

REGION 5 YOUTH GAMES 2025 - NAMIBIA

Day 1

5000 meter Youth Women | FINAL , T

Rank	BIB	Name	Are	PB	SB	Result	Info
1	141	MUDENDA TULANGE	ZIM			18:11.50	
2	143	MUTEPFE RATIDZO	ZIM			18:23.92	
3	142	MURANDO THELMA	ZIM			18:37.20	
4	124	ERASTUS NDILIMEKE MIRJA	NAM			18:44.36	
5	191	MWENYECHANYA LYDIA	MAL			18:55.40	
6	126	KALOLA ELIZABETH	NAM			19:25.91	
7	192	ADAM GLORIA	MAL			19:58.07	

Day 1 08/07/2025 Final

100 meter Youth Women | SEMI FINA

Heat : 1 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	384	KHONDOWE Tiyanjane Henry	MAL			15.05	
2	378	MKHABELA Neliswa	SWZ			15.14	
3	406	XOLISWA MARA	RSA			16.00	
4	368	Phefo Rethabile	BOT			16.45	
5	375	MAGONGO Zwelihle	SWZ			16.97	
6	369	Moilwe Bokamoso K	BOT			17.28	
	363	MARIA LORINDA JOSE DE AL	ANG			NR	
	408	REAOBOKA SEGONE	RSA			NR	

100 meter Youth Women | SEMI FINA

Heat : 2 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	395	Sihova Angeline	NAM			15.40	
2	417	Mate Nosiku	ZAM			15.90	
3	396	Kausiona HELKA	NAM			15.96	
4	422	MIRJAM KANDJALA	NAM			16.21	
5	393	Karipata Unao	NAM			16.80	
6	427	VERONIKA NANGURA KARO	NAM			16.83	
7	420	NDINELAGO PAULUS	NAM			17.14	

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100 meter Youth Women | SEMI FINA

Heat : 3 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	383	VERANI Nancy Anastanzio	MAL			14.06	
2	421	AINA GOTTFRIED	NAM			14.92	
3	394	Master Vitjituaije	NAM			15.60	
4	411	Kaiyo Makanaka	ZIM			15.81	
5	410	Mudzukira Ashley Makanaka	ZIM			15.96	
6	389	Kazombungo Kamuiiua	NAM			15.96	
7	387	Tembe Sheicia Joao	MOZ			16.69	
	407	Esona Blaai	RSA			NR	

100 meter Youth Women | SEMI FINA

Heat : 4 Wind = 0.3

Rank	BIB	Name	Are	PB	SB	Result	Info
1	367	Mogomotsi Tlamelo	BOT			15.03	
2	374	DLAMINI Bafundzile	SWZ			15.36	
3	398	Kamunoko Klementine	NAM			15.74	
4	409	Mlanda Tawananyasha Salem	ZIM			17.48	
5	405	Sibahle Gazu	RSA			18.96	
6	380	Pitso Maletsatsi	LES			19.55	
	404	Nonhlanhla Mahlangu	RSA			NR	

Day 1 07/07/2025 1st Round

Long Jump Youth Women | FINAL , T

Rank	BIB	Name	Are	PB	SB	Result	Wind (m/s)	Info
1	272	ASHLYNN NORMAN	RSA			5.38m	0.0	
2	211	MBEKWA LUDO STAR	BOT			5.15m	0.0	
3	173	MILENA JOSSIAS FILIPE	MOZ			4.90m	0.0	
4	150	GUTSA ELSIE	ZIM			4.86m	0.0	
5	148	BARE SHARON	ZIM			4.65m	0.0	
6	128	GARAS PAIKEA	NAM			4.64m	0.0	
7	188	HAIYA CHISOMO	MAL			4.53m	0.0	
8	149	DHLODHLO REJOICE	ZIM			4.03m	0.0	
	261	LIZE VAN ZYL	RSA			DNS	0.0	

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

REGION 5 YOUTH GAMES 2025 - NAMIBIA

Day 1 07/07/2025 Final

3000 meter Youth Men | FINAL , Time

Rank	BIB	Name	Are	PB	SB	Result	Info
1	277	MICHAEL BEKKER	RSA			8:36.90	
2	198	CHISALE NATHAN	MAL			8:38.77	
3	202	GABRIEL ANDRE MAHOLA	ANG			8:40.27	
4	232	MAVIMBELA MUZI	SWZ			8:43.63	
5	163	NCUBE SHELTON	ZIM			9:10.19	
6	224	LEBOGANG JUNIOR MUGAG	BOT			9:19.92	
7	106	NGIHALEVALI OSKO	NAM			9:23.90	
8	161	NDLOVU PHAKAMILE L	ZIM			9:28.34	
9	160	NYAMAZANA JACKSON	ZIM			9:28.83	
10	107	NIKODEMUS TOMAS	NAM			9:38.01	
11	226	MPONANG BAKANG	BOT			9:43.26	
12	257	THABO LENTSOE	LES			9:45.72	
13	197	MATEBULA STEVE	MAL			9:49.10	
14	253	KOPANO THOMAS	LES			10:53.20	

Day 1 07/07/2025 Final

800 meter Women | SEMI FINAL , Tim

Heat : 1

Rank	BIB	Name	Are	PB	SB	Result	Info
1	139	CHIPURIRO MARTHA	ZIM			2:18.45	
2	264	CHEMENE MENTZ	RSA			2:20.41	
3	140	SIBANDA LETHUBUHLE	ZIM			2:21.25	
4	121	HAILULU LINDA	NAM			2:24.68	
5	205	LEIRINHO MARIA ARLETE RA ANG				2:25.03	
6	212	MALEMA LONE	BOT			2:31.59	
7	141	MUDENDA TULANGE	ZIM			2:32.99	
8	418	SEBETLELA MICHILLE THABIBOT				4:22.18	

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

800 meter Women | SEMI FINAL , Tim

Heat : 2

Rank	BIB	Name	Are	PB	SB	Result	Info
1	180	CHIBOLYA FELISTUS	ZAM			2:20.55	
2	206	CALEQUELA MARIA SEGUND	ANG			2:22.35	
3	189	NAZOMBE TADALA	MAL			2:23.64	
4	419	TCHILINGONDUNDO ANA	ANG			2:39.61	
5	249	THIBELLO RAMOKATE	LES			2:51.92	
6	246	THOKOANA TS'EPANG	LES			3:04.80	

Day 1 07/07/2025 1st Round

400 meter Youth Men | SEMI FINAL ,

Heat : 1

Rank	BIB	Name	Are	PB	SB	Result	Info
1	155	KANORUBWA CRYSON	ZIM			49.33	
2	283	FRANCOIS BOSHOF	RSA			49.36	
3	157	CHIHORA NENYASHA	ZIM			49.89	
4	221	DINTWA TSAONE NYAMBE	BOT			50.32	
5	201	GOMAS JAIME TECAS	ANG			53.52	
6	259	TUMELO THEOHA	LES			55.25	
7	258	SIYABONGA TSHABALALA	LES			56.73	

400 meter Youth Men | SEMI FINAL ,

Heat : 2

Rank	BIB	Name	Are	PB	SB	Result	Info
1	274	ANEEQ SALIE	RSA			48.32	
2	225	GABONKGOPE JUNIOR PARA	BOT			48.72	
3	158	MUZONDO ROPAFADZO	ZIM			49.24	
4	104	APPOLUS DELANO	NAM			51.50	
5	194	MAMBO RAPHICK	MAL			52.09	
6	234	DLAMINI SIKHANYISO	SWZ			54.25	

400 meter Youth Men | SEMI FINAL ,

Heat : 3

Rank	BIB	Name	Are	PB	SB	Result	Info
1	230	JUNIOR NTLHATLOSANG PH	BOT			48.95	
2	175	MWEWA ISAAC	ZAM			49.21	

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3	103	VAN WILLIAM	NAM	49.97
4	170	COSSA WILSON COSSA	MOZ	50.75
5	233	TSABEDZE SELAKHILE	SWZ	52.19

Day 1 07/07/2025 1st Round

Discus Youth Men | FINAL , Time: 20:

Rank	BIB	Name	Are	PB	SB	Result	Info
1	279	FREDERICK SENEKAL	RSA			50.16m	
2	168	ZIMBEANGO PROSPER	ZIM			49.24m	
3	280	DEWALD BEZUIDENHOUT	RSA			45.12m	
4	114	VILGOEN L'WYK	NAM			42.99m	
5	113	HENNING HENTO	NAM			40.26m	
6	169	MASERE ANOTIDAI SHE	ZIM			25.32m	

Day 1 07/07/2025 Final

Long Jump SO Women | FINAL , Tim

Flight : 1

Rank	BIB	Name	Are	PB	SB	Result	Wind (m/s)	Info
1	367	Mogomotsi Tlamelo	BOT			3.81m	0.0	
2	421	AINA GOTTFRIED	NAM			3.80m	0.0	
3	406	XOLISWA MARA	RSA			3.76m	0.0	
4	394	Master Vitjituaije	NAM			3.54m	0.0	
5	378	MKHABELA Neliswa	SWZ			3.40m	0.0	
6	407	Esona Blaai	RSA			3.27m	0.0	
7	387	Tembe Sheicia Joao	MOZ			3.26m	0.0	
8	411	Kaiyo Makanaka	ZIM			2.98m	0.0	
9	417	Mate Nosiku	ZAM			2.87m	0.0	
10	374	DLAMINI Bafundzile	SWZ			2.80m	0.0	
11	409	Mlanda Tawananyasha Salem	ZIM			2.60m	0.0	
12	410	Mudzukira Ashley Makanaka	ZIM			2.59m	0.0	
	408	REAOBOKA SEGONE	RSA			DNF	0.0	
	375	MAGONGO Zwelihle	SWZ			DNF	0.0	
	405	Sibahle Gazu	RSA			DNF	0.0	

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

REGION 5 YOUTH GAMES 2025 - NAMIBIA

Day 1 07/07/2025 1st Round

100 meter T11 Women | HEATS , Time

Heat : 1 Wind = -2.6

Rank	BIB	Name	Are	PB	SB	Result	Info
1	301	MABANDLA NOKWANDA T11	LES			14.43	
2	286	CADELA FAUSTINA T11	ANG			15.27	
3	309	AMINA MBWANA	MAL			16.92	

