

**Coca - Cola National Schools Athletics Championships - 26/03/2010
to 27/03/2010
Track & Field
Windhoek Independence Stadium
Results**

Girls 12-13 100 Meter Sprint

Name	Region	Prelims
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Heat 1 Preliminaries

1 Stacy, Nanuses	Kunene	13.69 q
2 Hunibes, S	Otjozondjupa	13.72 q
3 Kajovi, Vetjemisa	Omaheke	13.76 q
4 Petrus, Theresia	Kavango	14.26 q
5 Tadeus, Orga	Omusati	14.98
6 Matengu, M	Caprivi	15.08

Heat 2 Preliminaries

1 Iishuki, Merjam	Erongo	13.12 q
2 Kaure, Kauraere	Otjozondjupa	13.61 q
3 Swartz, Daviana	Hardap	13.88 q
4 Kadenga, Rebecca	Ohangwena	14.06 q
5 Tjavara, Uerungamena	Kunene	14.45
6 Tjivikua, Vedendouua	Kunene	14.66

Section 1 Finals

1 Iishuki, Merjam	Erongo	13.00
2 Kaure, Kauraere	Otjozondjupa	13.40
3 Hunibes, S	Otjozondjupa	13.66
4 Kadenga, Rebecca	Ohangwena	13.73
5 Stacy, Nanuses	Kunene	13.74
6 Kajovi, Vetjemisa	Omaheke	14.21
7 Petrus, Theresia	Kavango	14.26
8 Swartz, Daviana	Hardap	14.40

Girls 14-15 100 Meter Sprint

Heat 1 Preliminaries

1 Gaes, Chrisline	Otjozondjupa	13.27 q
2 Kazapundua, Tjavango	Otjozondjupa	13.38 q
3 Riesel, Marina	Omaheke	13.51 q
4 Khamuxas, Estelin	Kunene	13.83
5 Kandi, Theopolitine	Kunene	14.02
6 Kamhulu, Petrina	Ohangwena	14.66

Heat 2 Preliminaries

1 Van Staade, Jennefer	Karas	13.16 q
2 Snyders, Ashley	Hardap	13.31 q
3 Katjitae, Rejoice	Khomas	13.32 q
4 Nyambe, Sigfrid	Oshikoto	13.42 q

5 Junius, Olivia	Karas	13.76	q
6 Chombo, E	Caprivi	14.07	

Section 1 Finals

1 Van Staade, Jennefer	Karas	13.06	
2 Nyambe, Sigfrid	Oshikoto	13.14	
3 Katjitae, Rejoice	Khomas	13.18	
4 Gaes, Chrisline	Otjozondjupa	13.24	
5 Snyders, Ashley	Hardap	13.27	
6 Riesel, Marina	Omaheke	13.39	
7 Kazapundua, Tjavango	Otjozondjupa	13.53	
8 Junius, Olivia	Karas	13.79	

Girls 16-17 100 Meter Sprint

Heat 1 Preliminaries

1 Mbunga, Rinouzeeu	Otjozondjupa	12.63	q
2 Britz, Cornel	Khomas	12.81	q
3 Van Wyk, Chanelle	Hardap	12.97	q
4 Shiyakela, Otilie	Oshana	13.03	q
5 Mundiya, JS	Caprivi	13.34	
6 Shihepo, Pandulomwene	Omusati	13.46	

Heat 2 Preliminaries

1 Kamusuwise, Vivian	Omaheke	12.37	q
2 Ngundu, Lisa	Kavango	12.44	q
3 Moolman, Nadine	Oshikoto	12.69	q
4 Hamunyela, Penny	Hardap	12.75	q
5 Noreses, Lena	Khomas	13.14	
6 Haimbodi, Rosalia	Oshana	13.28	

Section 1 Finals

1 Britz, Cornel	Khomas	12.34	
2 Mbunga, Rinouzeeu	Otjozondjupa	12.59	
3 Ngundu, Lisa	Kavango	12.60	
4 Moolman, Nadine	Oshikoto	12.68	
5 Hamunyela, Penny	Hardap	12.69	
6 Van Wyk, Chanelle	Hardap	13.01	

Girls 18-19 100 Meter Sprint

Heat 1 Preliminaries

1 Daimond, Merlin	Khomas	12.39	q
2 Jacobs, Jolene	Khomas	12.47	q
3 Engelbrecht, Petra	Kunene	13.22	q
4 Luuli, Frieda	Ohangwena	13.77	q
5 Von Francois, Atalia	Khomas	13.82	
6 Shongora, Veronica	Otjozondjupa	14.33	
7 Ntsamba, Tabita	Kavango	14.36	

Heat 2 Preliminaries

1 Bardenhorst, Jean - Mari	Oshikoto	12.78	q
2 Damases, Anthea	Oshikoto	13.14	q
3 Nakanyala, Elizabeth	Ohangwena	13.50	q
4 Cloete, Meliza	Hardap	13.52	q
5 Shikange, Anabelia	Oshana	13.84	

Section 1 Finals

1 Daimond, Merlin	Khomas	12.24	
2 Jacobs, Jolene	Khomas	12.71	
3 Bardenhorst, Jean - Mari	Oshikoto	12.89	
4 Damases, Anthea	Oshikoto	13.15	
5 Engelbrecht, Petra	Kunene	13.37	
6 Nakanyala, Elizabeth	Ohangwena	13.70	
7 Luuli, Frieda	Ohangwena	14.05	

Girls 12-13 200 Meter Sprint

Heat 1 Preliminaries

1 Kaure, Kauraere	Otjozondjupa	28.54	q
2 Koekemoer, Z	Khomas	28.67	q
3 Stephanus, Johanna	Omusati	29.34	q
4 Makari, Evitta	Omaheke	29.87	q
5 Jacob, Ndinomukulili	Ohangwena	31.26	
6 Tadeus, Orga	Omusati	37.90	

Heat 2 Preliminaries

1 Iishuki, Merjam	Erongo	28.14	q
2 Sikwete, Theresia	Kavango	29.16	q
3 Swartz, Daviana	Hardap	29.33	q
4 Potgieter, Chris - Mari	Oshikoto	30.11	q
5 Engelbrecht, Mellissa	Khomas	30.13	
6 Mupo, Kandambo	Kavango	30.20	
7 Shende, Maria	Omusati	31.15	
8 Mathe, N	Caprivi	31.27	

Section 1 Finals

1 Iishuki, Merjam	Erongo	27.09	
2 Koekemoer, Z	Khomas	28.25	
3 Kaure, Kauraere	Otjozondjupa	28.33	
4 Sikwete, Theresia	Kavango	28.48	
5 Stephanus, Johanna	Omusati	28.86	
6 Swartz, Daviana	Hardap	29.57	
7 Potgieter, Chris - Mari	Oshikoto	29.59	
8 Makari, Evitta	Omaheke	29.83	

Girls 14-15 200 Meter Sprint

Heat 1 Preliminaries

1 Le Roux, Yolandi	Hardap	27.59	q
2 Uasora, K	Khomas	28.15	q

3 Ambata, Anna	Oshikoto	28.16	q
4 Brits, Eileen	Khomas	28.89	q

Heat 2 Preliminaries

1 Naobes, D	Khomas	27.13	q
2 Gaes, Chrisline	Otjozondjupa	27.60	q
3 Primus, Fransico	Ohangwena	28.07	q
4 Kazapundua, Tjavango	Otjozondjupa	28.48	q
5 Tjejomba, T	Khomas	29.98	
6 Mbomboro, Andak	Kunene	30.75	

Section 1 Finals

1 Naobes, D	Khomas	26.43	
2 Gaes, Chrisline	Otjozondjupa	27.09	
3 Le Roux, Yolandi	Hardap	27.51	
4 Uasora, K	Khomas	27.53	
5 Kazapundua, Tjavango	Otjozondjupa	27.79	
6 Primus, Fransico	Ohangwena	27.96	
7 Ambata, Anna	Oshikoto	28.35	

Girls 16-17 200 Meter Sprint

Heat 1 Preliminaries

1 Britz, Cornel	Khomas	25.75	q
2 Ngundu, Lisa	Kavango	26.78	q
3 Noreses, Lena	Khomas	26.88	q
4 Haimbodi, Rosalia	Oshana	27.53	q
5 Van Wyk, Chanelle	Hardap	27.81	
6 Hamutenya, Laina	Omusati	28.46	

Heat 2 Preliminaries

1 Moolman, Nadine	Oshikoto	26.25	q
2 Kamusuvise, Vivian	Omaheke	26.41	q
3 Shiyakela, Ottilie	Oshana	26.78	q
4 Schickerling, Jesse	Erongo	26.88	q
5 Ndara, Magdalena	Kavango	27.59	
6 Shimuni, Saima	Ohangwena	28.63	

Section 1 Finals

1 Britz, Cornel	Khomas	25.42	
2 Ngundu, Lisa	Kavango	25.99	
3 Kamusuvise, Vivian	Omaheke	26.19	
4 Moolman, Nadine	Oshikoto	26.24	
5 Shiyakela, Ottilie	Oshana	26.58	
6 Noreses, Lena	Khomas	26.62	
7 Schickerling, Jesse	Erongo	27.42	

Girls 18-19 200 Meter Sprint

Heat 1 Preliminaries

1 Kruger, Corlia	Erongo	26.51	q
2 Bardenhorst, Jean - Mari	Oshikoto	26.62	q
3 Kandovazu, D	Khomas	27.09	q
4 Cloete, Meliza	Hardap	28.66	q
5 Ntsamba, Tabita	Kavango	29.15	
6 Muronga, Veronica	Kavango	29.69	

Heat 2 Preliminaries

1 Daimond, Merlin	Khomas	25.16	q
2 Jacobs, Jolene	Khomas	25.75	q
3 Engelbrecht, Petra	Kunene	27.00	q
4 Damases, Anthea	Oshikoto	27.15	q
5 Nakanyala, Elizabeth	Ohangwena	28.68	

Section 1 Finals

1 Daimond, Merlin	Khomas	24.63	
2 Jacobs, Jolene	Khomas	25.31	
3 Bardenhorst, Jean - Mari	Oshikoto	26.04	
4 Kruger, Corlia	Erongo	26.14	
5 Kandovazu, D	Khomas	26.76	
6 Engelbrecht, Petra	Kunene	26.81	
7 Damases, Anthea	Oshikoto	27.36	
8 Cloete, Meliza	Hardap	27.70	

Girls 14-15 400 Meter Sprint

Heat 1 Preliminaries

1 Nambinga, Lovisa	Ohangwena	64.15	q
2 Ashipala, Otilie	Oshana	65.63	q
3 Tsuses, Mersie	Erongo	68.53	q
4 Mwanali, A	Caprivi	68.78	
5 Frans, Zhantay	Erongo	69.58	

Heat 2 Preliminaries

1 Simpande, Aulipia	Kavango	61.60	q
2 Nghende, Lavinia	Oshikoto	62.00	q
3 Shapaka, Rebekka	Omusati	62.63	q
4 Haikali, Epifania	Ohangwena	63.18	q
5 Liebenberg, Marli	Hardap	64.77	q
6 Kauejao, Tjingeeri	Otjozondjupa	68.86	

Section 1 Finals

1 Simpande, Aulipia	Kavango	62.72	
2 Liebenberg, Marli	Hardap	63.75	
3 Nambinga, Lovisa	Ohangwena	63.92	
4 Ashipala, Otilie	Oshana	66.67	
5 Tsuses, Mersie	Erongo	67.81	
6 Shapaka, Rebekka	Omusati	68.85	

Girls 16-17 400 Meter Sprint

Heat 1 Preliminaries

1 Van der Walt, Leandri	Karas	60.78	q
2 Hamutenya, Laina	Omusati	61.10	q
3 Schickerling, Jesse	Erongo	62.28	q
4 Shihepo, Pandulomwene	Omusati	63.23	q
5 Shimuni, Saima	Ohangwena	63.78	q
6 Nelumba, Albertina	Khomas	64.71	

Heat 2 Preliminaries

1 Tjangura, Mercy	Erongo	60.78	q
2 Moolman, Nadine	Oshikoto	61.03	q
3 Shiyakela, Ottilie	Oshana	61.25	q
4 Nathanael, Juli	Ohangwena	64.28	
5 Januarie, Denise	Hardap	67.05	
6 Vatileni, Alexandrina	Oshana	71.54	

Section 1 Finals

1 Shiyakela, Ottilie	Oshana	58.59	
2 Moolman, Nadine	Oshikoto	60.03	
3 Van der Walt, Leandri	Karas	60.48	
4 Schickerling, Jesse	Erongo	61.21	
5 Shimuni, Saima	Ohangwena	61.59	
6 Tjangura, Mercy	Erongo	61.96	
7 Hamutenya, Laina	Omusati	63.38	

Girls 18-19 400 Meter Sprint

Heat 1 Preliminaries

1 Labuschagne, Danielle	Khomas	60.47	q
2 Grobbelaar, Yolindi	Oshikoto	61.28	q
3 Kakwambi, Maria	Ohangwena	61.53	q
4 Mateus, Victoria	Ohangwena	61.84	q
5 Kandovazu, D	Khomas	63.81	q
6 Cloete, Meliza	Hardap	64.38	
7 Engelbrecht, Amorie	Khomas	65.10	

Heat 2 Preliminaries

1 Engelbrecht, Petra	Kunene	62.34	q
2 Muronga, Veronica	Kavango	64.22	q
3 Josef, Maria	Oshana	64.38	q
4 Shindjomba, Natalia	Oshana	65.84	
5 Pritzen, D	Otjozondjupa	66.60	
6 Anjamba, Daisy	Erongo	67.47	
7 Mukoya, C	Caprivi	68.03	

Section 1 Finals

1 Labuschagne, Danielle	Khomas	60.30	
2 Grobbelaar, Yolindi	Oshikoto	61.80	
3 Engelbrecht, Petra	Kunene	62.01	
4 Mateus, Victoria	Ohangwena	62.49	

5 Kakwambi, Maria	Ohangwena	62.88
6 Muronga, Veronica	Kavango	67.83

Girls 12-13 800 Meter Run

Section 1

1 Mberema, Maria	Kavango	2:26.81
2 Juline, Engelberth	Ohangwena	2:27.62
3 Paulus, Aguste	Omusati	2:30.75
4 Amakutsi, Fenny	Omusati	2:31.65
5 Joseph, Ndilao	Ohangwena	2:32.10

Girls 14-15 800 Meter Run

Section 1

1 Shiweda, Johanna	Ohangwena	2:21.22
2 Nepando, Albertina	Ohangwena	2:21.65
3 Shapaka, Rebekka	Omusati	2:24.90
4 Zaukua, Zaandeerarge	Otjozondjupa	2:37.03
5 Kwedhi, Sylvia	Omusati	2:38.81
6 Immanuel, Olivia	Oshana	2:48.53

Girls 16-17 800 Meter Run

Section 1

1 Moses, Klaudia	Oshana	2:19.69
2 Handjene, Julia	Oshana	2:22.00
3 Ipinge, Hileni	Omusati	2:24.53
4 Akundukila, Melanie	Omusati	2:27.34
5 Coetzer, Maryke	Kunene	2:27.60
6 Jafet, Hileni	Omusati	2:30.12

Girls 18-19 800 Meter Run

Section 1

1 Vilho, Ndapewa	Ohangwena	2:23.28
2 Johannes, Elim	Oshana	2:25.13
3 Paulus, Helena	Omusati	2:26.41
4 Shkomba, Mekondjo	Omusati	2:29.38
5 Naftal, Paulina	Omusati	2:30.39
6 Iiyambo, Suama	Omusati	2:31.23

