



Best Performances - Top 50

Athlete	Team	Age	Item	Achievement	Table point
1 WCL065 2025 Francine Wemers	Western Cape LSEN	Girls-15	200 m	00:25.60	828
2 MPL058 1860 Andile Zwane	Mpumalanga LSEN	Girls-19	Shot Put	9.87	811
3 FSL023 1509 Roos Taylor	Free State LSEN	Girls-19	Shot Put	9.69	802
4 WCL068 2028 Sorika Van Wyk	Western Cape LSEN	Girls-15	Shot Put	9.96	801
5 MPL056 1858 Sanelisiwe Thwala	Mpumalanga LSEN	Girls-19	Shot Put	9.64	800
6 MPL057 1859 Monique Venter	Mpumalanga LSEN	Girls-19	Shot Put	9.56	796
7 WCL086 2046 Angeline Brown	Western Cape LSEN	Girls-19	Shot Put	9.55	795
8 WCL030 1990 Edward Jack	Western Cape LSEN	Boys-17	3000 m	09:27.26	790
9 GAL107 1668 Magriet Fritz	Gauteng LSEN	Girls-19	Shot Put	9.45	790
10 MPL053 1855 Zanele Mkwabane	Mpumalanga LSEN	Girls-19	Shot Put	9.34	785
11 GAL143 1704 Nqobile Magagula	Gauteng LSEN	Girls-15	Shot Put	9.57	782
12 MPL042 1844 Andile Vilikazi	Mpumalanga LSEN	Girls-17	Shot Put	10.05	778
13 GAL104 1665 Marizelle Bisset	Gauteng LSEN	Girls-19	Shot Put	9.18	777
14 WCLA04 2059 Western Cape Lsen	Western Cape LSEN	Boys-19	4X100 m Relay	00:44.25	772
15 MPL043 1845 Jabulile Xaba	Mpumalanga LSEN	Girls-17	Shot Put	9.91	771
16 GAL123 1684 Thembelihle Mhlongo	Gauteng LSEN	Girls-17	Shot Put	9.80	766
17 MPL015 1817 Zamawazi Tshongwe	Mpumalanga LSEN	Girls-15	Shot Put	9.23	765
18 GAL144 1705 Sharon Ngwenya	Gauteng LSEN	Girls-15	Shot Put	9.16	761
19 WCL058 2018 Lindsay Azra	Western Cape LSEN	Girls-15	Shot Put	9.16	761
20 GAL057 1618 Simphiwe Thombela	Gauteng LSEN	Boys-15	1500 m	04:23.07	760
21 MPL025 1827 Marnix Raubenheimer	Mpumalanga LSEN	Boys-17	Long Jump	6.79	760
22 WCL033 1993 German Lewis	Western Cape LSEN	Boys-17	1500 m	04:17.81	759
23 WCL028 1988 Demitri Gossmann	Western Cape LSEN	Boys-17	400 m	00:50.73	758
24 NCL004 1870 Dimpho Teledimo	Northern Cape LSEN	Girls-15	Shot Put	9.09	758
25 GAL025 1586 Tshepo Maleho	Gauteng LSEN	Boys-17	100 m	00:11.29	755
26 GAL103 1664 April Kilian	Gauteng LSEN	Girls-19	Shot Put	8.73	754
27 LIL005 1750 Johannes Chaba	Limpopo LSEN	Boys-17	3000 m	09:45.20	752
28 GAL124 1685 Keitumetse Tsoenyane	Gauteng LSEN	Girls-17	Shot Put	9.42	748
29 MPL035 1837 Karabo Matje	Mpumalanga LSEN	Girls-17	Shot Put	9.37	746
30 LIL030 1775 Kgotlelelo Mogowe	Limpopo LSEN	Boys-17	3000 m	09:49.92	742
31 GAL105 1666 Palesa Nkopane	Gauteng LSEN	Girls-19	Shot Put	8.46	739
32 NWLA02 1960 North West Lsen	North West LSEN	Boys-19	4X100 m Relay	00:45.19	737
33 FSL049 1535 Thabiso Mofokeng	Free State LSEN	Boys-17	3000 m	09:53.92	734
34 WCL030 1990 Edward Jack	Western Cape LSEN	Boys-17	1500 m	04:21.99	734
35 GAL151 1712 Nicole Viljoen	Gauteng LSEN	Girls-15	Shot Put	8.63	734
36 WCL021 1981 Angelo Claassen	Western Cape LSEN	Boys-17	400 m	00:51.59	731
37 LIL005 1750 Johannes Chaba	Limpopo LSEN	Boys-17	1500 m	04:22.86	729
38 LIL035 1780 Johannes Molepolle	Limpopo LSEN	Boys-19	5000 m	16:46.78	729
39 FSL007 1493 Shantal Olivier	Free State LSEN	Girls-15	Shot Put	8.51	728
40 ECL010 1459 Peter-John Hartnick	Eastern Cape LSEN	Boys-17	100 m	00:11.45	727
41 GAL005 1566 Themba Aphane	Gauteng LSEN	Boys-19	400 m	00:51.06	725
42 FSLA02 1560 Free State Lsen	Free State LSEN	Boys-19	4X100 m Relay	00:45.53	724
43 ECLA06 1485 Eastern Cape Lsen	Eastern Cape LSEN	Boys-19	4X100 m Relay	00:45.68	719
44 MPL041 1843 Corwelyn Tissot Van Patot	Mpumalanga LSEN	Girls-17	Shot Put	8.84	719
45 GAL145 1706 Charlene Esterhuyzen	Gauteng LSEN	Girls-15	Shot Put	8.34	719
46 WCL051 2011 Tyrone Klein	Western Cape LSEN	Boys-19	400 m	00:51.33	717
47 WCL028 1988 Demitri Gossmann	Western Cape LSEN	Boys-17	400 m	00:52.09	716
48 MPL038 1840 Samukeliswe Monaheng	Mpumalanga LSEN	Girls-17	Shot Put	8.75	714
49 NCL008 1874 Titus Mokeng	Northern Cape LSEN	Boys-17	3000 m	10:06.00	712
50 GAL004 1565 Theo Mashiangaka	Gauteng LSEN	Boys-19	400 m	00:51.48	712