100 meter T11 Women | HEATS , Time

Heat : 2 Wind = -2.6

Rank	BIB	Name	Are	PB	SB	Result	Info
1	326	MWANSA SARAFINA	ZAM			14.67	
2	343	ZEVI FAITH	ZIM			16.25	
3	310	DOVICO FLORENCE	MAL			17.61	

Day 1 07/07/2025 1st Round

100 meter T12 Women | SEMI FINAL

Heat : 1 Wind = -2.6

Rank	BIB	Name	Are	PB	SB	Result	Info
1	316	IIPINGE NDAPEWA T12	NAM			15.12	
2	303	LEBONA LITEBOHO	LES			15.61	
3	288	DE SOUSA JOAQUINA	ANG			18.95	

100 meter T12 Women | SEMI FINAL

Heat : 2 Wind = -2.7

Rank	BIB	Name	Are	PB	SB	Result	Info
1	338	NKOMO THEMBELIHLE	ZIM			15.91	
2	298	Windy Mafusi	BOT			16.69	
3	323	MASAKONA WAMASHUDU	RSA			16.97	

Day 1 07/07/2025 1st Round

REGION 5 YOUTH GAMES 2025 - NAMIBIA

100 meter Youth Women | SEMI FINA

Heat : 1 Wind = -2.7

Rank	BIB	Name	Are	PB	SB	Result	Info
1	136	SENDI SHALOM	ZIM			12.48	
2	115	MUNYAZA LIEZEL	NAM			12.80	
3	187	KONDOWE AMANDA	MAL			12.87	
4	174	SEIFANE QUEEN LARITSA ER MOZ				13.27	
5	186	KAMANGA EUNICE	MAL			13.92	
6	242	MASELIMO MAKHETHA	LES			14.07	
7	243	MAMELLO VELA	LES			14.33	

100 meter Youth Women | SEMI FINA

Heat : 2 Wind = -2.7

Rank	BIB	Name	Are	PB	SB	Result	Info
1	134	CHINGONO HAYLEY	ZIM			12.18	
2	216	MHUTSIWA SAME AMANTLE	BOT			12.33	
3	181	CHONGO CHILLAH	ZAM			12.63	
4	271	MEGAN MAREE	RSA			12.88	
5	213	ONEILE GAME G	BOT			13.01	
6	188	HAIYA CHISOMO	MAL			13.55	
7	183	PHIRI MARY	MAL			13.64	
8	119	LYAMBO REJOICE	NAM			13.73	

100 meter Youth Women | SEMI FINA

Heat : 3 Wind = -2.7

Rank	BIB	Name	Are	PB	SB	Result	Info
1	261	LIZE VAN ZYL	RSA			12.29	
2	210	HINSE OARABILE LUSATI	BOT			12.89	
3	179	CHANDA RUTH	ZAM			12.97	
4	118	HAKURIA JABERUA	NAM			13.32	
5	135	MUTASA BEVERLY	ZIM			13.35	
6	241	NALELI NONE	LES			13.95	
7	185	NKAGULA MONICA	MAL			14.39	

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

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100 meter SO Men | HEATS , Time: 17

Heat : 1 Wind = -3.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	370	Maja Keith Loago	BOT			12.89	
2	414	Ndoro Tadiwanashe	ZIM			12.99	
3	373	Phatshwane Thabiso	BOT			13.45	
4	377	MUHAMMED Shagon	SWZ			14.33	
5	415	Kanyama Kanyama	ZAM			14.43	
6	402	Neo Buyambo	RSA			15.34	

100 meter SO Men | HEATS , Time: 17

Heat : 2 Wind = -3.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	392	Uamburu Mohamed	NAM			12.08	
2	382	CHIBAYO Blessings	MAL			12.86	
3	412	Kachembere Spelogy	ZIM			13.29	
4	397	Shikonekeni Malakia	NAM			13.73	
5	424	JULIUS NADHIPITE NAMBAH	NAM			14.50	
6	366	Nguza Kazembe Joao Magalhaes	ANG			14.51	
7	386	Tembe Adalberto Deoclide	MOZ			19.94	

100 meter SO Men | HEATS , Time: 17

Heat : 3 Wind = -3.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	391	Katjivive Muzuvee	NAM			12.94	
2	390	Gaeb Quinton	NAM			13.00	
3	371	Molebatsi Koketso Samuel	BOT			13.30	
4	413	Chigwedere Ryan Tanaka	ZIM			13.75	
5	416	Nyumbu Tabo	ZAM			14.34	
6	365	Veloso Josemar Gabriel	ANG			14.91	
	400	Tebogo Sebalo	RSA			DNS	

100 meter SO Men | HEATS , Time: 17

Heat : 4 Wind = -3.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	426	PAULINUS HAINKELA MUYE	NAM			12.95	
2	428	MATHEUS NDUMBA SHAMPA	NAM			13.35	
3	388	Nambahu Jackson	NAM			13.66	
4	379	METFULA Mbongiseni	SWZ			13.89	

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5	372	Rapoo Lethabo	BOT	13.96
6	376	NZIMA Mkhulelo	SWZ	14.28

100 meter SO Men | HEATS , Time: 17

Heat : 5 Wind = -3.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	399	Theodore Barnes	RSA			12.22	
2	425	PAULUS MBUNDU KAWINA	NAM			13.14	
3	385	ALAFUREDI Godwin	MAL			13.42	
4	403	Inam Kama	RSA			13.55	
5	423	JOHANNES JOHANNES	NAM			13.56	
6	401	Phelegeco Mathiba	RSA			14.33	
7	364	Capilo Adilson wami Peso	ANG			17.00	

Day 2 07/07/2025 1st Round

100 meter T11 Men | SEMI FINAL , T

Heat : 1 Wind = 0.3

Rank	BIB	Name	Are	PB	SB	Result	Info
1	320	KAPAPA MANFRED	NAM			12.76	
2	291	CASSINDA PEDRO MARQUES	ANG			13.23	
3	345	MUNJOMA KENEILOWE KEN	ZIM			13.87	
4	294	LEFIKA MAKUNDA	BOT			14.08	

100 meter T11 Men | SEMI FINAL , T

Heat : 2 Wind = 0.3

Rank	BIB	Name	Are	PB	SB	Result	Info
1	317	HAINDONGO JOB NGADINIFA	NAM			12.28	
2	318	KANYANGA ZEKKA CHIKUM	NAM			13.02	
3	304	THATO SHEA	LES			13.96	
4	337	NCUBE MTHULI	ZIM			15.78	

Day 2 08/07/2025 Semifinal

100 meter T12 Men | SEMI FINAL , Ti

Heat : 1 Wind = 0.3

Rank	BIB	Name	Are	PB	SB	Result	Info
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1	296	OBUSENG CHANDAPIWA LU	BOT	12.93
2	290	FAUSTINI DANIEL PANDZA	ANG	13.58
3	334	SIBANDA ASHLEY MINEHLE	ZIM	17.09

100 meter T12 Men | SEMI FINAL , Ti

Heat : 2 Wind = -0.7

Rank	BIB	Name	Are	PB	SB	Result	Info
1	330	PHIRI DANIEL	ZAM			13.13	
2	311	KABITCHI STEPHANO	MAL			14.18	
3	324	MASUKU SKHONA	RSA			14.23	
4	336	MPOFU THANDOYENKOSI	ZIM			14.29	

Day 2 08/07/2025 Semifinal

JAVELIN WOMEN | FINAL , Time: 17

Rank	BIB	Name	Are	PB	SB	Result	Info
1	269	STEPHANE HOOK	RSA			45.67m	
2	146	MACHEKERA ALICIA	ZIM			41.24m	
3	130	TERBLANCE KARLA	NAM			35.05m	
4	145	KACHAMBWA KIMBERLY	ZIM			28.74m	
5	131	VAN WYK TREASURE-LEE	NAM			24.03m	
6	144	RUN'ANGA TINASHE K	ZIM			19.55m	
	128	GARAS PAIKEA	NAM			DNS	

Day 2 08/07/2025 Final

100 meter Youth Women SO SF | SEM

Heat : 1 Wind = -0.5

Rank	BIB	Name	Are	PB	SB	Result	Info
1	383	VERANI Nancy Anastanzio	MAL			13.56	
2	384	KHONDOWE Tiyanjane Henry	MAL			14.02	
3	421	AINA GOTTFRIED	NAM			14.25	
4	378	MKHABELA Neliswa	SWZ			14.48	
5	367	Mogomotsi Tlamelo	BOT			14.67	
6	395	Sihova Angeline	NAM			14.91	
7	374	DLAMINI Bafundzile	SWZ			15.06	

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

REGION 5 YOUTH GAMES 2025 - NAMIBIA

100 meter Youth Women SO SF | SEM

Heat : 2 Wind = -0.5

Rank	BIB	Name	Are	PB	SB	Result	Info
1	411	Kaiyo Makanaka	ZIM			15.28	
2	408	REAOBOKA SEGONE	RSA			15.40	
3	396	Kausiona HELKA	NAM			15.42	
4	398	Kamunoko Klementine	NAM			15.67	
5	389	Kazombungo Kamuiiua	NAM			15.81	
6	394	Master Vitjituaije	NAM			15.85	
7	417	Mate Nosiku	ZAM			16.13	
8	410	Mudzukira Ashley Makanaka	ZIM			16.57	

100 meter Youth Women SO SF | SEM

Heat : 3 Wind = 0.6

Rank	BIB	Name	Are	PB	SB	Result	Info
1	387	Tembe Sheicia Joao	MOZ			16.07	
2	393	Karipata Unao	NAM			16.08	
3	368	Phefo Rethabile	BOT			16.12	
4	422	MIRJAM KANDJALA	NAM			16.68	
5	369	Moilwe Bokamoso K	BOT			16.95	
6	375	MAGONGO Zwelihle	SWZ			17.25	
7	420	NDINELAGO PAULUS	NAM			20.09	
8	427	VERONIKA NANGURA KARO	NAM			20.17	

100 meter Youth Women SO SF | SEM

Heat : 4 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	404	Nonhlanhla Mahlangu	RSA			16.47	
2	409	Mlanda Tawananyasha Salem	ZIM			16.61	
3	407	Esona Blaai	RSA			16.92	
4	405	Sibahle Gazu	RSA			17.75	
5	406	XOLISWA MARA	RSA			17.77	
6	380	Pitso Maletsatsi	LES			19.17	
7	363	MARIA LORINDA JOSE DE AL ANG				19.92	

