

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 13/07/2024																								
2024/07/13	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	190,0	Geordie Goliath	2024/04/07	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	2023/04/01	200,0	Clint Williams	2014/06/01	215,5	Geordie Goliath	2024/04/07	150,0			137,5			127,5			117,5					
Total	420,0	Daniel Sowray	2023/04/02	447,5	Clint Williams	2014/06/01	510,5	Geordie Goliath	2024/04/07	385,0			352,5			322,5			292,5					
66 Div.																								
Squat	170,0	Jaden Madhav	2024/07/13	200,0	Marcel Vorster	2017/07/15	215,0	Marcel Vorster	2022/06/11	170,0	Enrico Johnson	2024/04/07	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	123,5	Steven Coleman	2024/04/07	97,5			87,5			82,5	Dan Oppenheim	2018/03/18			
Deadlift	220,0	Samuel Teeger	2023/09/03	252,5	Brandon Samuels	2019/10/06	252,5	Brandon Samuels	2019/10/06	225,0	Enrico Johnson	2024/04/07	195,0	Karl Christians	2017/09/17	187,5	Yunus Hassen	2015/02/27	152,5	Dan Oppenheim	2018/03/18			
Total	490,0	Samuel Teeger	2023/09/03	550,0	Brandon Samuels	2019/10/06	552,5	Marcel Vorster	2022/06/11	507,5	Enrico Johnson	2024/04/07	435,0	Karl Christians	2014/03/15	355,0			351	Dan Oppenheim	2018/03/18			
74 Div.																								
Squat	187,0	John Evens	2024/04/07	242,0	Suvar Maharaj	2023/04/02	242,0	Suvar Maharaj	2023/04/02	212,5	Jacobus Phalatsi	2021/04/25	190,0	Ian Hacker	2021/12/04	185,0	Ian Hacker	2024/04/07	136	Dan Oppenheim	2024/04/07			
Bench Press	125,0	Ismael Aasif Ahmed	2013/12/08	160,0	Scott Pomms	2024/07/13	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	223,0	John Evens	2024/04/07	290,0	Scott Pomms	2024/04/07	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	520,0	Samuel Teeger	2024/04/07	665,0	Scott Pomms	2024/07/13	675,0	Harry Shomalistos	2014/06/01	589,0	Jacobus Phalatsi	2021/04/25	512,5	Ian Hacker	2021/12/04	492,5	Ian Hacker	2024/04/07	415	Dan Oppenheim	2015/06/06			
83 Div.																								
Squat	222,5	Ewan Boschhoff	2024/04/07	240,0	Jade Blake	2016/05/28	255,5	Marlon Daniels	2024/04/07	255,5	Marlon Daniels	2024/04/07	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	145,5	Tommie de Nysschen	2024/04/07	145,5	Tommie de Nysschen	2024/04/07	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	660,5	Marlon Daniels	2024/04/07	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	255,5	Deon Smedley	2024/04/07	232,5	Johnny Dam	2024/04/07	175,0	Ebrahim Mobarra	2024/04/07	150					
Bench Press	155,0	Eduard Retief	2024/07/13	181,0	Elfranco Holder	2016/10/22	187,5	Elfranco Holder	2017/09/17	157,5	Sean Manders	2020/01/01	155,0	Johnny Dam	2024/04/07	147,5	Tommie de Nysschen	2024/07/13	102,5					
Deadlift	265,0	Eduard Retief	2024/07/13	300,5	Zandre van der Berg	2022/03/27	312,5	Nkosinathi Ntuli	2024/06/23	270,0	Henk de Wet	2015/03/28	260,0	Johnny Dam	2024/04/07	215,0	Ebrahim Mobarra	2024/04/07	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	668,0	Deon Smedley	2024/04/07	647,5	Johnny Dam	2024/04/07	490,0	Ebrahim Mobarra	2024/04/07	425					
