

Khomas Preparation Trials - 18/02/2012**Independence Stadium, Windhoek****Results - Saturday****Women 100 Meter Sprint**

	Name	Age	Team	Finals	H#	Points
1	Diamond, Merilyn	W20	Golden Cheetahs Athletic Club	11.7h	2	
2	Herunga, Tjipekapora	W24	Welwitschia 77 Athletic Club	11.9h	2	
3	Britz, Cornelle	W18	Whs Athletics Club	12.0h	2	
4	Tjingaete, Silba	W29	Ndf Athletics Club	12.2h	1	
5	Walder, Daniela	W15	Golden Cheetahs Athletic Club	12.6h	2	
6	Tom, Marchelina	W29	Nampol Athletics Association	13.00	1	
6	Kandovazu, Mberihonga	W20	Welwitschia 77 Athletic Club	13.0h	2	
8	Geingos, Yvonne	W26	Nampol Athletics Association	13.5h	1	
9	Kasiringua, Bianga	W26	Welwitschia 77 Athletic Club	13.8h	1	

Men 100 Meter Sprint

1	Kaanjuka, Hitjivirue	M24	Welwitschia 77 Athletic Club	10.3h	3	
2	Paulus, Phillip	M26	Unattached	10.5h	3	
3	Lundulukeni, Joseph	M26	Welwitschia 77 Athletic Club	10.7h	3	
4	Samkango, Donald	M17	Tsumeb	10.8h	2	
4	Tjiramba, Ismael	M16	Golden Cheetahs Athletic Club	10.8h	3	
6	Reinhold, Andreas	M26	Unattached	11.0h	3	
7	Kwenani, Jethro	M20	Golden Cheetahs Athletic Club	11.1h	1	
8	Van Wyk, Adiel Medomen	M17	Golden Cheetahs Athletic Club	11.2h	2	
9	Erwick, Thomas	M22	Golden Cheetahs Athletic Club	11.3h	3	
10	Tsausab, Cyril	M17	Tsumeb	11.5h	3	
11	Hamupunda, Velide	M17	Welwitschia 77 Athletic Club	11.6h	2	
12	Mieze, Kevin	M15	Tsumeb	11.8h	3	
12	Kamonde, Marzelino	M15	Tsumeb	11.8h	2	
14	Shemuketa, T.J	M19	Unam Asthetics Club	12.3h	1	
15	Louw, Peter	M18	Golden Cheetahs Athletic Club	13.2h	1	

Women 200 Meter Sprint

1	Herunga, Tjipekapora	W24	Welwitschia 77 Athletic Club	24.0h	2	
2	Britz, Cornelle	W18	Whs Athletics Club	24.3h	2	
3	Diamond, Merilyn	W20	Golden Cheetahs Athletic Club	24.7h	2	
4	Tjingaete, Silba	W29	Ndf Athletics Club	25.4h	2	
5	Walder, Daniela	W15	Golden Cheetahs Athletic Club	25.9h	1	
6	Kandovazu, Mberihonga	W20	Welwitschia 77 Athletic Club	27.1h	2	
7	Cronjé, Chante	W14	Welwitschia 77 Athletic Club	28.1h	1	
8	Geingos, Yvonne	W26	Nampol Athletics Association	29.2h	1	
9	Kasiringua, Bianga	W26	Welwitschia 77 Athletic Club	29.5h	1	

