



## Prestige Athletics

The yearly Prestige event at Immelman stadium was a roaring success as an English school try to participate amongst three Afrikaans schools. Firstly there was the tradition to overcome with the Afrikaans schools starting from early on singing and swaying on the rhythm of Afrikaans music. However it was not long before their conductors arrive and they could match anything the Afrikaners could throw at them.

With all the activities like high jump, long jump, discus, javelin and field events all starting at the same time, it was hard to track all the events even with three photographers. There were six trophy's for the six athletes that could score more than 600 points on the international chart and Alberton High School managed to claim four of them.

Quinten Friends leapt the height of 1.8m on his first attempt and securing the first place in the High jump, having taken three tries before giving up on the record height of 1.9m. He improved his previous height of 1.75 from earlier this year, and jumped into the first place on the Prestige event.



"When I jumped 1.75 earlier in this season, I felt that at least 1.90 would be possible today. Everything came together and I had a very emotional moment after jumping the 1.8 on my 1st attempt. This was my goal for this season, and now I must search for new one. I have been well and injury free, which is very important," Quinten concluded.

One of the younger girls under 15 that impressed with her sprinting abilities was Melissa Morris. She won all the sprinting events that she participated in and could develop in a remarkable athlete for the future. Also the under seventeen Sue-Allen Vermaak ran well but participate in to many different field and track events. She should concentrate and specialize in the one she does best.



Each year the English school become more and more competitive and we are looking forward to the day they will finally claim the overall winner.