Day 2 08/07/2025 1st Round

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

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100 meter Youth Men | SEMI FIKNA

Heat : 1 Wind = -0.6

Rank	BIB	Name	Are	PB	SB	Result	Info
1	223	MATAKULE WAZHA LATOYA BOT				10.71	
2	100	DE CARVALHO RUANO	NAM			10.90	
3	154	CHIMUCHEMBERE ARAB	ZIM			11.11	
4	222	MPITSANG KOPANO PHENYO BOT				11.16	
5	254	PHOKA MOHLAPISO	LES			11.28	
6	255	MOHANOE MOHAPI	LES			11.38	
7	171	CUMBANE ALBERTO ATANSI MOZ				11.80	

100 meter Youth Men | SEMI FIKNA

Heat : 2 Wind = -0.8

Rank	BIB	Name	Are	PB	SB	Result	Info
1	153	MUZA TAKOMBORERWA	ZIM			10.77	
2	273	JACO VAN DER WESTHUYZE	RSA			10.86	
3	228	CHIVERO LUCKY KNIGHT	BOT			11.00	
4	177	MATETE NATHAN	ZAM			11.06	
5	101	KACHANA BRENDAN	NAM			11.20	
6	251	LEAKOFA NTHUNYA	LES			11.72	
7	195	MSONKHO OWEN	MAL			12.22	

100 meter Youth Men | SEMI FIKNA

Heat : 3 Wind = -0.7

Rank	BIB	Name	Are	PB	SB	Result	Info
1	152	CHIMUNYA TREY	ZIM			10.45	
2	102	KUZATJIKE DANIEL	NAM			11.02	
3	284	ENRIQUE BOSCH	RSA			11.20	
4	178	NGULUBE GILBERT	ZAM			11.23	
5	235	MAGONGO AMAHLE	SWZ			11.32	
6	236	SIMELANE BANDZILE	SWZ			11.37	
7	193	MAGOMBO TILIPO	MAL			11.68	

Day 2 08/07/2025 Semifinal

400m Youth Women SF , Time: 17:28

Heat : 1

Rank	BIB	Name	Are	PB	SB	Result	Info
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1	117	KANBIRI KAZAATGO	NAM	56.72
2	209	MATIWE WEDU	BOT	58.53
3	151	GOMO PANASHE	ZIM	58.55
4	138	SHOKO NATALY V	ZIM	58.88
5	240	ZUNGU MBALI	SWZ	61.86
6	184	BANDA ENELESI	MAL	62.86
7	116	LINBU AUNISE	NAM	63.52
8	245	NTHABISENG SELESO	LES	69.00

400m Youth Women SF , Time: 17:28

Heat : 2

Rank	BIB	Name	Are	PB	SB	Result	Info
1	263	DAVIDA STRONG	RSA			56.89	
2	137	NYAHUMA ANESU	ZIM			58.07	
3	217	ORELATHILE KATSO LAONE	BOT			58.63	
4	173	MILENA JOSSIAS FILIPE	MOZ			60.08	
5	182	SINKALA GIFT	ZAM			60.73	
6	418	SEBETLELA MICHILLE THABIBOT				62.07	
7	120	KAMUTYASHA EMILIA	NAM			63.75	
8	204	FERNANDES MARGARETH G	ANG			73.34	

Day 2 08/07/2025 Semifinal

100 meter Youth Women T11 | FINAL ,

Wind = -2.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	301	MABANDLA NOKWANDA T11	LES			13.97	
2	326	MWANSA SARAFINA	ZAM			14.21	
3	286	CADELA FAUSTINA T11	ANG			14.95	
4	343	ZEVI FAITH	ZIM			15.86	

Day 2 08/07/2025 Final

100 meter Youth Women T12 | FINAL ,

Wind = -2.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	316	IIPINGE NDAPEWA T12	NAM			14.64	

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2	303	LEBONA LITEBOHO	LES	15.10
3	338	NKOMO THEMBELIHLE	ZIM	15.31
4	298	Windy Mafusi	BOT	15.85

Day 2 08/07/2025 Final

100 meter Youth Women T13 FINAL ,

Wind = -1.7

Rank	BIB	Name	Are	PB	SB	Result	Info
1	287	BUNDA MARGARIDA	ANG			14.89	
2	302	LIPAKELA MAMAKHOOA	LES			15.30	
3	285	LOPES TITA T13	ANG			15.53	
4	299	BOITSHEPO DISELE	BOT			15.56	
5	327	MBEWE CHRISTINA	ZAM			16.10	
6	289	DA SILVA AURORA T13	ANG			16.33	
7	322	MABITSELA MALAKALAKA	RSA			16.34	

Day 2 08/07/2025 Final

100 meter Youth Women FINAL , Tim

Wind = -2.7

Rank	BIB	Name	Are	PB	SB	Result	Info
1	216	MHUTSIWA SAME AMANTLE	BOT			12.24	
2	134	CHINGONO HAYLEY	ZIM			12.32	
3	261	LIZE VAN ZYL	RSA			12.38	
4	136	SENDI SHALOM	ZIM			12.54	
5	187	KONDOWE AMANDA	MAL			12.77	
6	210	HINSE OARABILE LUSATI	BOT			12.92	
7	115	MUNYAZA LIEZEL	NAM			12.94	
	181	CHONGO CHILLAH	ZAM			DIS	

Day 2 08/07/2025 Final

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

REGION 5 YOUTH GAMES 2025 - NAMIBIA

100 meter Youth Men SO SF | FINAL ,

Wind = -2.1

Rank	BIB	Name	Are	PB	SB	Result	Info
1	399	Theodore Barnes	RSA			12.13	
2	392	Uamburu Mohamed	NAM			12.21	
3	370	Maja Keith Loago	BOT			12.60	
4	426	PAULINUS HAINKELA MUYE	NAM			12.69	
5	382	CHIBAYO Blessings	MAL			12.72	
6	391	Katjivive Muzuvee	NAM			12.81	
7	390	Gaeb Quinton	NAM			13.09	
8	414	Ndoro Tadiwanashe	ZIM			13.20	

100 meter Youth Men SO SF | FINAL ,

Wind = -1.8

Rank	BIB	Name	Are	PB	SB	Result	Info
1	373	Phatshwane Thabiso	BOT			12.83	
2	412	Kachembere Spelogy	ZIM			12.85	
3	428	MATHEUS NDUMBA SHAMPA	NAM			13.03	
4	371	Molebatsi Koketso Samuel	BOT			13.13	
5	403	Inam Kama	RSA			13.31	
6	385	ALAFUREDI Godwin	MAL			13.43	
7	423	JOHANNES JOHANNES	NAM			14.01	

100 meter Youth Men SO SF | FINAL ,

Wind = -1.8

Rank	BIB	Name	Are	PB	SB	Result	Info
1	425	PAULUS MBUNDU KAWINA	NAM			13.27	
2	397	Shikonekeni Malakia	NAM			13.40	
3	413	Chigwedere Ryan Tanaka	ZIM			13.48	
4	388	Nambahu Jackson	NAM			13.59	
5	372	Rapoo Lethabo	BOT			13.66	
6	379	METFULA Mbongiseni	SWZ			13.82	
7	376	NZIMA Mkhulelo	SWZ			14.10	

100 meter Youth Men SO SF | FINAL ,

Wind = -2.9

Rank	BIB	Name	Are	PB	SB	Result	Info
1	377	MUHAMMED Shagon	SWZ			13.25	
2	401	Phelegeco Mathiba	RSA			14.08	

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3	415	Kanyama Kanyama	ZAM	14.18
4	424	JULIUS NADHIPITE NAMBAH	NAM	14.30
5	365	Veloso Josemar Gabriel	ANG	14.35
6	366	Nguza Kazembe Joao Magalhaes	ANG	14.43
7	416	Nyumbu Tabo	ZAM	14.74

100 meter Youth Men SO SF | FINAL , Wind = -2.9

Rank	BIB	Name	Are	PB	SB	Result	Info
1	402	Neo Buyambo	RSA			15.42	
2	364	Capilo Adilson wami Peso	ANG			16.40	
3	386	Tembe Adalberto Deoclides	MOZ			19.62	
	400	Tebogo Sebalo	RSA			DNS	

Day 2 08/07/2025 Final

1500 meter Youth Men FINAL , Time

Rank	BIB	Name	Are	PB	SB	Result	Info
1	276	DE VILLERS LAMPRECHT	RSA			3:55.60	
2	277	MICHAEL BEKKER	RSA			3:58.37	
3	176	NKHATA FRANK	ZAM			3:58.40	
4	196	MCHERENJE CHISOMO	MAL			3:58.72	
5	231	NDWANDWE SIYANDA	SWZ			4:01.97	
6	160	NYAMAZANA JACKSON	ZIM			4:07.48	
7	163	NCUBE SHELTON	ZIM			4:12.68	
8	224	LEBOGANG JUNIOR MUGAG	BOT			4:12.78	
9	260	PHEKO TS'ITSO	LES			4:13.09	
10	203	MUAMBA VICTOR MIGUEL	ANG			4:13.95	
11	172	MAZUQUILA MANUEL FERN	MOZ			4:14.80	
12	256	AMOHELANG LEPOLA	LES			4:25.14	
13	226	MPONANG BAKANG	BOT			4:26.14	
14	253	KOPANO THOMAS	LES			4:43.20	
	106	NGIHALEVALI OSKO	NAM			DNF	
	197	MATEBULA STEVE	MAL			DNS	
	198	CHISALE NATHAN	MAL			DNS	
	232	MAVIMBELA MUZI	SWZ			DNS	

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

Day 2 08/07/2025 Final

100 meter Youth Men T11 | FINAL , T

Wind = -1.6

Rank	BIB	Name	Are	PB	SB	Result	Info
1	317	HAINDONGO JOB NGADINIFA	NAM			12.30	
2	320	KAPAPA MANFRED	NAM			12.90	
3	291	CASSINDA PEDRO MARQUES	ANG			13.00	
4	318	KANYANGA ZEKKA CHIKUM	NAM			13.23	

