

# National Secondary Schools and LSEN Championships

16/03/2016

## Best Performances - Top 50

Athlete		Team	Age	Item	Achievement	Table point
1	GAU140 508	Kayle Blignaut Gauteng	Boys-17	Shot Put	20.42	997
2	FSA079 205	Tharina Van Der Walt Free State	Girls-17	Hammer Throw	62.23	993
3	GAU228 596	Mpho Tladi Gauteng	Boys-19	110 m Hurdles	00:13.49	990
4	FSA058 184	Marinda Greyling Free State	Girls-17	Hammer Throw	61.19	987
5	GAU001 369	Antionette Van Der Merwe Gauteng	Girls-15	90 m Hurdles	00:12.80	970
6	GAU018 386	Gontse Morake Gauteng	Girls-15	300 m Hurdles	00:42.19	964
7	ECA041 41	Margaretha Cumming Eastern Cape	Girls-19	Hammer Throw	55.55	964
8	MPU009 785	Gladly Mokoena Mpumalanga	Girls-15	300 m Hurdles	00:42.22	963
9	WCP043 1155	Meike Strydom Western Cape	Girls-17	Shot Put	16.20	960
10	WCP001 1113	Kayla Smith Western Cape	Girls-15	Hammer Throw	54.78	960
11	WCP006 1118	Jana Van Schalkwyk Western Cape	Girls-15	Javelin	50.63	958
12	FSA134 259	Tshepang Matibe Free State	Boys-15	1500 m Steeple	04:29.68	957
13	NWP092 1044	Kyala Van Der Berg North West Province	Girls-15	90 m Hurdles	00:12.93	956
14	GAU220 588	Kabelo Seboko Gauteng	Boys-19	3000 m Steeple	09:10.74	955
15	ECA034 34	Tamlyn Leonard Eastern Cape	Girls-17	Hammer Throw	54.47	953
16	GAU099 467	Lizelle Fourie Gauteng	Girls-17	Hammer Throw	54.46	953
17	MPU009 785	Gladly Mokoena Mpumalanga	Girls-15	90 m Hurdles	00:12.99	950
18	FSA079 205	Tharina Van Der Walt Free State	Girls-17	Discus Throw	45.93	948
19	MPU009 785	Gladly Mokoena Mpumalanga	Girls-15	90 m Hurdles	00:13.02	947
20	FSA225 348	Thabo Thoahlane Free State	Boys-19	3000 m Steeple	09:17.67	946
21	FSA220 343	Neo Segopolo Free State	Boys-19	3000 m Steeple	09:18.83	945
22	FSA211 335	Nope Molejane Free State	Boys-19	3000 m Steeple	09:20.91	943
23	GAU018 386	Gontse Morake Gauteng	Girls-15	300 m Hurdles	00:42.96	942
24	GAU243 611	Thabo Makganyele Gauteng	Boys-19	110 m Hurdles	00:13.87	942
25	ECA108 108	Mongezi Ngobe Eastern Cape	Boys-19	3000 m Steeple	09:22.02	941
26	FSA082 208	Mia V Rheede Voudtshoorn Free State	Girls-17	Shot Put	15.21	941
27	FSA185 310	JC Schultz Free State	Boys-17	Hammer Throw	68.10	941
28	FSA043 169	Cara Van Wyk Free State	Girls-15	90 m Hurdles	00:13.08	940
29	ECA028 28	Shaylene De Jager Eastern Cape	Girls-17	Hammer Throw	51.76	940
30	NWP042 994	Waldo Smit North West Province	Boys-17	Javelin	75.41	940
31	FSA130 255	Hannes Kruger Free State	Boys-15	Discus Throw	60.38	939
32	GAU001 369	Antionette Van Der Merwe Gauteng	Girls-15	300 m Hurdles	00:43.10	938
33	FSA174 299	Pakiso Mthembu Free State	Boys-17	3000 m	08:33.14	938
34	MPU023 799	Leandri Lamprecht Mpumalanga	Girls-17	Javelin	49.80	937
35	MPU009 785	Gladly Mokoena Mpumalanga	Girls-15	300 m Hurdles	00:43.15	936
36	FSA086 212	Mizan Viljoen Free State	Girls-17	5000 m Walk	25:57.54	936
37	FSA013 139	Rhody Grobbelaar Free State	Girls-15	Discus Throw	41.63	935
38	GAU010 378	Dane Roets Gauteng	Girls-15	Shot Put	14.04	935
39	FSA079 205	Tharina Van Der Walt Free State	Girls-17	Shot Put	14.80	934
40	GAU009 377	Danae J Van Rensburg Gauteng	Girls-15	Shot Put	14.00	934
41	NWP104 1056	Miladre Stafford North West Province	Girls-17	5000 m Walk	26:09.85	932
42	GAU137 505	Jonathan De Lacey Lacey Gauteng	Boys-17	Shot Put	18.65	932
43	FSA136 261	Leroy Mosia Free State	Boys-15	Hammer Throw	55.52	932
44	WCP035 1147	Karlene Lambrechts Western Cape	Girls-17	Hammer Throw	49.97	931
45	FSA174 299	Pakiso Mthembu Free State	Boys-17	1500 m	03:55.49	930
46	GAU018 386	Gontse Morake Gauteng	Girls-15	90 m Hurdles	00:13.18	930
47	FSA026 152	Phethisang Makhetha Free State	Girls-15	Hammer Throw	48.55	930
48	GAU231 599	Ontiretse Motlagale Gauteng	Boys-19	3000 m Steeple	09:33.09	928
49	GAU147 515	Maduwa Phelani Gauteng	Boys-17	1500 m	03:55.73	928
50	ECA101 101	Shaun Jansen Eastern Cape	Boys-19	Hammer Throw	65.40	926