Media release

Rössing Marathon National Championship 2015 results

Reonard Nampala, running for the Namibia Defence Force (NDF), won the Rössing Marathon National Championship 2015 in cool, misty conditions in Swakopmund on Valentine's Day. In what most of the participating athletes labelled ideal weather conditions for long distance running, the winning times were closer to the marathon's records than in many years before. Nampala won in 2:19:57, eight minutes outside of Luketz Swartbooi's record of 2.11.23 and more than six minutes faster than last year's winning time of 2:25:14. Nampala said after the race: "I have participated in the Rössing Marathon a number of times before, but this is my first win in the event. As usual it was a tough race. I am glad to finally be the national champion."

The NDF team continued their dominance over the last couple of years at the marathon with both the second and third places in the Men's Open category also going their way. Aron Tjivambi and Elifas Shuuya came second and third in 2:24:53 and 2:41:23 respectively.

In the Ladies Open marathon category it was the formidable Alina Armas, also from the NDF club, who came first in 2:40:09. Last year she won the same category in 2:48:58. This was the third straight victory for Alina at the Rössing marathon. She was followed by Ottilie Aimwata with a time of 2:57:27 and Julia Jansen van Vuuren in 3:19:25.

In the 10km Run, a drove of Namibia's top long distance athletes challenged each other for top honours. It was Reinhold Tomas of the Namibian Police (Nampol) who eventually took the crown for the men in a time of 0:30:50, with Simon Shipingana of NDF second in 0:30:59 and Uveni Kuugongelwa, another NDF athlete, coming third in 0:31:04. For the ladies, Anna Amutoko of the NDF was the champion over ten kilometres in 0:33:58, followed by Beata Naigambo of Nampol in 0:33:59 and Helena Iipinge of the NDF in 0:37:55

This year the annual Rössing event drew over 300 entries in all categories, and has grown to become an important preparative event for runners planning to take part in the upcoming Two Oceans and Comrades marathons in South Africa.

The Men's and Ladies' Open marathon winners received N$10 000 cash each as well as a development bonus worth N$20 000 each, for the continued development of the athletics careers of these two champions over the remainder of the long distance running season in 2015.

Speaking at the main prize giving ceremony after the event, Rössing's managing director Werner Duvenhage said: "The Rössing marathon forms part of our commitment to promote healthy lifestyles in the mine's neighbouring communities. We are also proud to re-commit to the development of professional athletes in Namibia. The development bonus was introduced in 2010 and this is the fifth year that Rössing is investing in the future of our country's sporting heroes. We are pleased to see so many health conscious participants from all over Namibia and beyond our borders at the marathon championship."

The fun filled 5km Fun Walk in aid of the Cancer Association of Namibia was supported by over 210 walkers from the coastal community and walkers from as far as Windhoek and even the United States. During the Fun Walk prize-giving, prizes were given in various categories, including for the oldest walker who was 87 years old and the youngest walker, at 5 years.

The event, hosted in Swakopmund by Swakop Striders Athletics Club and sponsored by Rössing Uranium, promoted healthy lifestyles with the theme for this year being "Walk or run and live a healthy life."

