

**National Secondary LSEN Schools Championships**  
2017/03/29



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

<b>0 Track</b>		<b>Girls</b>							
1	WCL013	196	Angeline Salie	Western Cape LSEN	Girls-15	100 m	00:13.21	733	1
2	WCL013	196	Angeline Salie	Western Cape LSEN	Girls-15	400 m	00:63.54	733	1
3	WCL013	196	Angeline Salie	Western Cape LSEN	Girls-15	200 m	00:27.71	723	1
<b>0 Field</b>		<b>Girls</b>							
1	WCL016	196	Sorika Van Wyk	Western Cape LSEN	Girls-15	Shot Put	10.04	805	1
2	FSL025	155	Rachel Pitso	Free State LSEN	Girls-19	Shot Put	9.68	802	1
3	GAL051	165	Cynthia Bofelo	Gauteng LSEN	Girls-17	Shot Put	10.40	794	1
<b>1 Track</b>		<b>Boys</b>							
1	GAL144	174	Tony Nyilika	Gauteng LSEN	Boys-19	5000 m	15:35.34	805	1
2	FSL058	158	Junior Nnete	Free State LSEN	Boys-17	100 m	00:11.23	782	1
3	WCL065	201	Angelo Claassen	Western Cape LSEN	Boys-17	400 m	00:50.38	782	1
<b>1 Field</b>		<b>Boys</b>							
1	FSL057	158	Simangaliso Ngozo	Free State LSEN	Boys-17	Long Jump	6.67	726	1
2	GAL045	164	Ryno Pienaar	Gauteng LSEN	Boys-15	Shot Put	14.12	715	1
3	WCL081	203	Luther Springbok	Western Cape LSEN	Boys-17	Long Jump	6.46	665	2