Girls 12-13 1500 Meter Run

Section 1

1 Petrus, Theresia	Kavango	5:00.23
2 Nepando, Selma	Ohangwena	5:04.67
3 Mungeli, Innocencia	Kavango	5:07.74
4 Paulus, Aguste	Omusati	5:14.42
5 Amakutsi, Fenny	Omusati	5:14.89
6 Kazongari, Melody	Omaheke	5:24.83

7 Witbeen, Linette	Hardap	5:33.54
8 Andreas, Sarafina	Omusati	5:35.64
9 Xamenye, Joolokeni	Omusati	5:36.36
10 Mutlifa, Kertu	Omusati	5:41.88

Girls 14-15 1500 Meter Run

Section 1

1 Shiweda, Johanna	Ohangwena	4:51.49
2 Nepando, Albertina	Ohangwena	4:52.13
3 Shapaka, Rebekka	Omusati	5:04.87
4 Kwedhi, Sylvia	Omusati	5:08.46
5 Kambonde, Aina	Erongo	5:11.70
6 Petrus, Twindileni	Oshana	5:13.82
7 Munkundi, Hileni	Omusati	5:19.44
8 Makata, A	Caprivi	5:26.55
9 Sikongo, Namutenya	Kavango	5:34.43
10 Hausiku, Imelda	Oshikoto	5:34.65

Girls 16-17 1500 Meter Run

Section 1

1 Moses, Klaudia	Oshana	4:48.10
2 Angula, Ndinela	Omusati	4:48.78
3 Mingeli, Frieda	Ohangwena	4:50.08
4 Nghinaunye, Ndapandula	Ohangwena	4:51.55
5 Jafet, Hileni	Omusati	4:58.56
6 Iipinga, Hileni	Omusati	4:58.70
7 Haingura, Emilie	Kavango	5:03.55
8 Handjene, Julia	Oshana	5:05.91
9 Nakathingo, Maria	Oshikoto	5:07.18
10 Negumbo, Saima	Omusati	5:15.42
11 Akundukila, Melanie	Omusati	5:16.75

Girls 18-19 1500 Meter Run

Section 1

1 Ruben, Kristofina	Oshikoto	4:51.23
2 Naftal, Paulina	Omusati	4:51.42
3 Razarus, Ester	Ohangwena	4:52.40
4 Paulus, Helena	Omusati	5:00.16
5 Ihanghangwa, Klaudia	Ohangwena	5:01.54
6 Mbambangandu, Martha	Kavango	5:19.19
7 Iiyambo, Suama	Omusati	5:21.57

Girls 16-17 3000 Meter Run

Section 1

1 Nghinaunye, Ndapandula	Ohangwena	10:09.38
2 Mwatotele, Teopolina	Ohangwena	10:10.40
3 Angula, Ndinela	Omusati	10:14.78
4 Shangula, Rebbeka	Oshana	10:47.03

5 Ipinge, Hileni	Omusati	10:48.42
6 Negumbo, Saima	Omusati	10:51.04

Girls 18-19 3000 Meter Run

Section 1

1 Razarus, Ester	Ohangwena	10:14.19
2 Ihanghangwa, Klaudia	Ohangwena	10:19.63
3 Ruben, Kristofina	Oshikoto	10:25.00
4 Naftal, Paulina	Omusati	10:33.25
5 Shidute, Sylvia	Oshana	11:23.51
6 Iiyambo, Suama	Omusati	11:24.53

Girls 12-13 75 Meter Hurdles

Section 1

1 Koko, Mariaan	Oshikoto	13.94
2 Kambudu, Aina	Karas	14.12
3 Bester, Danielle	Oshikoto	14.14
4 Kruger, Tobia	Karas	15.16
5 Losper, Morisha	Khomas	15.32

Girls 14-15 80 Meter Hurdles

Section 1

1 Katjitae, Rejoice	Khomas	12.77
2 Bester, Chene	Oshikoto	13.09
3 Llleka, Stella	Karas	14.23
4 Bassingthwaighte, Jessica	Khomas	14.74
5 Mavejona, Menaye	Khomas	15.07
6 Korner, Melanie	Khomas	15.41
7 Awases, Daphne	Khomas	17.19

Girls 16-17 100 Meter Hurdles

Section 1

1 Pretorius, Michelle	Khomas	16.54
1 Engels, Cari	Khomas	15.64
2 Potgieter, Nadine	Khomas	17.79
2 Jacobs, Jolene	Khomas	16.56
3 De Wee, Marcia	Oshikoto	18.30
3 Engelbrecht, Amorlie	Khomas	17.77

Girls 18-19 100 Meter Hurdles

Section 1

1 Engels, Cari	Khomas	15.64
2 Jacobs, Jolene	Khomas	16.56
3 Engelbrecht, Amorlie	Khomas	17.77

Girls 12-13 200 Meter Hurdles

Section 1

1 Kruger, Kristin	Erongo	35.16
2 Tjirongo, L	Hardap	35.99
3 Katjuanja, V	Hardap	36.33
4 Koko, Mariaan	Oshikoto	36.89
5 Mungunda, Bianca	Khomas	37.90

Girls 14-15 200 Meter Hurdles

Section 1

1 Bester, Chene	Oshikoto	32.09
2 Brits, Eileen	Khomas	33.70
3 Bassingthwaighte, Jessica	Khomas	35.10
4 Mavejona, Menaye	Khomas	36.13

Girls 16-17 400 Meter Hurdles

Section 1

1 De Klerk, Lisa	Khomas	72.35
2 Engels, Liz - Mari	Khomas	74.47
3 Deysel, Jocell	Khomas	1:26.18

Girls 18-19 400 Meter Hurdles

Section 1

1 Engels, Cari	Khomas	65.35
2 Labuschagne, Danielle	Khomas	68.87
3 Engelbrecht, Amorlie	Khomas	70.72

Girls 12-13 High Jump

Flight 1

1 Rabe, Chani	Khomas	1.40m
1 Kashindi, Elizabeth	Khomas	1.40m
1 Kruger, Kristin	Erongo	1.40m
4 Simasiku, M	Caprivi	1.35m
4 Mbajaroka, U	Khomas	1.35m
4 Nghishisdimbawa, S	Khomas	1.35m

Girls 14-15 High Jump

Flight 1

1 Beukes, Abrille	Khomas	1.53m
2 Shikalepo, Eunice	Khomas	1.50m
3 Rall, Ancha	Khomas	1.47m
3 Kambanda, Enzel	Oshikoto	1.47m
5 Liebenberg, Marli	Hardap	1.44m
5 Bester, Chene	Oshikoto	1.44m
7 Van Wyk, Erne	Hardap	1.41m

7 Diekmann, Anne	Otjozondjupa	1.41m
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Girls 16-17 High Jump

Flight 1

1 Pretorius, Michelle	Khomas	1.66m
2 Potgieter, Mijon	Oshikoto	1.55m
2 Brynjolfsdottir, R	Erongo	1.55m
4 Van Schalkwyk, S	Hardap	1.50m
4 Hamunyela, Penny	Hardap	1.50m
4 V.D. Merwe, R	Hardap	1.50m
7 De Klerk, Lisa	Khomas	1.40m

Girls 18-19 High Jump

Flight 1

1 Kruger, Corlia	Erongo	1.67m
1 Rabe, Chani	Khomas	4.82m
2 Kruger, Kristin	Erongo	4.71m
3 Potgieter, Chris - Mari	Oshikoto	4.36m
4 Dambelela, Shiloteni	Kunene	4.34m
5 Swartz, Daviana	Hardap	4.32m
6 Muheua, Juliet	Khomas	4.20m
7 Uutoni, Lavinia	Oshana	3.81m
8 Aebes, Desmanda	Kunene	3.80m

Girls 12-13 Long Jump

Flight 1

1 Rabe, Chani	Khomas	4.82m
2 Kruger, Kristin	Erongo	4.71m
3 Potgieter, Chris - Mari	Oshikoto	4.36m
4 Dambelela, Shiloteni	Kunene	4.34m
5 Swartz, Daviana	Hardap	4.32m
6 Muheua, Juliet	Khomas	4.20m
7 Uutoni, Lavinia	Oshana	3.81m
8 Aebes, Desmanda	Kunene	3.80m

Girls 14-15 Long Jump

Flight 1

1 Esterhuizen, Lizelle	Khomas	4.85m
2 Le Roux, Yolandi	Hardap	4.80m
3 Junius, Olivia	Karas	4.78m
4 Louw, Jean - Marie	Oshikoto	4.60m
5 Shikwaya, Secilia	Oshana	4.33m

Girls 16-17 Long Jump

Flight 1

1 Hamunyela, Penny	Hardap	5.23m
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2 Pretorius, Michelle	Khomas	5.22m
3 Britz, Cornel	Khomas	4.99m
4 Van Wyk, Rene	Hardap	4.89m
5 Timothues, Heleni	Erongo	4.61m
6 Diekmann, Maike	Otjozondjupa	4.59m
7 Kahikopo, Lizelle	Oshikoto	4.57m
8 Ndjitaviua, Lucres	Erongo	4.55m
9 Shilengifa, Lettichia	Oshana	4.41m

Girls 18-19 Long Jump

Flight 1

1 Kahl, C	Otjozondjupa	5.39m
2 Kruger, Corlia	Erongo	5.28m
3 Damases, Anthea	Oshikoto	5.18m
4 Bardenhorst, Jean - Mari	Oshikoto	5.01m
5 Scheepers, Emogeen	Hardap	4.70m
6 Uamunika, Jolanda	Omaheke	4.61m
7 Ntsamba, Tabita	Kavango	4.51m

Girls 16-17 Triple Jump

Flight 1

1 Oestlund, Marit	Otjozondjupa	10.02m
2 Kahikopo, Lizelle	Oshikoto	9.82m
3 Engels, Liz - Mari	Khomas	9.81m
4 Olivier, Terri	Khomas	9.53m
5 Baileveldt, Rochelle	Hardap	9.42m
6 Van Wyk, Corne	Karas	9.22m

Girls 18-19 Triple Jump

Flight 1

--- Kahl, C	Otjozondjupa	ND
--- Engels, Cari	Khomas	ND

Girls 12-13 Shot Put 3kg

Flight 1

1 Claasen, Nadia	Erongo	9.04m
2 Vermaak, L	Hardap	8.79m
3 Labuschagne, A	Hardap	8.27m
4 Hidjou, Winny	Erongo	7.67m
5 Eises, Lisa	Erongo	7.20m

Girls 14-15 Shot Put 4kg

Flight 1

1 Witman, Sune	Khomas	10.76m
2 Henle, M	Otjozondjupa	9.39m
3 Kuhn, S	Otjozondjupa	8.94m

4 Muzenqua, Werisuta	Erongo	8.88m
5 Otto, Marlize	Oshikoto	8.36m
6 Izaaks, Naomi	Erongo	8.17m
7 Van Wyk, Brunita	Khomas	7.96m
8 Maritz, Dawn	Khomas	7.84m
9 Van Zyl, Leandra	Khomas	7.64m

Girls 16-17 Shot Put 4kg

Flight 1

1 Engelbrecht, C	Otjozondjupa	12.81m
2 Le Roux, Jolene	Hardap	11.51m
3 Smit, Conette	Oshikoto	11.23m
4 Diekmann, Maike	Otjozondjupa	9.49m
5 De Witt, Chris - Mari	Oshikoto	9.17m
6 Liebenberg, Marizaan	Khomas	8.55m
7 Nortje, Anriette	Khomas	8.37m

Girls 18-19 Shot Put 4kg

Flight 1

--- Kahl, C	Otjozondjupa	ND
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Girls 12-13 Discus Throw 750g

Flight 1

1 Isaacs, Tammy - Lee	Hardap	24.14m
2 Labuschagne, A	Hardap	23.92m
3 Asino, Uiliko	Karas	20.34m
4 Van Zyl, Carol	Karas	20.16m
5 Nghishoono, Pauline	Omaheke	20.06m
6 Prinsloo, Elaine	Khomas	19.20m
7 Mans, Zandalee	Oshikoto	17.10m
8 Cooper, Rozane	Hardap	16.40m

Girls 14-15 Discus Throw 1kg

Flight 1

1 Witman, Sune	Khomas	28.36m
2 Van Schalkwyk, Izaan	Hardap	27.94m
3 Van Zyl, Leandra	Khomas	22.34m
4 Shikongo, Kleria	Oshikoto	20.92m
5 Pearson, G	Otjozondjupa	20.80m
6 Bardenhost, Mirna	Hardap	20.12m
7 Uaaka, Avihe	Erongo	19.70m
8 De Fretas Bacalhau, Shandre	Karas	19.30m

Girls 16-17 Discus Throw 1kg

Flight 1

1 Engelbrecht, C	Otjozondjupa	33.44m
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2 Le Roux, Jolene	Hardap	32.42m
3 Smit, Conette	Oshikoto	28.54m
4 Diekmann, Maike	Otjondjupa	26.10m

Girls 18-19 Discus Throw 1kg

Flight 1

1 Blaauw, Annelise	Karas	34.84m
2 Van Schoor, Anneri	Khomas	31.22m
3 Ras, Chanique	Oshikoto	29.74m
4 V.D.Heever, ?	Hardap	28.34m

Girls 12-13 Javelin Throw 500gr

Flight 1

1 Mans, Zandalee	Oshikoto	26.40m
2 Potgieter, Chris - Mari	Oshikoto	24.77m
3 Theron, S	Otjondjupa	24.11m
4 Van Wyk, Melissa	Khomas	24.00m
5 Labuschagne, A	Hardap	21.37m
6 Green, Lizette	Omaheke	20.09m
7 Mbatara, Vesemba	Omaheke	18.02m

Girls 14-15 Javelin Throw 600g

Flight 1

1 Witman, Sune	Khomas	39.79m
2 Kakumai, D	Otjondjupa	32.61m
3 Aucamp, Julinde	Khomas	29.38m
4 Henle, M	Otjondjupa	28.35m
5 Mans, Monique	Oshikoto	25.90m
6 Coetzee, Melvourine	Khomas	25.27m
7 Bindeman, Chrizzette	Hardap	24.58m

Girls 16-17 Javelin Throw 600g

Flight 1

1 Short, Maryke	Khomas	33.86m
2 V.D. Wath, Haneke	Hardap	32.92m
3 Van Zyl, Klara	Kunene	31.00m
4 Jeomba, Caroline	Erongo	29.02m
5 Opperman, Elzanne	Omaheke	28.58m
6 Klukowski, Natasha	Hardap	27.04m
7 Engelbrecht, C	Otjondjupa	26.88m
8 Muriambihu, Engenia	Omaheke	26.26m
9 Kotjipati, Rosemary	Otjondjupa	24.96m
10 Moses, M	Khomas	21.02m

Girls 18-19 Javelin Throw 600g

Flight 1

1 Horn, Yolandi	Oshikoto	30.38m
2 Ras, Chanique	Oshikoto	30.08m
3 Hiiko, Uata	Erongo	28.87m
4 Ksiringua, Chesia	Khomas	27.95m
5 V.D.Merwe, Marika	Kavango	26.43m

Boys 12-13 100 Meter Sprint

Heat 1 Preliminaries

1 Katueze, Titus	Otjozondjupa	12.45	q
2 Bezuidenhoudt, E	Khomas	12.66	q
3 Ndeitunga, Tangeni	Khomas	12.87	q
4 Kavelia, Brendon	Kunene	13.23	q
5 Denzel, Mbangula	Oshana	13.52	
6 Rooinasie, Johannes	Otjozondjupa	13.59	
7 Moyongo, Filipus	Ohangwena	14.88	