Men 200 Meter Sprint

1	Kaanjuka, Hitjivirue	M24	Welwitschia 77 Athletic Club	20.9h	2	
2	Karupu, Basilius	M28	Ndf Athletics Club	21.5h	2	
3	Tjiviju, Evan	M20	Welwitschia 77 Athletic Club	J21.5h	2	
4	Paulus, Phillip	M26	Unattached	21.7h	2	
5	Louw, Peter	M18	Golden Cheetahs Athletic Club	22.0h	1	
6	Lundulukeni, Joseph	M26	Welwitschia 77 Athletic Club	22.5h	2	
6	Andreas, Reinhold	M19	Golden Cheetahs Athletic Club	22.5h	1	
8	Nyambe, Sebastian Baptista	M20	Golden Cheetahs Athletic Club	22.6h	1	
9	Erwick, Thomas	M22	Golden Cheetahs Athletic Club	22.7h	2	
10	Van Wyk, Adiel Medomen	M17	Golden Cheetahs Athletic Club	23.0h	1	
11	Kamonde, Marzelino	M15	Tsumeb	24.4h	1	
12	Ipinge, Wilbard	M15	Tsumeb	26.8h	1	

Men 400 Meter Sprint

1	Karupu, Basilius	M28	Ndf Athletics Club	48.2h		
2	Tjiviju, Evan	M20	Welwitschia 77 Athletic Club	48.5h		
3	Gawaseb, Armandes	M22	Nampol Athletics Association	49.4h		

Khomas Preparation Trials - 18/02/2012**Independence Stadium, Windhoek****Results - Saturday****(Men 400 Meter Sprint)**

4	Erwick, Thomas	M22 Golden Cheetahs Athletic Club	50.1h
5	Nyambe, Sebastian Baptista	M20 Golden Cheetahs Athletic Club	51.6h
6	Mieze, Kevin	M15 Tsumeb	55.7h

Women 800 Meter Run

1	Haitope, Ester	W21 Ohangwena Stars Athletic Club	2:32.1h
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Men 800 Meter Run

1	Shipopyeni, Johannes	M22 Golden Cheetahs Athletic Club	1:59.4h
2	Haufiku, Ebenezer	M18 Oshakati Athletics Club	2:04.4h
3	Hamutenya, Immanuel	M26 Golden Cheetahs Athletic Club	2:10.3h
4	Nambahu, Petrus	M27 Unam Asthetics Club	2:23.8h
---	Gawaseb, Armandes	M22 Nampol Athletics Association	DNF

Women 1500 Meter Run

1	Haitope, Lavinia	W29 Nampol Athletics Association	4:41.1h
2	Ekandjo, Nangula	W21 Welwitschia 77 Athletic Club	4:58.1h

Men 1500 Meter Run

1	Haufiku, Ebenezer	M18 Oshakati Athletics Club	4:27.9h
2	Nambahu, Petrus	M27 Unam Asthetics Club	4:55.9h
3	Tjetara, Uaoropara	M22 Welwitschia 77 Athletic Club	5:07.9h

Women 100 Meter Hurdles

1	Klaasman, Lelanie	W24 Nampol Athletics Association	15.9h
2	Britz, Eilene	W15 Whs Athletics Club	16.3h
3	Katjitaë, Rejoice	W16 Golden Cheetahs Athletic Club	17.4h
4	Engels, Chrizelda	W15 Welwitschia 77 Athletic Club	18.0h

Men 110 Meter Hurdles

1	Pieterse, Fred-Charles	M19 Welwitschia 77 Athletic Club	15.7h
2	Mieze, Kevin	M15 Tsumeb	16.1h

Women High Jump

1	Garbers, Juzelri	W14 Welwitschia 77 Athletic Club	1.55m
2	Kotze, Madelein	W33 Whs Athletics Club	1.50m

Men High Jump

1	Kwenani, Jethro	M20 Golden Cheetahs Athletic Club	1.85m
2	Haiduwa, Marvin	M16 Unattached	1.65m

Women Long Jump

1	Tom, Marchelina	W29 Nampol Athletics Association	5.22m
2	Britz, Cornelle	W18 Whs Athletics Club	5.18m
3	Klaasman, Lelanie	W24 Nampol Athletics Association	5.11m
3	Walder, Daniela	W15 Golden Cheetahs Athletic Club	5.11m
5	Nekundi, Susanna	W17 Tsumeb	4.77m
6	Katjitaë, Rejoice	W16 Golden Cheetahs Athletic Club	4.76m
7	Cronjé, Chante	W14 Welwitschia 77 Athletic Club	4.75m

