SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 17/06/2023

2023/06/17	Sub-Junior			Junior			Senior			Master I			Master II			Master III			Master IV		
53 Div.																					
Squat	125,0	Damon Langeveld	2016/03/19	140,0	David Malefo	2015/03/28															
Bench Press	80,0	Damon Langeveld	2016/03/19	92,5	Edward Monaheng	2021/04/25															
Deadlift	155,0	Dalvie Chaka	2017/03/18	155,5	Tshepo Mulaudzi	2022/03/27															
Total	365,0	Damon Langeveld	2016/03/19	372,5																	
59 Div.																					
Squat	140,0	Dalvie Chaka	2017/09/17	155,0	Clint Williams	2014/06/01	175,5	Geordie Goliath	2021/04/25	137,5			127,5			115,0			102,5		
Bench Press	100,0	Thabang Modukanele	2018/03/18	102,5			120,0			97,5			87,5			80,0			77,5		
Deadlift	200,0	Daniel Sowray	2023/04/02	200,0	Clint Williams	2014/06/01	215,0	Geordie Goliath	2023/04/02	150,0			137,5			127,5			117,5		
Total	420,0	Daniel Sowray	2023/04/02	447,5	Clint Williams	2014/06/01	490,0	Geordie Goliath	2023/04/02	385,0			352,5			322,5			292,5		
66 Div.																					
Squat	165,0	Ruben van der Linde	2016/06/26	200,0	Marcel Vorster	2017/07/15	215,0	Marcel Vorster	2022/06/11	157,5	Karl Christians	2017/09/17	157,5	Karl Christians	2017/09/17	127,5			116	Dan Oppenheim	2018/03/18
Bench Press	107,5	Louis Moorcroft	2018/03/18	135,0	Caneous Mdluli	2023/04/02	147,5	Michael Botha	2015/03/27	120,5	Steven Coleman	2023/04/02	97,5			87,5			82,5	Dan Oppenheim	2018/03/18
Deadlift	205,0	Ebrahim Pregnolato	2014/03/15	252,5	Brandon Samuels	2019/10/06	252,5	Brandon Samuels	2019/10/06	200,0	Moses Tsimane	2017/03/18	195,0	Karl Christians	2017/09/17	187,5	Yunus Hassen	2015/02/27	152,5	Dan Oppenheim	2018/03/18
Total	447,5	Ebrahim Pregnolato	2014/06/01	550,0	Brandon Samuels	2019/10/06	552,5	Marcel Vorster	2022/06/11	435,0	Karl Christians	2014/03/15	435,0	Karl Christians	2014/03/15	355,0			351	Dan Oppenheim	2018/03/18
74 Div.																					
Squat	185,0	Xander Nel	2022/09/04	242,0	Suvar Maharaj	2023/04/02	230,0	Suvar Maharaj	2021/12/04	212,5	Jacobus Phalatsi	2021/04/25	190,0	Ian Hacker	2021/12/04	140,0	Tommie de Nysschen	2023/04/02	133,5	Dan Oppenheim	2021/04/25
Bench Press	125,0	Ismael Aasif Ahmed	2013/12/08	147,5	Suvar Maharaj	2023/04/02	168,0	Ziyaad Samodien	2022/03/27	154,0	Jacobus Phalatsi	2021/04/25	132,5	Tommie de Nysschen	2023/04/02	132,5	Tommie de Nysschen	2023/04/02	97,5	Dan Oppenheim	2015/06/06
Deadlift	220,0	Sonu Singh	2022/09/04	270,5	Scott Pornss	2023/04/02	305,0	Harry Shomalistos	2014/06/01	222,5	Jacobus Phalatsi	2021/04/25	210,5	Ian Hacker	2023/04/02	210,0	Yunus Hassen	2019/03/30	185,5	Dan Oppenheim	2019/03/30
Total	490,0	Sonu Singh	2022/09/04	649,0	Suvar Maharaj	2023/04/02	675,0	Harry Shomalistos	2014/06/01	589,0	Jacobus Phalatsi	2021/04/25	512,5	Ian Hacker	2021/12/04	425,0	Tommie de Nysschen	2023/04/02	415	Dan Oppenheim	2015/06/06