Heat 2 Preliminaries

1 Kauraise, Angelo	Khomas	12.46	q
2 Lawrence, Uriato	Hardap	12.77	q
3 Visagie, Jose	Hardap	12.98	q
4 Sikalumbu, A	Caprivi	13.42	q
5 Van Zyl, Frederik	Kunene	13.72	
6 Andreas, Hamutenya	Ohangwena	13.86	
7 Matias, Heita	Omusati	14.31	

Section 1 Finals

1 Katueze, Titus	Otjozondjupa	12.35
2 Kauraise, Angelo	Khomas	12.66
3 Bezuidenhoudt, E	Khomas	12.79
4 Kavelia, Brendon	Kunene	12.90
5 Visagie, Jose	Hardap	13.18
6 Lawrence, Uriato	Hardap	13.68
7 Sikalumbu, A	Caprivi	13.70

Boys 14-15 100 Meter Sprint

Heat 1 Preliminaries

1 Pieters, Ego	Erongo	11.47	q
2 Ndifan, E	Otjozondjupa	11.53	q
3 Wemmert, Leighton	Khomas	11.71	q
4 Van Vuuren, Gerdie	Hardap	11.72	q
5 Talaya, Diago	Otjozondjupa	11.78	
6 Swartbooi, Tolla	Karas	12.09	

Heat 2 Preliminaries

1 Basson, Bassanio	Khomas	11.37	q
2 Samkange, Donald	Oshikoto	11.56	q
3 Titus, Shareave	Otjozondjupa	11.63	q
4 Nauseb, Sameul	Kavango	11.65	q
5 Bailey, Elrico	Hardap	11.86	

6 Uushona, Paulus	Oshana	11.93
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Section 1 Finals

1 Basson, Bassanio	Khomas	11.67
2 Titus, Shareave	Otjozondjupa	11.71
3 Pieters, Ego	Erongo	11.74
3 Ndifan, E	Otjozondjupa	11.74
5 Wemmert, Leighton	Khomas	11.87
6 Samkange, Donald	Oshikoto	11.91
7 Van Vuuren, Gerdie	Hardap	12.08
8 Nauseb, Sameul	Kavango	12.92

Boys 16-17 100 Meter Sprint

Heat 1 Preliminaries

1 Martin, Yoran	Khomas	11.22	q
2 V.D.Merwe, ?	Hardap	11.28	q
3 Eiman, Hewan	Otjozondjupa	11.31	q
4 Gua-goab, Brunden	Kunene	14.36	

Heat 2 Preliminaries

1 Pieterse, Fred Charles	Khomas	10.69	q
2 Mutjivikua, Kevii	Khomas	11.22	q
3 Kauajo, Tjimbatu	Omaheke	11.34	q
4 Delie, Lovelle	Hardap	11.50	q
5 Nenkavu, Benjamin	Oshana	11.58	q
6 Masuka, K	Caprivi	11.92	

Section 1 Finals

1 Pieterse, Fred Charles	Khomas	10.65
2 Mutjivikua, Kevii	Khomas	11.06
3 Martin, Yoran	Khomas	11.13
4 Kauajo, Tjimbatu	Omaheke	11.22
5 Eiman, Hewan	Otjozondjupa	11.78

Boys 18-19 100 Meter Sprint

Heat 1 Preliminaries

1 Eichab, Eben	Hardap	11.00	q
2 Skrywer, Armando	Omaheke	11.45	q
3 Pius, Puriza	Omusati	11.75	
4 Litaba, S	Caprivi	12.24	

Heat 2 Preliminaries

1 Paulus, Phillip	Oshikoto	11.04	q
2 Krohne, Zanderio	Khomas	11.19	q
3 Saul, Renus	Omaheke	11.35	q
4 Joseph, Fanuel	Ohangwena	11.88	
5 Helmut, Nekwaya	Omusati	11.89	
6 Wilbard, Iipinga	Oshana	11.93	

Heat 3 Preliminaries

1 Uri- Khob, Jesse	Otjozondjupa	10.92	q
2 Karuuombe, Nadivatu	Khomas	11.25	q
3 Henkert, Wilbur	Khomas	11.39	q
4 De Klerk, Ivanho	Hardap	11.65	
5 Gabriel, Jonas	Oshana	12.68	

Section 1 Finals

1 Uri- Khob, Jesse	Otjozondjupa	10.97	
2 Paulus, Phillip	Oshikoto	11.15	
3 Eichab, Eben	Hardap	11.21	
4 Karuuombe, Nadivatu	Khomas	11.38	
5 Krohne, Zanderio	Khomas	11.54	
6 Skrywer, Armando	Omaheke	11.59	
7 Saul, Renus	Omaheke	11.73	

Boys 12-13 200 Meter Sprint**Heat 1 Preliminaries**

1 Ngongo, Asser	Kavango	28.33	q
2 Kuafumana, Ngeve Shilongo	Kavango	28.56	
3 Van Zyl, Frederik	Kunene	29.06	
4 Kambo, John	Khomas	29.66	

Heat 2 Preliminaries

1 Bezuidenhoudt, E	Khomas	26.55	q
2 Katjizembele, Vinavihe	Otjozondjupa	27.74	q
3 Bock, M	Khomas	27.89	q
4 Cronje, Jan - Harm	Oshikoto	27.94	q
5 Matias, Heita	Omusati	31.35	

Heat 3 Preliminaries

1 Katuuu, Bravo	Omaheke	26.59	q
2 Lawrence, Uriato	Hardap	26.64	q
3 Cayi, D	Caprivi	27.23	q
4 Tjuara, Vapanbauka	Kunene	28.43	
5 Pandeni, Kandjambanga	Ohangwena	32.24	

Section 1 Finals

1 Bezuidenhoudt, E	Khomas	25.72	
2 Lawrence, Uriato	Hardap	26.43	
3 Cayi, D	Caprivi	26.76	
4 Katjizembele, Vinavihe	Otjozondjupa	26.87	
5 Cronje, Jan - Harm	Oshikoto	27.06	
6 Bock, M	Khomas	27.16	
7 Ngongo, Asser	Kavango	29.96	

Boys 14-15 200 Meter Sprint

Heat 1 Preliminaries

1 Basson, Bassanio	Khomas	23.76	q
2 Narib, Allen	Erongo	24.11	q
3 Wemmert, Leighton	Khomas	24.32	q
4 Ndifan, E	Otjozondjupa	24.40	q
5 Nauseb, Sameul	Kavango	24.56	q
6 Uushona, Paulus	Oshana	25.37	
7 Shilunga, Lazy	Ohangwena	28.95	

Heat 2 Preliminaries

1 Samkange, Donald	Oshikoto	24.41	q
2 Moller, D.J.	Erongo	25.09	q
3 Bailey, Elrico	Hardap	25.16	q
4 Titus, Shareave	Otjozondjupa	25.37	
5 Mbushange, Ekandjo	Oshana	25.40	
6 Simaataa, C	Caprivi	26.02	
7 Ndulumba, Aron	Ohangwena	27.83	

Section 1 Finals

1 Ndifan, E	Otjozondjupa	23.50	
2 Basson, Bassanio	Khomas	23.60	
3 Wemmert, Leighton	Khomas	23.66	
4 Narib, Allen	Erongo	24.28	
5 Moller, D.J.	Erongo	25.11	
6 Bailey, Elrico	Hardap	27.32	

Boys 16-17 200 Meter Sprint

Heat 1 Preliminaries

1 Nash, Ashton	Erongo	22.36	q
2 Mutjivikua, Kevii	Khomas	22.91	q
3 V.D.Merwe, ?	Hardap	23.32	q
4 Shafokutya, Linus	Kunene	23.75	q
5 Eksteen, John	Kunene	23.86	
6 Munenguni, Paavo	Oshana	24.56	

Heat 2 Preliminaries

1 Pieterse, Fred Charles	Khomas	22.15	q
2 Cronje, Pierre	Oshikoto	22.60	q
3 Kandjii, Donavan	Khomas	23.22	q
4 Eiman, Hewan	Otjozondjupa	23.47	q
5 Tsauseb, Cyril	Oshikoto	24.02	
6 Nenkavu, Benjamin	Oshana	24.12	

Section 1 Finals

1 Pieterse, Fred Charles	Khomas	21.91	
2 Mutjivikua, Kevii	Khomas	22.39	
2 Cronje, Pierre	Oshikoto	22.39	
4 Nash, Ashton	Erongo	22.76	
5 Kandjii, Donavan	Khomas	23.12	

6 V.D.Merwe, ?	Hardap	23.19
7 Eiman, Hewan	Otjozondjupa	23.39
8 Shafokutya, Linus	Kunene	23.92

Boys 18-19 200 Meter Sprint

Heat 1 Preliminaries

1 Uri- Khob, Jesse	Otjozondjupa	21.75	q
2 Eichab, Eben	Hardap	22.10	q
3 Henkert, Wilbur	Khomas	23.28	q
4 Kandondi, Tjikusa	Khomas	23.43	q
5 Sabo, A	Caprivi	23.53	q
6 Nanub, Elrich	Omaheke	23.62	
7 Pius, Puriza	Omusati	24.27	

Heat 2 Preliminaries

1 Paulus, Phillip	Oshikoto	22.29	q
2 Krohne, Zanderio	Khomas	22.81	q
3 Russlin, Kuhinguana	Khomas	23.52	q
4 Goraseb, Chris	Kunene	23.80	
5 Helmut, Nekwaya	Omusati	24.50	
6 Gabriel, Jonas	Oshana	24.53	
7 Wambalili, Rebues	Ohangwena	25.47	
8 Nanhapo, Stefanus	Ohangwena	25.75	

Section 1 Finals

1 Uri- Khob, Jesse	Otjozondjupa	21.29
2 Eichab, Eben	Hardap	21.37
3 Paulus, Phillip	Oshikoto	21.75
4 Krohne, Zanderio	Khomas	22.59
5 Henkert, Wilbur	Khomas	22.88
6 Russlin, Kuhinguana	Khomas	23.19
7 Kandondi, Tjikusa	Khomas	23.21
8 Sabo, A	Caprivi	23.32

Boys 14-15 400 Meter Sprint

Heat 1 Preliminaries

1 Titus, Keanen	Khomas	55.73	q
2 Watema, Francis	Erongo	58.19	q
3 Stevens, Damian	Erongo	58.28	q
4 Ndulumba, Aron	Ohangwena	59.13	

Heat 2 Preliminaries

1 Buettner, Marco	Khomas	52.66	q
2 Theron, W	Otjozondjupa	55.37	q
3 Kaninganazo, Mertas	Otjozondjupa	55.44	q
4 shayinrungu, Ndjamba	Kavango	55.75	q
5 Diergaardt, Courtney	Hardap	55.83	q

Section 1 Finals

1 Titus, Keanen	Khomas	54.74
2 shayinrungu, Ndjamba	Kavango	54.90
3 Diergaardt, Courtney	Hardap	55.43
4 Theron, W	Otjozondjupa	55.60
5 Kaninganazo, Mertas	Otjozondjupa	58.76
6 Watema, Francis	Erongo	62.09

Boys 16-17 400 Meter Sprint

Heat 1 Preliminaries

1 Cronje, Pierre	Oshikoto	51.31	q
2 Kanyetu, Lukas	Kavango	52.38	q
3 Van Vuuren, Rossouw	Khomas	52.78	q
4 Imbondi, Risto	Oshikoto	52.97	q
5 Rossow, Michael	Kunene	63.61	
6 Fischer, Faizel	Khomas	63.79	

Heat 2 Preliminaries

1 Martin, Yoran	Khomas	52.10	q
2 Swartz, Steward	Hardap	52.53	q
3 Shimhanda, Sem	Ohangwena	52.63	q
4 Oberholtzer, Andre	Erongo	54.16	q
5 Nakale, Eraastus	Ohangwena	55.13	
6 Amanyanga, Jerry	Oshana	55.52	
7 Links, Rodney	Hardap	58.07	

Section 1 Finals

1 Cronje, Pierre	Oshikoto	49.15
2 Martin, Yoran	Khomas	51.25
3 Swartz, Steward	Hardap	52.00
4 Van Vuuren, Rossouw	Khomas	52.08
5 Shimhanda, Sem	Ohangwena	52.33
6 Imbondi, Risto	Oshikoto	53.29
7 Oberholtzer, Andre	Erongo	55.14

Boys 18-19 400 Meter Sprint

Heat 1 Preliminaries

1 Dausab, C	Erongo	52.25	q
2 Basson, Rowan	Otjozondjupa	53.06	q
3 Appes, Trevor	Khomas	53.56	q
4 Nghitevelekwa, Joseph	Ohangwena	55.06	q
5 Kanyanga, Lukas	Kavango	56.51	
6 Pius, Puriza	Omusati	56.61	

Heat 2 Preliminaries

1 Nauseb, Michael	Erongo	51.28	q
2 Beukes, Desalvano	Hardap	51.68	q
3 Ockhuizen, Jontuaan	Hardap	52.37	q
4 Luandra, Petrus	Oshana	52.68	q

5 Fredericka, Luky	Erongo	56.66
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Section 1 Finals

1 Dausab, C	Erongo	50.60
2 Beukes, Desalvano	Hardap	50.94
3 Ockhuizen, Jontuaan	Hardap	51.86
4 Nauseb, Michael	Erongo	51.98
5 Luandra, Petrus	Oshana	53.11
6 Basson, Rowan	Otjozondjupa	53.84
7 Appes, Trevor	Khomas	54.30
8 Nghitevelekwa, Joseph	Ohangwena	54.61

Boys 12-13 800 Meter Run

Section 1

1 Matamu, Faustinus	Kavango	2:19.37
2 Mayavero, Markus	Kavango	2:20.00
3 Ndango, Erick	Kavango	2:21.19
4 Kanyeke, Johannes	Oshikoto	2:21.35
5 Awene, Samuel	Oshikoto	2:23.72
6 Johannes, Sackaria	Ohangwena	2:25.62

Boys 14-15 800 Meter Run

Section 1

1 Mbamba, Faustinus	Kavango	2:05.66
2 Cupido, JR	Erongo	2:07.38
3 Muundjua, Collin	Otjozondjupa	2:09.19
4 Endjala, Timoteus	Omusati	2:16.04
5 Shoozi, Thomas	Omusati	2:20.79
6 Sheyanale, Werner	Oshana	2:21.30

Boys 16-17 800 Meter Run

Section 1

1 Links, Rodney	Hardap	2:02.35
2 Haufiku, Eben-Ezer	Ohangwena	2:03.78
3 Kanyetu, Lukas	Kavango	2:04.50
4 jason, Sameul	Ohangwena	2:06.16
5 Maas, Donovan	Khomas	2:06.68
6 Mukuve, Paulus	Kavango	2:08.24

Boys 18-19 800 Meter Run

Section 1

1 Reinhold, Tomas	Oshana	2:01.07
2 Katijjo, Mbeurora	Otjozondjupa	2:01.50
3 Kayoo, Thomas	Hardap	2:02.41
4 Ponhu, Hafeni	Ohangwena	2:04.18
5 Shidolo, Egdius	Ohangwena	2:05.23

6 Tadeus, Demetrius	Omusati	2:07.02
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Boys 12-13 1500 Meter Run

Section 1

1 Awene, Samuel	Oshikoto	4:42.62
2 Matamu, Faustinus	Kavango	4:42.97
3 Mwoonde, David	Ohangwena	4:43.71
4 Mayavero, Markus	Kavango	4:45.71
5 Johannes, Sackaria	Ohangwena	4:49.32
6 Christiaan, Elrico	Karas	4:57.91
7 Swartz, J	Hardap	5:05.70
8 Paulinus, Johannes	Omusati	5:33.48