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Results

MARATHON

No	Surname	First Name	Sex	Category	Time	Position
18	Nampala	Reonard	M	OM	2.19.57	1
17	Tjivambi	Aron	M	OM	2.24.53	2
22	Kaxuxuena	Robert	M	OM	2.26.37	3
20	Shuuya	Elifas	M	OM	2.29.17	4
19	Komeya	Oskar	M	OM	2.34.00	5
13	David	Salomo	M	VM	2.34.52	6
40	Ntinda	Martin	M	OM	2.35.46	7
16	Armas	Alina	F	OL	2.40.09	8
41	Hamukoto	N.E	M	OM	2.41.23	9
32	Amunjoko	Jerobeam	M	VM	2.41.58	10
77	Gawaxab	Venatius	M	OM	2.54.14	11
15	Ndunga	Kristof	M	VM	2.56.42	12
44	Aimwata	Ottilie	F	OL	2.57.27	13
29	Frans	Erasmus	M	VM	3.03.29	14
42	Mathias	Kanisius	M	VM	3.04.33	15
65	Gawaxamab	Johannes	M	MM	3.13.42	16
75	Kanu	Alex	M	VM	3.13.59	17
85	George	Mukuahima	M	GMM	3.17.02	18
46	Moolman	Cobus	M	OM	3.17.57	19
30	Hough	Hentie	M	MM	3.18.36	20
47	Jansen van Rensburg	Julia	F	OL	3.19.25	21
54	Dreyer	Risa	F	OL	3.19.59	22
63	Mhani	Elieser	M	OM	3.23.08	23
67	Ross	A. P	M	VM	3.25.22	24
50	Bronkhorst	Johan	M	VM	3.25.24	25
68	Van Schalkwyk	Willem	M	OM	3.27.03	26
31	Arn	Patric	M	VM	3.29.15	27
66	Hauwanga	Paulus	M	OM	3.30.05	28
72	Esterhuizen	Pieter	M	VM	3.32.27	29
64	Bonat	Kevin	M	OM	3.33.11	30
14	Cuff	John	M	GMM	03:37:51	31
7	Agnew	Nadine	F	VL	3.43.16	32
84	Bachman	Werner	M	VM	3.45.06	33
53	Vollgraaf	Marco	M	OM	3.47.32	34
55	Mumbuu	McDonald	M	OM	3.49.21	35
56	Nyathi	Keletso	M	OM	3.51.10	36

57	Brinkmann	Paul	M	VM	3.53.36	37
58	Brinkmann	Peter	M	OM	3.53.36	38
38	Naruseb	Epson	M	OM	3.53.45	39
71	Sowden	Serieka	F	OL	3.53.45	40
3	de Hlster	Leanie	F	OL	3.53.46	41
4	Brugman	Leon	M	OM	3.57.48	42
70	Herma	Achim	M	MM	3.57.48	43
36	Bailey	Estelle	F	VL	3.57.55	44
76	Clay	David	M	VM	3.57.55	45
35	Pocsi	Faghan	M	OM	4.02.19	46
12	Absai	Joe	M	MM	4.03.24	47
83	Kabooi	Hendrick	M	VM	4.04.00	48
51	Witte	Nicky	F	OL	4.08.03	49
11	van den Berg	Sonja	F	VL	4.09.45	50
6	Engelbrecht	Mareita	F	ML	4.10.05	51
81	Snyders	Gerhard	M	OM	4.14.41	52
5	Smit	Hannes	M	VM	4.15.27	53
52	Schafer	Sharon	F	VL	4.16.45	54
26	Hoffmann	Birgit	F	VL	4.16.50	55
10	Alpers	Grete-Marie	F	VL	4.17.13	56
9	Engelbrecht	Delicia	F	VL	4.18.35	57
25	Wassenaar	Talitha	F	ML	4.18.45	58
69	Schroeder	Shannon	F	VL	4.19.22	59
39	Britz	Kirsty	F	OL	4.20.00	60
73	Coetzer	Lukas	M	MM	4.21.42	61
1	Harcombe	Anne	F	VL	4.21.43	62
61	Myburgh	Liezl	F	VL	4.22.06	63
48	Louw	Etienne	M	OM	4.22.07	64
60	Greef	Pieter	M	VM	4.22.09	65
80	Imene Job	Job	M	OM	4.22.48	66
34	Grobler	Morne	M	OM	4.25.08	67
62	Myburgh	Jacques	M	VM	4.26.49	68
8	Botha	Hannelie	F	VL	4.32.33	69
49	Greyvenstein	H	M	VM	4.37.26	70
2	Weidemann	Denise	F	VL	4.47.05	71
59	Kruger	Rene	M	OM	4.49.39	72
43	Van Niekerk	Jan	M	GMM	4.53.36	73
37	Milne	Hazel	F	VL	4.58.00	74