105 Div.																								
Squat	225,0	Jandre Britz	2017/05/07	285,0	Francois Maritz	2016/10/22	300,5	Simbayi Bvumburai	2024/04/07	300,0	Sean Manders	2016/03/19	247,0	Christo Schoonraad	2019/03/30	170,0			157,5					
Bench Press	148,0	Richard Steenekamp	2024/04/07	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	261,5	Christo Schoonraad	2019/03/30	220,0	Colin Young	2018/10/20	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	642,5	Johnny Dam	2023/04/02	546,0	Colin Young	2018/10/20	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	242,5	Denis Bensch	2024/07/13	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 Boooyse	2013/02/23	230,5	Stefan Schroder	2024/04/07	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	250,0	John Crain	2024/04/07	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	640,0	John Crain	2024/04/07	507,5			475					

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2024/07/13	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	134,0	Giulia Muto	2024/04/07	120,0	Antoinette Kriel	2016/06/26	85,0	Elisabeth Barry	2024/07/13						
Bench Press	55,0	Grace Roberts	2024/04/07	65,0	Amber-Jade Meth	2018/03/18	85,0	Antoinette Kriel	2016/03/19	85,0	Antoinette Kriel	2016/03/19	47,5	Vanessa Schiebusch	2024/04/07						
Deadlift	127,5	Aimee Grefen	2021/04/25	132,5	Amber-Jade Meth	2018/03/18	160,5	Farzana Botha	2023/04/02	143,0	Tarryn Valle	2024/04/07	132,5	Carol Anthony	2018/03/18						
Total	277,5	Grace Roberts	2024/04/07	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	125,0	Nicole Hasell	2023/09/03	141,0	Chevonne Roos	2024/04/07	135,0	Vicki Botha	2021/04/25	130,0	Antoinette Kriel	2022/06/11	85,0	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	180,0	Antoinette Kriel	2024/04/07	180,0	Antoinette Kriel	2024/04/07	180,0	Antoinette Kriel	2024/04/07	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	387,5	Antoinette Kriel	2024/04/07	387,5	Antoinette Kriel	2024/04/07	387,5	Antoinette Kriel	2024/04/07	260,0	Miriam Sinclair	2021/12/04	197,5	Dulcie Duguid	2022/03/27
63 Div.																					
Squat	156,0	Mijuane de Wet	2024/04/07	156,0	Mijuane de Wet	2024/04/07	156,0	Mijuane de Wet	2024/04/07	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	72,5	Mijuane de Wet	2024/07/13	72,5	Mijuane de Wet	2024/07/13	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	172,5	Mijuane de Wet	2024/07/13	172,5	Mijuane de Wet	2024/07/13	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	Chamleigh Kotzé	2022/03/27	150,5	Chamleigh Kotzé	2024/04/07	150,5	Chamleigh Kotzé	2024/04/07	150,0	Astrid Schwarz	2024/04/07	110,0	Lana Kleynhans	2021/04/25						
Bench Press	75,0	Gila Smith	2024/04/07	80,0	Chamleigh Kotzé	2024/04/07	100,0	Sasha Gadney	2024/04/07	82,5	Monica Longhurst	2021/12/04	75,0	Lana Kleynhans	2021/04/25						
Deadlift	147,5	Chamleigh Kotzé	2022/03/27	175,0	Chamleigh Kotzé	2024/04/07	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	Chamleigh Kotzé	2022/03/27	405,5	Chamleigh Kotzé	2024/04/07	420,0	Sasha Gadney	2024/04/07	400,0	Laura de Wet	2023/04/02	348,0	Lana Kleynhans	2021/04/25						