Boys 14-15 1500 Meter Run

Section 1

1 Mbamba, Faustinus	Kavango	4:16.04
2 Mukena, Fabianus	Kavango	4:17.01
3 Matlata, Eben	Omaheke	4:18.98
4 Muundjua, Collin	Otjozondjupa	4:27.05
5 Nalukaku, Asser	Oshana	4:30.08
6 Goraseb, G	Hardap	4:36.50
7 Gariseb, Johannes	Omaheke	4:41.56
8 Simon, Ananias	Erongo	4:44.20
9 Ihemba, Patrick	Kavango	4:45.06
10 Kasuto, Boas	Otjozondjupa	4:46.67
11 Shoozi, Thomas	Omusati	4:46.80

Boys 16-17 1500 Meter Run

Section 1

1 Gariseb, Sebastian	Omaheke	4:15.90
2 Ekandjo, Hiskiel	Omusati	4:16.74
3 Vryman, Julian	Karas	4:18.35
4 Shikongo, Johannes	Omusati	4:24.00
5 Iita, Matheus	Omusati	4:24.68
6 Haufiku, Eben-Ezer	Ohangwena	4:29.68
7 Shilenga, Stephanus	Oshikoto	4:29.86
8 Kashululu, Paulus	Omusati	4:35.58
9 Phillipus, Absalon	Oshikoto	4:40.28
10 Hashiti, Kondashili	Oshikoto	4:42.04

Boys 18-19 1500 Meter Run

Section 1

1 Reinhold, Tomas	Oshana	4:04.70
2 Katijjo, Mbeurora	Otjozondjupa	4:10.56
3 Anddreas, Timoteus	Ohangwena	4:13.82
4 Tadeus, Demetrius	Omusati	4:14.77
5 Haukongo, Naftal	Omusati	4:21.91

6 Kalumbu, Abisai	Omusati	4:32.07
7 Shuulula, Timotheus	Erongo	5:03.57

Boys 14-15 3000 Meter Run

Section 1

1 Mbamba, Faustinus	Kavango	9:30.62
2 Shongora, Shirari	Otjozondjupa	9:38.37
3 Kamhulu, Martin	Ohangwena	9:38.57
4 Nuuyoma, Timoteus	Omusati	9:52.91
5 Endjala, Timoteus	Omusati	9:53.81
6 Lukas, Shigweda	Omusati	9:54.08

Boys 16-17 3000 Meter Run

Section 1

1 Herman, Petrus	Ohangwena	9:12.59
2 Shikongo, Johannes	Omusati	9:27.25
3 Iita, Matheus	Omusati	9:41.31
4 Kashululu, Paulus	Omusati	9:52.42
5 Mbeeli, Johaan	Ohangwena	9:56.69
6 Nghipundjuua, Daniel	Omusati	10:22.31

Boys 18-19 5000 Meter Run

Section 1

1 Uwgwanga, Elia	Oshikoto	15:41.47
2 Tobias, Hafeni	Ohangwena	15:48.66
3 Shikongo, Cristimas	Ohangwena	15:52.23
4 Haukongo, Naftal	Omusati	15:56.19
5 Kalumbu, Abisai	Omusati	16:17.65
6 Wilbard, Tuuliki	Oshana	16:21.91

Boys 12-13 80 Meter Hurdles

Section 1

1 Thahere, Maameno	Otjozondjupa	13.78
2 Steenkamp, Kristof	Khomas	14.38
3 Isaak, Divan	Karas	14.43
4 Vries, Clayton	Karas	14.83
5 Shikongo, Isreal	Otjozondjupa	14.92
6 Tjiriange, Jerrie	Omaheke	15.03
7 Esterhuizen, Bronwen	Omaheke	15.77

Boys 14-15 100 Meter Hurdles

Section 1

1 Haltula, Job	Khomas	15.04
2 Wessel, Bredell	Omaheke	15.09
3 Puriza, Freddy	Khomas	15.35
4 Du Plooy, Abraham	Khomas	15.39

5 Kauupingene, Dobri	Khomas	15.54
6 Damaseb, Paul	Oshikoto	16.97

Boys 16-17 110 Meter Hurdles

Section 1

1 Pieterse, Fred Charles	Khomas	14.59
2 Bulle, Uiso	Khomas	15.51
3 Burger, Walter	Omaheke	16.35
4 Van Staden, Frans	Khomas	16.90
5 Veseevete, Veseevete	Khomas	18.10

Boys 18-19 110 Meter Hurdles

Section 1

1 Henkert, Wilbur	Khomas	15.20
2 Wellman, Neil	Erongo	16.23
3 Krauss, Herman	Khomas	16.33
4 Van Wyk, T	Khomas	16.54

Boys 12-13 200 Meter Hurdles

Section 1

1 Van Wyk, Z	Khomas	32.00
2 Steenkamp, Kristof	Khomas	34.51
3 Lambert, Pierre	Oshikoto	34.92

Boys 14-15 200 Meter Hurdles

Section 1

1 Du Plooy, Abraham	Khomas	28.71
2 Puriza, Freddy	Khomas	29.61
3 Damaseb, Paul	Oshikoto	30.23

Boys 16-17 400 Meter Hurdles

Section 1

1 Van Vuuren, Rossouw	Khomas	61.96
2 Van Staden, Frans	Khomas	64.71
3 Fischer, Faizel	Khomas	64.81

Boys 18-19 400 Meter Hurdles

Section 1

1 Mbuende, Ronald	Khomas	59.01
2 Krauss, Herman	Khomas	59.31
3 Karuuombe, Nadvatu	Khomas	62.13
4 Kandjou, Vendjisuveru	Khomas	62.25
5 Wellman, Neil	Erongo	67.46

Boys 12-13 High Jump

Flight 1

1 Oxurub, Terence	Otjozondjupa	1.55m
2 Job, Horaseb	Kunene	1.50m
3 Geingob, Donaven	Erongo	1.45m
4 Urub, Brandon	Kunene	1.40m
4 De Koe, Adolf	Hardap	1.40m
6 Schafer, Marco	Khomas	1.35m

Boys 14-15 High Jump

Flight 1

1 Mutonga, Dylan	Khomas	1.71m
2 Wyngaardt, Rayno	Khomas	1.65m
2 Venter, Steve	Otjozondjupa	1.65m
2 Pieters, Rudie	Erongo	1.65m
5 Amseb, Ambrosius	Khomas	1.60m
5 Du Toit, F.	Otjozondjupa	1.60m
5 Gurirab, Desederius	Kunene	1.60m
8 Husselman, Keanan	Hardap	1.55m
8 Aggenbag, Corne	Erongo	1.55m
10 Mckay, Ronald	Karas	1.50m
10 Van Wyk, Bjorn	Hardap	1.50m

Boys 16-17 High Jump

Flight 1

1 Tjivera, Amaldus	Kunene	1.78m
2 Ntelamo, W	Caprivi	1.75m
3 Boois, Lawrence	Hardap	1.70m
3 Beukes, Willem	Omaheke	1.70m
3 September, Cecil	Erongo	1.70m
3 Nampala, Johannes	Khomas	1.70m
3 V.D.Merwe, ?	Hardap	1.70m
3 Kaeka, V	Khomas	1.70m

Boys 18-19 High Jump

Flight 1

1 Imalwa, Klepas	Khomas	1.85m
1 Nuseb, Dawid	Hardap	1.85m
1 Amutenya, A	Otjozondjupa	1.85m
4 Greeff, Andries	Hardap	1.80m
4 Isaacs, C	Khomas	1.80m
4 Kejarukua, Ukutura	Khomas	1.80m
7 Abrahams, Renicity	Hardap	1.75m
8 Nanub, Elrich	Omaheke	1.70m
8 Phillips, Norman	Kunene	1.70m

Boys 12-13 Long Jump

Flight 1

1 Kauraise, Angelo	Khomas	5.39m
2 Tjimbizi, Zapandavi	Kunene	5.32m
3 DE Koe, Curtis	Erongo	5.12m
4 Januarie, Rozario	Hardap	5.03m
5 Sitwala, Likando	Erongo	4.92m
6 De Wet, Neil	Oshana	4.53m

Boys 14-15 Long Jump**Flight 1**

1 Ndifan, E	Otjozondjupa	6.07m
2 Titus, Shareave	Otjozondjupa	5.84m
3 Du Plooy, Abraham	Khomas	5.83m
4 Pienaar, Machilla	Kunene	5.75m
5 Uushona, Paulus	Oshana	5.68m
6 Bezuinhoudt, ?	Hardap	5.58m
7 Diergaardt, Jason	Hardap	5.46m
8 Anton, John	Kavango	5.31m

Boys 16-17 Long Jump**Flight 1**

1 Groenewaldt, Zhivago	Erongo	6.21m
2 Klein, Sergio	Erongo	6.11m
3 Kandjii, Donavan	Khomas	6.00m
4 Nenkavu, Benjamin	Oshana	5.96m
5 Walkers, Darren	Erongo	5.88m

Boys 18-19 Long Jump**Flight 1**

1 Mouton, Alberto	Hardap	6.69m
2 Eichab, Eben	Hardap	6.58m
3 Mororua, Wimpy	Kunene	6.43m
4 De Klerk, Ivanho	Hardap	6.39m
5 Kustaa, Himee	Khomas	6.28m
6 Shikongo, Greg	Erongo	6.24m
7 Russlin, Kuhingwana	Khomas	5.41m

Boys 16-17 Triple Jump**Flight 1**

1 Riekerts, Lou	Hardap	12.56m
2 Mouton, Herchell	Hardap	12.17m

Boys 18-19 Triple Jump 13m**Flight 1**

1 Mouton, Alberto	Hardap	13.77m
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2 Abrahams, Renicity	Hardap	13.52m
3 Higoam, Abraham	Karas	13.36m
4 Louw, Gareth	Hardap	13.22m
5 Mororua, Wimpy	Kunene	13.20m

Boys 12-13 Shot Put 4kg

Flight 1

1 Swanepoel, Arno	Khomas	10.56m
2 Kakujah, Ngatukarepamue	Omaheke	10.24m
3 Alexander, Duane	Hardap	9.50m
4 Rossouw, George	Khomas	9.38m
5 Emandien, Mogamat	Erongo	8.60m
6 De Klerk, Riaan	Erongo	8.35m

Boys 14-15 Shot Put 4kg

Flight 1

1 Rademeyer, Wilhelm	Khomas	14.16m
2 Krohne, Alfred	Hardap	12.71m
3 V.D. Westhuizen, J	Khomas	12.47m
4 Retief, J	Khomas	12.44m
5 Husselman, Dylan	Khomas	11.11m
6 Hatting, Reinhardt	Otjozondjupa	10.97m
7 Kusch, Annou	Hardap	10.94m
8 Mateus, Ivo	Oshana	10.58m

Boys 16-17 Shot Put 5kg - 5.4kg

Flight 1

1 Visser, Divan	Otjozondjupa	12.48m
2 Le Roux, Jaco	Khomas	11.55m
3 Strauss, Enrico	Erongo	10.98m
4 Van den Berg, Jan - Henri	Oshikoto	10.85m
5 De Jager, Francois	Khomas	10.36m
6 Arangies, Hugo	Oshikoto	10.34m
7 Grobler, Nian	Erongo	10.20m

Boys 18-19 Shot Put 6kg - 6.35kg

Flight 1

1 Berry, John	Karas	12.40m
2 Smith, Garren	Khomas	12.29m
3 Van Zyl, A	Khomas	12.14m
4 Du Plessis, Christie	Khomas	11.97m
5 Amushendje, Martin	Erongo	11.69m
6 Rohl, Wolfgang	Erongo	11.56m
7 Hukununa, Jeomba	Otjozondjupa	10.42m

Boys 12-13 Discus Throw 1kg

Flight 1

1 Weiss, Wido	Khomas	28.65m
2 Swanepoel, Arno	Khomas	27.63m
3 Van Der Berg, Jandre	Oshikoto	26.92m
4 Niemann, Eugene	Erongo	25.26m
5 Alexander, Duane	Hardap	23.53m
6 Ras, Christiaan	Oshikoto	20.35m

Boys 14-15 Discus Throw 1kg

Flight 1

1 Du Toit, F.	Otjozondjupa	35.90m
2 Hatting, Reinhardt	Otjozondjupa	35.56m
3 Retief, J	Khomas	35.50m
4 Rademeyer, Wilhelm	Khomas	33.86m
5 V.D. Westhuizen, J	Khomas	33.40m
6 Kusch, Annou	Hardap	31.82m
7 Aggenbag, Corne	Erongo	29.52m
8 Dumeni, Asser	Karas	28.40m
9 Mateus, Ivo	Oshana	22.28m

Boys 16-17 Discus Throw 1.5kg

Flight 1

1 Smith, Jandre	Karas	39.06m
2 Poggenpoel, SJ	Otjozondjupa	36.88m
3 Blaauw, Wayne	Hardap	35.02m
4 De Jager, Francois	Khomas	33.62m
5 Besser, Reyvin	Hardap	32.82m
6 Le Roux, Jaco	Khomas	31.18m
7 Roberts, Manie	Kunene	30.38m
8 Coombe, Christophher	Khomas	29.82m
9 Strauss, Enrico	Erongo	29.80m
10 Pretorius, Elric	Khomas	29.32m
11 Visser, Divan	Otjozondjupa	23.88m

Boys 18-19 Discus Throw 1.75kg

Flight 1

1 Berry, John	Karas	35.74m
2 Deysel, Johan	Khomas	34.82m
3 Pinehas, Sakaria	Oshikoto	33.30m
4 Dicothiche, Leroy	Khomas	32.28m
5 Deysel, Johan	Otjozondjupa	31.80m
6 Ellis, Gideon	Hardap	23.84m

Boys 12-13 Javelin Throw 600gr

Flight 1

1 Niemann, Eugene	Erongo	35.18m
2 Swanepoel, Arno	Khomas	32.48m
3 Cronje, Jan - Harm	Oshikoto	32.22m
4 Nanyemba, Jessy	Kavango	30.63m

5 Ras, Christiaan	Oshikoto	30.54m
6 Poggenpoel, N	Otjozondjupa	25.00m

Boys 14-15 Javelin Throw 600g

Flight 1

1 Wessel, Bredell	Omaheke	51.74m
2 Grobbelaar, Louis	Oshikoto	46.87m
3 Alberts, Andries	Khomas	43.49m
4 Du Toit, F.	Otjozondjupa	43.00m
5 V.D. Westhuizen, J	Khomas	40.21m
6 Strydom, Wiehan	Khomas	39.65m
7 Versfeld, William	Omaheke	38.98m

Boys 16-17 Javelin Throw 700g

Flight 1

1 Smith, Jandre	Karas	55.90m
2 Llabuscagne, Christiaan	Omaheke	53.46m
3 Grobler, Nian	Erongo	52.92m
4 Poggenpoel, SJ	Otjozondjupa	48.75m
5 Groenewaldt, Shilako	Erongo	48.60m
6 Visser, Divan	Otjozondjupa	48.59m
7 Booyesen, Wikus	Hardap	47.12m
8 Johr, Walter	Hardap	44.56m
9 Kupaha, Mbaukua	Otjozondjupa	35.54m

Boys 18-19 Javelin Throw 800g

Flight 1

1 Celliers, S	Khomas	52.98m
2 Engelbrecht, Jasper	Omaheke	52.85m
3 Tjiveze, Itereua	Kunene	45.16m
4 Deysel, Johan	Otjozondjupa	42.85m
5 Kruger, JH	Otjozondjupa	42.19m
6 Ellis, Gideon	Hardap	39.27m
7 Van Zyl, A	Khomas	37.78m

