

## Senior National Athletics Championships Results

### Sunday, February 25

#### Men's 400m Hurdles

1 Hardus Maritz	Khomas	52,36
2 Roussouw van Vuuren	Khomas	57,35
3 David Nuseb	Hardap	57,39

#### Women's 200m

1 Globine Mayova	23,78
2 Tjipekapora Herunga	24,42
3 Cornel Britz	25,25

#### Women's 3000m

1 Lavinia Haitope	9:57,42
2 Ndeshimona Ekandjo	10:15,42
3 Ndapandula Nghinaunye	10:44,27

#### Men's 200m

1 Hitjiverue Kaanjuka	21,32
2 Frank Puriza	21,75
3 FC Pieterse	21,77

#### Men's 400m

1 Basilius Karupu	47,94
2 Even Tjiviju	48,13
3 Armandus Gawaseb	48,51
4 Frank Puriza	48,82

#### Women's 400m

1 Tjipekapora Herunga	53,32
2 Julia Handjene	58,59
3 Ottilie Shiyakela	59,52

#### Men's 800m

1 Daniel Nghipandulwa	1:50,53
2 Johannes Skrywer	1:53,64
3 Petrus Ruanda	1:54,07

#### Women's 800m

1 Salmi Nduuviteko	2:15,79
2 Klaudia Moses	2:15,97
3 Rauna Eelu	2:23,21

#### Women's 3000m

1 Lavinia Haitope	9:57,42
2 Ndeshimona Ekandjo	10:15,42
3 Ndapandula Nghinaunye	10:44,27

#### Men's 5000m

1 Kristoff Shaanika	15:23,31
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2 Eliaser Uugwana 15:28,11  
3 Simon Shipingana 15:34,92

Men's High Jump

1 Hans von Lieres 2,04m  
2 Lood de Jager 2,00m  
3 Salomon Tuaire 1,95m

**Saturday, February 24**

Women's 100m

1 Globine Mayova 11,83  
2 Merlyn Diamond 12,25  
3 Victoria Tjingaete 12,97

Mens 100m

1 Hitjiverue Kaanjuka 10,39  
2 Dantago Gurirab 10,81  
3 FC Pieterse 10,81

Men's Long Jump

1 Markus Alerilwe 7,08m  
2 Benjamin Oshana 6,82m  
3 Eben Eixab 6,77m

Men's Shotput

1 Pieter Jan Swanepoel 15,00m  
2 Wilhelm Rademeyer 12,24m  
3 Anro Swanepoel 10,23

Men's 1 500m

1 Daniel Nghipandulwa 3:48,88  
2 Johannes Skrywer 3:53,71  
3 Oscar Komeya 4:01,08

Women's 1 500m

1 Lavinia Haitope 4:36,23  
2 Ndeshimona Ekandjo 4:42,96  
3 Ndapandula Nghinaunye 4:45,74

**Day 1 National men's champions:**

100m - Hitjivirue Kaanjuka 10.39 w 0.0

1500m - Daniel Nghipandulwa 3.48.88

400m hurdles - Hardus Maritz 52.36

Long jump - Alerilwe Markus 7.08m

Shot put - Pieter Jan Swanepoel 15.00m

Discus - Pieter Jan Swanepoel 40.96m

**Day 1 National women's champions:**

100m - Globine Mayova 11.83 w -0.4

1500m - Lavinia Haitope 4:36.23

High jump - Kristien Kruger 1.60m

Shot put - Charlene Engelbrecht 13.33m

Discus - Charlene Engelbrecht 43.71m

**Day 2 National men's champions :**

200m - Hitjivirue Kaanjuka 21.32

400m - Karupu Basilius 47.94

800m - Daniel Nghipandulwa 1:50.53

5000m - Kristoff Shaanika 15:23.31

High Jump - Hans von Lieres 2.04

Javelin - Andries Alberts 45.90

**Day 2 National women's champions :**

200m - Globine Mayova - 23.78

400m - Tjipekapora Herunga 53.32

800m - Salmi Nduuviteko 2:15.79

3000m - Lavinia Haitope 9:57.42

Long jump - Cornel Britz 5.34m

Javelin - Sune Wittman 42.25m