

BANK WINDHOEK GRAND PRIX - Leg 2 - 12/01/2013**BWGP 2****Windhoek, Independence Stadium****Results - Saturday****Women 100 Meter Sprint**

Name	Year	Team	Prelims	H#
Preliminaries				
1	238	Conelly, Allysa	Welwitscia 77	12.46q 1
2	71	Herunga, Tjipekapo	Nampol	12.67q 1
3	19	! Noreses, Lena	Golden Cheetaahs	12.96q 2
4	59	Shiyekela, Ottilie	Kakadhinwa	13.32q 2
5	178	Muyenga, Veronica	Run 4 Life Ahtle	14.24q 1
6	219	Els, Anrie	Swakop Striders	14.76q 1

Women 100 Meter Sprint

Name	Year	Team	Finals	Points
Finals				
1	238	Conelly, Allysa	Welwitscia 77	12.11
2	71	Herunga, Tjipekapo	Nampol	12.29
3	22	Diamond, Merlyn	Golden Cheetaahs	12.30
4	19	! Noreses, Lena	Golden Cheetaahs	12.62
5	59	Shiyekela, Ottilie	Kakadhinwa	13.32
6	141	Nekundi, Susan	Oshakati	13.60
7	178	Muyenga, Veronica	Run 4 Life Ahtle	14.40
--	55	Shapwa, Victoria	Kakadhinwa	DQ

Women 200 Meter Sprint

Name	Year	Team	Prelims	H#
Preliminaries				
1	238	Conelly, Allysa	Welwitscia 77	25.00q 1
2	71	Herunga, Tjipekapo	Nampol	26.12q 3
3	59	Shiyekela, Ottilie	Kakadhinwa	26.56q 1
4	141	Nekundi, Susan	Oshakati	28.03q 1
5	178	Muyenga, Veronica	Run 4 Life Ahtle	28.15q 3
6	55	Shapwa, Victoria	Kakadhinwa	28.24q 3
7	194	Shilyonga, Claudia	Shambyu	28.28q 1
8	219	Els, Anrie	Swakop Striders	29.56q 1
9	190	Kasheta, Annafried	Shambyu	36.26 1

Women 200 Meter Sprint

Name	Year	Team	Finals	Points
Finals				
1	244	Mayova, Globine	Welwitscia 77	23.79
2	238	Conelly, Allysa	Welwitscia 77	24.23
3	71	Herunga, Tjipekapo	Nampol	24.44
4	22	Diamond, Merlyn	Golden Cheetaahs	25.18
5	59	Shiyekela, Ottilie	Kakadhinwa	26.14
6	28	Katjijova, Estomi	Golden Cheetaahs	26.14
7	141	Nekundi, Susan	Oshakati	28.49
8	178	Muyenga, Veronica	Run 4 Life Ahtle	29.06

BANK WINDHOEK GRAND PRIX - Leg 2 - 12/01/2013**BWGP 2****Windhoek, Independence Stadium****Results - Saturday****Women 400 Meter Sprint**

Name	Year	Team	Prelims	H#
Preliminaries				
1	140	Nduuviteko, Salmi	Oshakati	60.36q 2
2	59	Shiyekela, Ottilie	Kakadhinwa	61.43q 2
3	135	Moses, Klaudia	Oshakati	62.31q 1
4	58	Shiweda, Johanna	Kakadhinwa	62.98q 2
5	55	Shapwa, Victoria	Kakadhinwa	63.97q 2
6	80	Kashululu, Elisia	Nampol	68.89q 1
7	221	Els, Daniel	Swakop Striders	69.05q 1
8	219	Els, Anrie	Swakop Striders	70.90q 1
9	75	Iita, Naasime M	Nampol	78.15 1
--	46	Mingeli, Frieda	Kakadhinwa	NT 2
--	90	Nashiwela, Naemi	Nampol	NT 2

Women 400 Meter Sprint

Name	Year	Team	Finals	Points
Finals				
1	244	Mayova, Globine	Welwitscia 77	57.63
2	140	Nduuviteko, Salmi	Oshakati	59.02
3	28	Katjijova, Estomi	Golden Cheetaahs	59.58
4	135	Moses, Klaudia	Oshakati	61.83
5	59	Shiyekela, Ottilie	Kakadhinwa	63.72
6	105	Eshitile, Sarti	Ndf Athletics Club	64.10
7	55	Shapwa, Victoria	Kakadhinwa	65.51
8	58	Shiweda, Johanna	Kakadhinwa	76.23