**Coca - Cola National Schools Athletics Championships -
26/03/2010 to 27/03/2010
Track & Field
Windhoek Independence Stadium
Results**

Girls 12-13 100 Meter Sprint

Name	Region	Prelims	
Heat 1 Preliminaries			
1 Stacy, Nanuses	Kunene	13.69	q
2 Hunibes, S	Otjozondjupa	13.72	q
3 Kajovi, Vetjemisa	Omaheke	13.76	q
4 Petrus, Theresia	Kavango	14.26	q
5 Tadeus, Orga	Omusati	14.98	
6 Matengu, M	Caprivi	15.08	

Heat 2 Preliminaries

1 Iishuki, Merjam	Erongo	13.12	q
2 Kaure, Kauraere	Otjozondjupa	13.61	q
3 Swartz, Daviana	Hardap	13.88	q
4 Kadenga, Rebecca	Ohangwena	14.06	q
5 Tjavara, Uerungamena	Kunene	14.45	
6 Tjivikua, Vedendouua	Kunene	14.66	

Section 1 Finals

1 Iishuki, Merjam	Erongo	13.00	
2 Kaure, Kauraere	Otjozondjupa	13.40	
3 Hunibes, S	Otjozondjupa	13.66	
4 Kadenga, Rebecca	Ohangwena	13.73	
5 Stacy, Nanuses	Kunene	13.74	
6 Kajovi, Vetjemisa	Omaheke	14.21	
7 Petrus, Theresia	Kavango	14.26	
8 Swartz, Daviana	Hardap	14.40	

Girls 12-13 200 Meter Sprint

Heat 1 Preliminaries

1 Kaure, Kauraere	Otjozondjupa	28.54	q
2 Koekemoer, Z	Khomas	28.67	q
3 Stephanus, Johanna	Omusati	29.34	q
4 Makari, Evitta	Omaheke	29.87	q
5 Jacob, Ndinomukulili	Ohangwena	31.26	
6 Tadeus, Orga	Omusati	37.90	

Heat 2 Preliminaries

1 Iishuki, Merjam	Erongo	28.14	q
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2 Sikwete, Theresia	Kavango	29.16	q
3 Swartz, Daviana	Hardap	29.33	q
4 Potgieter, Chris - Mari	Oshikoto	30.11	q
5 Engelbrecht, Mellissa	Khomas	30.13	
6 Mupo, Kandambo	Kavango	30.20	
7 Shende, Maria	Omusati	31.15	
8 Mathe, N	Caprivi	31.27	

Section 1 Finals

1 Iishuki, Merjam	Erongo	27.09
2 Koekemoer, Z	Khomas	28.25
3 Kaure, Kauraere	Otjozondjupa	28.33
4 Sikwete, Theresia	Kavango	28.48
5 Stephanus, Johanna	Omusati	28.86
6 Swartz, Daviana	Hardap	29.57
7 Potgieter, Chris - Mari	Oshikoto	29.59
8 Makari, Evitta	Omaheke	29.83

Girls 12-13 800 Meter Run

Section 1

1 Mberema, Maria	Kavango	2:26.81
2 Juline, Engelberth	Ohangwena	2:27.62
3 Paulus, Aguste	Omusati	2:30.75
4 Amakutsi, Fenny	Omusati	2:31.65
5 Joseph, Ndilao	Ohangwena	2:32.10

Girls 12-13 1500 Meter Run

Section 1

1 Petrus, Theresia	Kavango	5:00.23
2 Nepando, Selma	Ohangwena	5:04.67
3 Mungeli, Innocencia	Kavango	5:07.74
4 Paulus, Aguste	Omusati	5:14.42
5 Amakutsi, Fenny	Omusati	5:14.89
6 Kazongari, Melody	Omaheke	5:24.83
7 Witbeen, Linette	Hardap	5:33.54
8 Andreas, Sarafina	Omusati	5:35.64
9 Xamenye, Joolokeni	Omusati	5:36.36
10 Mutlifa, Kertu	Omusati	5:41.88

Girls 12-13 75 Meter Hurdles

Section 1

1 Koko, Mariaan	Oshikoto	13.94
2 Kambudu, Aina	Karas	14.12
3 Bester, Danielle	Oshikoto	14.14
4 Kruger, Tobia	Karas	15.16
5 Losper, Morisha	Khomas	15.32

Girls 12-13 200 Meter Hurdles

Section 1

1 Kruger, Kristin	Erongo	35.16
2 Tjirongo, L	Hardap	35.99
3 Katjuanjo, V	Hardap	36.33
4 Koko, Mariaan	Oshikoto	36.89
5 Mungunda, Bianca	Khomas	37.90

Girls 12-13 High Jump

Flight 1

1 Rabe, Chani	Khomas	1.40m
1 Kashindi, Elizabeth	Khomas	1.40m
1 Kruger, Kristin	Erongo	1.40m
4 Simasiku, M	Caprivi	1.35m
4 Mbजारoka, U	Khomas	1.35m
4 Nghishisimbawa, S	Khomas	1.35m

Girls 12-13 Long Jump

Flight 1

1 Rabe, Chani	Khomas	4.82m
2 Kruger, Kristin	Erongo	4.71m
3 Potgieter, Chris - Mari	Oshikoto	4.36m
4 Dambelela, Shiloteni	Kunene	4.34m
5 Swartz, Daviana	Hardap	4.32m
6 Muheua, Juliet	Khomas	4.20m
7 Uutoni, Lavinia	Oshana	3.81m
8 Aebes, Desmanda	Kunene	3.80m

Girls 12-13 Shot Put 3kg

Flight 1

1 Claasen, Nadia	Erongo	9.04m
2 Vermaak, L	Hardap	8.79m
3 Labuschagne, A	Hardap	8.27m
4 Hidjou, Winny	Erongo	7.67m
5 Eises, Lisa	Erongo	7.20m

Girls 12-13 Discus Throw 750g

Flight 1

1 Isaacs, Tammy - Lee	Hardap	24.14m
2 Labuschagne, A	Hardap	23.92m
3 Asino, Uiliko	Karas	20.34m
4 Van Zyl, Carol	Karas	20.16m

5 Nghishoono, Pauline	Omaheke	20.06m
6 Prinsloo, Elaine	Khomas	19.20m
7 Mans, Zandalee	Oshikoto	17.10m
8 Cooper, Rozane	Hardap	16.40m

Girls 12-13 Javelin Throw 500gr

Flight 1

1 Mans, Zandalee	Oshikoto	26.40m
2 Potgieter, Chris - Mari	Oshikoto	24.77m
3 Theron, S	Otjozondjupa	24.11m
4 Van Wyk, Melissa	Khomas	24.00m
5 Labuschagne, A	Hardap	21.37m
6 Green, Lizette	Omaheke	20.09m
7 Mbatara, Vesemba	Omaheke	18.02m

Girls 14-15 100 Meter Sprint

Heat 1 Preliminaries

1 Gaes, Chrisline	Otjozondjupa	13.27	q
2 Kazapundua, Tjavango	Otjozondjupa	13.38	q
3 Riesel, Marina	Omaheke	13.51	q
4 Khamuxas, Estelin	Kunene	13.83	
5 Kandi, Theopoltine	Kunene	14.02	
6 Kamhulu, Petrina	Ohangwena	14.66	

Heat 2 Preliminaries

1 Van Staade, Jennefer	Karas	13.16	q
2 Snyders, Ashley	Hardap	13.31	q
3 Katjitaë, Rejoice	Khomas	13.32	q
4 Nyambe, Sigfrid	Oshikoto	13.42	q
5 Junius, Olivia	Karas	13.76	q
6 Chombo, E	Caprivi	14.07	

Section 1 Finals

1 Van Staade, Jennefer	Karas	13.06
2 Nyambe, Sigfrid	Oshikoto	13.14
3 Katjitaë, Rejoice	Khomas	13.18
4 Gaes, Chrisline	Otjozondjupa	13.24
5 Snyders, Ashley	Hardap	13.27
6 Riesel, Marina	Omaheke	13.39
7 Kazapundua, Tjavango	Otjozondjupa	13.53
8 Junius, Olivia	Karas	13.79

Girls 14-15 200 Meter Sprint

Heat 1 Preliminaries

1 Le Roux, Yolandi	Hardap	27.59	q
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2 Uasora, K	Khomas	28.15	q
3 Ambata, Anna	Oshikoto	28.16	q
4 Brits, Eileen	Khomas	28.89	q

Heat 2 Preliminaries

1 Naobes, D	Khomas	27.13	q
2 Gaes, Chrisline	Otjozondjupa	27.60	q
3 Primus, Fransico	Ohangwena	28.07	q
4 Kazapundua, Tjavango	Otjozondjupa	28.48	q
5 Tjejomba, T	Khomas	29.98	
6 Mbomboro, Andak	Kunene	30.75	

Section 1 Finals

1 Naobes, D	Khomas	26.43	
2 Gaes, Chrisline	Otjozondjupa	27.09	
3 Le Roux, Yolandi	Hardap	27.51	
4 Uasora, K	Khomas	27.53	
5 Kazapundua, Tjavango	Otjozondjupa	27.79	
6 Primus, Fransico	Ohangwena	27.96	
7 Ambata, Anna	Oshikoto	28.35	

Girls 14-15 400 Meter Sprint

Heat 1 Preliminaries

1 Nambinga, Lovisa	Ohangwena	64.15	q
2 Ashipala, Ottilie	Oshana	65.63	q
3 Tsuses, Mersie	Erongo	68.53	q
4 Mwanali, A	Caprivi	68.78	
5 Frans, Zhantay	Erongo	69.58	

Heat 2 Preliminaries

1 Simpande, Aulipia	Kavango	61.60	q
2 Nghende, Lavinia	Oshikoto	62.00	q
3 Shapaka, Rebekka	Omusati	62.63	q
4 Haikali, Epifania	Ohangwena	63.18	q
5 Liebenberg, Marli	Hardap	64.77	q
6 Kauejao, Tjingeeri	Otjozondjupa	68.86	

Section 1 Finals

1 Simpande, Aulipia	Kavango	62.72	
2 Liebenberg, Marli	Hardap	63.75	
3 Nambinga, Lovisa	Ohangwena	63.92	
4 Ashipala, Ottilie	Oshana	66.67	
5 Tsuses, Mersie	Erongo	67.81	
6 Shapaka, Rebekka	Omusati	68.85	

Girls 14-15 800 Meter Run

Section 1

1 Shiweda, Johanna	Ohangwena	2:21.22
2 Nepando, Albertina	Ohangwena	2:21.65
3 Shapaka, Rebekka	Omusati	2:24.90
4 Zaukua, Zaandeerarge	Otjozondjupa	2:37.03
5 Kwedhi, Sylvia	Omusati	2:38.81
6 Immanuel, Olivia	Oshana	2:48.53

Girls 14-15 1500 Meter Run

Section 1

1 Shiweda, Johanna	Ohangwena	4:51.49
2 Nepando, Albertina	Ohangwena	4:52.13
3 Shapaka, Rebekka	Omusati	5:04.87
4 Kwedhi, Sylvia	Omusati	5:08.46
5 Kambonde, Aina	Erongo	5:11.70
6 Petrus, Twindileni	Oshana	5:13.82
7 Munkundi, Hileni	Omusati	5:19.44
8 Makata, A	Caprivi	5:26.55
9 Sikongo, Namutenya	Kavango	5:34.43
10 Hausiku, Imelda	Oshikoto	5:34.65

Girls 14-15 80 Meter Hurdles

Section 1

1 Katjitae, Rejoice	Khomas	12.77
2 Bester, Chene	Oshikoto	13.09
3 Llleka, Stella	Karas	14.23
4 Bassingthwaighte, Jessica	Khomas	14.74
5 Mavejona, Menaye	Khomas	15.07
6 Korner, Melanie	Khomas	15.41
7 Awases, Daphne	Khomas	17.19

Girls 14-15 200 Meter Hurdles

Section 1

1 Bester, Chene	Oshikoto	32.09
2 Brits, Eileen	Khomas	33.70
3 Bassingthwaighte, Jessica	Khomas	35.10
4 Mavejona, Menaye	Khomas	36.13

Girls 14-15 High Jump

Flight 1

1 Beukes, Abrille	Khomas	1.53m
2 Shikalepo, Eunice	Khomas	1.50m
3 Rall, Ancha	Khomas	1.47m
3 Kambanda, Enzel	Oshikoto	1.47m

5 Liebenberg, Marli	Hardap	1.44m
5 Bester, Chene	Oshikoto	1.44m
7 Van Wyk, Erne	Hardap	1.41m
7 Diekmann, Anne	Otjozondjupa	1.41m

Girls 14-15 Long Jump

Flight 1

1 Esterhuizen, Lizelle	Khomas	4.85m
2 Le Roux, Yolandi	Hardap	4.80m
3 Junius, Olivia	Karas	4.78m
4 Louw, Jean - Marie	Oshikoto	4.60m
5 Shikwaya, Secilia	Oshana	4.33m

Girls 14-15 Shot Put 4kg

Flight 1

1 Witman, Sune	Khomas	10.76m
2 Henle, M	Otjozondjupa	9.39m
3 Kuhn, S	Otjozondjupa	8.94m
4 Muzenqua, Werisuta	Erongo	8.88m
5 Otto, Marlize	Oshikoto	8.36m
6 Izaaks, Naomi	Erongo	8.17m
7 Van Wyk, Brunita	Khomas	7.96m
8 Maritz, Dawn	Khomas	7.84m
9 Van Zyl, Leandra	Khomas	7.64m

Girls 14-15 Discus Throw 1kg

Flight 1

1 Witman, Sune	Khomas	28.36m
2 Van Schalkwyk, Izaan	Hardap	27.94m
3 Van Zyl, Leandra	Khomas	22.34m
4 Shikongo, Kleria	Oshikoto	20.92m
5 Pearson, G	Otjozondjupa	20.80m
6 Bardenhost, Mirna	Hardap	20.12m
7 Uaaka, Avihe	Erongo	19.70m
8 De Fretas Bacalhau, Shar	Karas	19.30m

Girls 14-15 Javelin Throw 600g

Flight 1

1 Witman, Sune	Khomas	39.79m
2 Kakumai, D	Otjozondjupa	32.61m
3 Aucamp, Julinde	Khomas	29.38m
4 Henle, M	Otjozondjupa	28.35m
5 Mans, Monique	Oshikoto	25.90m
6 Coetzee, Melvourine	Khomas	25.27m
7 Bindeman, Chrizette	Hardap	24.58m

Girls 16-17 100 Meter Sprint

Heat 1 Preliminaries

1 Mbunga, Rinouzeeu	Otjozondjupa	12.63	q
2 Britz, Cornel	Khomas	12.81	q
3 Van Wyk, Chanelle	Hardap	12.97	q
4 Shiyakela, Otilie	Oshana	13.03	q
5 Mundiya, JS	Caprivi	13.34	
6 Shihepo, Pandulomwene	Omusati	13.46	

Heat 2 Preliminaries

1 Kamusuvise, Vivian	Omaheke	12.37	q
2 Ngundu, Lisa	Kavango	12.44	q
3 Moolman, Nadine	Oshikoto	12.69	q
4 Hamunyela, Penny	Hardap	12.75	q
5 Noreses, Lena	Khomas	13.14	
6 Haimbodi, Rosalia	Oshana	13.28	

Section 1 Finals

1 Britz, Cornel	Khomas	12.34	
2 Mbunga, Rinouzeeu	Otjozondjupa	12.59	
3 Ngundu, Lisa	Kavango	12.60	
4 Moolman, Nadine	Oshikoto	12.68	
5 Hamunyela, Penny	Hardap	12.69	
6 Van Wyk, Chanelle	Hardap	13.01	