10KM RUN

No	Surname	First Name	Sex	Cat	Time	Position
260	Reinhold	Tomas	M	OM	00:30:56	1
166	Shipingana	Simon	M	OM	00:30:59	2
215	Kuugongelwa	Uveni	M	OM	00:31:04	3
265	Kadhiungula	Mateus	M	OM	00:31:06	4
259	Shaluxwe	Jeremia	M	OM	00:31:11	5
217	Uugwanga	Elia	M	OM	00:31:14	6
167	Embashu	Pinehas	M	OM	00:31:20	7
257	Shiimi	Gabriel	M	OM	00:31:43	8
212	Iiyambo	Paulus Ndangi	M	OM	00:31:48	9
171	David	Tomas	M	OM	00:32:09	10
343	Swartbooi	Luketz	M	VM	00:32:19	11
261	Kaudinge	Stefanus	M	OM	00:32:35	12
255	Shigwedha	Thomas	M	JM	00:32:43	13
172	Mwatilile	John	M	OM	00:32:48	14
348	Nkuluwa	Naftal	M	OM	00:33:13	15
256	Mwandingi	Jonatan	M	OM	00:33:41	16
168	Amutoko	Anna	F	OL	00:33:58	17
258	Naigambo	Beata	F	OL	00:33:59	18
330	Simon	Ananias	M	JM	00:34:09	19
214	Naitembu	Johannes	M	OM	00:34:27	20
342	Goeieman	Albertinus	M	OM	00:34:44	21
268	Wilhelm	Martin	M	OM	00:34:45	22
328	Mutota	Mathias	M	VM	00:34:52	23
165	Shanika	Sem	M	OM	00:35:11	24
264	Shipeta	Philleppus	M	OM	00:36:07	25
175	Iita	Reinhold	M	VM	00:36:31	26
269	Zidhogela	Martin	M	OM	00:36:52	27
210	Andoone	Herman	M	OM	00:37:11	28
174	Iipinge	Helena	F	OL	00:37:35	29
246	Sakaria	Petrus	M	OM	00:37:56	30
253	Shikongo	Sakaria	M	OM	00:38:06	31
198	Mashuna	Sevilinus	M	VM	00:38:15	32
197	Johannes	Paulus	M	VM	00:38:21	33
267	Shimanda	Sam	M	OM	00:38:59	34
252	Gariseb	Hans	M	OM	00:39:01	35
266	Ekandjo	Leena	F	OL	00:39:13	36
170	Shelikita	Ndahambelele	M	OM	00:40:34	37
334	Shixungileni	Jackson	M	OM	00:40:43	38

318	Ndokesho	Gottlieb	M	OM	00:40:56	39
254	Jason	Abraham	M	OM	00:41:21	40
341	Beukes	Jermaine	M	OM	00:42:22	41
251	Mundeki	Evans	M	OM	00:44:52	42
287	Visagie	Diaz	M	JM	00:45:25	43
220	Laporte	Ingrid	F	VL	00:46:01	44
189	Olivier	Jan	M	VM	00:46:37	45
244	Lopes	Fernando	M	VM	00:46:56	46
323	Ross	Manie	M	MM	00:47:09	47
314	Gontes	Sieglinde	F	VL	00:47:48	48
335	Tebele	Venantius	M	OM	00:47:50	49
250	Ahrens	Heino	M	MM	00:48:52	50
226	Yarar	Kaan	M	OM	00:48:56	51
278	Hangula	Johannes	M	MM	00:49:05	52
208	Bartholomae	Lara	F	JL	00:49:06	53
347	Suurd	Sias	M	OM	00:49:06	54
207	Bartholomae	Chris	M	VM	00:49:24	55
216	Joshua	Joshua K	M	JM	00:49:44	56
234	Materna	Linus	M	OM	00:50:06	57
202	Scholtz	Riana	F	OL	00:50:08	58
332	Shanyenge	Abisai	M	MM	00:50:51	59
303	Hitula	Peya	F	OM	00:50:54	60
205	Toll	Gunther	M	MM	00:51:05	61
358	Kwizi	Ignatius	M	OM	00:51:23	62
289	Roussouw	Elizabeth	F	JL	00:51:24	63
157	van Wyk	Andre	M	OM	00:51:37	64
196	de Wet	Rechia	F	OL	00:52:05	65
305	Overmann	Chris	M	JM	00:52:05	66
363	Noordeneer	Waldo	M	OM	00:52:44	67
182	Mukupuki	Trevor	M	OM	00:53:03	68
225	Smith	Justin	M	OM	00:53:10	69
361	Haitota	Tobias	M	VM	00:53:27	70
249	Burd	Ulla	F	ML	00:53:47	71
286	Greeff	Michael	M	OM	00:53:54	72
187	van Niekerk	H	M	GMM	00:53:55	73
242	Magdalena	Juan	M	VM	00:53:57	74
179	Zehrt	Taryn	F	OL	00:54:22	75
188	Fleidl	Norbert	M	MM	00:54:48	76
276	Lopes	Sergio	M	OM	00:55:00	77
192	Lotsch	Willem Phillip	M	VM	00:55:21	78