83 Div.																					
Squat	217,5	Joaquim de Jenga	2017/09/17	240,0	Jade Blake	2016/05/28	247,5	Marlon Daniels	2022/06/11	247,5	Marlon Daniels	2022/06/11	230,0	Steve Ogunfemi	2023/04/02	210,0	Stanley Lameyer	2020/01/01	141	Dan Oppenheim	2016/03/19
Bench Press	147,5	Joaquim de Jenga	2017/06/25	170,0	Jade Blake	2016/05/28	172,5	Ryan Miller	2014/03/15	163,0	Marlon Daniels	2017/09/17	145,0	Tommy de Nysschen	2022/03/27	105,0			102,5	Dan Oppenheim	2015/03/27
Deadlift	267,5	Joaquim de Jenga	2017/06/25	293,0	Arno Nieuwenhuizen	2022/03/27	293,0	Arno Nieuwenhuizen	2022/03/27	270,0	Steve Ogunfemi	2023/04/02	270,0	Steve Ogunfemi	2023/04/02	230,0	Stanley Lameyer	2020/01/01	182,5	Dan Oppenheim	2016/03/19
Total	630,0	Joaquim de Jenga	2017/06/25	660,5	Arno Nieuwenhuizen	2022/03/27	677,5	Jean-Arthur Pretorius	2020/01/01	647,5	Marlon Daniels	2022/06/11	602,5	Steve Ogunfemi	2023/04/02	540,0	Stanley Lameyer	2020/01/01	423,5	Dan Oppenheim	2016/03/19
93 Div.																					
Squat	247,5	Joshua Kiggen	2017/09/17	270,0	Jade Blake	2017/09/17	275,0	Jade Blake	2022/06/03	255,0	Sean Manders	2020/01/01	202,5	Johnny Dam	2022/03/27	160,0	Robert Huff	2013/02/23	150		
Bench Press	152,5	Joshua Kiggen	2017/09/17	181,0	Elfranco Holder	2016/10/22	187,5	Elfranco Holder	2017/09/17	157,5	Sean Manders	2020/01/01	152,5	Johnny Dam	2022/03/27	112,5	Robert Huff	2013/02/23	102,5		
Deadlift	262,5	Joshua Kiggen	2017/03/18	300,5	Zandre van der Berg	2022/03/27	311,0	Jean-Arthur Pretorius	2021/04/25	270,0	Henk de Wet	2015/03/28	233,0	Johnny Dam	2022/03/27	185,0	Robert Huff	2013/02/23	160		
Total	660,0	Joshua Kiggen	2017/09/17	700,5	Zandre van der Berg	2022/03/27	731,0	Jean-Arthur Pretorius	2021/04/25	662,5	Sean Manders	2020/01/01	588,0	Johnny Dam	2022/03/27	457,5	Robert Huff	2013/02/23	425		
105 Div.																					
Squat	225,0	Jandre Britz	2017/05/07	285,0	Francois Maritz	2016/10/22	300,0	Sean Manders	2016/03/19	300,0	Sean Manders	2016/03/19	250,0	Christo Schoonraad	2021/12/04	245,0	Christo Schoonraad	2023/04/02	157,5		
Bench Press	133,0	Richard Steenekamp	2023/04/02	205,0	Johan Smith	2014/06/01	205,5	Tom Wewege	2023/04/02	177,5	Sean Manders	2016/06/26	167,0	Colin Young	2019/03/30	167,0	Colin Young	2019/03/30	110		
Deadlift	280,0	Robert Kennedy	2013/12/08	310,0	Gerhard Kruger	2018/03/18	330,0	Johann de Bruin	2018/03/18	315,0	Sean Manders	2016/05/28	270,0	Christo Schoonraad	2021/12/04	250,0	Christo Schoonraad	2023/04/02	195		
Total	632,5	Robert Kennedy	2013/12/08	760,0	Gerhard Kruger	2018/03/18	788,0	Tom Wewege	2023/04/02	775,0	Sean Manders	2016/05/28	647,5	Christo Schoonraad	2021/12/04	610,0	Christo Schoonraad	2023/04/02	435		