Girls 16-17 200 Meter Sprint

Heat 1 Preliminaries

1 Britz, Cornel	Khomas	25.75	q
2 Ngundu, Lisa	Kavango	26.78	q
3 Noreses, Lena	Khomas	26.88	q
4 Haimbodi, Rosalia	Oshana	27.53	q
5 Van Wyk, Chanelle	Hardap	27.81	
6 Hamutenya, Laina	Omusati	28.46	

Heat 2 Preliminaries

1 Moolman, Nadine	Oshikoto	26.25	q
2 Kamusuvise, Vivian	Omaheke	26.41	q
3 Shiyakela, Otilie	Oshana	26.78	q
4 Schickerling, Jesse	Erongo	26.88	q
5 Ndara, Magdalena	Kavango	27.59	
6 Shimuni, Saima	Ohangwena	28.63	

Section 1 Finals

1 Britz, Cornel	Khomas	25.42	
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2 Ngundu, Lisa	Kavango	25.99
3 Kamusuvisse, Vivian	Omaheke	26.19
4 Moolman, Nadine	Oshikoto	26.24
5 Shiyakela, Otilie	Oshana	26.58
6 Noreses, Lena	Khomas	26.62
7 Schickerling, Jesse	Erongo	27.42

Girls 16-17 400 Meter Sprint

Heat 1 Preliminaries

1 Van der Walt, Leandri	Karas	60.78	q
2 Hamutenya, Laina	Omusati	61.10	q
3 Schickerling, Jesse	Erongo	62.28	q
4 Shihepo, Pandulomwene	Omusati	63.23	q
5 Shimuni, Saima	Ohangwena	63.78	q
6 Nelumba, Albertina	Khomas	64.71	

Heat 2 Preliminaries

1 Tjangura, Mercy	Erongo	60.78	q
2 Moolman, Nadine	Oshikoto	61.03	q
3 Shiyakela, Otilie	Oshana	61.25	q
4 Nathanael, Juli	Ohangwena	64.28	
5 Januarie, Denise	Hardap	67.05	
6 Vatileni, Alexandrina	Oshana	71.54	

Section 1 Finals

1 Shiyakela, Otilie	Oshana	58.59
2 Moolman, Nadine	Oshikoto	60.03
3 Van der Walt, Leandri	Karas	60.48
4 Schickerling, Jesse	Erongo	61.21
5 Shimuni, Saima	Ohangwena	61.59
6 Tjangura, Mercy	Erongo	61.96
7 Hamutenya, Laina	Omusati	63.38

Girls 16-17 800 Meter Run

Section 1

1 Moses, Klaudia	Oshana	2:19.69
2 Handjene, Julia	Oshana	2:22.00
3 Ipinge, Hileni	Omusati	2:24.53
4 Akundukila, Melanie	Omusati	2:27.34
5 Coetzer, Maryke	Kunene	2:27.60
6 Jafet, Hileni	Omusati	2:30.12

Girls 16-17 1500 Meter Run

Section 1

1 Moses, Klaudia	Oshana	4:48.10
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2	Angula, Ndinelao	Omusati	4:48.78
3	Mingeli, Frieda	Ohangwena	4:50.08
4	Nghinaunye, Ndapandula	Ohangwena	4:51.55
5	Jafet, Hileni	Omusati	4:58.56
6	Ipinge, Hileni	Omusati	4:58.70
7	Haingura, Emilie	Kavango	5:03.55
8	Handjene, Julia	Oshana	5:05.91
9	Nakathingo, Maria	Oshikoto	5:07.18
10	Negumbo, Saima	Omusati	5:15.42
11	Akundukila, Melanie	Omusati	5:16.75

Girls 16-17 3000 Meter Run

Section 1

1	Nghinaunye, Ndapandula	Ohangwena	10:09.38
2	Mwatotele, Teopolina	Ohangwena	10:10.40
3	Angula, Ndinelao	Omusati	10:14.78
4	Shangula, Rebbeka	Oshana	10:47.03
5	Ipinge, Hileni	Omusati	10:48.42
6	Negumbo, Saima	Omusati	10:51.04

Girls 16-17 100 Meter Hurdles

Section 1

1	Pretorius, Michelle	Khomas	16.54
1	Engels, Cari	Khomas	15.64
2	Potgieter, Nadine	Khomas	17.79
2	Jacobs, Jolene	Khomas	16.56
3	De Wee, Marcia	Oshikoto	18.30
3	Engelbrecht, Amorie	Khomas	17.77

Girls 16-17 400 Meter Hurdles

Section 1

1	De Klerk, Lisa	Khomas	72.35
2	Engels, Liz - Mari	Khomas	74.47
3	Deysel, Jocell	Khomas	1:26.18

Girls 16-17 High Jump

Flight 1

1	Pretorius, Michelle	Khomas	1.66m
2	Potgieter, Mijon	Oshikoto	1.55m
2	Brynjolfsdottir, R	Erongo	1.55m
4	Van Schalkwyk, \$	Hardap	1.50m
4	Hamunyela, Penny	Hardap	1.50m
4	V.D. Merwe, R	Hardap	1.50m
7	De Klerk, Lisa	Khomas	1.40m

Girls 16-17 Long Jump

Flight 1

1 Hamunyela, Penny	Hardap	5.23m
2 Pretorius, Michelle	Khomas	5.22m
3 Britz, Cornel	Khomas	4.99m
4 Van Wyk, Rene	Hardap	4.89m
5 Timothues, Heleni	Erongo	4.61m
6 Diekmann, Maike	Otjozondjupa	4.59m
7 Kahikopo, Lizelle	Oshikoto	4.57m
8 Ndjitaviua, Luces	Erongo	4.55m
9 Shilengifa, Lettichia	Oshana	4.41m

Girls 16-17 Triple Jump

Flight 1

1 Oestlund, Marit	Otjozondjupa	10.02m
2 Kahikopo, Lizelle	Oshikoto	9.82m
3 Engels, Liz - Mari	Khomas	9.81m
4 Olivier, Terri	Khomas	9.53m
5 Baileveldt, Rochelle	Hardap	9.42m
6 Van Wyk, Corne	Karas	9.22m

Girls 16-17 Shot Put 4kg

Flight 1

1 Engelbrecht, C	Otjozondjupa	12.81m
2 Le Roux, Jolene	Hardap	11.51m
3 Smit, Conette	Oshikoto	11.23m
4 Diekmann, Maike	Otjozondjupa	9.49m
5 De Witt, Chris - Mari	Oshikoto	9.17m
6 Liebenberg, Marizaan	Khomas	8.55m
7 Nortje, Anriette	Khomas	8.37m

Girls 16-17 Discus Throw 1kg

Flight 1

1 Engelbrecht, C	Otjozondjupa	33.44m
2 Le Roux, Jolene	Hardap	32.42m
3 Smit, Conette	Oshikoto	28.54m
4 Diekmann, Maike	Otjozondjupa	26.10m

Girls 16-17 Javelin Throw 600g

Flight 1

1 Short, Maryke	Khomas	33.86m
2 V.D. Wath, Haneke	Hardap	32.92m
3 Van Zyl, Klara	Kunene	31.00m

4 Jeomba, Caroline	Erongo	29.02m
5 Opperman, Elzanne	Omaheke	28.58m
6 Klukowski, Natasha	Hardap	27.04m
7 Engelbrecht, C	Otjozondjupa	26.88m
8 Muriambihu, Engenia	Omaheke	26.26m
9 Kotjipati, Rosemary	Otjozondjupa	24.96m
10 Moses, M	Khomas	21.02m

Girls 18-19 100 Meter Sprint

Heat 1 Preliminaries

1 Daimond, Merlin	Khomas	12.39	q
2 Jacobs, Jolene	Khomas	12.47	q
3 Engelbrecht, Petra	Kunene	13.22	q
4 Luuli, Frieda	Ohangwena	13.77	q
5 Von Francois, Atalia	Khomas	13.82	
6 Shongora, Veronica	Otjozondjupa	14.33	
7 Ntsamba, Tabita	Kavango	14.36	

Heat 2 Preliminaries

1 Bardenhorst, Jean - Mari	Oshikoto	12.78	q
2 Damases, Anthea	Oshikoto	13.14	q
3 Nakanyala, Elizabeth	Ohangwena	13.50	q
4 Cloete, Meliza	Hardap	13.52	q
5 Shikange, Anabelia	Oshana	13.84	

Section 1 Finals

1 Daimond, Merlin	Khomas	12.24
2 Jacobs, Jolene	Khomas	12.71
3 Bardenhorst, Jean - Mari	Oshikoto	12.89
4 Damases, Anthea	Oshikoto	13.15
5 Engelbrecht, Petra	Kunene	13.37
6 Nakanyala, Elizabeth	Ohangwena	13.70
7 Luuli, Frieda	Ohangwena	14.05

Girls 18-19 200 Meter Sprint

Heat 1 Preliminaries

1 Kruger, Corlia	Erongo	26.51	q
2 Bardenhorst, Jean - Mari	Oshikoto	26.62	q
3 Kandovazu, D	Khomas	27.09	q
4 Cloete, Meliza	Hardap	28.66	q
5 Ntsamba, Tabita	Kavango	29.15	
6 Muronga, Veronica	Kavango	29.69	

Heat 2 Preliminaries

1 Daimond, Merlin	Khomas	25.16	q
2 Jacobs, Jolene	Khomas	25.75	q

3 Engelbrecht, Petra	Kunene	27.00	q
4 Damases, Anthea	Oshikoto	27.15	q
5 Nakanyala, Elizabeth	Ohangwena	28.68	

Section 1 Finals

1 Daimond, Merlin	Khomas	24.63	
2 Jacobs, Jolene	Khomas	25.31	
3 Bardenhorst, Jean - Mari	Oshikoto	26.04	
4 Kruger, Corlia	Erongo	26.14	
5 Kandovazu, D	Khomas	26.76	
6 Engelbrecht, Petra	Kunene	26.81	
7 Damases, Anthea	Oshikoto	27.36	
8 Cloete, Meliza	Hardap	27.70	

Girls 18-19 400 Meter Sprint

Heat 1 Preliminaries

1 Labuschagne, Danielle	Khomas	60.47	q
2 Grobbelaar, Yolindi	Oshikoto	61.28	q
3 Kakwambi, Maria	Ohangwena	61.53	q
4 Mateus, Victoria	Ohangwena	61.84	q
5 Kandovazu, D	Khomas	63.81	q
6 Cloete, Meliza	Hardap	64.38	
7 Engelbrecht, Amorie	Khomas	65.10	

Heat 2 Preliminaries

1 Engelbrecht, Petra	Kunene	62.34	q
2 Muronga, Veronica	Kavango	64.22	q
3 Josef, Maria	Oshana	64.38	q
4 Shindjomba, Natalia	Oshana	65.84	
5 Pritzen, D	Otjozondjupa	66.60	
6 Anjamba, Daisy	Erongo	67.47	
7 Mukoya, C	Caprivi	68.03	

Section 1 Finals

1 Labuschagne, Danielle	Khomas	60.30	
2 Grobbelaar, Yolindi	Oshikoto	61.80	
3 Engelbrecht, Petra	Kunene	62.01	
4 Mateus, Victoria	Ohangwena	62.49	
5 Kakwambi, Maria	Ohangwena	62.88	
6 Muronga, Veronica	Kavango	67.83	

Girls 18-19 800 Meter Run

Section 1

1 Vilho, Ndapewa	Ohangwena	2:23.28	
2 Johannes, Elim	Oshana	2:25.13	
3 Paulus, Helena	Omusati	2:26.41	

4 Shkombas, Mekondjo	Omusati	2:29.38
5 Naftal, Paulina	Omusati	2:30.39
6 Iiyambo, Suama	Omusati	2:31.23

Girls 18-19 1500 Meter Run

Section 1

1 Ruben, Kristofina	Oshikoto	4:51.23
2 Naftal, Paulina	Omusati	4:51.42
3 Razarus, Ester	Ohangwena	4:52.40
4 Paulus, Helena	Omusati	5:00.16
5 Ihanghangwa, Klaudia	Ohangwena	5:01.54
6 Mbambangandu, Martha	Kavango	5:19.19
7 Iiyambo, Suama	Omusati	5:21.57

Girls 18-19 3000 Meter Run

Section 1

1 Razarus, Ester	Ohangwena	10:14.19
2 Ihanghangwa, Klaudia	Ohangwena	10:19.63
3 Ruben, Kristofina	Oshikoto	10:25.00
4 Naftal, Paulina	Omusati	10:33.25
5 Shidute, Sylvia	Oshana	11:23.51
6 Iiyambo, Suama	Omusati	11:24.53

Girls 18-19 100 Meter Hurdles

Section 1

1 Engels, Cari	Khomas	15.64
2 Jacobs, Jolene	Khomas	16.56
3 Engelbrecht, Amorie	Khomas	17.77

Girls 18-19 400 Meter Hurdles

Section 1

1 Engels, Cari	Khomas	65.35
2 Labuschagne, Danielle	Khomas	68.87
3 Engelbrecht, Amorie	Khomas	70.72

Girls 18-19 High Jump

Flight 1

1 Kruger, Corlia	Erongo	1.67m
1 Rabe, Chani	Khomas	4.82m
2 Kruger, Kristin	Erongo	4.71m
3 Potgieter, Chris - Mari	Oshikoto	4.36m
4 Dambelela, Shiloteni	Kunene	4.34m
5 Swartz, Daviana	Hardap	4.32m

6 Muheua, Juliet	Khomas	4.20m
7 Uutoni, Lavinia	Oshana	3.81m
8 Aebes, Desmanda	Kunene	3.80m

Girls 18-19 Long Jump

Flight 1

1 Kahl, C	Otjozondjupa	5.39m
2 Kruger, Corlia	Erongo	5.28m
3 Damases, Anthea	Oshikoto	5.18m
4 Bardenhorst, Jean - Mari	Oshikoto	5.01m
5 Scheepers, Emogeen	Hardap	4.70m
6 Uamunika, Jolanda	Omaheke	4.61m
7 Ntsamba, Tabita	Kavango	4.51m

Girls 18-19 Triple Jump

Flight 1

--- Kahl, C	Otjozondjupa	ND
--- Engels, Cari	Khomas	ND

Girls 18-19 Shot Put 4kg

Flight 1

--- Kahl, C	Otjozondjupa	ND
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Girls 18-19 Discus Throw 1kg

Flight 1

1 Blaauw, Annelise	Karas	34.84m
2 Van Schoor, Anneri	Khomas	31.22m
3 Ras, Chanique	Oshikoto	29.74m
4 V.D.Heever, ?	Hardap	28.34m

Girls 18-19 Javelin Throw 600g

Flight 1

1 Horn, Yolandi	Oshikoto	30.38m
2 Ras, Chanique	Oshikoto	30.08m
3 Hiiko, Uata	Erongo	28.87m
4 Ksiringua, Chesia	Khomas	27.95m
5 V.D.Merwe, Marika	Kavango	26.43m

Boys 12-13 100 Meter Sprint

Heat 1 Preliminaries

1 Katueze, Titus	Otjozondjupa	12.45	q
2 Bezuidenhoudt, E	Khomas	12.66	q

3 Ndeitunga, Tangeni	Khomas	12.87	q
4 Kavelia, Brendon	Kunene	13.23	q
5 Denzel, Mbangula	Oshana	13.52	
6 Rooinasie, Johannes	Otjozondjupa	13.59	
7 Moyongo, Filipus	Ohangwena	14.88	