Women 800 Meter Run

Name	Year	Team	Finals	Points
1	41	Haitope, Lavinia	Kakadhinwa	2:10.05
2	142	Nghihangwa, Klaudi	Oshakati	2:14.78
3	140	Nduuviteko, Salmi	Oshakati	2:16.04
4	103	Armas, Alina	Ndf Athletics Club	2:16.26
5	135	Moses, Klaudia	Oshakati	2:26.58
6	105	Eshitile, Sarti	Ndf Athletics Club	2:36.55
7	58	Shiweda, Johanna	Kakadhinwa	2:37.75
8	165	Ali, Cesilia R	Run 4 Life Ahtle	2:49.47
9	128	Eelu, Rauina	Oshakati	3:32.32
10	194	Shilyonga, Claudia	Shambyu	3:49.30
--	190	Kasheta, Annafried	Shambyu	NT
--	45	Mingeli, Faustina	Kakadhinwa	DNF

Women 1500 Meter Run

Name	Year	Team	Finals	Points
1	41	Haitope, Lavinia	Kakadhinwa	4:45.20
2	129	Ekandjo, Nangula	Oshakati	4:46.20
3	143	Nghinaunye, Ndapan	Oshakati	5:07.80
4	128	Eelu, Rauina	Oshakati	5:12.20
5	142	Nghihangwa, Klaudi	Oshakati	5:21.80
6	137	Nambabi, Sofia	Oshakati	5:29.10
7	45	Mingeli, Faustina	Kakadhinwa	5:34.90

BANK WINDHOEK GRAND PRIX - Leg 2 - 12/01/2013**BWGP 2****Windhoek, Independence Stadium****Results - Saturday****....Women 1500 Meter Run**

8	46	Mingeli, Frieda	Kakadhinwa	5:43.00
9	167	Hosi, Hanganeni	Run 4 Life Ahtle	5:43.20
--	48	Namwega, Eunice	Kakadhinwa	NT
--	87	Nakakuwa, Mekondjo	Nampol	DNF
--	47	Mwaatotele, Teopol	Kakadhinwa	DNF

Women 3000 Meter Run

Name	Year	Team	Finals	Points
1	41	Haitope, Lavinia	Kakadhinwa	9:28.4h
2	86	Naigambo, Beata	Nampol	10:04.6h
3	129	Ekandjo, Nangula	Oshakati	10:09.8h
4	102	Amutoko, Anna	Ndf Athletics Club	10:46.5h
5	142	Nghihangwa, Klaudi	Oshakati	11:11.80
6	143	Nghinaunye, Ndapan	Oshakati	11:22.6h
7	45	Mingeli, Faustina	Kakadhinwa	11:28.1h
8	128	Eelu, Rauina	Oshakati	11:53.4h
9	48	Namwega, Eunice	Kakadhinwa	12:02.1h
10	165	Ali, Cesilia R	Run 4 Life Ahtle	12:07.4h
11	137	Nambabi, Sofia	Oshakati	12:41.8h
11	101	Akukothela, Rachel	Ndf Athletics Club	12:41.8h
--	64	Deogenus, Jooloken	Nampol	NT
--	167	Hosi, Hanganeni	Run 4 Life Ahtle	NT
--	47	Mwaatotele, Teopol	Kakadhinwa	NT
--	74	Iipumbu, Balabine	Nampol	NT

Women 100 Meter Hurdles

Name	Year	Team	Finals	H#	Points
1	254	Van Wyk, Steffie	Welwitscia 77	15.27	2
2	270	Kruger, Kristien	Whs AC	15.44	2
3	29	Katjitae, Rejoice	Golden Cheetaahs	16.85	1
4	220	Els, Caro	Swakop Striders	19.38	1
5	80	Kashululu, Elisia	Nampol	21.17	1
6	168	Jonas, Ruth	Run 4 Life Ahtle	24.56	1

Women 4x100 Meter Relay

Team	Finals	Points
1 Golden Cheetaahs Athletic Club 'A'	50.28	
1) 22 Diamond, Merlyn		
2) 29 Katjitae, Rejoice		
3) 39 Walder, Daniela		
4) 19 ! Noreses, Lena		
2 Oshakati Athletics Club 'A'	54.17	
3 Nampol Asthletics Club 'A'	55.58	
4 Run 4 Life Ahtletics Club 'A'	57.27	
1) 180 Ndjamba, Rachel		
2) 182 Ntsamba, Regina		
3) 178 Muyenga, Veronica		
4) 177 Mbanga, Sophia		