120 Div.																					
Squat	245,5	Taariq Osman	2022/03/27	295,0	Ricardo Baretto	2014/03/15	340,0	Francois Maritz	2022/06/11	270,5	Newton Mudau	2023/04/02	232,5	Denis Bensch	2022/12/03	180,0			167,5		
Bench Press	155,0	Jerome Korf	2013/02/23	202,5	Benedict Buccarizza	2014/03/15	225,5	Francois Maritz	2022/03/27	202,0	Malone Horn	2016/03/19	198,5	Gerhardus Oosthuizen	2020/01/01	135,5	Andre Ludik	2017/03/18	115		
Deadlift	270,0	Liam Schultz	2015/12/01	310,0	Benedict Buccarizza	2014/06/01	340,0	Benedict Buccarizza	2017/03/18	305,0	Madikane Faku	2022/03/27	290,0	Hermanus de Beer	2021/12/04	215,0	Andre Ludik	2018/03/18	205		
Total	618,0	Taariq Osman	2022/03/27	802,5	Benedict Buccarizza	2014/06/01	890,0	Benedict Buccarizza	2017/03/18	720,0	Malone Horn	2017/03/18	662,5	Hermanus de Beer	2022/03/27	507,5	Andre Ludik	2017/03/18	455		
120+ Div.																					
Squat	227,5	Francois Spamer	2021/04/25	270,5	Justin Furman	2023/04/02	320,0	Kyle Noonan	2022/06/11	318,0	Mathys Herbst	2020/01/01	242,5	Denis Bensch	2023/04/02	182,5			180		
Bench Press	170,0	Martin van der Merwe	2019/03/30	185,0	Juan Booyse	2013/02/23	225,0	Stefan Schroder	2023/04/02	210,0	Ian Mouton	2015/03/28	200,0	Ian Furman	2021/12/04	127,5			120		
Deadlift	247,5	Johnde Victor	2016/05/28	300,0	William Shaw	2014/03/15	351,0	Kyle Noonan	2022/03/27	318,0	Mathys Herbst	2020/01/01	245,0	Burton Haupt	2017/09/17	197,5			215		
Total	615,0	Martin van der Merwe	2019/03/30	693,0	Justin Furman	2023/04/02	870,0	Kyle Noonan	2021/12/04	836,0	Mathys Herbst	2020/01/01	617,5	Denis Bensch	2023/04/02	507,5			475		

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 17/06/2023

2023/06/17	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60-69			Master IV 70+		
43 Div.																					
Squat	70,0	Mijuane de Wet	2016/10/22	72,5																	
Bench Press	32,5			37,5																	
Deadlift	82,5	Mijuane de Wet	2016/10/22	82,5	Mijuane de Wet	2016/10/22															
Total	182,5	Mijuane de Wet	2016/10/22	192,5																	
47 Div.																					
Squat	75,0	Mijuane de Wet	2017/03/18	85,0	Christina Kyriocos	2023/04/02	115,0	Giulia Muto	2017/09/17	100,0	Mariska Casey	2018/03/18	80,0	Elisabeth Barry	2023/04/02						
Bench Press	37,5	Rochelle de Beer	2014/03/15	42,5	Christina Kyriocos	2023/04/02	70,5	Mariska Casey	2018/03/18	70,5	Mariska Casey	2018/03/18	35,0	Elisabeth Barry	2023/04/02						
Deadlift	107,5	Patricia Harding	2018/03/18	113,0	Christina Kyriocos	2023/04/02	142,5	Mariska Casey	2018/06/17	142,5	Mariska Casey	2018/06/17	115,0	Elisabeth Barry	2023/04/02						
Total	207,5	Pearl Bucwa	2023/04/02	240,5	Christina Kyriocos	2023/04/02	308,0	Mariska Casey	2018/03/18	308,0	Mariska Casey	2018/03/18	230,0	Elisabeth Barry	2023/04/02						
52 Div.																					
Squat	108,0	Mijuane de Wet	2019/03/30	108,0	Mijuane de Wet	2019/03/30	133,0	Jeanri Bezuidenhout	2017/03/18	120,0	Antoinette Kriel	2016/06/26	82,5	Carol Anthony	2018/06/17						
Bench Press	47,5	Aimee Grefen	2021/04/25	65,0	Amber-Jade Meth	2018/03/18	85,0	Antoinette Kriel	2016/03/19	85,0	Antoinette Kriel	2016/03/19	45,5	Carol Anthony	2018/03/18						
Deadlift	127,5	Aimee Grefen	2021/04/25	132,5	Amber-Jade Meth	2018/03/18	160,5	Farzana Botha	2023/04/02	142,5	Antoinette Kriel	2016/06/26	132,5	Carol Anthony	2018/03/18						
Total	275,0	Aimee Grefen	2021/04/25	287,5	Rouxchelle Roux	2018/03/18	350,0	Nicole Warburg	2017/09/17	345,0	Antoinette Kriel	2016/06/26	258,0	Carol Anthony	2018/03/18						