Heat 2 Preliminaries

1 Kauraise, Angelo	Khomas	12.46	q
2 Lawrence, Uriato	Hardap	12.77	q
3 Visagie, Jose	Hardap	12.98	q
4 Sikalumbu, A	Caprivi	13.42	q
5 Van Zyl, Frederik	Kunene	13.72	
6 Andreas, Hamutenya	Ohangwena	13.86	
7 Matias, Heita	Omusati	14.31	

Section 1 Finals

1 Katueze, Titus	Otjozondjupa	12.35	
2 Kauraise, Angelo	Khomas	12.66	
3 Bezuidenhoudt, E	Khomas	12.79	
4 Kavelia, Brendon	Kunene	12.90	
5 Visagie, Jose	Hardap	13.18	
6 Lawrence, Uriato	Hardap	13.68	
7 Sikalumbu, A	Caprivi	13.70	

Boys 12-13 200 Meter Sprint

Heat 1 Preliminaries

1 Ngongo, Asser	Kavango	28.33	q
2 Kuafumana, Ngeve Shilo	Kavango	28.56	
3 Van Zyl, Frederik	Kunene	29.06	
4 Kambo, John	Khomas	29.66	

Heat 2 Preliminaries

1 Bezuidenhoudt, E	Khomas	26.55	q
2 Katjizembele, Vinavihe	Otjozondjupa	27.74	q
3 Bock, M	Khomas	27.89	q
4 Cronje, Jan - Harm	Oshikoto	27.94	q
5 Matias, Heita	Omusati	31.35	

Heat 3 Preliminaries

1 Katuuu, Bravo	Omaheke	26.59	q
2 Lawrence, Uriato	Hardap	26.64	q
3 Cayi, D	Caprivi	27.23	q
4 Tjuara, Vapanbauka	Kunene	28.43	
5 Pandeni, Kandjambanga	Ohangwena	32.24	

Section 1 Finals

1 Bezuidenhoudt, E	Khomas	25.72
2 Lawrence, Uriato	Hardap	26.43
3 Cayi, D	Caprivi	26.76
4 Katjizembele, Vinavihe	Otjozondjupa	26.87
5 Cronje, Jan - Harm	Oshikoto	27.06
6 Bock, M	Khomas	27.16
7 Ngongo, Asser	Kavango	29.96

Boys 12-13 800 Meter Run

Section 1

1 Matamu, Faustinus	Kavango	2:19.37
2 Mayavero, Markus	Kavango	2:20.00
3 Ndango, Erick	Kavango	2:21.19
4 Kanyeke, Johannes	Oshikoto	2:21.35
5 Awene, Samuel	Oshikoto	2:23.72
6 Johannes, Sackaria	Ohangwena	2:25.62

Boys 12-13 1500 Meter Run

Section 1

1 Awene, Samuel	Oshikoto	4:42.62
2 Matamu, Faustinus	Kavango	4:42.97
3 Mwoonde, David	Ohangwena	4:43.71
4 Mayavero, Markus	Kavango	4:45.71
5 Johannes, Sackaria	Ohangwena	4:49.32
6 Christiaan, Elrico	Karas	4:57.91
7 Swartz, J	Hardap	5:05.70
8 Paulinus, Johannes	Omusati	5:33.48

Boys 12-13 80 Meter Hurdles

Section 1

1 Thahere, Maameno	Otjozondjupa	13.78
2 Steenkamp, Kristof	Khomas	14.38
3 Isaak, Divan	Karas	14.43
4 Vries, Clayton	Karas	14.83
5 Shikongo, Isreal	Otjozondjupa	14.92
6 Tjiriange, Jerrie	Omaheke	15.03
7 Esterhuizen, Bronwen	Omaheke	15.77

Boys 12-13 200 Meter Hurdles

Section 1

1 Van Wyk, Z	Khomas	32.00
2 Steenkamp, Kristof	Khomas	34.51
3 Lambert, Pierre	Oshikoto	34.92

Boys 12-13 High Jump

Flight 1

1 Oxurub, Terence	Otjozondjupa	1.55m
2 Job, Horaseb	Kunene	1.50m
3 Geingob, Donaven	Erongo	1.45m
4 Urib, Brandon	Kunene	1.40m
4 De Koe, Adolf	Hardap	1.40m
6 Schafer, Marco	Khomas	1.35m

Boys 12-13 Long Jump**Flight 1**

1 Kauraise, Angelo	Khomas	5.39m
2 Tjimbizi, Zapandavi	Kunene	5.32m
3 DE Koe, Curtis	Erongo	5.12m
4 Januarie, Rozario	Hardap	5.03m
5 Sitwala, Likando	Erongo	4.92m
6 De Wet, Neil	Oshana	4.53m

Boys 12-13 Shot Put 4kg**Flight 1**

1 Swanepoel, Arno	Khomas	10.56m
2 Kakujah, Ngatukarepamu	Omaheke	10.24m
3 Alexander, Duane	Hardap	9.50m
4 Rossouw, George	Khomas	9.38m
5 Emandien, Mogamat	Erongo	8.60m
6 De Klerk, Riaan	Erongo	8.35m

Boys 12-13 Discus Throw 1kg**Flight 1**

1 Weiss, Wido	Khomas	28.65m
2 Swanepoel, Arno	Khomas	27.63m
3 Van Der Berg, Jandre	Oshikoto	26.92m
4 Niemann, Eugene	Erongo	25.26m
5 Alexander, Duane	Hardap	23.53m
6 Ras, Christiaan	Oshikoto	20.35m

Boys 12-13 Javelin Throw 600gr**Flight 1**

1 Niemann, Eugene	Erongo	35.18m
2 Swanepoel, Arno	Khomas	32.48m
3 Cronje, Jan - Harm	Oshikoto	32.22m
4 Nanyemba, Jessy	Kavango	30.63m
5 Ras, Christiaan	Oshikoto	30.54m
6 Poggenpoel, N	Otjozondjupa	25.00m

Boys 14-15 100 Meter Sprint

Heat 1 Preliminaries

1 Pieters, Ego	Erongo	11.47	q
2 Ndifan, E	Otjozondjupa	11.53	q
3 Wemmert, Leighton	Khomas	11.71	q
4 Van Vuuren, Gerdie	Hardap	11.72	q
5 Talaya, Diago	Otjozondjupa	11.78	
6 Swartbooi, Tolla	Karas	12.09	

Heat 2 Preliminaries

1 Basson, Bassanio	Khomas	11.37	q
2 Samkange, Donald	Oshikoto	11.56	q
3 Titus, Shareave	Otjozondjupa	11.63	q
4 Nauseb, Sameul	Kavango	11.65	q
5 Bailey, Elrico	Hardap	11.86	
6 Uushona, Paulus	Oshana	11.93	

Section 1 Finals

1 Basson, Bassanio	Khomas	11.67	
2 Titus, Shareave	Otjozondjupa	11.71	
3 Pieters, Ego	Erongo	11.74	
3 Ndifan, E	Otjozondjupa	11.74	
5 Wemmert, Leighton	Khomas	11.87	
6 Samkange, Donald	Oshikoto	11.91	
7 Van Vuuren, Gerdie	Hardap	12.08	
8 Nauseb, Sameul	Kavango	12.92	

Boys 14-15 200 Meter Sprint

Heat 1 Preliminaries

1 Basson, Bassanio	Khomas	23.76	q
2 Narib, Allen	Erongo	24.11	q
3 Wemmert, Leighton	Khomas	24.32	q
4 Ndifan, E	Otjozondjupa	24.40	q
5 Nauseb, Sameul	Kavango	24.56	q
6 Uushona, Paulus	Oshana	25.37	
7 Shilunga, Luzzy	Ohangwena	28.95	

Heat 2 Preliminaries

1 Samkange, Donald	Oshikoto	24.41	q
2 Moller, D.J.	Erongo	25.09	q
3 Bailey, Elrico	Hardap	25.16	q
4 Titus, Shareave	Otjozondjupa	25.37	
5 Mbushange, Ekandjo	Oshana	25.40	
6 Simaataa, C	Caprivi	26.02	
7 Ndulumba, Aron	Ohangwena	27.83	

Section 1 Finals

1 Ndifan, E	Otjozondjupa	23.50
2 Basson, Bassanio	Khomas	23.60
3 Wemmert, Leighton	Khomas	23.66
4 Narib, Allen	Erongo	24.28
5 Moller, D.J.	Erongo	25.11
6 Bailey, Elrico	Hardap	27.32

Boys 14-15 400 Meter Sprint**Heat 1 Preliminaries**

1 Titus, Keanen	Khomas	55.73	q
2 Watema, Francis	Erongo	58.19	q
3 Stevens, Damian	Erongo	58.28	q
4 Ndulumba, Aron	Ohangwena	59.13	

Heat 2 Preliminaries

1 Buettner, Marco	Khomas	52.66	q
2 Theron, W	Otjozondjupa	55.37	q
3 Kaninganazo, Mertas	Otjozondjupa	55.44	q
4 shayinrungu, Ndjamba	Kavango	55.75	q
5 Diergaardt, Courtney	Hardap	55.83	q

Section 1 Finals

1 Titus, Keanen	Khomas	54.74
2 shayinrungu, Ndjamba	Kavango	54.90
3 Diergaardt, Courtney	Hardap	55.43
4 Theron, W	Otjozondjupa	55.60
5 Kaninganazo, Mertas	Otjozondjupa	58.76
6 Watema, Francis	Erongo	62.09

Boys 14-15 800 Meter Run**Section 1**

1 Mbamba, Faustinus	Kavango	2:05.66
2 Cupido, JR	Erongo	2:07.38
3 Muundjua, Collin	Otjozondjupa	2:09.19
4 Endjala, Timoteus	Omusati	2:16.04
5 Shoozi, Thomas	Omusati	2:20.79
6 Sheyanale, Werner	Oshana	2:21.30

Boys 14-15 1500 Meter Run**Section 1**

1 Mbamba, Faustinus	Kavango	4:16.04
2 Mukena, Fabianus	Kavango	4:17.01

3 Matlata, Eben	Omaheke	4:18.98
4 Muundjua, Collin	Otjozondjupa	4:27.05
5 Nalukaku, Asser	Oshana	4:30.08
6 Goraseb, G	Hardap	4:36.50
7 Gariseb, Johannes	Omaheke	4:41.56
8 Simon, Ananias	Erongo	4:44.20
9 Ihemba, Patrick	Kavango	4:45.06
10 Kasuto, Boas	Otjozondjupa	4:46.67
11 Shoozi, Thomas	Omusati	4:46.80

Boys 14-15 3000 Meter Run

Section 1

1 Mbamba, Faustinus	Kavango	9:30.62
2 Shongora, Shirari	Otjozondjupa	9:38.37
3 Kamhulu, Martin	Ohangwena	9:38.57
4 Nuuyoma, Timoteus	Omusati	9:52.91
5 Endjala, Timoteus	Omusati	9:53.81
6 Lukas, Shigweda	Omusati	9:54.08

Boys 14-15 100 Meter Hurdles

Section 1

1 Haltula, Job	Khomas	15.04
2 Wessel, Bredell	Omaheke	15.09
3 Puriza, Freddy	Khomas	15.35
4 Du Plooy, Abraham	Khomas	15.39
5 Kauupingene, Dobri	Khomas	15.54
6 Damaseb, Paul	Oshikoto	16.97

Boys 14-15 200 Meter Hurdles

Section 1

1 Du Plooy, Abraham	Khomas	28.71
2 Puriza, Freddy	Khomas	29.61
3 Damaseb, Paul	Oshikoto	30.23

Boys 14-15 High Jump

Flight 1

1 Mutonga, Dylan	Khomas	1.71m
2 Wyngaardt, Rayno	Khomas	1.65m
2 Venter, Steve	Otjozondjupa	1.65m
2 Pieters, Rudie	Erongo	1.65m
5 Amseb, Ambrosius	Khomas	1.60m
5 Du Toit, F.	Otjozondjupa	1.60m
5 Gurirab, Desederius	Kunene	1.60m
8 Husselman, Keanan	Hardap	1.55m
8 Aggenbag, Corne	Erongo	1.55m

10 Mckay, Ronald	Karas	1.50m
10 Van Wyk, Bjorn	Hardap	1.50m

Boys 14-15 Long Jump

Flight 1

1 Ndifan, E	Otjozondjupa	6.07m
2 Titus, Shareave	Otjozondjupa	5.84m
3 Du Plooy, Abraham	Khomas	5.83m
4 Pienaar, Machilla	Kunene	5.75m
5 Uushona, Paulus	Oshana	5.68m
6 Bezuinhoudt, ?	Hardap	5.58m
7 Diergaardt, Jason	Hardap	5.46m
8 Anton, John	Kavango	5.31m

Boys 14-15 Shot Put 4kg

Flight 1

1 Rademeyer, Wilhelm	Khomas	14.16m
2 Krohne, Alfred	Hardap	12.71m
3 V.D. Westhuizen, J	Khomas	12.47m
4 Retief, J	Khomas	12.44m
5 Husselman, Dylan	Khomas	11.11m
6 Hatting, Reinhardt	Otjozondjupa	10.97m
7 Kusch, Annou	Hardap	10.94m
8 Mateus, Ivo	Oshana	10.58m

Boys 14-15 Discus Throw 1kg

Flight 1

1 Du Toit, F.	Otjozondjupa	35.90m
2 Hatting, Reinhardt	Otjozondjupa	35.56m
3 Retief, J	Khomas	35.50m
4 Rademeyer, Wilhelm	Khomas	33.86m
5 V.D. Westhuizen, J	Khomas	33.40m
6 Kusch, Annou	Hardap	31.82m
7 Aggenbag, Corne	Erongo	29.52m
8 Dumeni, Asser	Karas	28.40m
9 Mateus, Ivo	Oshana	22.28m

Boys 14-15 Javelin Throw 600g

Flight 1

1 Wessel, Bredell	Omaheke	51.74m
2 Grobbelaar, Louis	Oshikoto	46.87m
3 Alberts, Andries	Khomas	43.49m
4 Du Toit, F.	Otjozondjupa	43.00m
5 V.D. Westhuizen, J	Khomas	40.21m
6 Strydom, Wiehan	Khomas	39.65m

7 Versfeld, William Omaheke 38.98m

Boys 16-17 100 Meter Sprint

Heat 1 Preliminaries

1 Martin, Yoran	Khomas	11.22	q
2 V.D.Merwe, ?	Hardap	11.28	q
3 Eiman, Hewan	Otjozondjupa	11.31	q
4 Gua-goab, Brunden	Kunene	14.36	

Heat 2 Preliminaries

1 Pieterse, Fred Charles	Khomas	10.69	q
2 Mutjivikua, Kevii	Khomas	11.22	q
3 Kauajo, Tjimbatu	Omaheke	11.34	q
4 Delie, Lovelle	Hardap	11.50	q
5 Nenkavu, Benjamin	Oshana	11.58	q
6 Masuka, K	Caprivi	11.92	

Section 1 Finals

1 Pieterse, Fred Charles	Khomas	10.65	
2 Mutjivikua, Kevii	Khomas	11.06	
3 Martin, Yoran	Khomas	11.13	
4 Kauajo, Tjimbatu	Omaheke	11.22	
5 Eiman, Hewan	Otjozondjupa	11.78	

Boys 16-17 200 Meter Sprint

Heat 1 Preliminaries

1 Nash, Ashton	Erongo	22.36	q
2 Mutjivikua, Kevii	Khomas	22.91	q
3 V.D.Merwe, ?	Hardap	23.32	q
4 Shafokutya, Linus	Kunene	23.75	q
5 Eksteen, John	Kunene	23.86	
6 Munenguni, Paavo	Oshana	24.56	