Women High Jump

Name	Year	Team	Finals	Points
1	269	Kruger, Corlia	Whs AC	1.65m
1	270	Kruger, Kristien	Whs AC	1.65m
3	260	Coetzee, Madelein	Whs AC	1.50m

BANK WINDHOEK GRAND PRIX - Leg 2 - 12/01/2013**BWGP 2****Windhoek, Independence Stadium****Results - Saturday****....Women High Jump**

4	214	Büttner, Tanja	Swakop Striders	1.45m
4	82	Klaasman, Lillian L	Nampol	1.45m
6	227	Horn, Siranda	Swakop Striders	1.40m
--	162	Van Der Berg, Levo	Rehoboth AC	NH
--	153	Diergaardt, Luthmi	Rehoboth AC	NH

Women Pole Vault

Name	Year	Team	Finals	Points
1	220	Els, Caro	Swakop Striders	1.90m
2	214	Büttner, Tanja	Swakop Striders	1.70m
--	228	Janse van Rensburg	Swakop Striders	NH
--	230	Kutzner, Caroline	Swakop Striders	NH
--	212	Brindolfsdottir, R	Swakop Striders	NH

Women Long Jump

Name	Year	Team	Finals	Points
1	156	Joseph, Jessie	Rehoboth AC	4.37m
2	227	Horn, Siranda	Swakop Striders	4.33m
3	168	Jonas, Ruth	Run 4 Life Ahtle	4.26m
4	162	Van Der Berg, Levo	Rehoboth AC	4.16m
5	174	Machinga, Beautyfu	Run 4 Life Ahtle	3.75m

Women Shot Put

Name	Year	Team	Finals	Points
1	261	Engelbrecht, Charl	Whs AC	12.14m
2	33	Shilongo, Selma	Golden Cheetaahs	10.54m
3	259	Carmen, Sone	Whs AC	10.53m
4	53	Nghuuhepa, Anna	Kakadhinwa	8.37m
5	262	Engelbrecht, Suren	Whs AC	8.10m
6	66	Ekandjo, Generosa	Nampol	7.81m
7	61	Arikumbi, Hedwig	Nampol	7.67m
8	265	Henle, Carmen	Whs AC	7.41m

Women Discus Throw

Name	Year	Team	Finals	Points
1	261	Engelbrecht, Charl	Whs AC	44.78m
2	259	Carmen, Sone	Whs AC	32.57m
3	265	Henle, Carmen	Whs AC	27.54m
4	262	Engelbrecht, Suren	Whs AC	26.71m
5	66	Ekandjo, Generosa	Nampol	22.88m
6	61	Arikumbi, Hedwig	Nampol	21.72m
7	53	Nghuuhepa, Anna	Kakadhinwa	16.79m
8	101	Akukothela, Rachel	Ndf Athletics Club	16.78m

Women Javelin Throw

Name	Year	Team	Finals	Points
1	269	Kruger, Corlia	Whs AC	29.89m
2	33	Shilongo, Selma	Golden Cheetaahs	28.66m

BANK WINDHOEK GRAND PRIX - Leg 2 - 12/01/2013**BWGP 2****Windhoek, Independence Stadium****Results - Saturday****....Women Javelin Throw**

3	220	Els, Caro	Swakop Striders	27.87m
4	63	Claasen, Dorthea	Nampol	25.80m
5	88	Nakathingo, Caroli	Nampol	23.91m
6	53	Nghuuhepa, Anna	Kakadhinwa	22.90m

