaries ... (Men 16-99 400 Meter Dash)**

Name	Team	Seed	Prelims	
3 Kandimba, Festus	University of Namibia AC		51.41	q 2
4 Kawiwi, Enock	Namib Lions AC		54.11	2
5 Kinda(T12), Chris	Namibia Paralympics		55.19	2

Heat 3 Preliminaries

1 Geldenhuys, Ivan Dani	Qsb Windhoek Hochland Sport AC		47.92	Q 3
2 Appols, Mervin	Omaruru AC		49.39	Q 3
3 Nambala (T13), Johannes	Welvitchia77 AC		49.75	q 3
4 Ashipala (T46), Tangeni	Namibia Paralympics		52.86	3
5 Maswahu, Gift	Qsb Windhoek Hochland Sport AC		53.44	3
6 Hainana, Victor	Namib Lions AC		56.20	3

Men 16-99 400 Meter Dash

Name	Team	Prelims	Finals	Points
Section 1 Finals				
1 Geldenhuys, Ivan Dani	Qsb Windhoek Hochland Sport AC	47.92	47.15	
2 Narib, Ernst	Namibia Police Force AC	50.94	47.66	
3 Shimanda, Sam	Namibia Police Force AC	50.42	49.50	
4 Nambala (T13), Johannes	Welvitchia77 AC	49.75	51.30	
5 Kandimba, Festus	University of Namibia AC	51.41	51.54	
6 Otsile, Abraham	Namibia Police Force AC	51.37	51.95	
7 Muyenga, Johannes	University of Namibia AC	52.66	54.79	
--- Appols, Mervin	Omaruru AC	49.39	DNF	

Men 16-99 800 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 Nghipandulwa, Daniel	University of Namibia AC		1:54.95	
2 Ashuulu, Vaino	Cheetah AC		1:55.40	
3 Mavenjono, Uhorera	Namibia Correctional Services		1:55.69	
4 Dam, David	Omaruru AC		1:56.33	
5 Muyenga, Johannes	University of Namibia AC		1:58.17	
6 Angula, Arno	Cheetah AC		1:58.38	
7 Nghifenwa, Jona	University of Namibia AC		2:04.37	
8 Kaluli((T37), Petrus	Namibia Paralympics		2:15.65	
9 Petrus, Moses	Olupale AC		2:26.43	

Men 16-99 1500 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 Shaliaxwe, Jeremia	Namibia Police Force AC		3:59.85	
2 Dam, David	Omaruru AC		4:01.01	
3 Mavenjono, Uhorera	Namibia Correctional Services		4:09.92	
4 Shigwedha, Thomas	Namibia Correctional Services		4:14.76	
5 Oskar, Komeya	Namibia Defence Force AC		4:14.93	
6 Nakapata, Sam	Kakadhinwa AC		4:21.81	
7 Nghifenwa, Jona	University of Namibia AC		4:28.03	
8 Ashuulu, Vaino	Cheetah AC		4:28.54	
9 Nambuli, Joseph	Kakadhinwa AC		4:34.73	
10 Cornelius, Simon K	Golden Cheetah AC		4:36.97	

2020 Namibia National Track & Field Championships - 13/11/2020 to 14/11/2020**2020 T&F Champs
Independence Stadium
Results****Section 1 ... (Men 16-99 1500 Meter Run)**

Name	Team	Seed	Finals	Points
11 Shilongo, Filemon	Windhoek Gymnasium		4:45.25	
12 Petrus, Moses	Olupale AC		4:49.97	
13 Kaluli((T37), Petrus	Namibia Paralympics		4:54.87	
--- Angula, Arno	Cheetah AC		DNF	