57 Div.																					
Squat	115,0	Megan Stringer	2023/04/02	123,0	Megan Leighton	2017/03/18	140,0	Sasha Payne	2022/03/27	135,0	Vicki Botha	2021/04/25	130,0	Antoinette Kriel	2022/06/11	82,5	Miriam Sinclair	2021/04/25	70,0	Dulcie Duguid	2022/03/27
Bench Press	60,0	Caitlin Poxon	2018/05/20	78,0	Alexandra Mundell	2022/03/27	95,5	Antoinette Kriel	2017/03/18	95,5	Antoinette Kriel	2017/03/18	87,5	Antoinette Kriel	2022/03/27	57,5	Miriam Sinclair	2021/12/04	35,0	Dulcie Duguid	2022/03/27
Deadlift	132,5	Megan Leighton	2013/12/08	160,0	Alexandra Mundell	2022/03/27	170,5	Alexandra Mundell	2023/04/02	170,0	Antoinette Kriel	2017/09/17	167,5	Antoinette Kriel	2022/06/11	122,5	Miriam Sinclair	2021/12/04	92,5	Dulcie Duguid	2022/03/27
Total	290,0	Caitlin Poxon	2018/05/20	355,5	Alexandra Mundell	2022/03/27	383,5	Antoinette Kriel	2017/03/18	383,5	Antoinette Kriel	2017/03/18	375,0	Antoinette Kriel	2022/06/11	260,0	Miriam Sinclair	2021/12/04	197,5	Dulcie Duguid	2022/03/27
63 Div.																					
Squat	155,0	Mijuane de Wet	2023/04/02	155,0	Mijuane de Wet	2023/04/02	155,0	Mijuane de Wet	2023/04/02	140,0	Sorah Garber	2022/03/27	110,0	Ronel Reyneke	2019/03/30	100,0	Susan Farrell	2019/06/15	70,0	Susan Farrell	2021/04/25
Bench Press	70,0	Mijuane de Wet	2023/04/02	70,5	Caitlin Poxon	2020/01/01	90,5	Sorah Garber	2022/03/27	90,5	Sorah Garber	2022/03/27	65,5	Ronel Reyneke	2020/01/01	52,5	Susan Farrell	2019/06/15	45,0	Susan Farrell	2021/04/25
Deadlift	170,0	Mijuane de Wet	2023/04/02	170,0	Mijuane de Wet	2023/04/02	180,0	Daniella da Silva	2023/04/02	165,5	Vicki Botha	2017/03/18	132,5	Susan Farrell	2018/06/17	132,5	Susan Farrell	2018/06/17	105,0	Susan Farrell	2021/04/25
Total	395,0	Mijuane de Wet	2023/04/02	395,0	Mijuane de Wet	2023/04/02	403,0	Michelle Tromp	2018/05/20	385,5	Sorah Garber	2022/03/27	292,5	Ronel Reyneke	2019/03/30	277,5	Susan Farrell	2019/06/15	220,0	Susan Farrell	2021/04/25
69 Div.																					
Squat	142,5	Charnleigh Kotzé	2022/03/27	142,5	Charnleigh Kotzé	2022/03/27	147,5	Laura de Wet	2023/04/02	147,5	Laura de Wet	2023/04/02	110,0	Lana Kleynhans	2021/04/25						
Bench Press	72,5	Charnleigh Kotzé	2022/03/27	77,5	Tyla Coetsee	2021/12/04	82,5	Monica Longhurst	2021/12/04	82,5	Monica Longhurst	2021/12/04	75,0	Lana Kleynhans	2021/04/25						
Deadlift	147,5	Charnleigh Kotzé	2022/03/27	150,5	Caitlin Poxon	2022/03/27	182,5	Laura de Wet	2023/04/02	182,5	Laura de Wet	2023/04/02	163,0	Lana Kleynhans	2021/04/25						
Total	362,5	Charnleigh Kotzé	2022/03/27	362,5	Charnleigh Kotzé	2022/03/27	400,0	Laura de Wet	2023/04/02	400,0	Laura de Wet	2023/04/02	348,0	Lana Kleynhans	2021/04/25						