Day 2 08/07/2025 Final

100 meter Youth Men T12 | FINAL , T

Wind = -1.8

Rank	BIB	Name	Are	PB	SB	Result	Info
1	296	OBUSENG CHANDAPIWA LU	BOT			13.19	
2	330	PHIRI DANIEL	ZAM			13.25	
3	290	FAUSTINI DANIEL PANDZA	ANG			13.43	
4	311	KABITCHI STEPHANO	MAL			14.49	

Day 2 08/07/2025 Final

100 meter Youth Men T13 | FINAL , T

Wind = -2.3

Rank	BIB	Name	Are	PB	SB	Result	Info
1	295	TOMELETSO ELLIOT KEMMO	BOT			12.42	
2	325	MOHLAMONYANE KHUTSO	RSA			13.12	
3	321	KALENGA FREDY FELIX T13	NAM			13.66	
4	305	LEFULERI RETHABILE	LES			14.58	

Day 2 08/07/2025 Final

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

REGION 5 YOUTH GAMES 2025 - NAMIBIA

100 meter Youth Men | FINAL , Time: Wind = -1.8

Rank	BIB	Name	Are	PB	SB	Result	Info
1	152	CHIMUNYA TREY	ZIM			10.58	
2	223	MATAKULE WAZHA LATOYA	BOT			10.79	
3	273	JACO VAN DER WESTHUYZE	RSA			10.84	
4	100	DE CARVALHO RUANO	NAM			10.86	
5	153	MUZA TAKOMBORERWA	ZIM			11.03	
6	102	KUZATJIKE DANIEL	NAM			11.06	
7	177	MATETE NATHAN	ZAM			11.29	
8	228	CHIVERO LUCKY KNIGHT	BOT			11.40	

Day 2 08/07/2025 Final

400 meter Youth Men T12 | FINAL , T

Rank	BIB	Name	Are	PB	SB	Result	Info
1	314	SALOMAO PATRICIO NHANC	MOZ			56.25	
2	297	TLAMELO ABBY LELAKA	BOT			57.14	
3	293	METLHAETSILE PATLO KING	BOT			59.51	
4	290	FAUSTINI DANIEL PANDZA	ANG			97.98	

Day 2 08/07/2025 Final

400 meter Youth Men T13 | FINAL , T

Rank	BIB	Name	Are	PB	SB	Result	Info
1	332	MATSUNGO NYASHA	ZIM			54.05	
2	312	MASEKO BOYSON	MAL			56.05	
3	313	CHAWINGA WONGANI WILT	MAL			57.15	
4	307	LETHUA LETLOTLO T13	LES			59.00	
5	306	TOMOKOANE THABELO T13	LES			60.51	
6	292	MOTSAMAI OGOMODITSE T1	BOT			61.97	
7	333	MUJAJI SILENT	ZIM			66.56	
	321	KALENGA FREDY FELIX T13	NAM			DNS	

REGION 5 YOUTH GAMES 2025 - NAMIBIA

Day 2 08/07/2025 Final

800m Youth Women | FINAL , Time: 1

Rank	BIB	Name	Are	PB	SB	Result	Info
1	264	CHEMENE MENTZ	RSA			2:15.28	
2	139	CHIPURIRO MARTHA	ZIM			2:17.06	
3	140	SIBANDA LETHUBUHLE	ZIM			2:17.74	
4	206	CALEQUELA MARIA SEGUND ANG				2:21.64	
5	189	NAZOMBE TADALA	MAL			2:21.94	
6	205	LEIRINHO MARIA ARLETE RA ANG				2:24.23	
	180	CHIBOLYA FELISTUS	ZAM			DIS	TR 17.5.2
	121	HAILULU LINDA	NAM			DNS	

Day 2 08/07/2025 Final

Long Jump Youth Men | FINAL , Time

Rank	BIB	Name	Are	PB	SB	Result	Info
1	282	LUKE RAFFELS	RSA			7.16m	
2	156	CHAMAKWARA DYLANE	ZIM			7.09m	
3	165	MUTENURE PANASHE	ZIM			6.92m	
4	109	KONDJILA SAKARIA	NAM			6.65m	
5	227	SETHOMO LETSO CLIFORD T BOT				6.56m	
6	166	MUTIZWA TAKUNDA R	ZIM			6.54m	
7	220	DIMA LOFIKA SHE	BOT			6.24m	
8	171	CUMBANE ALBERTO ATANSI MOZ				5.94m	
9	111	RATZ ANGELO	NAM			5.73m	
10	251	LEAKOFA NTHUNYA	LES			5.54m	
11	110	HAACK TERSUAN	NAM			5.35m	
12	252	NYESEMANE MOHALALI	LES			5.18m	

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

LONG JUMP SO MEN | FINAL , Time

Rank	BIB	Name	Are	PB	SB	Result	Info
1	370	Maja Keith Loago	BOT			5.43m	
2	377	MUHAMMED Shagon	SWZ			4.96m	
3	412	Kachembere Spelogy	ZIM			4.96m	
4	426	PAULINUS HAINKELA MUYE	NAM			4.90m	
5	379	METFULA Mbongiseni	SWZ			4.85m	
6	391	Katjivive Muzuvee	NAM			4.70m	
7	413	Chigwedere Ryan Tanaka	ZIM			4.58m	
8	382	CHIBAYO Blessings	MAL			4.55m	
9	403	Inam Kama	RSA			4.54m	
10	425	PAULUS MBUNDU KAWINA	NAM			4.48m	
11	390	Gaeb Quinton	NAM			4.28m	
12	376	NZIMA Mkhulelo	SWZ			4.26m	
13	428	MATHEUS NDUMBA SHAMPA	NAM			4.24m	
14	397	Shikonekeni Malakia	NAM			4.20m	
15	402	Neo Buyambo	RSA			4.20m	
16	385	ALAFURED I Godwin	MAL			4.13m	
17	388	Nambahu Jackson	NAM			4.07m	
18	401	Phelegeco Mathiba	RSA			3.83m	
19	416	Nyumbu Tabo	ZAM			3.74m	
20	415	Kanyama Kanyama	ZAM			3.50m	

Day 2 08/07/2025 Final

400 meter Youth Men | FINAL , Time:

Rank	BIB	Name	Are	PB	SB	Result	Info
1	230	JUNIOR NTLHATLOSANG PH	BOT			47.80	
2	225	GABONKGOPE JUNIOR PARA	BOT			47.87	
3	274	ANEEQ SALIE	RSA			47.92	
4	175	MWEWA ISAAC	ZAM			48.71	
5	158	MUZONDO ROPAFADZO	ZIM			48.72	
6	283	FRANCOIS BOSHOFF	RSA			48.87	
7	155	KANORUBWA CRYSON	ZIM			49.30	
8	157	CHIHORA NENYASHA	ZIM			49.50	

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

Day 3 08/07/2025 Final

400m Hurdles Women | FINAL , Time:

Rank	BIB	Name	Are	PB	SB	Result	Info
1	270	KARLA BOUWER	RSA			61.94	
2	151	GOMO PANASHE	ZIM			64.49	
3	140	SIBANDA LETHUBUHLE	ZIM			64.74	
4	138	SHOKO NATALY V	ZIM			69.74	
	120	KAMUTYASHA EMILIA	NAM			DNF	

Day 3 09/07/2025 Final

400m Hurdles Men | FINAL , Time: 09:

Rank	BIB	Name	Are	PB	SB	Result	Info
1	283	FRANCOIS BOSHOFF	RSA			55.40	
2	157	CHIHORA NENYASHA	ZIM			56.02	
3	155	KANORUBWA CRYSON	ZIM			56.06	
4	164	WATIPA MANDISHONA	ZIM			57.53	
	110	HAACK TERSUAN	NAM			DNS	

Day 3 09/07/2025 Final

100 meter Women SO | FINAL , Time:

Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	363	MARIA LORINDA JOSE DE AL ANG				18.85	
2	420	NDINELAGO PAULUS	NAM			19.31	
3	380	Pitso Maletsatsi	LES			19.72	

100 meter Women SO | FINAL , Time:

Wind = 0.1

Rank	BIB	Name	Are	PB	SB	Result	Info
1	369	Moilwe Bokamoso K	BOT			16.07	

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

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2	427	VERONIKA NANGURA KARO	NAM	16.65
3	407	Esona Blaai	RSA	16.88
4	375	MAGONGO Zwelihle	SWZ	16.91
5	405	Sibahle Gazu	RSA	17.81
6	406	XOLISWA MARA	RSA	17.87

100 meter Women SO | FINAL , Time:

Wind = 0.6

Rank	BIB	Name	Are	PB	SB	Result	Info
1	417	Mate Nosiku	ZAM			15.36	
2	387	Tembe Sheicia Joao	MOZ			15.56	
3	368	Phefo Rethabile	BOT			15.96	
4	422	MIRJAM KANDJALA	NAM			16.10	
5	393	Karipata Unao	NAM			16.12	
6	404	Nonhlanhla Mahlangu	RSA			16.23	
7	410	Mudzukira Ashley Makanaka	ZIM			16.32	
8	409	Mlanda Tawananyasha Salem	ZIM			16.75	

100 meter Women SO | FINAL , Time:

Wind = 0.6

Rank	BIB	Name	Are	PB	SB	Result	Info
1	394	Master Vitjituaije	NAM			14.97	
2	411	Kaiyo Makanaka	ZIM			15.27	
3	396	Kausiona HELKA	NAM			15.31	
4	408	REAOBOKA SEGONE	RSA			15.38	
5	398	Kamunoko Klementine	NAM			15.48	
6	389	Kazombungo Kamuiiua	NAM			15.98	

100 meter Women SO | FINAL , Time:

Wind = 0.6

Rank	BIB	Name	Are	PB	SB	Result	Info
1	383	VERANI Nancy Anastanzio	MAL			14.23	
2	384	KHONDOWE Tiyanjane Henry	MAL			14.55	
3	367	Mogomotsi Tlamelo	BOT			14.84	
4	421	AINA GOTTFRIED	NAM			14.92	
5	374	DLAMINI Bafundzile	SWZ			15.22	
6	395	Sihova Angeline	NAM			15.42	
7	378	MKHABELA Neliswa	SWZ			16.10	

REGION 5 YOUTH GAMES 2025 - NAMIBIA

Day 3 09/07/2025 Final

3000m Youth Women | FINAL , Time:

Rank	BIB	Name	Are	PB	SB	Result	Info
1	266	ANOXOLO MCETYWA	RSA			9:56.34	
2	125	LISIAS VICTORIA	NAM			10:16.13	
3	265	MEGAN ROOME	RSA			10:24.99	
4	142	MURANDO THELMA	ZIM			10:32.99	
5	143	MUTEPFE RATIDZO	ZIM			10:36.52	
6	238	MPHAPHU SANELISIWE	SWZ			10:41.86	
7	208	MATSHEGWANE KEBAFILWE BOT				10:48.08	
8	123	HAINDONGO SAARA	NAM			10:52.75	
9	190	WECKSON EFRIDA	MAL			10:55.31	
10	191	MWENYECHANYA LYDIA	MAL			11:02.45	
11	250	MAFUSI SEHLOHO	LES			11:13.02	
12	124	ERASTUS NDILIMEKE MIRJA	NAM			11:20.11	
13	207	MBE TEBO	BOT			11:20.84	
14	239	MNGUNI MINENHLE	SWZ			11:22.86	
15	244	SEBOLELO MPHOROANE	LES			12:26.65	
	141	MUDENDA TULANGE	ZIM			DNF	
	192	ADAM GLORIA	MAL			DNS	
	308	MUGHOGHO SANDRA T12	MAL			DNS	

1 09/07/2025 Final

Triple Jump Youth Men | FINAL , Tim

Rank	BIB	Name	Are	PB	SB	Result	Info
1	167	CHISHAYA LEEROY	ZIM			14.42m	
2	166	MUTIZWA TAKUNDA R	ZIM			14.21m	
3	156	CHAMAKWARA DYLANE	ZIM			13.61m	
	111	RATZ ANGELO	NAM			DNF	
	171	CUMBANE ALBERTO ATANSI MOZ				DNF	
	110	HAACK TERSUAN	NAM			DNF	

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

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	112	KAULINGE HALLELUJA	NAM	DNF
	147	SIBANDA RUVINBO	ZIM	DNS
	173	MILENA JOSSIAS FILIPE	MOZ	DNS

Day 3 09/07/2025 Final

Discus Women | FINAL , Time: 18:31

Rank	BIB	Name	Are	PB	SB	Result	Info
1	133	STRAUSS MAKAYLA	NAM			40.72m	
2	268	JOHANNE LAMPRECHT	RSA			40.08m	
3	145	KACHAMBWA KIMBERLY	ZIM			40.02m	
4	132	RAES THALICHA	NAM			38.18m	
5	129	POTGIETER ELLEKE	NAM			34.85m	
6	144	RUN'ANGA TINASHE K	ZIM			23.68m	
7	146	MACHEKERA ALICIA	ZIM			21.97m	

Day 3 09/07/2025 Final

400m Youth Women T12 | FINAL , Ti

Rank	BIB	Name	Are	PB	SB	Result	Info
1	316	IIPINGE NDAPEWA T12	NAM			69.18	
2	308	MUGHOGHO SANDRA T12	MAL			73.53	
3	344	GREEN VIMBAI	ZIM			75.68	
4	288	DE SOUSA JOAQUINA	ANG			92.19	

Day 3 09/07/2025 Final

400m Youth Women T13 | FINAL , Ti

Rank	BIB	Name	Are	PB	SB	Result	Info
1	315	NHACULE JULIA PATRICE	MOZ			65.84	
2	287	BUNDA MARGARIDA	ANG			70.89	
3	285	LOPES TITA T13	ANG			71.53	

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

REGION 5 YOUTH GAMES 2025 - NAMIBIA

4	340	ZHOU RUTENDO	ZIM	76.71
5	289	DA SILVA AURORA T13	ANG	77.48
6	342	MUSAMBA DELIGHT	ZIM	84.10
7	300	MATSOTSI NNETE T13	BOT	1:40.29

Day 3 09/07/2025 Final

400m Youth Women | FINAL , Time: 1

Rank	BIB	Name	Are	PB	SB	Result	Info
1	263	DAVIDA STRONG	RSA			55.74	
2	137	NYAHUMA ANESU	ZIM			57.07	
3	117	KANBIRI KAZAATGO	NAM			57.77	
4	209	MATIWE WEDU	BOT			59.77	
5	138	SHOKO NATALY V	ZIM			59.99	
6	173	MILENA JOSSIAS FILIPE	MOZ			60.93	
	217	ORELATHILE KATSO LAONE	BOT			DNF	
	151	GOMO PANASHE	ZIM			DNF	

Day 3 09/07/2025 Final

100m Youth Men SO | FINAL , Time: 1

Wind = -0.8

Rank	BIB	Name	Are	PB	SB	Result	Info
1	392	Uamburu Mohamed	NAM			11.78	
2	399	Theodore Barnes	RSA			12.17	
3	370	Maja Keith Loago	BOT			12.26	
4	426	PAULINUS HAINKELA MUYE	NAM			12.44	
5	373	Phatshwane Thabiso	BOT			12.48	
6	391	Katjivive Muzuvee	NAM			12.70	
7	412	Kachembere Spelogy	ZIM			13.18	
8	382	CHIBAYO Blessings	MAL			13.29	

100m Youth Men SO | FINAL , Time: 1

Wind = 0.9

Rank	BIB	Name	Are	PB	SB	Result	Info
1	414	Ndoro Tadiwanashe	ZIM			12.57	

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2	390	Gaeb Quinton	NAM	12.62
3	428	MATHEUS NDUMBA SHAMPA	NAM	12.77
4	371	Molebatsi Koketso Samuel	BOT	12.92
5	377	MUHAMMED Shagon	SWZ	13.05
6	425	PAULUS MBUNDU KAWINA	NAM	13.10
7	403	Inam Kama	RSA	13.13

100m Youth Men SO | FINAL , Time: 1

Wind = -1.7

Rank	BIB	Name	Are	PB	SB	Result	Info
1	397	Shikonekeni Malakia	NAM			13.27	
2	385	ALAFUREDI Godwin	MAL			13.32	
3	372	Rapoo Lethabo	BOT			13.39	
4	413	Chigwedere Ryan Tanaka	ZIM			13.44	
5	379	METFULA Mbongiseni	SWZ			13.61	
6	388	Nambahu Jackson	NAM			13.73	

100m Youth Men SO | FINAL , Time: 1

Wind = -1.7

Rank	BIB	Name	Are	PB	SB	Result	Info
1	376	NZIMA Mkhulelo	SWZ			13.79	
2	432	JOHANNES JOHANNES	NAM			13.95	
3	415	Kanyama Kanyama	ZAM			13.96	
4	401	Phelegeco Mathiba	RSA			14.00	
5	365	Veloso Josemar Gabriel	ANG			14.04	
6	366	Nguza Kazembe Joao Magalhaes	ANG			14.06	
7	416	Nyumbu Tabo	ZAM			14.14	
8	424	JULIUS NADHIPITE NAMBAH	NAM			14.29	

100m Youth Men SO | FINAL , Time: 1

Wind = -1.2

Rank	BIB	Name	Are	PB	SB	Result	Info
1	402	Neo Buyambo	RSA			16.02	
2	364	Capilo Adilson wami Peso	ANG			16.30	
3	386	Tembe Adalberto Deoclides	MOZ			19.18	
	400	Tebogo Sebalo	RSA			DNS	

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110m Hurdles Men | FINAL , Time: 14:

Wind = -1.8

Rank	BIB	Name	Are	PB	SB	Result	Info
1	284	ENRIQUE BOSCH	RSA			14.87	
2	164	WATIPA MANDISHONA	ZIM			14.99	
3	157	CHIHORA NENYASHA	ZIM			17.45	
4	155	KANORUBWA CRYSON	ZIM			17.45	
5	201	GOMAS JAIME TECAS	ANG			18.07	

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200m Youth Women SO , Time: 16:46

Heat : 1 Wind = -1.2

Rank	BIB	Name	Are	PB	SB	Result	Info
1	368	Phefo Rethabile	BOT			33.80	
2	406	XOLISWA MARA	RSA			36.80	
3	363	MARIA LORINDA JOSE DE AL	ANG			40.70	
4	420	NDINELAGO PAULUS	NAM			40.94	
	407	Esona Blaai	RSA			DNS	

200m Youth Women SO , Time: 16:46

Heat : 2 Wind = -3.2

Rank	BIB	Name	Are	PB	SB	Result	Info
1	367	Mogomotsi Tlamelo	BOT			31.42	
2	387	Tembe Sheicia Joao	MOZ			31.74	
3	398	Kamunoko Klementine	NAM			32.96	
4	422	MIRJAM KANDJALA	NAM			33.48	
5	410	Mudzukira Ashley Makanaka	ZIM			33.90	
6	369	Moilwe Bokamoso K	BOT			34.17	
7	404	Nonhlanhla Mahlangu	RSA			35.90	
8	427	VERONIKA NANGURA KARO	NAM			35.93	

200m Youth Women SO , Time: 16:46

Heat : 3 Wind = -3.2

Rank	BIB	Name	Are	PB	SB	Result	Info
1	408	REAOBOKA SEGONE	RSA			32.14	
2	411	Kaiyo Makanaka	ZIM			33.73	
3	393	Karipata Unao	NAM			34.76	

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4	417	Mate Nosiku	ZAM	36.31
5	409	Mlanda Tawananyasha Salem	ZIM	36.49

200m Youth Women SO , Time: 16:46

Heat : 4 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	383	VERANI Nancy Anastanzio	MAL			30.54	
2	421	AINA GOTTFRIED	NAM			31.61	
3	394	Master Vitjituaije	NAM			31.95	
4	384	KHONDOWE Tiyanjane Henry	MAL			32.33	
5	396	Kausiona HELKA	NAM			34.10	
6	389	Kazombungo Kamuiiua	NAM			37.61	
7	405	Sibahle Gazu	RSA			37.77	
	395	Sihova Angeline	NAM			DNS	

Day 3 09/07/2025 Semifinal

200m Youth Men T11 | SF , Time: 17:24

Heat : 1 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	317	HAINDONGO JOB NGADINIFA	NAM			29.44	
2	294	LEFIKA MAKUNDA	BOT			30.23	
3	304	THATO SHEA	LES			30.50	

200m Youth Men T11 | SF , Time: 17:24

Heat : 2 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	318	KANYANGA ZEKKA CHIKUM	NAM			27.18	
2	345	MUNJOMA KENEILOWE KEN	ZIM			28.96	
3	311	KABITCHI STEPHANO	MAL			29.66	