Men 100 Meter Sprint

=====				
Name	Year	Team	Prelims	H#
=====				
Preliminaries				
--	145	Paulus, Phillipus	Oshakati	SCR
1	224	Hainuca, Gilbert	Swakop Striders	11.03q 3
2	36	Tjiramba, Ismael	Golden Cheetaahs	11.08q 1
3	231	Losper, Lee-Anzo	Swakop Striders	11.21q 2
4	248	Pieterse, Fred-Cha	Welwitscia 77	11.22q 4
5	234	Skrywer, Immanuel	Swakop Striders	11.25q 5
6	213	Büttner, Marco	Swakop Striders	11.34q 1
7	73	Hihepa, Johny	Nampol	11.43q 2
8	24	Hitilasha, Emmanua	Golden Cheetaahs	11.47q 2
9	286	Ipinge, Elton	Whs AC	11.47 4
10	10	Nenkavu, Benjamin	Cheetahs	11.48 3
11	138	Nambala, Johannes	Oshakati	11.54 4
12	232	Muyatwa, Prince	Swakop Striders	11.64 5
13	107	Iiyambo, Festus	Ndf Athletics Club	11.65 3
14	16	Shiluama, Sisel	Cheetahs	11.72 3
15	215	Calvar, Paulo	Swakop Striders	11.73 5
16	251	Shikindo, Johannes	Welwitscia 77	11.86 4
17	139	Ndeilenga, David	Oshakati	11.87 4
18	20	Bezuidenhout, Emma	Golden Cheetaahs	11.88 1
19	183	Sikango, Goldius	Run 4 Life Ahtle	11.90 1
20	60	Aktofel, Nghilifav	Nampol	12.02 1
21	208	Haufiku, Eben-ezer	Sunshine Windhoe	12.15 4
22	164	Vries, Fredley	Rehoboth AC	12.16 3
23	241	Husse,mann, Xavier	Welwitscia 77	12.17 3
24	233	Plaatjies, Gilard	Swakop Striders	12.87 1
25	181	Nguulu, Moses	Run 4 Life Ahtle	13.79 1
26	280	Bezuidenhout, John	Whs AC	14.10 5
--	124	Nuseb, Marius	Omaheke AC	DNF 2

Men 100 Meter Sprint

=====				
Name	Year	Team	Finals	Points
=====				
Finals				
1	242	Kaanyuka, Hitchivi	Welwitscia 77	10.51
2	36	Tjiramba, Ismael	Golden Cheetaahs	10.95
3	243	Lundulukeni, Josep	Welwitscia 77	10.99
4	224	Hainuca, Gilbert	Swakop Striders	11.00
5	248	Pieterse, Fred-Cha	Welwitscia 77	11.05
6	234	Skrywer, Immanuel	Swakop Striders	11.06
7	213	Büttner, Marco	Swakop Striders	11.22

Men 200 Meter Sprint

=====				
Name	Year	Team	Prelims	H#
=====				
Preliminaries				
1	32	Puriza, Frank	Golden Cheetaahs	21.36q 4

BANK WINDHOEK GRAND PRIX - Leg 2 - 12/01/2013**BWGP 2****Windhoek, Independence Stadium****Results - Saturday****....Men 200 Meter Sprint**

2	38	Van Wyk, Adiel	Golden Cheetaahs	21.39q	4
3	252	Tjiviju, Even	Welwitscia 77	21.71q	3
4	36	Tjiramba, Ismael	Golden Cheetaahs	21.97q	1
5	21	Bock, Le Roy	Golden Cheetaahs	22.08q	3
6	245	Narib, Ernst	Welwitscia 77	22.10q	2
7	213	Büttner, Marco	Swakop Striders	22.45q	6
8	31	Nyambe, Sebastian	Golden Cheetaahs	22.74q	4
9	286	Ipinge, Elton	Whs AC	22.83	6
10	138	Nambala, Johannes	Oshakati	22.87	4
11	160	Nuseb, Dawid	Rehoboth AC	22.99	3
12	94	Shikongo, Dawid	Nampol	23.20	2
13	215	Calvar, Paulo	Swakop Striders	23.57	3
14	16	Shiluama, Sisel	Cheetahs	23.71	1
15	210	Tjenda, Johnson	Sunshine Windhoe	23.79	6
16	173	Linkwanga, Michael	Run 4 Life Ahtle	23.86	2
17	208	Haufiku, Eben-ezer	Sunshine Windhoe	24.13	6
18	20	Bezuidenhout, Emma	Golden Cheetaahs	24.42	4
19	65	Eiseb, Kenneth	Nampol	25.69	3
20	146	Samuel, Jason	Oshakati	25.74	1
21	233	Plaatjies, Gilard	Swakop Striders	26.74	6
--	251	Shikindo, Johannes	Welwitscia 77	DNF	3
--	229	Johannes, Miko	Swakop Striders	DNF	4

Men 200 Meter Sprint

Name	Year	Team	Finals	Points
=====				
Finals				
1	242	Kaanyuka, Hitchivi	Welwitscia 77	21.08
2	32	Puriza, Frank	Golden Cheetaahs	21.27
3	252	Tjiviju, Even	Welwitscia 77	21.45
4	110	Karupu, Basilus	Ndf Athletics Club	21.46
5	243	Lundulukeni, Josep	Welwitscia 77	21.80
6	36	Tjiramba, Ismael	Golden Cheetaahs	21.90
7	245	Narib, Ernst	Welwitscia 77	22.08
8	213	Büttner, Marco	Swakop Striders	22.31