76 Div.																					
Squat	132,5	Roechelle van der Merwe	2022/12/03	155,0	Olivia White	2022/12/03	165,0	Nicole Coopoosamy	2023/04/02	137,5	Corien Potgieter	2021/04/25	137,5	Corien Potgieter	2021/04/25						
Bench Press	67,5	Roechelle van der Merwe	2023/04/02	92,5	Olivia White	2023/04/02	92,5	Nicole Coopoosamy	2023/06/17	85,0	Monica Longhurst	2022/03/27	83,0	Corien Potgieter	2021/04/25						
Deadlift	180,0	Sonam Singh	2023/04/02	180,0	Sonam Singh	2023/04/02	210,0	Nicole Coopoosamy	2023/04/02	163,0	Pia Marangoni	2022/03/27	160,5	Corien Potgieter	2021/04/25						
Total	362,5	Sonam Singh	2023/04/02	420,0	Olivia White	2023/04/02	462,5	Nicole Coopoosamy	2023/04/02	381,0	Corien Potgieter	2021/04/25	381,0	Corien Potgieter	2021/04/25						
84 Div.																					
Squat	142,5	Jelhandri Rautenbach	2017/09/17	165,0	Lezaan Jordaan	2018/05/20	185,0	Olivia Perotti	2023/04/02	147,5	Marina van der Linde	2023/04/02	120,5	Fiona Hickman	2020/01/01						
Bench Press	77,5	Jelhandri Rautenbach	2017/09/17	80,0	Lezaan Jordaan	2017/07/15	100,0	Mariaan Conry	2020/01/01	90,0	Marina van der Linde	2023/04/02	68,0	Fiona Hickman	2020/01/01						
Deadlift	160,0	Jelhandri Rautenbach	2017/09/17	202,5	Lezaan Jordaan	2018/05/20	202,5	Lezaan Jordaan	2018/05/20	185,0	Marina van der Linde	2023/04/02	150,0	Fiona Hickman	2020/01/01						
Total	380,0	Jelhandri Rautenbach	2017/09/17	442,5	Lezaan Jordaan	2018/05/20	452,5	Olivia Perotti	2023/04/02	422,5	Marina van der Linde	2023/04/02	338,5	Fiona Hickman	2020/01/01						
84+ Div.																					
Squat	135,0	Jelhandri Rautenbach	2019/03/30	156,0	Karin du Plessis	2023/04/02	191,0	Danielle Waldeck	2023/04/02	177,5	Tracy Ludwig	2016/05/28	107,5			80,0	Samali Bosa	2022/03/27			
Bench Press	90,0	Jelhandri Rautenbach	2019/03/30	90,0	Jelhandri Rautenbach	2019/03/30	115,0	Lauren Norton	2019/05/17	90,0	Tracy Ludwig	2016/05/28	57,5			52,5	Samali Bosa	2022/03/27			
Deadlift	165,0	Jelhandri Rautenbach	2019/03/30	190,0	Juanita Visser	2014/06/01	205,0	Lauren Norton	2017/09/17	202,5	Tracy Ludwig	2016/05/28	120,0			115,0	Samali Bosa	2022/03/27			
Total	390,0	Jelhandri Rautenbach	2019/03/30	420,0	Juanita Visser	2014/06/01	500,0	Lauren Norton	2018/03/18	470,0	Tracy Ludwig	2016/05/28	285,0			247,5	Samali Bosa	2022/03/27			

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 17/06/2023

2023/06/17	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+			Master IV 70+		
53	80,0	Damon Langeveld	2016/03/19	92,5	Edward Monaheng	2021/04/25															
59	102,5	Tashriq Hendriks	2013/02/23	102,5	Tashriq Hendriks	2013/02/23	115,0	Jacques Fourie	2021/03/13	95,0			87,5			82,5			77,5		
66	107,5	Faraz Hamayun	2023/01/07	135,0	Caneous Mdluli	2023/04/02	147,5	Michael Botha	2015/03/28	120,5	Steven Coleman	2023/04/02	95,0			87,5			82,5	Dan Oppenheim	2018/03/18
