

**Nambia National Athletics Championships Invitee Athletes**

**Men**

<b>100m - Men</b>	<b>Event</b>	<b>Time</b>	<b>Competition</b>	<b>Club</b>	<b>Region</b>
1 Tjibatu, Kauajo	100	10.73	RCC2	NCS	Khomas
2 Tjiviju, Even	100	10.75	RCC1	NCS	Khomas
3 Tjiramba, Ismael	100	10.84	RCC1	UNIV	Khomas
4 Taukeni, Leigh	100	10.85	QSB	Univ	Khomas
5 Losper, Leanzo	100	10.95	KHC	SWAKOP	Erongo
6 Haitengi, Roger	100	10.98	QSB	QSB	Khomas
7 Thighuru, Haushiku	100	11.06	RCC2	Sauyemwa	Kavango East
8 Karupu, Basilius	100	11.07	RCC2	NAMPOL	NAMPOL

<b>200m - Men</b>	<b>Event</b>	<b>Time</b>	<b>Competition</b>	<b>Club</b>	<b>Region</b>
1 Narib Ernst	200	21.70	Potch-SA	NAMPOL	NAMPOL
2 Taukeni, Leigh	200	21.85	KHC	Unive	Khomas
3 Losper, Leanzo	200	22.08	KHC	Walvis Bay	Erongo
4 Karupu, Basilius	200	22.10	KHC	NAMPOL	NAMPOL
5 Tjibatu, Kauajo	200	22.19	RCC2	NCS	Khomas
6 Tjiviju, Even	200	22.20	RCC2	NCS	Khomas
7 Pieterse, Fred Charles	200	22.24	RCC2	WELV	Khomas
8 Bock, Mohamed	200	22.49	KHC	Unive	Khomas

<b>400m - Men</b>	<b>Event</b>	<b>Time</b>	<b>Competition</b>	<b>Club</b>	<b>Region</b>
1 Narib Ernst	400	47.30	Salsolburg-SA	NAMPOL	NAMPOL
2 Karupu, Basilius	400	48.39	RCC2	NAMPOL	NAMPOL
3 Bock, Mohamed	400	48.72	RCC2	Unive	Khoamas
4 Cloete, Valencio	400	48.74	RCC2	Unive	Khomas
5 Shimanda, Sam	400	48.84	RCC2	NAMPOL	NAMPOL
6 Nghipandulwa, Daniel	400	49.20	KHC	NAMPOL	NAMPOL
7 Appolus, Mervin	400	49.26	RCC2	SWAKOP	Erongo
8 Ndunge, Thomas	400	49.48	RCC1	QSB	Khomas

<b>800m - Men</b>	<b>Event</b>	<b>Time</b>	<b>Competition</b>	<b>Club</b>	<b>Region</b>
1 Nghipandulwa, Daniel	800	1:52.13	RCC1	NAMPOL	NAMPOL
2 Nalukaku, Asser	800	1:53.16	RCC1	Oshakati	Oshana
3 Komeya, Oskar	800	1:54.00	RCC1	NDF	Khomas
4 Simon, Ananias	800	1:57.58	RCC1	Omaruru	Erongo
5 Ndakola, Jekonia	800	1:58.73	RCC1	NAMPOL	NAMPOL
6 Muyenga, Johannes	800	1:59.97	RCC1	UNIVE	Khomas
7 Nghilokwa, Erasmus	800	2:01.05	RCC1	Sunshine	Oshana
8 Nalwanda, Simon	800	2:04.87	RCC1	KAK	Ohangwena

<b>1500m - Men</b>	<b>Event</b>	<b>Time</b>	<b>Competition</b>	<b>Club</b>	<b>Region</b>
1 Komeya, Oskar	1500	3:57.56	RCC1	NDF	Khomas
2 Skrywer, Johannes	1500	3:58.70	RCC1	NAMPOL	NAMPOL
3 Shaliawe, Jeremia	1500	3:58.81	RCC1	NAMPOL	NAMPOL
4 Nalukaku, Asser	1500	4:00.97	RCC1	Oshakati	Oshana
5 Kondjashili, Kefas	1500	4:01.71	RCC2	NAMPOL	NAMPOL
6 Simon, Ananias	1500	4:06.63	RCC1	Omaruru	Erongo