Men 400 Meter Sprint

Name	Year	Team	Prelims	H#
=====				
Preliminaries				
1	110	Karupu, Basilus	Ndf Athletics Club	48.17q 2
2	52	Nghipandulwa, Dani	Kakadhinwa	48.26q 2
3	21	Bock, Le Roy	Golden Cheetaahs	48.56q 2
4	245	Narib, Ernst	Welwitscia 77	49.18q 1
5	210	Tjenda, Johnson	Sunshine Windhoe	49.74q 2
6	252	Tjiviju, Even	Welwitscia 77	49.86q 4
7	138	Nambala, Johannes	Oshakati	50.24q 4
8	30	Nakapunda, Simon	Golden Cheetaahs	50.37q 3
9	32	Puriza, Frank	Golden Cheetaahs	50.43 5
10	94	Shikongo, Dawid	Nampol	51.04 3
11	160	Nuseb, Dawid	Rehoboth AC	51.68 5
12	31	Nyambe, Sebastian	Golden Cheetaahs	52.12 3
13	208	Haufiku, Eben-ezer	Sunshine Windhoe	52.25 4
14	78	Kadhingula, Mateus	Nampol	52.77 4
15	267	Kandji, Donavan	Whs AC	52.98 1
16	186	Tiyaya, Andrias	Run 4 Life Ahtle	53.03 5

BANK WINDHOEK GRAND PRIX - Leg 2 - 12/01/2013**BWGP 2****Windhoek, Independence Stadium****Results - Saturday****....Men 400 Meter Sprint**

17	173	Linkwanga, Michael	Run 4 Life Ahtle	54.61	5
18	229	Johannes, Miko	Swakop Striders	54.83	1
19	62	Basson, Andy	Nampol	56.24	2
20	211	Urorua, Hanganee	Sunshine Windhoe	56.42	4
21	181	Nguulu, Moses	Run 4 Life Ahtle	58.26	1
22	249	Pieterse, Xavier A	Welwitscia 77	65.73	5

Men 400 Meter Sprint

=====					
	Name	Year	Team	Finals	Points
=====					
Finals					
1	110	Karupu, Basilus	Ndf Athletics Club	47.78	
2	52	Nghipandulwa, Dani	Kakadhinwa	48.48	
3	252	Tjiviju, Even	Welwitscia 77	48.84	
4	34	Shipopyeni, Johann	Golden Cheetaahs	48.96	
5	57	Shimanda, Sam	Kakadhinwa	50.20	
6	30	Nakapunda, Simon	Golden Cheetaahs	50.88	
--	32	Puriza, Frank	Golden Cheetaahs	DQ	

Men 800 Meter Run

=====					
	Name	Year	Team	Finals	Points
=====					
1	52	Nghipandulwa, Dani	Kakadhinwa	1:51.00	
2	112	Komeya, Oskar	Ndf Athletics Club	1:54.50	
3	34	Shipopyeni, Johann	Golden Cheetaahs	1:55.20	
4	235	Skrywer, Johannes	Swakop Striders	1:57.40	
5	57	Shimanda, Sam	Kakadhinwa	1:58.70	
6	14	Reinhold, Tomas	Cheetahs	2:00.20	
7	134	Luaanda, Petrus	Oshakati	2:02.80	
8	209	Sakaria, Shifotoka	Sunshine Windhoe	2:02.90	
9	116	Shaanika, Sem	Ndf Athletics Club	2:07.30	
10	197	Fikunawa, Enerstu	Sunshine	2:08.30	
11	186	Tiyaya, Andrias	Run 4 Life Ahtle	2:09.30	
12	211	Urorua, Hanganee	Sunshine Windhoe	2:09.60	
13	176	Mbambo, Faustinus	Run 4 Life Ahtle	2:09.80	
14	278	Van Lill, Jaco	Whs AC	2:13.00	
15	40	Amupolo, Herman	Kakadhinwa	2:16.00	
16	147	Shiluwa, Petrus	Oshakati	2:16.20	
17	195	Tuuyendere, Joseph	Shambyu	2:26.80	
18	136	Muyenga, Johannes	Oshakati	2:41.00	