Men 16-99 5000 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 Kefas, Kondjashili	Namibia Police Force AC		14:24.15	
2 Paulus, Daniel	Namibia Correctional Services		14:26.27	
3 Shigwedha, Thomas	Namibia Correctional Services		15:25.98	
4 Matheus, Jesaja	Namibia Correctional Services		15:43.84	
5 Onesmus, Junias	Cheetah AC		16:07.51	
6 Du Ploy, Divan	Qsb Windhoek Hochland Sport AC		16:10.38	
7 Boois, Johannes	University of Namibia AC		16:15.36	
8 Nambuli, Joseph	Kakadhinwa AC		16:15.86	
9 Nghifivali, Thomas	Namibia Correctional Services		16:45.81	
10 Thomas, Andreas	Nys-Rietfontein AC		16:47.03	
--- Nakapata, Sam	Kakadhinwa AC		DNF	

Men 16-99 10000 Meter Run

Name	Team	Seed	Finals	Points
Section 1				
1 Kefas, Kondjashili	Namibia Police Force AC		30:18.41	
2 Teofelus, Lisias	Cheetah AC		32:34.10	
3 Matheus, Jesaja	Namibia Correctional Services		32:39.94	
4 Haufiku, Henock	Cheetah AC		34:13.66	
5 Kaundinge, Steven	Namibia Correctional Services		34:53.50	
6 Matti, Hafeni	Nys-Rietfontein AC		36:26.80	

Men 16-99 400 Meter Hurdles

Name	Team	Seed	Finals	Points
Section 1				
1 Mathys, Deevan	University of Namibia AC		59.64	1
2 Otsile, Abraham	Namibia Police Force AC		1:02.31	1
3 Beukes, Elrico	Tsaraxa Eibes AC		1:03.05	1
4 Swartbooi, Rivaldo	University of Namibia AC		1:08.87	1
Section 2				
1 Louw, Leander	Triomf AC		58.43	2
2 Kawiwi, Enock	Namib Lions AC		1:00.14	2
3 Brandt, Cameron	University of Namibia AC		1:02.49	2

Men 16-99 4x100 Meter Relay

Team	Relay	Seed	Finals	Points
Section 1				
1 Namib Lions AC	A		43.02	
1) Cassy, Theofilus	2) Goagoseb, Kelvin	3) Kamuaruuma, Sydney	4) Gaseb, Elvis	
2 Namibia Police Force AC	A		43.13	
1) Diergaardt, Sandro	2) Otsile, Abraham	3) Murere, Hatago	4) Shimanda, Sam	

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Independence Stadium
Results****Section 1 ... (Men 16-99 4x100 Meter Relay)**

Team	Relay	Seed	Finals	Points
3 University of Namibia AC 1) Cloete, Valenchio	A 2) Appols, Gregor		43.14	
4 University of Namibia AC 1) Beukes, Breyton	B 2) Mathys, Deevan	3) Tities, Kenneth 3) Muyenga, Johannes	44.90 4) Nekundi, Onesmus 4) Kandimba, Festus	

Men 16-99 4x400 Meter Relay

Team	Relay	Seed	Finals	Points
Section 1				
1 Namibia Police Force AC 1) Narib, Ernst	A 2) Shimanda, Sam		3:43.58	
2 University of Namibia AC 1) Kandimba, Festus	A 2) Muyenga, Johannes	3) Shaliaxwe, Jeremia 3) Nekundi, Onesmus	3:53.87 4) Kefas, Kondjashili 4) Perreira, Domingo	
3 Cheetah AC 1) Angula, Arno	A 2) Ashuulu, Vaino	3) Onesmus, Junias	3:54.55 4) Haufiku, Henock	

Men 16-99 High Jump

Name	Team	Seed	Finals	Points
Flight 1				
1 Samantu, Emmanuel	University of Namibia AC		2.10m	
2 Dax, George	Rehoboth Athletics Club		1.90m	
3 Mathys, Deevan	University of Namibia AC		1.85m	
3 Perreira, Domingo	University of Namibia AC		J1.85m	