200m Youth Men T11 | SF , Time: 17:24

Heat : 3 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	320	KAPAPA MANFRED	NAM			27.18	
2	291	CASSINDA PEDRO MARQUES	ANG			28.06	
3	337	NCUBE MTHULI	ZIM			34.99	

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Day 3 09/07/2025 Semifinal

200m Youth Women T12 | SF , Time: 1

Heat : 1 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	316	IIPINGE NDAPEWA T12	NAM			29.86	
2	303	LEBONA LITEBOHO	LES			30.32	
3	339	NDIMANDE BUYISILE	ZIM			33.76	

200m Youth Women T12 | SF , Time: 1

Heat : 2 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	298	Windy Mafusi	BOT			32.75	
2	344	GREEN VIMBAI	ZIM			33.31	
3	288	DE SOUSA JOAQUINA	ANG			37.32	

200m Youth Women T12 | SF , Time: 1

Heat : 3 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	338	NKOMO THEMBELIHLE	ZIM			32.14	
2	308	MUGHOGHO SANDRA T12	MAL			32.19	
3	323	MASAKONA WAMASHUDU	RSA			34.58	

Day 3 09/07/2025 Semifinal

200m Youth Men T12 | SF , Time: 17:0

Heat : 1 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	330	PHIRI DANIEL	ZAM			27.79	
2	290	FAUSTINI DANIEL PANDZA	ANG			27.94	
3	297	TLAMELO ABBY LELAKA	BOT			28.55	
4	334	SIBANDA ASHLEY MINEHLE	ZIM			37.09	

200m Youth Men T12 | SF , Time: 17:0

Heat : 2 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	293	METLHAETSILE PATLO KING	BOT			26.29	
2	296	OBUSENG CHANDAPIWA LU	BOT			28.07	
3	324	MASUKU SKHONA	RSA			28.56	

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4	336	MPOFU THANDOYENKOSI	ZIM	29.69
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Day 3 09/07/2025 Semifinal

200m Youth Women T13 | SF , Time: 1

Heat : 1 Wind = -3.9

Rank	BIB	Name	Are	PB	SB	Result	Info
1	287	BUNDA MARGARIDA	ANG			31.65	
2	285	LOPES TITA T13	ANG			32.35	
3	302	LIPAKELA MAMAKHOOA	LES			33.45	
4	300	MATSOTSI NNETE T13	BOT			38.01	
	330	PHIRI DANIEL	ZAM			DNS	

200m Youth Women T13 | SF , Time: 1

Heat : 2 Wind = -3.8

Rank	BIB	Name	Are	PB	SB	Result	Info
1	315	NHACULE JULIA PATRICE	MOZ			29.31	
2	299	BOITSHEPO DISELE	BOT			32.41	
3	289	DA SILVA AURORA T13	ANG			33.28	
4	322	MABITSELA MALAKALAKA	RSA			35.00	
5	340	ZHOU RUTENDO	ZIM			35.45	
6	327	MBEWE CHRISTINA	ZAM			37.10	

Day 3 09/07/2025 Semifinal

200m Youth Women | SF , Time: 16:47

Heat : 1 Wind = -2.9

Rank	BIB	Name	Are	PB	SB	Result	Info
1	134	CHINGONO HAYLEY	ZIM			25.34	
2	272	ASHLYNN NORMAN	RSA			26.07	
3	210	HINSE OARABILE LUSATI	BOT			26.28	
4	240	ZUNGU MBALI	SWZ			27.67	
5	174	SEIFANE QUEEN LARITSA ER	MOZ			27.75	
6	186	KAMANGA EUNICE	MAL			29.51	
7	243	MAMELLO VELA	LES			29.63	
	182	SINKALA GIFT	ZAM			DNS	

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

200m Youth Women | SF , Time: 16:47

Heat : 2 Wind = -4.2

Rank	BIB	Name	Are	PB	SB	Result	Info
1	187	KONDOWE AMANDA	MAL			25.85	
2	179	CHANDA RUTH	ZAM			26.24	
3	181	CHONGO CHILLAH	ZAM			26.34	
4	118	HAKURIA JABERUA	NAM			27.18	
5	241	NALELI NONE	LES			28.87	
6	242	MASELIMO MAKHETHA	LES			29.30	
7	204	FERNANDES MARGARETH G	ANG			30.44	
	117	KANBIRI KAZAATGO	NAM			DNS	

200m Youth Women | SF , Time: 16:47

Heat : 3 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	216	MHUTSIWA SAME AMANTLE	BOT			24.96	
2	262	ISABELLA GUNTER	RSA			25.35	
3	263	DAVIDA STRONG	RSA			25.97	
4	135	MUTASA BEVERLY	ZIM			27.11	
5	183	PHIRI MARY	MAL			27.75	
6	136	SENDI SHALOM	ZIM			27.97	
7	214	MOSIMANYANA NONOFO OMBOT				28.45	
8	185	NKAGULA MONICA	MAL			29.48	

Day 3 09/07/2025 Semifinal

200m Youth Men | SF , Time: 17:22

Heat : 1 Wind = -3.8

Rank	BIB	Name	Are	PB	SB	Result	Info
1	152	CHIMUNYA TREY	ZIM			21.59	
2	225	GABONKGOPE JUNIOR PARA	BOT			22.08	
3	177	MATETE NATHAN	ZAM			22.94	
4	236	SIMELANE BANDZILE	SWZ			22.98	
5	103	VAN WILLIAM	NAM			23.13	
6	178	NGULUBE GILBERT	ZAM			23.47	
7	254	PHOKA MOHLAPISO	LES			24.21	

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

200m Youth Men | SF , Time: 17:22

Heat : 2 Wind = -4.4

Rank	BIB	Name	Are	PB	SB	Result	Info
1	100	DE CARVALHO RUANO	NAM			22.21	
2	273	JACO VAN DER WESTHUYZE	RSA			22.34	
3	155	KANORUBWA CRYSON	ZIM			22.52	
4	170	COSSA WILSON COSSA	MOZ			23.67	
5	194	MAMBO RAPHICK	MAL			23.90	
6	233	TSABEDZE SELAKHILE	SWZ			23.92	
7	234	DLAMINI SIKHANYISO	SWZ			24.95	
8	195	MSONKHO OWEN	MAL			25.19	

200m Youth Men | SF , Time: 17:22

Heat : 3 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	102	KUZATJIKE DANIEL	NAM			22.24	
2	230	JUNIOR NTLHATLOSANG PH	BOT			22.36	
3	175	MWEWA ISAAC	ZAM			22.38	
4	153	MUZA TAKOMBORERWA	ZIM			22.85	
5	235	MAGONGO AMAHLE	SWZ			22.99	
6	193	MAGOMBO TILIPO	MAL			23.75	
7	255	MOHANOE MOHAPI	LES			23.98	
8	201	GOMAS JAIME TECAS	ANG			24.50	

Day 3 09/07/2025 Semifinal

800m Youth Men T13 | FINAL , Time:

Rank	BIB	Name	Are	PB	SB	Result	Info
1	332	MATSUNGO NYASHA	ZIM			2:09.20	
2	314	SALOMAO PATRICIO NHANC	MOZ			2:12.04	
3	313	CHAWINGA WONGANI WILT	MAL			2:15.33	
4	307	LETHUA LETLOTLO T13	LES			2:26.17	
5	333	MUJAJI SILENT	ZIM			2:32.67	

Day 3 09/07/2025 Final

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

800m Youth Men | FINAL , Time: 18:1

Rank	BIB	Name	Are	PB	SB	Result	Info
1	276	DE VILLERS LAMPRECHT	RSA			1:54.69	
2	275	ANDREW VAN WYK	RSA			1:55.59	
3	196	MCHERENJE CHISOMO	MAL			1:56.19	
4	203	MUAMBA VICTOR MIGUEL	ANG			1:58.17	
5	105	HAIHAMBO REHABEAM	NAM			2:00.21	
6	256	AMOHELANG LEPOLA	LES			2:01.85	
7	260	PHEKO TS'ITSO	LES			2:04.89	
8	172	MAZUQUILA MANUEL FERN	MOZ			2:06.41	
9	160	NYAMAZANA JACKSON	ZIM			2:09.61	
	104	APPOLUS DELANO	NAM			DNS	
	162	KHUMALO GIFT	ZIM			DIS	FR17.1.2

Day 3 09/07/2025 Final

200m Youth Men SO | SF , Time: 18:22

Heat : 1 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	392	Uamburu Mohamed	NAM			25.47	
2	414	Ndoro Tadiwanashe	ZIM			26.81	
3	413	Chigwedere Ryan Tanaka	ZIM			26.94	
4	390	Gaeb Quinton	NAM			27.12	
5	403	Inam Kama	RSA			27.13	
6	402	Neo Buyambo	RSA			30.44	
	400	Tebogo Sebalo	RSA			DNS	

200m Youth Men SO | SF , Time: 18:22

Heat : 2 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	426	PAULINUS HAINKELA MUYE	NAM			25.40	
2	370	Maja Keith Loago	BOT			25.47	
3	412	Kachembere Spelogy	ZIM			26.34	
4	399	Theodore Barnes	RSA			26.48	
5	371	Molebatsi Koketso Samuel	BOT			27.13	
6	401	Phelegeco Mathiba	RSA			30.85	

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REGION 5 YOUTH GAMES 2025 - NAMIBIA

382 CHIBAYO Blessings MAL DNS

200m Youth Men SO | SF , Time: 18:22

Heat : 3 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	391	Katjivive Muzuvee	NAM			25.66	
2	373	Phatshwane Thabiso	BOT			26.27	
3	428	MATHEUS NDUMBA SHAMPA	NAM			26.80	
4	385	ALAFUREDI Godwin	MAL			26.86	
5	397	Shikonekeni Malakia	NAM			27.06	
6	425	PAULUS MBUNDU KAWINA	NAM			27.33	
7	372	Rapoo Lethabo	BOT			28.11	
8	388	Nambahu Jackson	NAM			28.45	