74	160,0	Yonela Mbembe	2016/05/21	170,0	Yonela Mbembe	2017/05/07	170,0	Yonela Mbembe	2017/05/07	154,0	Jacobus Phalatsi	2021/04/25	135,0	Tommy de Nysschen	2023/05/27	135,0	Tommy de Nysschen	2023/05/27	97,5	Dan Oppenheim	2015/06/06
83	147,5	Joaquim de Jenga	2017/06/25	172,5	Jade Blake	2016/10/22	172,5	Ryan Miller	2014/03/15	165,0	Marlon Daniels	2018/02/17	145,0	Tommy de Nysschen	2022/03/27	135,0	Steve Labson	2021/04/25	102,5	Dan Oppenheim	2015/03/27
93	152,5	Joshua Kiggen	2017/09/17	181,0	Elfranco Holder	2016/10/22	187,5	Elfranco Holder	2017/09/17	175,0	Pieter Erasmus	2013/02/23	152,5	Johnny Dam	2022/03/27	130,0	Glen Thomas	2021/03/13	120		
105	140,0	Berto Smith	2014/02/15	205,0	Johan Smith	2014/06/01	205,5	Tom Wewege	2023/04/02	182,5	Charles Johnson	2023/05/27	182,5	Charles Johnson	2023/05/27	180,0	Colin Young	2019/02/23	120		
120	130,0			202,5	Benedict Buccarizza	2014/03/15	232,5	Benedict Buccarizza	2017/09/17	210,0	Malone Horn	2015/11/21	205,0	Gerhardus Oosthuizen	2016/05/21	137,5	Andre Ludik	2017/03/18	125		
120+	170,0	Martin van der Merwe	2019/03/30	185,0	Juan Booyse	2013/02/23	225,0	Stefan Schroder	2023/04/02	210,0	Ian Mouton	2015/03/28	200,0	Ian Furman	2017/09/17	132,5			127,5		

SOUTH AFRICAN WOMENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 17/06/2023

2023/06/17	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+			Master IV 70+		
43	35,0			42,5																	
47	37,5	Rochelle de Beer	2014/03/15	42,5	Christina Kyriocos	2023/04/02	70,5	Mariska Casey	2018/03/18	70,5	Mariska Casey	2018/03/18	37,5								
52	47,5	Aimee Grefen	2021/04/25	65,0	Amber-Jade Meth	2018/03/18	87,5	Antoinette Kriel	2016/05/21	87,5	Antoinette Kriel	2016/05/21	62,5	Liliana Coleman	2015/02/07						
57	60,0	Caitlin Poxon	2018/05/20	78,0	Alexandra Mundell	2022/03/27	95,5	Antoinette Kriel	2017/03/18	95,5	Antoinette Kriel	2017/03/18	87,5	Antoinette Kriel	2022/03/27	57,5	Miriam Sinclair	2021/11/30	35,0	Dulcie Duguid	2022/03/27
63	70,0	Mijuane de Wet	2023/04/02	72,5	Megan Leighton	2016/11/27	95,0	Antoinette Kriel	2016/11/27	95,0	Antoinette Kriel	2016/11/27	65,5	Ronel Reyneke	2020/01/01	52,5	Susan Farrell	2019/06/15	45,0	Susan Farrell	2021/04/25
69	72,5	Charnleigh Kotzé	2022/03/27	85,0	Charnleigh Kotzé	2023/01/07	85,0	Charnleigh Kotzé	2023/01/07	82,5	Monica Longhurst	2021/12/03	75,0	Lana Kleynhans	2021/04/25						
76	67,5	Roechelle van der Merwe	2023/03/11	92,5	Olivia White	2023/04/02	92,5	Nicole Coopoosamy	2023/06/17	85,0	Monica Longhurst	2022/03/27	83,0	Corien Potgieter	2021/04/25						
84	75,0	Jelhandri Rautenbach	2017/09/17	80,0	Lezaan Jordaan	2017/07/15	115,0	Lizelle Cruz	2017/09/17	115,0	Lizelle Cruz	2017/09/17	68,0	Fiona Hickman	2020/01/01						
84+	90,0	Jelhandri Rautenbach	2019/03/30	92,5	Sunelle Putter	2023/03/11	115,0	Lauren Norton	2019/05/17	90,0	Tracy Ludwig	2016/05/28	65,0			52,5	Samali Bosa	2022/03/27			