

Nationals Invitee Athletes**Women**

100m Women	Event	Time	Competition Club	Region
1 Jacobs, Jolene	100	12.58	KHC WELV	Khomas
2 Britz Cornel	100	12.91	Potch WGYM	Khomas
3 Werner, Ndapandula	100	12.94	RCC1 RAC	Hardap
4 Bishoff Dure	100	12.99	COSSASA NSSU	NSSU
5 Johannes, Albertina	100	13.01	RCC1 Chee	Oshana
6 Belgium, Laure	100	13.18	KHC Triomf	Khomas
7 De Sousa Sade	100	13.18	COSSASA NSSU	NSSU
8 Ngoziz, Onyneneke	100	13.23	RCC1 NAMPOL	NAMPOL

200m Women	Event	Time	Competition Club	Region
1 Jacobs, Jolene	200	25.77	KHC WELV	Khomas
2 Nakanyala Meriam	200	26.67	COSSASA QSB	NSSU
3 Garbers Henryke	200	26.68	COSSASA QSB	NSSU
4 Belgium, Laure	200	27.03	KHC Triomf	Khomas
5 Tjingaete, Silba	200	27.42	RCC2 NDF	Khomas
6 Murapo, Roswitha	200	27.78	RCC2 MKWE	Kavango East
7 Werner, Ndapandula	200	28.25	RCC2 RAC	Hardap
8 Katjikua, Chantel	200	28.34	KHC Univ	Khomas

400m Women	Event	Time	Competition Club	Region
Garbers Henryke	400	57.92	COSSASA	
1 Nduuviteko, Salmi	400	58.85	RCC2 NAMPOL	NAMPOL
2 Johannes, Albertina	400	59.29	RCC2 Cheetah	Oshana
3 Tjingaete, Silba	400	60.25	RCC2 NDF	Khomas
4 Kangumba	400	60.33	COSSASA	NSSU
5 Betlehema, Christine	400	63.22	RCC2 OMARU	Erongo
6 Haingura, Innocentia	400	63.89	RCC2 Lishi	Kavango East
7 Mukongotsi, Frankilde	400	64.57	RCC2 MKWE	Kavango East
8 Coetzee, Caytlon	400	64.75	RCC2 QSB	Khomas

800m Women	Event	Time	Competition Club	Region
1 Nduuviteko, Salmi	800	2:14.31	RCC2 NAMPOL	NAMPOL
2 Haitope, Lavinia	800	2:17.01	RCC2 NAMPOL	NAMPOL
3 Muhepa, Nathalia	800	2:23.10	RCC2 Havas	NSSU
4 Shilongo, Hilya	800	2:31.37	RCC2 Okongo	Ohangwena
5 Martin, Saara	800	2:50.47	RCC2 Oshakati	Oshana

1500m Women	Event	Time	Competition Club	Region
1 Haitope, Lavinia	1500	4:42.00	RCC2 NAMPOL	NAMPOL
2 Matoma Katinasha	1500	4:48.30	COSSASA	NSSU
3 Nduuviteko, Salmi	1500	4:48.80	RCC1 NAMPOL	NAMPOL
4 Martin, Saara	1500	4:50.34	RCC1 Oshakati	Oshana
5 Shilongo, Hilya	1500	4:59.94	RCC2 Okongo	Ohangwena
6 Ntjati, Selma	1500	5:03.29	RCC2 Havas	Kavango East
7 Haimbili, Generosa	1500	5:03.46	RCC2 Havas	Kavango East
8 Shivute, Elizabeth	1500	5:04.48	RCC1 Cheetah	Oshana