Men 1500 Meter Run

=====					
	Name	Year	Team	Finals	Points
=====					
1	52	Nghipandulwa, Dani	Kakadhinwa	3:57.77	
2	112	Komeya, Oskar	Ndf Athletics Club	4:02.70	
3	235	Skrywer, Johannes	Swakop Striders	4:04.52	
4	209	Sakaria, Shifotoka	Sunshine Windhoe	4:14.18	
5	263	Freyman, Julian	Whs AC	4:17.99	
6	186	Tiyaya, Andrias	Run 4 Life Ahtle	4:18.21	
7	50	Nghilyeendele, Kor	Kakadhinwa	4:28.88	
8	119	Shuuya, Elifas	Ndf Athletics Club	4:29.09	
9	40	Amupolo, Herman	Kakadhinwa	4:33.90	
10	197	Fikunawa, Enerstu	Sunshine	4:34.67	

BANK WINDHOEK GRAND PRIX - Leg 2 - 12/01/2013**BWGP 2****Windhoek, Independence Stadium****Results - Saturday****....Men 1500 Meter Run**

11	44	Matheus, Jesaya	Kakadhinwa	4:34.86
12	148	Shitayi, Tomas	Oshakati	4:39.84
13	195	Tuuyendere, Joseph	Shambyu	4:42.30
14	144	Nkuluwa, Naftal	Oshakati	5:08.27
15	202	Mwafangeyo, Frans	Sunshine	5:09.11
16	185	Tame, Johannes	Run 4 Life Ahtle	5:13.67
17	176	Mbambo, Faustinus	Run 4 Life Ahtle	5:13.90
18	169	Kamukwanyana, Pete	Run 4 Life Ahtle	5:21.31
19	179	Mweseka, Enock	Run 4 Life Ahtle	5:30.79
--	17	Shivute, Reinhold	Cheetahs	NT
--	193	Namakoka, Frans	Shambyu	NT
--	117	Shihopo, Williem	Ndf Athletics Club	NT
--	170	Karupu, Josep	Run 4 Life Ahtle	NT
--	203	Nalukaku, Asser	Sunshine	DNF
--	134	Luaanda, Petrus	Oshakati	DNF
--	23	Hamutenya, Immanue	Golden Cheetahs	DNF
--	136	Muyenga, Johannes	Oshakati	DNF
--	189	Kanyetu, Michael	Shambyu	DNF

Men 5000 Meter Run

=====				
	Name	Year	Team	Finals Points
=====				
1	281	Kavanivi, Mynhard	Ndf Athletics Club	15:20.6h
2	284	Naitembu, Johannes	Ndf Athletics Club	15:24.1h
3	283	Iiyambo, Paulus	Ndf Athletics Club	15:35.2h
4	118	Shipineana, Simon	Ndf Athletics Club	15:38.4h
--	209	Sakaria, Shifotoka	Sunshine Windhoe	NT
--	11	Onesmus, Onesmus	Cheetahs	NT
--	193	Namakoka, Frans	Shambyu	NT
--	27	Kanuchidi, Alex	Golden Cheetahs	NT
--	235	Skrywer, Johannes	Swakop Striders	NT
--	4	Iita, Simeon	Cheetahs	NT
--	120	Tjivambi, Aron	Ndf Athletics Club	NT
--	172	Likuwa, Johannes	Run 4 Life Ahtle	NT
--	113	Mbunguha, Vetizee	Ndf Athletics Club	NT
--	189	Kanyetu, Michael	Shambyu	NT
--	191	Mukuve, Sebastian	Shambyu	NT
--	85	Mwandingi, Jonatha	Nampol	NT
--	91	Oarum, Roberth	Nampol	NT
--	93	Shiimi, Gabriel	Nampol	NT
--	81	Kasile, Dawid	Nampol	NT
--	161	Silvanus, Stoffel	Rehoboth AC	NT
--	92	Shalixwe, Jeremia	Nampol	NT
--	152	Bloodstaan, Weston	Rehoboth AC	NT
--	157	Jossob, Johannes	Rehoboth AC	NT
--	222	Goeiman, Erich	Swakop Striders	NT
--	2	Amunyoko, Gebhard	Cheetahs	NT
--	99	Wilhem, Martin	Nampol	NT
--	17	Shivute, Reinhold	Cheetahs	NT
--	54	Paulus, Vilho	Kakadhinwa	NT
--	50	Nghilyeendele, Kor	Kakadhinwa	NT
--	147	Shiluwa, Petrus	Oshakati	NT
--	42	Kaudinge, Stefanus	Kakadhinwa	NT
--	169	Kamukwanyana, Pete	Run 4 Life Ahtle	NT
--	44	Matheus, Jesaya	Kakadhinwa	NT
--	202	Mwafangeyo, Frans	Sunshine	NT
--	282	Iita, Reinhold	Ndf Athletics Club	NT