7	Shigwedha, Tomas	1500	4:13.21	RCC1 Oshakati	Oshana
8	Afrinkaner, Franky	1500	4:14.60	RCC1 CCAC	Omaheke
<b>5000m - Men</b>					
	<b>Event</b>	<b>Time</b>	<b>Competition</b>	<b>Club</b>	<b>Region</b>
1	Kauanivi, Mynhardt	1500	14:51.85	RCC1 NAMPOL	NAMPOL
2	Sammy, Tum	1500	14:56.52	RCC1 Omaruru	Erongo
3	Nampala, Reonard	1500	15:03.31	RCC1 NDF	Khomas
4	Kaundinge, Stephanus	1500	15:05.78	RCC1 Oshakati	Oshana
5	Shiimi, Gabriel	1500	15:15.43	RCC2 NAMPOL	NAMPOL
6	Paulus, Daniel	1500	15:15.67	RCC1 Okongo	Ohangwena
7	Shiimi, Simeon	1500	15:27.65	RCC1 NDF	Khomas
8	Mwandingi, Jonathan	1500	15:27.84	RCC1 NAMPOL	NAMPOL
<b>10000m - Men</b>					
	<b>Event</b>	<b>Time</b>	<b>Competition</b>	<b>Club</b>	<b>Region</b>
1	Kauanivi, Mynhardt	10000	28:38.20	RCC1 NAMPOL	NAMPOL
2	Sammy, Tum	10000	28:45.2h	RCC1 Omaruru	Erongo
3	Kaundinge, Stephanus	10000	29:30.5h	RCC1 Oshakati	Oshana
4	Skrywer, Johannes	10000	29:55.3h	RCC1 NAMPOL	NAMPOL
5	Paulus, Vilho	10000	29:55.6h	RCC2 NAMPOL	NAMPOL
6	Shigwedha, Tomas	10000	30:16.65	RCC1 Oshakati	Oshana
7	Iiyambo, Eino	10000	NT	RCC1 Cheetah	Oshana
8	Matheus, Jesaya	10000	NT	RCC1 NAMPOL	NAMPOL
<b>110m Hurdles- Men</b>					
	<b>Event</b>	<b>Time</b>	<b>Competition</b>	<b>Club</b>	<b>Region</b>
1	Oosthuisen, Jaco	110mh	14.66	QSB	Khomas
2	Pieterse FC	110mh	14.68	Potch	Khomas
3	Janse van Rensburg, G	110mh	14.80	QSB	Khomas
4	Araeb, Junior	110mh	14.84	QSB	Khomas
5	April Zuriel	110mh	15.25	COSSASA	NSSU
<b>400m Hurdles- Men</b>					
	<b>Event</b>	<b>Time</b>	<b>Competition</b>	<b>Club</b>	<b>Region</b>
1	April Zuriel	400mh	56.58	COSSASA	NSSU
2	Hardus Maritz	400mh	50.60	Potch	Khomas
3	Beukes, Jiaan	400mh	62.66	QSB	WGYM
<b>Long Jump - Men</b>					
	<b>Event</b>	<b>Distance</b>	<b>Competition</b>	<b>Club</b>	<b>Region</b>
1	Diergardt Sandro	LJ	6.76	COSSASA	NSSU
2	Nghifitikeko, Romario	LJ	6.63	RCC1	Swakop
3	Klaasman, W	LJ	6.51	RCC1	NAMPOL
4	Beukes, Terence	LJ	6.31	RCC1	QSB
5	Witru, Johannes	LJ	6.26	RCC1	Swakop
6	De Koe, Adolfi	LJ	5.95	RCC1	RAC
7	Ndeilenga, David	LJ	5.76	RCC1	Oshakati
8	Nyambe, Sebastian	LJ	5.65	KHC	GCAC
<b>Tripple Jump - Men</b>					
	<b>Event</b>	<b>Distance</b>	<b>Competition</b>	<b>Club</b>	<b>Region</b>
1	Roger Haitengi	TJ	16.78	UJ	QSB
2	Orlam, Dennis	TJ	12.88	RCC1	RAC
3	De Koe, AJ	TJ	12.84	QSB	QSB

4	Snyer, Jasson	TJ	12.75	RCC1	RAC	Hardap
5	Klaasman, Wencuslau	TJ	12.72	RCC1	NAMPOL	NAMPOL
6	Januarie, Wayne	TJ	12.29	QSB	QSB	Khomas
7	Beukes, Terence	TJ	11.90	RCC1	Omaruru	Erongo
<b>Javelin - Men</b>						
	<b>Event</b>	<b>Distance</b>	<b>Competition</b>	<b>Club</b>	<b>Region</b>	
1	Van Der Wath Strydom	Jav	69.25	Potch	QSB	Khomas
2	Horn, Nico	Jav	64.03	QSB	WGYM	Khomas
3	Ryan, Williams	Jav	53.13	QSB	QSB	Khomas
4	Roberts, Jan	Jav	51.41	KHC	QSB	Khomas
5	Majiedt, Paul	Jav	50.72	RCC2	RAC	Hardap
6	Potgieter, Dirk	Jav	48.95	QSB	QSB	Khomas
7	Van Wyk, William	Jav	48.05	RCC1	RAC	Hardap
8	Ndeilenga, David	Jav	47.00	RCC1	Oshakati	Oshana
<b>Shotput - Men</b>						
	<b>Event</b>	<b>Distance</b>	<b>Competition</b>	<b>Club</b>	<b>Region</b>	
1	Riekerts, Chalton	SP	11.00	RCC1	RAC	Hardap
2	Clark, Seibeb	SP	10.95	RCC1	Omaruru	Erongo
3	Van Wyk, William	SP	10.00	RCC1	RAC	Hardap
4	Isaac, Fennety	SP	9.23	RCC1	UNIV	Khomas
6	Tjondo, Mosley	SP	8.55	RCC1	CCAC	Omaheke
7	Tobias, David	SP	8.55	RCC1	NDF	Khomas
8	Gende, Desdelius	SP	7.83	RCC1	Flaming	Kavango West
<b>High Jump - Men</b>						
	<b>Event</b>	<b>Distance</b>	<b>Competition</b>	<b>Club</b>	<b>Region</b>	
1	Klaasman, W	HJ	2.00	RCC1	NAMPOL	NAMPOL
2	Blaau, Arno	HJ	1.95	RCC1	SWAKOP	Erongo
3	Kakunde, Zacharia	HJ	1.95	RCC1	SWAKOP	Erongo
4	Viza, Ujaha	HJ	1.95	QSB	Walv	Erongo
5	Taukeni, Leigh	HJ	1.85	RCC1	Univ	Khomas
6	De Koe, Adolf	HJ	1.85	RCC1	QSB	Khomas
7	Swartz, Calvin	HJ	1.65	RCC1	Omaruru	Erongo