200m Youth Men SO | SF , Time: 18:22

Heat : 4 Wind = -2.2

Rank	BIB	Name	Are	PB	SB	Result	Info
1	423	JOHANNES JOHANNES	NAM			28.26	
2	424	JULIUS NADHIPITE NAMBAH	NAM			29.09	
3	415	Kanyama Kanyama	ZAM			29.14	
4	366	Nguza Kazembe Joao Magalhaes	ANG			29.16	
5	416	Nyumbu Tabo	ZAM			29.23	
6	365	Veloso Josemar Gabriel	ANG			30.00	

200m Youth Men SO | SF , Time: 18:22

Heat : 5 Wind = 0.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	381	Letuka Tsi'elisehang	LES			31.48	
2	364	Capilo Adilson wami Peso	ANG			34.31	
3	386	Tembe Adalberto Deoclides	MOZ			41.22	

Day 3 09/07/2025 Semifinal

200m Youth Women T11 | FINAL , Tim

Wind = -1.5

Rank	BIB	Name	Are	PB	SB	Result	Info
1	301	MABANDLA NOKWANDA T11	LES			29.09	
2	326	MWANSA SARAFINA	ZAM			30.57	
3	343	ZEVI FAITH	ZIM			31.53	

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4	286	CADELA FAUSTINA T11	ANG	31.95
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Day 3 09/07/2025 Final

HIGH JUMP Women | FINAL , Time:

Rank	BIB	Name	Are	PB	SB	Result	Info
1	267	MICHAELA SPOCTER	RSA			160.00m	
2	127	GEY VAN PITIUS ADARA	NAM			1.60m	
3	148	BARE SHARON	ZIM			1.45m	
	138	SHOKO NATALY V	ZIM			DNF	
	147	SIBANDA RUVINBO	ZIM			DNF	

Day 3 09/07/2025 Final

Shot Put Youth Men |FINAL , Time: 16

Rank	BIB	Name	Are	PB	SB	Result	Info
1	280	DEWALD BEZUIDENHOUT	RSA			17.02m	
2	279	FREDERICK SENEKAL	RSA			15.54m	
3	169	MASERE ANOTIDAI SHE	ZIM			13.72m	
4	168	ZIMBEANGO PROSPER	ZIM			13.55m	
5	114	VILGOEN L'WYK	NAM			13.27m	
6	113	HENNING HENTO	NAM			11.39m	
7	218	MOSUMO LETSO	BOT			8.64m	
8	199	LEMERANI BILLIAM	MAL			7.85m	

Day 4 09/07/2025 Final

200m Youth Women SO | SF , Time: 13

Heat : 1 Wind = -0.2

Rank	BIB	Name	Are	PB	SB	Result	Info
1	389	Kazombungo Kamuiiua	NAM			33.01	
2	407	Esona Blaai	RSA			35.52	
3	405	Sibahle Gazu	RSA			36.65	

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4	363	MARIA LORINDA JOSE DE AL ANG		40.38
5	420	NDINELAGO PAULUS	NAM	43.61
	395	Sihova Angeline	NAM	DNS

200m Youth Women SO | SF , Time: 13

Heat : 2 Wind = -0.6

Rank	BIB	Name	Are	PB	SB	Result	Info
1	427	VERONIKA NANGURA KARO	NAM			34.70	
2	404	Nonhlanhla Mahlangu	RSA			34.96	
3	409	Mlanda Tawananyasha Salem	ZIM			35.42	
4	417	Mate Nosiku	ZAM			37.02	
5	406	XOLISWA MARA	RSA			37.88	

200m Youth Women SO | SF , Time: 13

Heat : 3 Wind = -1.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	411	Kaiyo Makanaka	ZIM			32.45	
2	393	Karipata Unao	NAM			33.45	
3	396	Kausiona HELKA	NAM			34.16	
4	410	Mudzukira Ashley Makanaka	ZIM			34.17	
5	369	Moilwe Bokamoso K	BOT			34.55	
6	422	MIRJAM KANDJALA	NAM			35.56	
7	368	Phefo Rethabile	BOT			37.74	

200m Youth Women SO | SF , Time: 13

Heat : 4 Wind = -0.2

Rank	BIB	Name	Are	PB	SB	Result	Info
1	383	VERANI Nancy Anastanzio	MAL			30.16	
2	421	AINA GOTTFRIED	NAM			30.70	
3	384	KHONDOWE Tiyanjane Henry	MAL			31.68	
4	394	Master Vitjituaije	NAM			32.13	
5	367	Mogomotsi Tlamelo	BOT			32.98	
6	408	REAOBOKA SEGONE	RSA			33.01	
7	398	Kamunoko Klementine	NAM			34.45	
	387	Tembe Sheicia Joao	MOZ			DNS	

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1500m Youth Women | FINAL , Time:

Rank	BIB	Name	Are	PB	SB	Result	Info
1	139	CHIPURIRO MARTHA	ZIM			4:39.38	
2	121	HAILULU LINDA	NAM			4:39.81	
3	206	CALEQUELA MARIA SEGUND	ANG			4:40.39	
4	266	ANOXOLO MCETYWA	RSA			4:40.47	
5	140	SIBANDA LETHUBUHLE	ZIM			4:44.33	
6	265	MEGAN ROOME	RSA			4:47.45	
7	180	CHIBOLYA FELISTUS	ZAM			4:54.31	
8	189	NAZOMBE TADALA	MAL			5:00.82	
9	141	MUDENDA TULANGE	ZIM			5:01.71	
10	238	MPHAPHU SANELISIWE	SWZ			5:02.71	
11	190	WECKSON EFRIDA	MAL			5:08.28	
12	123	HAINDONGO SAARA	NAM			5:08.30	
13	419	TCHILINGONDUNDO ANA	ANG			5:10.20	
14	239	MNGUNI MINENHLE	SWZ			5:10.81	
15	122	ANDOWA METCHILDE	NAM			5:11.18	
16	247	IKANENG BELEBESE	LES			5:11.98	
17	208	MATSHEGWANE KEBAFILWE	BOT			5:13.96	
18	207	MBE TEBO	BOT			5:21.74	
19	205	LEIRINHO MARIA ARLETE RA	ANG			5:49.82	
20	248	ITHABELENG LETS'ELA	LES			5:55.09	
	142	MURANDO THELMA	ZIM			DNS	
	191	MWENYECHANYA LYDIA	MAL			DNS	
	244	SEBOLELO MPHOROANE	LES			DNS	

Day 4 10/07/2025 Final

200m Youth Men SO | SF , Time: 11:1

Heat : 1 Wind = -0.3

Rank	BIB	Name	Are	PB	SB	Result	Info
1	402	Neo Buyambo	RSA			29.33	
2	401	Phelegeco Mathiba	RSA			29.68	
3	365	Veloso Josemar Gabriel	ANG			29.89	
4	381	Letuka Tsi'elisehang	LES			30.74	
5	364	Capilo Adilson wami Peso	ANG			34.34	

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6	386	Tembe Adalberto Deoclides	MOZ	39.33
	382	CHIBAYO Blessings	MAL	DNS
	400	Tebogo Sebalo	RSA	DNS

200m Youth Men SO | SF , Time: 11:1

Heat : 2 Wind = -0.7

Rank	BIB	Name	Are	PB	SB	Result	Info
1	425	PAULUS MBUNDU KAWINA	NAM			27.19	
2	372	Rapoo Lethabo	BOT			27.47	
3	423	JOHANNES JOHANNES	NAM			28.16	
4	424	JULIUS NADHIPITE NAMBAH	NAM			28.53	
5	416	Nyumbu Tabo	ZAM			28.59	
6	415	Kanyama Kanyama	ZAM			28.96	
7	366	Nguza Kazembe Joao Magalhaes	ANG			30.19	
	388	Nambahu Jackson	NAM			DNS	

200m Youth Men SO | SF , Time: 11:1

Heat : 3 Wind = -1.1

Rank	BIB	Name	Are	PB	SB	Result	Info
1	371	Molebatsi Koketso Samuel	BOT			26.45	
2	385	ALAFUREDI Godwin	MAL			26.86	
3	428	MATHEUS NDUMBA SHAMPA	NAM			27.17	
4	390	Gaeb Quinton	NAM			27.20	
5	413	Chigwedere Ryan Tanaka	ZIM			27.40	
6	397	Shikonekeni Malakia	NAM			27.67	
7	403	Inam Kama	RSA			28.15	
8	414	Ndoro Tadiwanashe	ZIM			29.65	

200m Youth Men SO | SF , Time: 11:1

Heat : 4 Wind = -0.5

Rank	BIB	Name	Are	PB	SB	Result	Info
1	392	Uamburu Mohamed	NAM			25.02	
2	399	Theodore Barnes	RSA			25.18	
3	370	Maja Keith Loago	BOT			25.23	
4	391	Katjivive Muzuvee	NAM			25.54	
5	426	PAULINUS HAINKELA MUYE	NAM			25.55	
6	373	Phatshwane Thabiso	BOT			26.05	
7	412	Kachembere Spelogy	ZIM			26.40	

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Day 4 10/07/2025 Semifinal

200m Youth Men T11 | FINAL , Time:

Wind = -1.3

Rank	BIB	Name	Are	PB	SB	Result	Info
1	317	HAINDONGO JOB NGADINIFA	NAM			25.75	
2	318	KANYANGA ZEKKA CHIKUM	NAM			26.66	
3	320	KAPAPA MANFRED	NAM			26.96	
4	291	CASSINDA PEDRO MARQUES	ANG			27.69	

Day 4 10/07/2025 Final

200m Youth Women | FINAL , Time: 1

Wind = -1.3

Rank	BIB	Name	Are	PB	SB	Result	Info
1	216	MHUTSIWA SAME AMANTLE	BOT			24.40	
2	262	ISABELLA GUNTER	RSA			24.63	
3	187	KONDOWE AMANDA	MAL			25.51	
4	263	DAVIDA STRONG	RSA			25.87	
5	179	CHANDA RUTH	ZAM			25.87	
6	272	ASHLYNN NORMAN	RSA			26.04	
7	210	HINSE OARABILE LUSATI	BOT			26.59	
8	134	CHINGONO HAYLEY	ZIM			27.28	

Day 4 10/07/2025 Final

200m Youth Men | FINAL , Time: 13:2

Wind = -0.7

Rank	BIB	Name	Are	PB	SB	Result	Info
1	152	CHIMUNYA TREY	ZIM			21.33	
2	225	GABONKGOPE JUNIOR PARA	BOT			21.58	
3	100	DE CARVALHO RUANO	NAM			21.72	
4	273	JACO VAN DER WESTHUYZE	RSA			21.79	
5	230	JUNIOR NTLHATLOSANG PH	BOT			21.84	
6	175	MWEWA ISAAC	ZAM			21.93	