5000m Women					
	Event	Time	Competition Club		Region
1	Ekanjjo, Ndeshimona	5000 18:49.53	NAMPOL		NAMPOL
2	Martin, Saara	5000 19:21.61	Oshakati		Oshana
3	Kawiwi, Elizabeth	5000 19:21.61	Swakop		Erongo
4	Aimwata, Ottilie	5000 19:45.5	NDF		Khomas
100m Hurddles Women					
	Event	Time	Competition Club		Region
1	Britz Eileen	100mh 14.96	Potch	WGYM	Khomas
2	Simaata Perpetua	100mh 16.41	COSSASA	Swakop	Erongo
3	Potgieter Laurie	100mh 16.48	COSSASA		NSSU
400m Hurddles Women					
	Event	Time	Competition Club		Region
1	David Vanaune	400mh 68.84	COSSASA		NSSU
2	Potgieter Laurie-Ann	400mh 69.13	COSSASA		NSSU
High Jump Women					
	Event	Hight	Competition Club		Region
1	Pretorius, Michelle	HJ 1.65	QSB	QSB	Khomas
2	Louw Natalie	HJ 1.63	COSSASA		NSSU
3	Horn, Siranda	HJ 1.59	RCC1	SWAKOP	Erongo
4	Turner, Minetta	HJ 1.55	COSSASA	SWAKOP	Erongo
5	Van Der Merwe, Deorette	HJ 1.53	RCC1	QSB	Khomas
6	Minin, Meriam	HJ 1.50	RCC1	UNIV	Khomas
7	Kotze, Madeleine	HJ 1.50	QSB	QSB	Khomas
8	Kangootui, Womba	HJ 1.50	RCC2	CCAC	Omaheke
Long Jump Women					
	Event	Distance	Competition Club		Region
1	Kruger, Corlia	LJ 5.75	KHC	Triomf	Khomas
2	Kruger Kristien	LJ 5.61	Potch	Triomf	Khomas
3	Louw Natalie	LJ 5.19	COSSASA		NSSU
4	Du Toit Chantell	LJ 5.18	COSSASA		NSSU
5	Minin, Meriam	LJ 4.73	KHC	UNIV	Khomas
6	Uarije, Vicky	LJ 4.66	KHC	UNIV	Khomas
7	Midimba, Faith	LJ 4.64	KHC	UNIV	Khomas
8	Kheibes, Joslin	LJ 4.48	RCC1	RAC	Hardap
Discus Women					
	Event	Distance	Competition Club		Region
1	Engelbrecht, Sune	Discus 33.05	QSB	QSB	Khomas
2	Botha, Karlien	Discus 29.95	QSB	QSB	Khomas
3	Shilongo, Selma	Discus 28.69	KHC	GCAC	Khomas
4	Hoffman, Lea Theresa	Discus 23.75	QSB	QSB	Khomas
5	Voigts, Stephane	Discus 22.91	QSB	QSB	Khomas
6	Jurgens, Sinead	Discus 22.75	QSB	QSB	Khomas
7	Beukes, Kaela	Discus 22.69	QSB	QSB	Khomas
8	Burger, Shani	Discus 22.63	KHC	QSB	Khomas
Javelin Women					
	Event	Distance	Competition Club		Region
1	Van Der Merwe, Deorette	Javelin 35.17	KHC	QSB	Khomas
2	Jacobs, Jolene	Javelin 33.67	QSB	WEIV	Khomas

3	Kruger, Corlia	Javelin	32.53	KHC	Triomf	Khomas
4	Burger, Shani	Javelin	30.66	QSB	QSB	Khomas
5	Jurgens, Sinead	Javelin	29.30	QSB	QSB	Khomas
6	Gous, Arina	Javelin	28.80	QSB	QSB	Khomas
7	Vliete, Fiola	Javelin	26.18	RCC1	RAC	Khomas
8	Botha, Karlien	Javelin	25.64	KHC	QSB	Khomas
Tripple Jump Women						
	Event	Distance	Competition Club		Region	
1	Barnard Anja	TJ	10.38	COSSASA		NSSU
2	Topnaar, Mariska	TJ	9.88	RCC2	RAC	Hardap
3	Kamuhenune, Winnie	TJ	9.30	RCC2	CCAC	Omaheke
Shotput Women						
	Event	Distance	Competition Club		Region	
1	Smith, Conette	Shot Put	11.40	RCC1	Swakop	Hardap
2	Shilongo, Selma	Shot Put	10.82	KHC	GCAC	Khomas
3	VanWyk, Dale	Shot Put	8.52	KHC	QSB	Khomas
4	Van Dyk, Anette	Shot Put	7.62	KHC	QSB	Khomas