BANK WINDHOEK GRAND PRIX - Leg 2 - 12/01/2013

BWGP 2

Windhoek, Independence Stadium

Results - Saturday

....Men 5000 Meter Run

--	198	Haufiko, Simson So	Sunshine	NT
--	130	Indongo, Hilarian	Oshakati	NT
--	132	Kalola, Menas	Oshakati	NT
--	40	Amupolo, Herman	Kakadhinwa	NT
--	185	Tame, Johannes	Run 4 Life Ahtle	NT
--	144	Nkuluwa, Naftal	Oshakati	NT
--	104	Embashu, Pineas	Ndf Athletics Club	NT
--	111	Kaxuxuena, Robert	Ndf Athletics Club	NT
--	203	Nalukaku, Asser	Sunshine	NT
--	175	Manfred, Sakaria	Run 4 Life Ahtle	NT
--	114	Mwatilile, John N	Ndf Athletics Club	NT
--	184	Siteketa, Kavera	Run 4 Life Ahtle	NT
--	115	Nampala, Leonard	Ndf Athletics Club	NT
--	116	Shaanika, Sem	Ndf Athletics Club	NT

Men 110 Meter Hurdles

Name	Year	Team	Finals	Points
1	248	Pieterse, Fred-Cha	Welwitschia 77	14.7h
2	84	Kumaiba, Mike	Nampol	17.5h
3	258	Burger, Walter	Whs AC	17.8h
4	77	Indongo, Hans	Nampol	17.9h

Men 3000 Meter Steeplechase

Name	Year	Team	Finals	Points
1	203	Nalukaku, Asser	Sunshine	10:45.26
2	147	Shiluwa, Petrus	Oshakati	10:53.46
3	202	Mwafangeyo, Frans	Sunshine	11:03.64
4	148	Shitayi, Tomas	Oshakati	11:09.61
5	175	Manfred, Sakaria	Run 4 Life Ahtle	11:10.07
6	197	Fikunawa, Enerstu	Sunshine	11:46.88
7	172	Likuwa, Johannes	Run 4 Life Ahtle	11:57.04
8	157	Jossob, Johannes	Rehoboth AC	12:40.19
--	152	Bloodstaan, Weston	Rehoboth AC	DNF
--	161	Silvanus, Stoffel	Rehoboth AC	DNF
--	184	Siteketa, Kavera	Run 4 Life Ahtle	DNF

Men 4x100 Meter Relay

Team	Finals	Points
1 Golden Cheetaahs Athletic Club 'A'	41.57	
1) 38 Van Wyk, Adiel		
2) 20 Bezuidenhout, Emmanuelle		
3) 32 Puriza, Frank		
4) 36 Tjiramba, Ismael		
2 Welwitschia 77 Athletics Club 'B'	41.85	
3 Welwitschia 77 Athletics Club 'A'	45.09	
4 Nampol Asthletics Club 'A'	46.31	
5 Run 4 Life Ahtletics Club 'A'	47.67	
1) 183 Sikango, Goldius		
2) 173 Linkwanga, Michael		
3) 186 Tiyaya, Andrias		
4) 169 Kamukwanyana, Peter		

BANK WINDHOEK GRAND PRIX - Leg 2 - 12/01/2013**BWGP 2****Windhoek, Independence Stadium****Results - Saturday****Men High Jump**

Name	Year	Team	Finals	Points
1	285	Mieze, Kevin	Whs AC	1.94m
2	216	De Jager, Lood	Swakop Striders	1.91m
3	160	Nuseb, Dawid	Rehoboth AC	1.88m
4	188	Hikare, Elius	Shambyu	1.85m
5	35	Solomon, Tuaire	Golden Cheetaahs	1.75m
6	91	Oarum, Roberth	Nampol	1.65m
6	236	Strydom, Forrest	Swakop Striders	1.65m
--	249	Pieterse, Xavier A	Welwitscia 77	NH

Men Pole Vault

Name	Year	Team	Finals	Points
1	258	Burger, Walter	Whs AC	3.10m
2	226	Horn, Hennie	Swakop Striders	2.70m
3	236	Strydom, Forrest	Swakop Striders	2.40m
4	218	Dy Plooy, Divan	Swakop Striders	1.90m