Men Long Jump

1	Kotze, Pieter	M16 Tsumeb	6.67m
2	Kwenani, Jethro	M20 Golden Cheetahs Athletic Club	6.55m
3	Kaaili, Vilho	M22 Golden Cheetahs Athletic Club	6.39m
4	Van Wyk, Adiel Medomen	M17 Golden Cheetahs Athletic Club	6.27m
5	Ngairo, Richard	M21 Unam Asthetics Club	6.06m
6	Nyambe, Sebastian Baptista	M20 Golden Cheetahs Athletic Club	5.64m
7	Wiki, Johannes	M19 Unam Asthetics Club	5.55m

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8	Haiduwa, Marvin	M16 Unattached	5.45m
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Women Shot Put

1	Wittmann, Suné	W16 Whs Athletics Club	11.15m
2	Van Zyl, Leandra	W22 Whs Athletics Club	10.07m
3	Mukumbutaa, Gie	W19 Unam Athletics Club	9.60m
4	Kamberipa, Vuanda	W20 Unam Asthetics Club	7.73m
5	Schultz, Nora	W59 Whs Athletics Club	7.40m
6	Kuppe, Hella	W71 Welwitschia 77 Athletic Club	6.88m
7	Tonnemacher, Sigrid	W59 Welwitschia 77 Athletic Club	6.76m
8	Tshitemba, Dalice	W21 Unam Asthetics Club	6.26m
9	Du Plessis, Mimie	W83 Welwitschia 77 Athletic Club	5.83m
10	Benhard, Mammicky	W21 Unam Asthetics Club	5.32m

Men Shot Put

1	Rademeyer, Wilhelm	M15 Whs Athletics Club	12.05m
2	Thirion, Rudolph	M38 Whs Athletics Club	9.35m
3	Gurirab, Gerhard	M48 Golden Cheetahs Athletic Club	8.48m

Women Discus Throw

1	Wittmann, Suné	W16 Whs Athletics Club	32.83m
2	Van Zyl, Leandra	W22 Whs Athletics Club	27.94m
3	Tshitemba, Dalice	W21 Unam Asthetics Club	21.87m
4	Schultz, Nora	W59 Whs Athletics Club	17.02m
5	Kuppe, Hella	W71 Welwitschia 77 Athletic Club	15.41m
6	Tonnemacher, Sigrid	W59 Welwitschia 77 Athletic Club	14.11m
7	Du Plessis, Mimie	W83 Welwitschia 77 Athletic Club	9.55m

Men Discus Throw

1	Grobler, Jean Pierre	M18 Whs Athletics Club	39.49m
2	Rademeyer, Wilhelm	M15 Whs Athletics Club	35.56m
3	Gurirab, Gerhard	M48 Golden Cheetahs Athletic Club	24.89m
4	Thirion, Rudolph	M38 Whs Athletics Club	23.97m
5	Kaura, Kaonge	M21 Unam Asthetics Club	23.58m

Women Javelin Throw

1	Wittmann, Suné	W16 Whs Athletics Club	38.92m
2	Kamberipa, Vuanda	W20 Unam Asthetics Club	24.50m
3	Kasiringua, Bianga	W26 Welwitschia 77 Athletic Club	20.54m
4	Kuppe, Hella	W71 Welwitschia 77 Athletic Club	18.96m
5	Schultz, Nora	W59 Whs Athletics Club	15.94m
6	Tonnemacher, Sigrid	W59 Welwitschia 77 Athletic Club	13.97m
7	Du Plessis, Mimie	W83 Welwitschia 77 Athletic Club	9.00m

Men Javelin Throw

1	Grobler, Jean Pierre	M18 Whs Athletics Club	44.39m
2	Alberts, Andries	M16 Welwitschia 77 Athletic Club	40.26m
3	Kaura, Kaonge	M21 Unam Asthetics Club	38.80m