229	Martinez	Alicia	F	OL	00:55:22	79
227	Muir	Alex	M	OM	00:55:34	80
195	van der Merwe	Marita	F	ML	00:55:39	81
239	Abrahams	Makia	M	MM	00:55:46	82
248	Nasilowski	Denize	F	OL	00:56:06	83
359	Kwizi	Sarah	F	OL	00:56:16	84
315	Londt	Lloyd	M	OM	00:56:25	85
191	Lotsch	Cecilia	F	VL	00:56:29	86
204	Kreiner	Anja	F	VL	00:57:07	87
349	Federicks	Baizen	M	MM	00:57:23	88
306	Blewett	Stephan	M	VM	00:57:25	89
360	Hoeb	Mathew	M	VM	00:57:25	90
307	Weyha	Karl	M	VM	00:57:40	91
183	Mukupuki	Winnie	F	OL	00:57:50	92
346	Landers	Louise	F	ML	00:57:51	93
309	Whittaker	Taylor	M	OM	00:59:15	94
310	Gordon	Julia	F	OL	00:59:16	95
281	Shipahu	Paulina	F	OL	00:59:23	96
275	Meintjes	Mark	M	MM	00:59:40	97
345	Volkmann	Hermann	M	MM	00:59:53	98
284	Jiang	Jianing	M	OM	00:59:54	99
209	Brayshaw	Stephanie	F	VL	01:00:03	100
283	Shihang	Qiao	M	OM	01:00:09	101
156	van Wyk	Neil	M	OM	01:00:20	102
326	Uys	Divan	M	OM	01:00:25	103
240	van Geunen	Alette	F	VL	01:00:26	104
304	Hitula	Hilia	F	OL	01:00:50	105
311	van Wyk	Helen	F	OL	01:01:21	106
271	Kittel	Barbara	F	VL	01:01:36	107
282	Kugara	Virginia	F	OL	01:01:44	108
176	Brand	Greta	F	VL	01:02:15	109
206	Bartholomae	May	F	VL	01:02:20	110
288	Roussouw	Wouter	M	VM	01:02:24	111
222	Drumm	Karley	M	OM	01:02:29	112
302	Savage	Kirsten	F	JL	01:02:29	113
325	Ratheiser	Jessica	F	OL	01:02:48	114
280	Basson	Marius	M	OM	01:02:53	115
184	Yang	Yu	M	OM	01:02:54	116
294	Klopper	Anke	F	OL	01:02:54	117
344	Mitchell		M	JM	01:03:14	118