Heat 2 Preliminaries

1 Pieterse, Fred Charles	Khomas	22.15	q
2 Cronje, Pierre	Oshikoto	22.60	q
3 Kandjii, Donovan	Khomas	23.22	q
4 Eiman, Hewan	Otjozondjupa	23.47	q
5 Tsauseb, Cyril	Oshikoto	24.02	
6 Nenkavu, Benjamin	Oshana	24.12	

Section 1 Finals

1 Pieterse, Fred Charles	Khomas	21.91	
2 Mutjivikua, Kevii	Khomas	22.39	
2 Cronje, Pierre	Oshikoto	22.39	

4 Nash, Ashton	Erongo	22.76
5 Kandjii, Donovan	Khomas	23.12
6 V.D.Merwe, ?	Hardap	23.19
7 Eiman, Hewan	Otjozondjupa	23.39
8 Shafokutya, Linus	Kunene	23.92

Boys 16-17 400 Meter Sprint

Heat 1 Preliminaries

1 Cronje, Pierre	Oshikoto	51.31	q
2 Kanyetu, Lukas	Kavango	52.38	q
3 Van Vuuren, Rossouw	Khomas	52.78	q
4 Imbondi, Risto	Oshikoto	52.97	q
5 Rossow, Michael	Kunene	63.61	
6 Fischer, Faizel	Khomas	63.79	

Heat 2 Preliminaries

1 Martin, Yoran	Khomas	52.10	q
2 Swartz, Steward	Hardap	52.53	q
3 Shimhanda, Sem	Ohangwena	52.63	q
4 Oberholtzer, Andre	Erongo	54.16	q
5 Nakale, Eraastus	Ohangwena	55.13	
6 Amanyanga, Jerry	Oshana	55.52	
7 Links, Rodney	Hardap	58.07	

Section 1 Finals

1 Cronje, Pierre	Oshikoto	49.15
2 Martin, Yoran	Khomas	51.25
3 Swartz, Steward	Hardap	52.00
4 Van Vuuren, Rossouw	Khomas	52.08
5 Shimhanda, Sem	Ohangwena	52.33
6 Imbondi, Risto	Oshikoto	53.29
7 Oberholtzer, Andre	Erongo	55.14

Boys 16-17 800 Meter Run

Section 1

1 Links, Rodney	Hardap	2:02.35
2 Haufiku, Eben-Ezer	Ohangwena	2:03.78
3 Kanyetu, Lukas	Kavango	2:04.50
4 jason, Sameul	Ohangwena	2:06.16
5 Maas, Donovan	Khomas	2:06.68
6 Mukuve, Paulus	Kavango	2:08.24

Boys 16-17 1500 Meter Run

Section 1

1 Gariseb, Sebastian	Omaheke	4:15.90
2 Ekandjo, Hiskiel	Omusati	4:16.74
3 Vryman, Julian	Karas	4:18.35
4 Shikongo, Johannes	Omusati	4:24.00
5 Iita, Matheus	Omusati	4:24.68
6 Haufiku, Eben-Ezer	Ohangwena	4:29.68
7 Shilenga, Stephanus	Oshikoto	4:29.86
8 Kashululu, Paulus	Omusati	4:35.58
9 Fillipus, Absalon	Oshikoto	4:40.28
10 Hashiti, Kondashili	Oshikoto	4:42.04

Boys 16-17 3000 Meter Run

Section 1

1 Herman, Petrus	Ohangwena	9:12.59
2 Shikongo, Johannes	Omusati	9:27.25
3 Iita, Matheus	Omusati	9:41.31
4 Kashululu, Paulus	Omusati	9:52.42
5 Mbeeli, Johaan	Ohangwena	9:56.69
6 Nghipundjuua, Daniel	Omusati	10:22.31

Boys 16-17 110 Meter Hurdles

Section 1

1 Pieterse, Fred Charles	Khomas	14.59
2 Bulle, Uiso	Khomas	15.51
3 Burger, Walter	Omaheke	16.35
4 Van Staden, Frans	Khomas	16.90
5 Veseevete, Veseevete	Khomas	18.10

Boys 16-17 400 Meter Hurdles

Section 1

1 Van Vuuren, Rossouw	Khomas	61.96
2 Van Staden, Frans	Khomas	64.71
3 Fischer, Faizel	Khomas	64.81

Boys 16-17 High Jump

Flight 1

1 Tjivera, Amaldus	Kunene	1.78m
2 Ntelamo, W	Caprivi	1.75m
3 Boois, Lawrence	Hardap	1.70m
3 Beukes, Willem	Omaheke	1.70m
3 September, Cecil	Erongo	1.70m
3 Nampala, Johannes	Khomas	1.70m
3 V.D.Merwe, ?	Hardap	1.70m
3 Kaeka, V	Khomas	1.70m

Boys 16-17 Long Jump

Flight 1

1 Groenewaldt, Zhivago	Erongo	6.21m
2 Klein, Sergio	Erongo	6.11m
3 Kandjii, Donavan	Khomas	6.00m
4 Nenkavu, Benjamin	Oshana	5.96m
5 Walkers, Darren	Erongo	5.88m

Boys 16-17 Triple Jump

Flight 1

1 Riekerts, Lou	Hardap	12.56m
2 Mouton, Herchell	Hardap	12.17m

Boys 16-17 Shot Put 5kg - 5.4kg

Flight 1

1 Visser, Divan	Otjozondjupa	12.48m
2 Le Roux, Jaco	Khomas	11.55m
3 Strauss, Enrico	Erongo	10.98m
4 Van den Berg, Jan - Henr	Oshikoto	10.85m
5 De Jager, Francois	Khomas	10.36m
6 Arangies, Hugo	Oshikoto	10.34m
7 Grobler, Nian	Erongo	10.20m

Boys 16-17 Discus Throw 1.5kg

Flight 1

1 Smith, Jandre	Karas	39.06m
2 Poggenpoel, SJ	Otjozondjupa	36.88m
3 Blaauw, Wayne	Hardap	35.02m
4 De Jager, Francois	Khomas	33.62m
5 Besser, Reyvin	Hardap	32.82m
6 Le Roux, Jaco	Khomas	31.18m
7 Roberts, Manie	Kunene	30.38m
8 Coombe, Christopher	Khomas	29.82m
9 Strauss, Enrico	Erongo	29.80m
10 Pretorius, Elric	Khomas	29.32m
11 Visser, Divan	Otjozondjupa	23.88m

Boys 16-17 Javelin Throw 700g

Flight 1

1 Smith, Jandre	Karas	55.90m
2 Llabuscagne, Christiaan	Omaheke	53.46m
3 Grobler, Nian	Erongo	52.92m
4 Poggenpoel, SJ	Otjozondjupa	48.75m

5 Groenewaldt, Shilako	Erongo	48.60m
6 Visser, Divan	Otjozondjupa	48.59m
7 Booyesen, Wikus	Hardap	47.12m
8 Johr, Walter	Hardap	44.56m
9 Kupaha, Mbaukua	Otjozondjupa	35.54m

Boys 18-19 100 Meter Sprint

Heat 1 Preliminaries

1 Eichab, Eben	Hardap	11.00	q
2 Skrywer, Armando	Omaheke	11.45	q
3 Pius, Puriza	Omusati	11.75	
4 Litaba, S	Caprivi	12.24	

Heat 2 Preliminaries

1 Paulus, Phillip	Oshikoto	11.04	q
2 Krohne, Zanderio	Khomas	11.19	q
3 Saul, Renus	Omaheke	11.35	q
4 Joseph, Fanuel	Ohangwena	11.88	
5 Helmut, Nekwaya	Omusati	11.89	
6 Wilbard, Ipinge	Oshana	11.93	

Heat 3 Preliminaries

1 Uri- Khob, Jesse	Otjozondjupa	10.92	q
2 Karuumombe, Nativatu	Khomas	11.25	q
3 Henkert, Wilbur	Khomas	11.39	q
4 De Klerk, Ivanho	Hardap	11.65	
5 Gabriel, Jonas	Oshana	12.68	

Section 1 Finals

1 Uri- Khob, Jesse	Otjozondjupa	10.97
2 Paulus, Phillip	Oshikoto	11.15
3 Eichab, Eben	Hardap	11.21
4 Karuumombe, Nativatu	Khomas	11.38
5 Krohne, Zanderio	Khomas	11.54
6 Skrywer, Armando	Omaheke	11.59
7 Saul, Renus	Omaheke	11.73

Boys 18-19 200 Meter Sprint

Heat 1 Preliminaries

1 Uri- Khob, Jesse	Otjozondjupa	21.75	q
2 Eichab, Eben	Hardap	22.10	q
3 Henkert, Wilbur	Khomas	23.28	q
4 Kandondi, Tjikusa	Khomas	23.43	q
5 Sabo, A	Caprivi	23.53	q
6 Nanub, Elrich	Omaheke	23.62	
7 Pius, Puriza	Omusati	24.27	

Heat 2 Preliminaries

1 Paulus, Phillip	Oshikoto	22.29	q
2 Krohne, Zanderio	Khomas	22.81	q
3 Russlin, Kuhinguana	Khomas	23.52	q
4 Goraseb, Chris	Kunene	23.80	
5 Helmut, Nekwaya	Omusati	24.50	
6 Gabriel, Jonas	Oshana	24.53	
7 Wambalili, Rebues	Ohangwena	25.47	
8 Nanhapo, Stefanus	Ohangwena	25.75	

Section 1 Finals

1 Uri- Khob, Jesse	Otjozondjupa	21.29	
2 Eichab, Eben	Hardap	21.37	
3 Paulus, Phillip	Oshikoto	21.75	
4 Krohne, Zanderio	Khomas	22.59	
5 Henkert, Wilbur	Khomas	22.88	
6 Russlin, Kuhinguana	Khomas	23.19	
7 Kandondi, Tjikusa	Khomas	23.21	
8 Sabo, A	Caprivi	23.32	

Boys 18-19 400 Meter Sprint

Heat 1 Preliminaries

1 Dausab, C	Erongo	52.25	q
2 Basson, Rowan	Otjozondjupa	53.06	q
3 Appes, Trevor	Khomas	53.56	q
4 Nghitevelekwa, Joseph	Ohangwena	55.06	q
5 Kanyanga, Lukas	Kavango	56.51	
6 Pius, Puriza	Omusati	56.61	

Heat 2 Preliminaries

1 Nauseb, Michael	Erongo	51.28	q
2 Beukes, Desalvano	Hardap	51.68	q
3 Ockhuizen, Jontuaan	Hardap	52.37	q
4 Luandra, Petrus	Oshana	52.68	q
5 Fredericka, Luky	Erongo	56.66	

Section 1 Finals

1 Dausab, C	Erongo	50.60	
2 Beukes, Desalvano	Hardap	50.94	
3 Ockhuizen, Jontuaan	Hardap	51.86	
4 Nauseb, Michael	Erongo	51.98	
5 Luandra, Petrus	Oshana	53.11	
6 Basson, Rowan	Otjozondjupa	53.84	
7 Appes, Trevor	Khomas	54.30	
8 Nghitevelekwa, Joseph	Ohangwena	54.61	

Boys 18-19 800 Meter Run

Section 1

1 Reinhold, Tomas	Oshana	2:01.07
2 Katiijo, Mbeurora	Otjozondjupa	2:01.50
3 Kayoo, Thomas	Hardap	2:02.41
4 Ponhu, Hafeni	Ohangwena	2:04.18
5 Shidolo, Egdius	Ohangwena	2:05.23
6 Tadeus, Demetrius	Omusati	2:07.02

Boys 18-19 1500 Meter Run

Section 1

1 Reinhold, Tomas	Oshana	4:04.70
2 Katiijo, Mbeurora	Otjozondjupa	4:10.56
3 Andreas, Timoteus	Ohangwena	4:13.82
4 Tadeus, Demetrius	Omusati	4:14.77
5 Haukongo, Naftal	Omusati	4:21.91
6 Kalumbu, Abisai	Omusati	4:32.07
7 Shuulula, Timotheus	Erongo	5:03.57

Boys 18-19 5000 Meter Run

Section 1

1 Uwgwanga, Elia	Oshikoto	15:41.47
2 Tobias, Hafeni	Ohangwena	15:48.66
3 Shikongo, Cristimas	Ohangwena	15:52.23
4 Haukongo, Naftal	Omusati	15:56.19
5 Kalumbu, Abisai	Omusati	16:17.65
6 Wilbard, Tuuliki	Oshana	16:21.91

Boys 18-19 110 Meter Hurdles

Section 1

1 Henkert, Wilbur	Khomas	15.20
2 Wellman, Neil	Erongo	16.23
3 Krauss, Herman	Khomas	16.33
4 Van Wyk, T	Khomas	16.54

Boys 18-19 400 Meter Hurdles

Section 1

1 Mbuende, Ronald	Khomas	59.01
2 Krauss, Herman	Khomas	59.31
3 Karuombe, Nadivatu	Khomas	62.13
4 Kandjou, Vendjisuvere	Khomas	62.25
5 Wellman, Neil	Erongo	67.46

Boys 18-19 High Jump

Flight 1

1 Imalwa, Klepas	Khomas	1.85m
1 Nuseb, Dawid	Hardap	1.85m
1 Amutenya, A	Otjozondjupa	1.85m
4 Greeff, Andries	Hardap	1.80m
4 Isaacs, C	Khomas	1.80m
4 Kejarukua, Ukutura	Khomas	1.80m
7 Abrahams, Renicity	Hardap	1.75m
8 Nanub, Elrich	Omaheke	1.70m
8 Phillips, Norman	Kunene	1.70m

Boys 18-19 Long Jump

Flight 1

1 Mouton, Alberto	Hardap	6.69m
2 Eichab, Eben	Hardap	6.58m
3 Mororua, Wimpy	Kunene	6.43m
4 De Klerk, Ivanho	Hardap	6.39m
5 Kustaa, Himee	Khomas	6.28m
6 Shikongo, Greg	Erongo	6.24m
7 Russlin, Kuhinguana	Khomas	5.41m

Boys 18-19 Triple Jump 13m

Flight 1

1 Mouton, Alberto	Hardap	13.77m
2 Abrahams, Renicity	Hardap	13.52m
3 Higoam, Abraham	Karas	13.36m
4 Louw, Gareth	Hardap	13.22m
5 Mororua, Wimpy	Kunene	13.20m

Boys 18-19 Shot Put 6kg - 6.35kg

Flight 1

1 Berry, John	Karas	12.40m
2 Smith, Garren	Khomas	12.29m
3 Van Zyl, A	Khomas	12.14m
4 Du Plessis, Christie	Khomas	11.97m
5 Amushendje, Martin	Erongo	11.69m
6 Rohl, Wolfgang	Erongo	11.56m
7 Hukununa, Jeomba	Otjozondjupa	10.42m

Boys 18-19 Discus Throw 1.75kg

Flight 1

1 Berry, John	Karas	35.74m
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2 Deysel, Johan	Khomas	34.82m
3 Pinehas, Sakaria	Oshikoto	33.30m
4 Dicothiche, Leroy	Khomas	32.28m
5 Deysel, Johan	Otjozondjupa	31.80m
6 Ellis, Gideon	Hardap	23.84m

Boys 18-19 Javelin Throw 800g

Flight 1

1 Celliers, S	Khomas	52.98m
2 Engelbrecht, Jasper	Omaheke	52.85m
3 Tjiveze, Itereua	Kunene	45.16m
4 Deysel, Johan	Otjozondjupa	42.85m
5 Kruger, JH	Otjozondjupa	42.19m
6 Ellis, Gideon	Hardap	39.27m
7 Van Zyl, A	Khomas	37.78m