Men Long Jump

Name	Year	Team	Finals	Points
1	38	Van Wyk, Adiel	Golden Cheetaahs	7.01m
2	268	Kavita, Unomasa	Whs AC	6.85m
3	121	Alerilwe, Markus	Omaheke AC	6.68m
4	232	Muyatwa, Prince	Swakop Striders	6.55m
5	123	Makari, Gregg	Omaheke AC	6.50m
6	10	Nenkavu, Benjamin	Cheetahs	6.34m
7	125	Skrywer, Armando	Omaheke AC	6.31m
8	267	Kandji, Donavan	Whs AC	6.03m
9	62	Basson, Andy	Nampol	5.96m
10	106	Hosea, Frans	Ndf Athletics Club	5.59m
11	139	Ndeilenga, David	Oshakati	5.58m
12	158	Louw, Gareth	Rehoboth AC	5.55m
13	89	Nanhapo, Malakia	Nampol	5.02m
14	183	Sikango, Goldius	Run 4 Life Ahtle	4.77m
15	181	Nguulu, Moses	Run 4 Life Ahtle	4.68m
--	120	Tjivambi, Aron	Ndf Athletics Club	ND
--	124	Nuseb, Marius	Omaheke AC	ND

Men Shot Put

Name	Year	Team	Finals	Points
1	272	Rademeyer, Wilhelm	Whs AC	12.38m
2	25	Husselman, Goiddar	Golden Cheetaahs	11.93m
3	273	Spoerer, Erich	Whs AC	10.50m
4	37	Van Rooi, Shaun	Golden Cheetaahs	10.48m
5	97	Tjazapi, Umana	Nampol	10.44m
6	276	Thirion, Rudolph	Whs AC	9.40m
7	151	Bamton, Satrick	Rehoboth AC	9.23m
8	255	Benade, Regie	Whs AC	8.73m
9	277	Tjondo, Mosley	Whs AC	8.40m
10	79	Kairua, Traulich	Nampol	7.95m
11	126	Vrede, Nico	Omaheke AC	6.99m
12	57	Shimanda, Sam	Kakadhinwa	6.68m

BANK WINDHOEK GRAND PRIX - Leg 2 - 12/01/2013**BWGP 2****Windhoek, Independence Stadium****Results - Saturday****....Men Shot Put**

13	217	Du Plooy, Pierre	Swakop Striders	4.00m
----	-----	------------------	-----------------	-------

Men Discus Throw

=====				
	Name	Year	Team	Finals Points
=====				
1	25	Husselman, Goiddar	Golden Cheetaahs	33.68m
2	272	Rademeyer, Wilhelm	Whs AC	33.50m
3	37	Van Rooi, Shaun	Golden Cheetaahs	30.01m
4	255	Benade, Regie	Whs AC	28.68m
5	107	Iiyambo, Festus	Ndf Athletics Club	26.53m
6	277	Tjondo, Mosley	Whs AC	25.67m
7	79	Kairua, Traulich	Nampol	25.12m
8	276	Thirion, Rudolph	Whs AC	25.06m
9	273	Spoerer, Erich	Whs AC	24.47m
10	126	Vrede, Nico	Omaheke AC	12.26m
--	96	So-Oabeb, Igantius	Nampol	ND
--	275	Swanepoel, Pieter	Whs AC	ND
--	171	Kativa, Fabianus	Run 4 Life Ahtle	ND
--	274	Swanepoel, Arno	Whs AC	ND

Men Javelin Throw

=====				
	Name	Year	Team	Finals Points
=====				
1	163	Van Wy, William	Rehoboth AC	48.54m
2	70	Hamukwaya, Paulus	Nampol	45.24m
3	25	Husselman, Goiddar	Golden Cheetaahs	44.92m
4	125	Skrywer, Armando	Omaheke AC	38.90m
5	151	Bamton, Satrick	Rehoboth AC	37.50m
6	139	Ndeilenga, David	Oshakati	35.59m
7	79	Kairua, Traulich	Nampol	32.15m
8	126	Vrede, Nico	Omaheke AC	31.57m
9	277	Tjondo, Mosley	Whs AC	28.26m
10	255	Benade, Regie	Whs AC	25.46m
--	44	Matheus, Jesaya	Kakadhinwa	ND
--	189	Kanyetu, Michael	Shambyu	ND