Men 16-99 Long Jump

Name	Team	Seed	Finals	Wind	Points
Flight 1					
1 Diergaardt, Sandro	Namibia Police Force AC		7.26m	-3.1	
2 Mukwiilongo, Aston	Rehoboth Athletics Club		6.26m	-2.1	
3 De Koe, Ruwayno	Qsb Windhoek Hochland Sport AC		6.25m	-3.3	
4 Afrikaner, Dawid	Qsb Windhoek Hochland Sport AC		6.18m	-3.0	
5 Martin, Marco	Swakop Striders AC		6.15m	-3.7	
6 Beukes, Breyton	University of Namibia AC		5.81m	NWI	
7 Beukes, Clinton	Tsaraxa Eibes AC		5.57m	-2.6	
8 Markus, Elia	Omuthiya AC		5.51m	-4.6	
9 Beukes, Elrico	Tsaraxa Eibes AC		5.06m	-3.4	
10 Shitimwene(T46), Israel	Namibia Paralympics		4.05m	-1.6	

Men 16-99 Triple Jump

Name	Team	Seed	Finals	Wind	Points
Flight 1					
1 Afrikaner, Dawid	Qsb Windhoek Hochland Sport AC		14.67m	4.0	
2 Andreas, Don	Rehoboth Athletics Club		14.44m	NWI	
3 Makari, Greg	University of Namibia AC		14.18m	1.1	
4 Dax, George	Rehoboth Athletics Club		13.13m	NWI	

Men 16-99 Shot Put

Name	Team	Seed	Finals	Points
Flight 1				
1 Breytenbach, Leeor-el	Windhoek Gymnasium		14.79m	
2 Williams, Ryan	Qsb Windhoek Hochland Sport AC		13.93m	
3 Kaanjuka, Hitjivirue	Namibia Police Force AC		11.54m	

2020 Namibia National Track & Field Championships - 13/11/2020 to 14/11/2020**2020 T&F Champs****Independence Stadium****Results****Flight 1 ... (Men 16-99 Shot Put)**

Name	Team	Seed	Finals	Points
4 Benade, Reginald	Namibia Paralympics		10.79m	
5 Jansen (F44), Dian	Qsb Windhoek Hochland Sport AC		10.64m	
6 Van Wyk, William	Qsb Windhoek Hochland Sport AC		10.31m	
7 Orren, Mark	Tsaraxa Eibes AC		9.65m	
8 Shihepo (F37), Simon	Namibia Paralympics		8.50m	
9 Mbeya, Nafta-Everest	Namibia Police Force AC		7.85m	
10 Ngairo, Albertus	Nys-Rietfontein AC		7.80m	

Men 16-99 Discus Throw

Name	Team	Seed	Finals	Points
Flight 1				
1 Williams, Ryan	Qsb Windhoek Hochland Sport AC		56.06m	
2 Breytenbach, Leer-el	Windhoek Gymnasium		49.08m	
3 Huber, Ludwig	Qsb Windhoek Hochland Sport AC		37.69m	
4 Bruwer, Petri	Windhoek Gymnasium		37.10m	
5 Jansen (F44), Dian	Qsb Windhoek Hochland Sport AC		34.97m	
6 Murambinda, Paul	University of Namibia AC		34.42m	
7 Shihepo (F37), Simon	Namibia Paralympics		31.81m	
8 Benade, Reginald	Namibia Paralympics		31.14m	
9 Van Wyk, William	Qsb Windhoek Hochland Sport AC		28.30m	

Men 16-99 Javelin Throw

Name	Team	Seed	Finals	Points
Flight 1				
1 Engelbrecht, Jasper	Qsb Windhoek Hochland Sport AC		62.17m	
2 Huber, Ludwig	Qsb Windhoek Hochland Sport AC		58.44m	
3 Theunissen, Dirk	Windhoek Gymnasium		49.84m	
4 Van Wyk, William	Qsb Windhoek Hochland Sport AC		43.72m	
5 Ndeilenga, David	Namibia Correctional Services		43.05m	
6 Kaanjuka, Hitjivirue	Namibia Police Force AC		41.23m	
7 Mbeya, Nafta-Everest	Namibia Police Force AC		27.25m	