

**Free State ASA Track and Field Championships
2020/02/28**

Best Performances - Top 50

Athlete	Team	Age	Item	Achievement	Table point	
1 HTS001	295 Phethisang Makhethe	HTS Sasolburg	Women-u/20	Hammer Throw	56.91	1033
2 GOU001	241 Miné De Klerk	Goudveld	Girls-u/18 Youth	Shot Put	16.86	1000
3 FIC011	166 Elaine Pretorius	Fichardtpark	Girls-u/18 Youth	Hammer Throw	59.92	1000
4 HTB006	276 Amogelang Lobelo	HTS Louis Botha	Boys-u/16	1500 m Steeple	04:36.25	983
5 KOV025	359 Yolandi Stander	University Free State	Women-Open	Discus Throw	52.33	964
6 FIC020	175 Tian Pretorius	Fichardtpark	Boys-u/16	Hammer Throw	58.15	961
7 RIE006	509 Thapelo Ramokhoase	Riebeeckstad	Boys-u/18 Youth	3000 m	08:41.99	943
8 GOU001	241 Miné De Klerk	Goudveld	Girls-u/18 Youth	Discus Throw	43.17	941
9 KOV018	352 Mizan Viljoen	University Free State	Women-Open	10000 m Walk	53:59.46	939
10 HTB005	275 Tshediso Moloke	HTS Louis Botha	Boys-u/18 Youth	3000 m	08:45.00	934
11 ORA017	630 JOHANI VAN TONDER	Oranje	Girls-u/18 Youth	Triple Jump	12.20	933
12 EXC019	137 Charne Wansbury	Excellente	Girls-u/16	200 m	00:25.05	928
13 CAL001	46 Chamel Els	Calculus	Women-u/20	Hammer Throw	46.53	926
14 WMR001	588 Marzanne Van Heerden	Wesssel Maree	Girls-u/18 Youth	Hammer Throw	51.56	924
15 FIC001	156 Natasha Gertenbach	Fichardtpark	Girls-u/16	90 m Hurdles	00:13.41	920
16 ESK007	108 Neo Segopolo	Eskom	Men-Open	3000 m Steeple	09:23.65	918
17 RIE007	510 Rethabile Mokotho	Riebeeckstad	Men-u/20 Junior	3000 m Steeple	09:26.62	917
18 KOV057	391 Tharina Van Der Walt	University Free State	Women-Open	Hammer Throw	49.14	917
19 HTC001	294 Marelise Joubert	Hentie Cilliers	Women-u/20	10000 m Walk	57:24.40	916
20 GOI040	230 Germarie Spershott	Going 4 Gold	Girls-u/16	90 m Hurdles	00:13.46	916
21 FIC001	156 Natasha Gertenbach	Fichardtpark	Girls-u/16	300 m Hurdles	00:43.87	914
22 FIC025	180 Nicholaas Julies	Fichardtpark	Boys-u/18 Youth	Hammer Throw	62.90	914
23 HTB024	292 Mosuwe Hlongwane	HTS Louis Botha	Men-u/20 Junior	400 m	00:47.21	913
24 GOU003	640 TYLA WASMUTH	Goudveld	Girls-u/16	Discus Throw	39.00	913
25 KOV043	377 Bongani Nkutha	University Free State	Men-Open	3000 m Steeple	09:30.18	911
26 FIC019	174 Jaco Grobbelaar	Fichardtpark	Boys-u/16	Hammer Throw	52.25	911
27 GOI030	220 Marjulyl Myburgh	Going 4 Gold	Girls-u/18 Youth	Discus Throw	40.88	908
28 KOP001	332 Thabang Mohlomi	Kopanong	Men-u/20 Junior	3000 m Steeple	09:36.92	906
29 RIE003	506 Lebohang Mahloane	Riebeeckstad	Men-Open	3000 m Steeple	09:35.12	905
30 GOI040	230 Germarie Spershott	Going 4 Gold	Girls-u/16	300 m Hurdles	00:44.26	904
31 TOP002	575 Ntsokolo Nkosindine	Top Runners	Boys-u/18 Youth	2000 m Steeple	06:22.47	902
32 TOP007	580 Mongezi Vesile	Top Runners	Men-Open	3000 m Steeple	09:39.04	901
33 GMS001	194 Bianca Nell Kellerman	Goudveld Multi Sport	Girls-u/18 Youth	Discus Throw	40.23	899
34 CAL006	51 Charl Greyling	Calculus	Boys-u/16	Hammer Throw	50.76	899
35 GIM003	190 Pieter-Juan Vorstman	Welkom Gimnasium	Men-u/20 Junior	Hammer Throw	60.39	897
36 RIE005	508 Mthi Mthimkulu	Riebeeckstad	Boys-u/18 Youth	400 m	00:48.32	896
37 HTB012	282 Nomhle Julie	HTS Louis Botha	Girls-u/18 Youth	800 m	02:16.43	893
38 WMR001	588 Marzanne Van Heerden	Wesssel Maree	Girls-u/18 Youth	Shot Put	13.92	892
39 ESK011	111 Thabang Mathosa	Eskom	Men-u/20 Junior	3000 m Steeple	09:55.54	886
40 RIE002	505 Khotso Manhenge	Riebeeckstad	Men-Open	3000 m Steeple	09:55.32	884
41 JIM023	320 Carina Van Vreden	Jim Fouche	Women-u/20	Hammer Throw	42.30	884
42 MUR013	478 Kesa Molotsane	Murray and Roberts	Women-Open	5000 m	16:55.71	883
43 AGW008	9 Christiaan Le Roux	AGW Invitational	Men-u/20 Junior	Hammer Throw	58.55	883
44 CAL002	47 Anzel Maree	Calculus	Girls-u/18 Youth	Discus Throw	39.04	882
45 ORA007	487 Charne Wansbury	Oranje	Girls-u/16	100 m	00:12.47	880
46 GOI018	210 Marle Jonck	Going 4 Gold	Girls-u/16	Discus Throw	36.81	880
47 EXC026	144 Zanelle Jansen Van Rensburg	Excellente	Girls-u/18 Youth	400 m Hurdles	00:64.69	878
48 GOI009	202 Sue-Marie Claasen	Going 4 Gold	Girls-u/18 Youth	400 m	00:58.06	877
49 SEN003	526 Heike De Nysschen	Sentraal	Women-u/20	Shot Put	12.30	876
50 RIE005	508 Mthi Mthimkulu	Riebeeckstad	Boys-u/18 Youth	400 m	00:48.83	875