221	Durr	Elinor	F	VL	01:03:21	119
241	Gutierrez	Ignacio	M	VM	01:03:21	120
321	Ochs	Ewald	M	MM	01:03:27	121
272	Buckley	Eldrid	M	OM	01:03:37	122
273	Buckley	Averyl	F	OL	01:03:47	123
270	Hill	Debra	F	OL	01:04:00	124
295	de Jager	Jaco	M	OM	01:04:00	125
329	Kamatoto	Gustav	M	MM	01:04:22	126
186	Wilson	Michelle	F	OL	01:04:42	127
185	Tuit	Desire	F	VL	01:05:00	128
178	Milne	Naomi	F	VL	01:05:40	129
233	Kluge	Werner	M	VM	01:05:44	130
274	Meintjes	Christine	F	ML	01:05:47	131
293	Nakapunda	Phillip	M	VM	01:05:50	132
224	Chavez	Alyssa	F	OL	01:06:00	133
243	Magdalena	Sara	F	JL	01:06:09	134
291	Gumbo	Otto	M	JM	01:06:15	135
219	Lyners	Conni	F	OL	01:06:20	136
350	Viljoen	Linda-Marie	F	OL	01:06:34	137
263	Nyathi	Barbara	F	VL	01:07:05	138
194	Baily	Richard	M	MM	01:07:10	139
200	Kintscher	Susan	F	VL	01:07:46	140
296	Clarke	Ryan	M	OM	01:07:48	141
297	Auchem	Lukas	M	OM	01:07:49	142
313		Nicole	F	OL	01:08:46	143
312		Bianca	F	OL	01:08:47	144
279	Besser	Calvyn	M	VM	01:10:02	145
181	Pothas	Wilet	M	OM	01:10:07	146
163	Cuff	Hester	F	GML	01:10:15	147
245	Viljoen	Shandri	F	OL	01:10:40	148
320	Dyason	Graeme	M	MM	01:10:50	149
237	de Jager	Lienette	F	ML	01:11:07	150
153	Human	Gerhard	M	OM	01:12:07	151
236	Goosen	Liane	F	OL	01:12:07	152
308	Visser	Suzaan	F	VL	01:12:10	153
331	Waldman	Katherine	F	OL	01:12:15	154
277	Lotter	Melony	F	OL	01:14:03	155
316	Junius	Sonja	F	OL	01:14:06	156
322	Mwenzi	Jack	M	OM	01:14:28	157
327	du Toit	Nelle	M	OM	01:16:06	158

290	Roussouw	Ansie	F	VL	01:16:45	159
203	van Niekerk	Wilma	F	GML	01:17:00	160
317	Shijesho	Celine	F	OL	01:17:15	161
218	Kruger	Cora	F	OL	01:18:51	162
154	Maritz	Dinah	F	OL	01:19:37	163
152	van Wyk	Abri	F	OL	01:19:38	164
151	Schalkwyk	Corne	M	OM	01:19:40	165
362	Shanjengange	Melissa	F	ML	01:20:44	166
340	Hengua	Simon	M	OM	01:21:31	167
155	van Wyk	Juanita	F	OL	01:25:20	168
336	Hengua	Matjiua	M	OM	01:25:47	169
319	Supopila	Loyde Nicodemus	F	OL	01:25:54	170
338	Meroro	Neringuno	F	OL	01:25:54	171
180	Potgieter	Riana	F	OL	01:26:35	172
199	Potgieter	Johan	M	OM	01:28:57	173
292	Pogisho	Cynthia	F	OL	01:29:08	174
301	Barsch	Stefanus	M	JM	01:29:43	175
300	Savage	Alyssa	F	JL	01:32:38	176
339	Lebusa	Michael	M	OM	01:35:13	177
337	Lebusa	Chrystal V	F	OL	01:35:24	178
228	Conner	Ally	F	OL	01:38:49	179
231	Donle	Yvaline	F	OL	01:39:30	180
298	Racher	Meike	F	OL	01:49:00	181
333	King	Emily	F	OL	01:49:00	182
299	Vanderwerken	Matt	M	OM	01:49:01	183

10KM TEAM RELAY

No	Team	Mine	Time	Pos
356	High Wall Team	Rössing Uranium	00:44:59	1
351	Real Miners	Swakop Uranium	00:48:11	2
352	Geek Union	Swakop Uranium	00:52:49	3
354	Su Striders	Swakop Uranium	00:59:25	4
357	U308 Striders	Rossing Uranium	01:00:14	5
353	Bulldozers	Swakop Uranium	01:01:35	6
355	Quality Trainees	Swakop Uranium	DNS/DNF	