

National Secondary Schools and LSEN Championships
21/03/2013

Best Performances Boys/Girls Track/Field

0 Track		Girls					
1	GAU266 400	T Bell	Gauteng	Girls-19	2000 m Steeple	06:48.96	1004 1
2	GAU123 499	Alicia Labuschagne	Gauteng	Girls-19	2000 m Steeple	06:54.22	990 2
3	GAU112 488	Thea Penberthy	Gauteng	Girls-15	90 m Hurdles	00:12.96	987 1
0 Field		Girls					
1	GAU076 452	Suimen Schutte	Gauteng	Girls-15	Triple Jump	12.13	1059 1
2	GAU018 394	Liandri Geel	Gauteng	Girls-17	Discus Throw	48.22	991 1
3	WCP098 125	Jo-Ane Van Dyk	Western Cape	Girls-17	Javelin	55.15	988 1
1 Track							
1	GAU124 500	Nkhasi Namakoe	Gauteng	Boys-19	5000 m	14:18.50	1006 1
2	GAUA06 635	Gauteng	Gauteng	Boys-19	4X100 m Relay	00:41.40	1001 1
3	GAUA05 634	Gauteng	Gauteng	Boys-17	4X100 m Relay	00:42.40	989 1
1 Field							
1	FSA091 225	Tshepang Makete	Free State	Boys-17	Hammer Throw	72.81	1081 1
2	ECA081 80	Alan Cumming	Eastern Cape	Boys-17	Hammer Throw	59.68	975 2
3	ECA103 102	Juan Muller	Eastern Cape	Boys-19	Hammer Throw	59.03	974 1