

**National Secondary Schools and LSEN National Championships
2014/03/27**

Best Performances Boys/Girls Track/Field

0 Track		Girls							
1	NWL046	187	Moeder Matabane	North West LSEN	Girls-15	400 m	00:60.10	857	1
2	WCL005	191	Gabriella Koopman	Western Cape LSEN	Girls-15	400 m	00:60.18	855	1
3	WCL030	192	Moesha Owies	Western Cape LSEN	Girls-17	400 m	00:60.20	818	1
0 Field		Girls							
1	GAL059	161	Dinalee Kotze	Gauteng LSEN	Girls-17	Shot Put	12.52	871	1
2	FSL008	152	Bonang Kambula	Free State LSEN	Girls-15	Discus Throw	28.87	844	1
3	WCL037	192	Zeena Wood	Western Cape LSEN	Girls-19	Shot Put	10.35	839	1
1 Track									
1	WCL108	198	Donovan Jantjies	Western Cape LSEN	Boys-19	5000 m	15:53.50	860	1
2	WCL103	198	Cheswill Pretorius	Western Cape LSEN	Boys-19	100 m	00:10.96	849	1
3	NCL013	181	Nathan Edward	Northern Cape LSEN	Boys-19	5000 m	16:03.80	846	2
1 Field									
1	WCL102	197	Matthew Alexander	Western Cape LSEN	Boys-19	Long Jump	6.78	713	1
2	GAL045	160	James Mongane	Gauteng LSEN	Boys-16	Long Jump	6.47	710	1
3	GAL029	158	Bertus Van Rooyen	Gauteng LSEN	Boys-15	Discus Throw	44.13	681	1