

**National Secondary Schools and LSEN Championships  
2015/03/25**

**Best Performances Boys/Girls Track/Field**

<b>0 Track</b>		<b>Girls</b>					
1	GAUA08 626	Gauteng	Gauteng	Girls-17	1000m Medley	02:09.25	1020 1
2	WCP047 116	Sharlon Boer	Western Cape	Girls-17	2000 m Steeple	07:02.99	1006 1
3	GAU067 423	Nicola De Bruyn	Gauteng	Girls-17	100 m	00:11.62	998 1
<b>0 Field</b>		<b>Girls</b>					
1	FSA038 156	Tharina Vd Walt	Free State	Girls-15	Discus Throw	43.35	1008 1
2	FSA031 149	Colette Uys	Free State	Girls-15	Discus Throw	41.57	987 2
3	GAU019 377	Michelle Ngozo	Gauteng	Girls-15	High Jump	1.75	976 1
<b>1 Track</b>		<b>Boys</b>					
1	GAUA05 623	Gauteng	Gauteng	Boys-17	4X100 m Relay	00:41.18	1057 1
2	GAU199 549	Pierre Vermaak	Gauteng	Boys-17	10000 m Walk	46:31.19	1033 1
3	FSA005 351	Free State	Free State	Boys-17	4X100 m Relay	00:41.89	1011 2
<b>1 Field</b>		<b>Boys</b>					
1	FSA157 271	Carel Haasbroek	Free State	Boys-17	Hammer Throw	65.36	1018 1
2	GAU169 521	Werner Visser	Gauteng	Boys-17	Discus Throw	63.14	1016 1
3	NWP068 102	Erich Wiese	North West Province	Boys-19	Javelin	72.50	1003 1