

LSEN RECORDS 2015

EVENT	NAME	PROV	VENUE	RECORD	DATE
GIRLS 14					
100m				12,60	
200m	Mareike Wolhuter	Western Cape	Sasolburg	26,16	2008
800m	Jermilah Mccloen	Gauteng	Rustenburg	2:43.88	2015
1500m				4:51,50	
Long jump	Antoinette Kruger	Mpumalanga	East London	4,73m	2012
High jump				1,46m	
Shotput				10,09m	
Discus				22,72m	
Javelin	Mahlatse Ndhlove	Gauteng	Germiston	26,33	2012

EVENT	NAME	PROV	VENUE	RECORD	DATE
GIRLS 15					
100m				12,8	
200m				25,5	
400m				58,74	
800m	Letlhogonolo Maduma	North West	Germiston	2:26,37	2012
1500m				4:51,30	
Long jump				4,84m	
High jump				1,58m	
Shotput	Dinahlee Kotze	Gauteng	Germiston	11,35m	2012
Discus				29,43m	
Javelin				32,34m	

EVENT	NAME	PROV	VENUE	RECORD	DATE
GIRLS 16					
100m				12,7	
200m				25,8	
400m				58,9	
800m				2:19,6	
1500m				4:51,30	
Long jump				4,99m	
High jump				1,60m	
Shotput	Marthie Allers	Gauteng	Rustenburg	10.11m	2015
Discus	D. Meiring	Eastern Cape	Sasolburg	29,75	2008
Javelin				34,18	

EVENT	NAME	PROV	VENUE	RECORD	DATE
GIRLS 17					
100m				12,7	
200m	MareikeWolhuter	Western Cape	Paarl	26,46	2011
400m	MareikeWolhuter	Western Cape	Paarl	57,55	2011
800m				2:15,90	
1500m				4:37,40	

Long jump				5,17m	
High jump				1,59m	
Shotput	Dinalee Kotze	Gauteng	Polokwane	12,57m	2014
Discus				28,61	
Javelin				36,40	
Relay 4x100	Gauteng	Gauteng	Rustenburg	00:53.91	2015

EVENT	NAME	PROV	VENUE	RECORD	DATE
GIRLS 19					
100m				12,35	
200m				23,76	
400m				58,70	
800m				2:17,45	
1500m				4:51,75	
Long jump				5,21m	
High jump				1,56m	
Shotput				11,11m	
Discus				29,01m	
Javelin				33,46m	
Relay 4x100	Gauteng	GAUT	Polokwane	00:54,08	2014
1000m Medley	Western Cape	Western Cape	Rustenburg	2:30.79	2015

EVENT	NAME	PROV	VENUE	RECORD	DATE
BOYS 14					
100m	Nkosi Siyabonga	Gauteng	Sasolburg	11,74	2010
200m	M. Marias	Western Cape	Sasolburg	24,20	2008
800m	Karabo Mowa	Limpopo	Rustenburg	02:18.27	2015
1500m				4:09,96	
Long jump				5,88m	
High jump	Sam Klaas	Gauteng	Sasolburg	1,69m	2010
Shotput				14,38m	
Discus	Arther Haanford	Gauteng	East London	37,09m	2013
Javelin				41,08m	

VENT	NAME	PROV	VENUE	RECORD	DATE
BOYS 15					
100m				11,42	
200m				21,80	
400m	Thabiso Mokoena	Free State	Rustenburg	00:53.75	2015
800m				1:59,00	
1500m				4:06,10	
Long jump	Matthew Alexander	Western Cape	Paarl	6,10m	2011
High jump				1,83m	
Shotput				14,59m	
Discus	Bertus v Rooyen	Gauteng	Polokwane	44,13m	
Javelin				48,78m	

EVENT	NAME	PROV	VENUE	RECORD	DATE
BOYS 16					
100m				11,10	
200m				22,6	
400m				51,2	
800m				2:00,83	
1500m				4:09,20	
3000m	Bongani Mtungwa	Gauteng	Paarl	8:15,72	2011
Long jump	Matthew Alexander	Western Cape	Germiston	6,68m	2012
High jump				1,87m	
Shotput				13,29m	
Discus				40,52m	
Javelin	Anro v Eeden	Western Cape	Rustenburg	51,97m	2015

EVENT	NAME	PROV	VENUE	RECORD	DATE
BOYS 17					
100m				11,06	
200m				22,20	
400m				49,70	
800m				1:55,50	
1500m				4:05,70	
3000m				8:56,80	
Long jump				7,02m	
High jump	Derrick Kgwedi	Mpumalanga	Sasolburg	1,98m	2010
Shotput	Vian van der Linde	Mpumalanga	Germiston	14,25m	2012
Discus	Robert van Heerden	Gauteng	Germiston	39,83	2012
Javelin				56,86m	
Relay 4x100m	Eastern Cape	ECA	Rustenburg	00:44.70	2015

EVENT	NAME	PROV	VENUE	RECORD	DATE
BOYS 19					
100m				10,75	
200m				21,78	
400m				49,40	
800m				1:56,30	
1500m				4:00,07	
5000m				15:34,60	
Long jump	Pule Sibiya	Mpumalanga	Germiston	7,10m	2012
High jump	Kgwedi Derrick	Mpumalanga	Paarl	2,03m	2011
Shotput	W. Hugo	Gauteng	Sasolburg	15,64m	2008
Discus				41,02m	
Javelin	Jean Pierre Du Toit	Mpumalanga	Rustenburg	56.11	2015
Relay 4x100m	Western Cape	WCA	Polokwane	00:43,24	2014
1000m Medley	Eastern Cape	ECA	Rustenburg	2:16.83	2015