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7	102	KUZATJIKE DANIEL	NAM	22.27
8	155	KANORUBWA CRYSON	ZIM	22.44

Day 4 10/07/2025 Final

200m Youth Women T13 | FINAL , Ti

Wind = -1.9

Rank	BIB	Name	Are	PB	SB	Result	Info
1	315	NHACULE JULIA PATRICE	MOZ			28.46	
2	287	BUNDA MARGARIDA	ANG			30.71	
3	299	BOITSHEPO DISELE	BOT			31.41	
4	285	LOPES TITA T13	ANG			32.04	
5	289	DA SILVA AURORA T13	ANG			32.84	
6	322	MABITSELA MALAKALAKA	RSA			33.35	
7	302	LIPAKELA MAMAKHOOA	LES			33.37	
	340	ZHOU RUTENDO	ZIM			DNS	

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200m Women SO | FINAL , Time: 13:0

Wind = -1.3

Rank	BIB	Name	Are	PB	SB	Result	Info
1	417	Mate Nosiku	ZAM			34.71	
2	405	Sibahle Gazu	RSA			36.27	
3	406	XOLISWA MARA	RSA			37.99	
4	420	NDINELAGO PAULUS	NAM			40.17	
5	363	MARIA LORINDA JOSE DE AL	ANG			40.26	
	387	Tembe Sheicia Joao	MOZ			DNS	
	395	Sihova Angeline	NAM			DNS	

200m Women SO | FINAL , Time: 13:0

Wind = 0.9

Rank	BIB	Name	Are	PB	SB	Result	Info
1	409	Mlanda Tawananyasha Salem	ZIM			31.39	
2	393	Karipata Unao	NAM			33.58	
3	427	VERONIKA NANGURA KARO	NAM			35.15	
4	407	Esona Blaai	RSA			35.23	

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5	404	Nonhlanhla Mahlangu	RSA	36.03
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200m Women SO | FINAL , Time: 13:0

Wind = -1.9

Rank	BIB	Name	Are	PB	SB	Result	Info
1	369	Moilwe Bokamoso K	BOT			31.21	
2	396	Kausiona HELKA	NAM			31.69	
3	398	Kamunoko Klementine	NAM			31.76	
4	389	Kazombungo Kamuiiua	NAM			32.80	
5	368	Phefo Rethabile	BOT			33.34	
6	410	Mudzukira Ashley Makanaka	ZIM			33.46	
7	422	MIRJAM KANDJALA	NAM			33.54	

200m Women SO | FINAL , Time: 13:0

Wind = 0.7

Rank	BIB	Name	Are	PB	SB	Result	Info
1	383	VERANI Nancy Anastanzio	MAL			28.78	
2	384	KHONDOWE Tiyanjane Henry	MAL			29.98	
3	421	AINA GOTTFRIED	NAM			30.03	
4	367	Mogomotsi Tlamelo	BOT			31.21	
5	394	Master Vitjituaije	NAM			31.44	
6	408	REAOBOKA SEGONE	RSA			32.22	
7	411	Kaiyo Makanaka	ZIM			32.73	

Day 4 10/07/2025 Final

200m Men SO | FINAL , Time: 13:20

Heat : 1 Wind = -2.7

Rank	BIB	Name	Are	PB	SB	Result	Info
1	401	Phelegeco Mathiba	RSA			29.34	
2	365	Veloso Josemar Gabriel	ANG			29.59	
3	381	Letuka Tsi'elisehang	LES			30.16	
4	364	Capilo Adilson wami Peso	ANG			34.93	
5	386	Tembe Adalberto Deoclides	MOZ			42.52	
	382	CHIBAYO Blessings	MAL			DNS	
	400	Tebogo Sebalo	RSA			DNS	

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200m Men SO | FINAL , Time: 13:20

Heat : 2 Wind = -1.5

Rank	BIB	Name	Are	PB	SB	Result	Info
1	372	Rapoo Lethabo	BOT			27.14	
2	423	JOHANNES JOHANNES	NAM			28.15	
3	415	Kanyama Kanyama	ZAM			28.92	
4	416	Nyumbu Tabo	ZAM			28.98	
5	424	JULIUS NADHIPITE NAMBAH	NAM			29.01	
6	366	Nguza Kazembe Joao Magalhaes	ANG			29.70	
7	402	Neo Buyambo	RSA			29.76	
	388	Nambahu Jackson	NAM			DNS	

200m Men SO | FINAL , Time: 13:20

Heat : 3 Wind = -1.0

Rank	BIB	Name	Are	PB	SB	Result	Info
1	414	Ndoro Tadiwanashe	ZIM			26.21	
2	403	Inam Kama	RSA			26.36	
3	425	PAULUS MBUNDU KAWINA	NAM			26.69	
4	390	Gaeb Quinton	NAM			26.77	
5	413	Chigwedere Ryan Tanaka	ZIM			27.04	
6	385	ALAFUREDI Godwin	MAL			27.06	
7	397	Shikonekeni Malakia	NAM			27.12	
8	428	MATHEUS NDUMBA SHAMPA	NAM			27.16	

200m Men SO | FINAL , Time: 13:20

Heat : 4 Wind = -1.5

Rank	BIB	Name	Are	PB	SB	Result	Info
1	370	Maja Keith Loago	BOT			24.95	
2	426	PAULINUS HAINKELA MUYE	NAM			25.04	
3	391	Katjivive Muzuvee	NAM			25.17	
4	399	Theodore Barnes	RSA			25.20	
5	412	Kachembere Spelogy	ZIM			25.77	
6	373	Phatshwane Thabiso	BOT			25.85	
7	392	Uamburu Mohamed	NAM			26.23	
8	371	Molebatsi Koketso Samuel	BOT			26.89	

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Javelin Men | FINAL , Time: 09:30

Rank	BIB	Name	Are	PB	SB	Result	Info
1	281	HANRO VAN DEN BERG	RSA			53.88m	
2	162	KHUMALO GIFT	ZIM			48.00m	
3	199	LEMERANI BILLIAM	MAL			42.91m	
4	114	VILGOEN L'WYK	NAM			40.43m	
	113	HENNING HENTO	NAM			DNF	

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Shot Put Women | FINAL , Time: 10:1

Rank	BIB	Name	Are	PB	SB	Result	Info
1	268	JOHANNE LAMPRECHT	RSA			13.51m	
2	132	RAES THALICHA	NAM			12.28m	
3	129	POTGIETER ELLEKE	NAM			11.40m	
4	269	STEPHANE HOOK	RSA			11.26m	
5	145	KACHAMBWA KIMBERLY	ZIM			10.84m	
6	144	RUN'ANGA TINASHE K	ZIM			10.63m	
7	215	MATEBEKWANE PONO MICH	BOT			8.79m	
	130	TERBLANCE KARLA	NAM			DNF	
	146	MACHEKERA ALICIA	ZIM			DNS	

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HIGH JUMP Youth Men | FINAL , Tim

Rank	BIB	Name	Are	PB	SB	Result	Info
1	278	TAELEN SMITH	RSA			2.20m	
2	159	CHINDOWA TATENDA	ZIM			2.05m	
3	108	HENDRICKSE BENJAMINI	NAM			2.00m	
4	112	KAULINGE HALLELUJA	NAM			1.95m	
5	237	SHABALALA PHIWAYINKHO	SWZ			1.90m	
6	219	BALE PHENYO ROSS	BOT			1.80m	
6	229	MAGANG AGANG TLAMELO	BOT			1.80m	

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8	200	MULEME VICTORY	MAL	1.70m
9	111	RATZ ANGELO	NAM	1.70m
10	256	AMOHELANG LEPOLA	LES	1.60m
	220	DIMA LOFIKA SHE	BOT	DNF
	164	WATIPA MANDISHONA	ZIM	DNS

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TRIPLE JUMP Women | FINAL , Tim

Rank	BIB	Name	Are	PB	SB	Result	Info
1	173	MILENA JOSSIAS FILIPE	MOZ			10.81m	
2	150	GUTSA ELSIE	ZIM			10.71m	
3	148	BARE SHARON	ZIM			10.39m	
4	128	GARAS PAIKEA	NAM			10.25m	
5	138	SHOKO NATALY V	ZIM			9.91m	
	147	SIBANDA RUVINBO	ZIM			DNS	

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1500m Women T13 | FINAL , Time: 13

Rank	BIB	Name	Are	PB	SB	Result	Info
	340	ZHOU RUTENDO	ZIM			NR	
	342	MUSAMBA DELIGHT	ZIM			NR	

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200 Men T12 | FINAL , Time: 13:53

Wind = -0.8

Rank	BIB	Name	Are	PB	SB	Result	Info
1	293	METLHAETSILE PATLO KING	BOT			29.63	
2	330	PHIRI DANIEL	ZAM			30.39	
3	290	FAUSTINI DANIEL PANDZA	ANG			31.54	
	296	OBUSENG CHANDAPIWA LU	BOT			DNS	

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200 Women T12 | FINAL , Time: 13:54

Heat : 1 Wind = -0.8

Rank	BIB	Name	Are	PB	SB	Result	Info
1	316	IIPINGE NDAPEWA T12	NAM			29.63	
2	338	NKOMO THEMBELIHLE	ZIM			30.39	
3	303	LEBONA LITEBOHO	LES			31.54	
4	298	Windy Mafusi	BOT			31.64	

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200m Men T13 | FINAL , Time: 12:13

Wind = -0.9

Rank	BIB	Name	Are	PB	SB	Result	Info
1	312	MASEKO BOYSON	MAL			24.40	
2	295	TOMELETSO ELLIOT KEMMO BOT				24.51	
3	325	MOHLAMONYANE KHUTSO	RSA			25.88	
4	307	LETHUA LETLOTLO T13	LES			26.22	
5	292	MOTSAMAI OGOMODITSE T1	BOT			27.09	
6	306	TOMOKOANE THABELO T13	LES			27.52	
7	335	BATI KNOWLEDGE	ZIM			27.74	
8	305	LEFULERI RETHABILE	LES			28.70	