76 Div.																					
Squat	140,0	Rochelle van der Merwe	2024/04/07	155,0	Olivia White	2022/12/03	165,0	Nicole Cooposamy	2023/04/02	150,0	Pia Marangoni	2024/04/07	137,5	Corien Potgieter	2021/04/25						
Bench Press	72,5	Rochelle van der Merwe	2023/09/03	92,5	Olivia White	2023/04/02	92,5	Nicole Cooposamy	2023/06/17	85,0	Monica Longhurst	2022/03/27	83,0	Corien Potgieter	2021/04/25						
Deadlift	180,5	Lisa Stander	2024/04/07	180,5	Lisa Stander	2024/04/07	210,0	Nicole Cooposamy	2023/04/02	174,5	Pia Marangoni	2024/04/07	160,5	Corien Potgieter	2021/04/25						
Total	377,5	Rochelle van der Merwe	2023/09/03	420,0	Olivia White	2023/04/02	462,5	Nicole Cooposamy	2023/04/02	399,5	Pia Marangoni	2024/04/07	381,0	Corien Potgieter	2021/04/25						
84 Div.																					
Squat	142,5	Jelhandri Rautenbach	2017/09/17	165,0	Lezaan Jordaan	2018/05/20	198,0	Megan Faul	2024/04/07	176,0	Naiema Mohammed	2024/04/07	120,5	Fiona Hickman	2020/01/01						
Bench Press	77,5	Jelhandri Rautenbach	2017/09/17	80,0	Lezaan Jordaan	2017/07/15	112,5	Megan Faul	2024/06/23	98,0	Naiema Mohammed	2024/04/07	68,0	Fiona Hickman	2020/01/01						
Deadlift	160,0	Jelhandri Rautenbach	2017/09/17	202,5	Lezaan Jordaan	2018/05/20	220,0	Nicole Cooposamy	2024/06/23	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	515,0	Nicole Cooposamy	2024/06/23	449,0	Naiema Mohammed	2024/04/07	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	205,0	Olivia Perotti	2024/06/23	180,0	Marina van der Linde	2024/07/13	115,0	Buyisile Ngubane	2024/07/13	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	100,0	Marina van der Linde	2024/07/13	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	205,0	Marina van der Linde	2024/07/13	150,0	Buyisile Ngubane	2024/07/13	115,0	Samali Bosa	2022/03/27			
Total	390,0	Jelhandri Rautenbach	2019/03/30	420,0	Juanita Visser	2014/06/01	515,0	Olivia Perotti	2024/06/23	485,0	Marina van der Linde	2024/07/13	320,0	Buyisile Ngubane	2024/07/13	247,5	Samali Bosa	2022/03/27			

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 13/04/2024																					
2024/07/13	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						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	125,0	Steven Coleman	2024/07/13	95,0			87,5			82,5	Dan Oppenheim	
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	Tommie de Nysschen	2023/05/27	135,0	Tommie de Nysschen	2023/05/27	97,5	Dan Oppenheim	
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	145,5	Tommie de Nysschen	2024/04/07	145,5	Tommie de Nysschen	2024/04/07	102,5	Dan Oppenheim	
93	155,0	Eduard Retief	2024/07/13	181,0	Elfranco Holder	2016/10/22	187,5	Elfranco Holder	2017/09/17	175,0	Pieter Erasmus	2013/02/23	155,0	Johnny Dam	2024/04/07	147,5	Tommie de Nysschen	2024/07/13	120		
105	148,0	Richard Steenekamp	2024/04/07	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	230,5	Stefan Schroder	2024/04/07	210,0	Ian Mouton	2015/03/28	200,0	Ian Furman	2017/09/17	132,5			127,5		
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2024/07/13	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	55,0	Grace Roberts	2024/04/07	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	
63	72,5	Mijuane de Wet	2024/07/13	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	
69	75,0	Gila Smith	2024/04/07	85,0	Charmleigh Kotzé	2023/01/07	100,0	Sasha Gadney	2024/04/07	82,5	Monica Longhurst	2021/12/03	75,0	Lana Kleynhans	2021/04/25						
76	72,5	Roechelle van der Merwe	2023/09/03	92,5	Olivia White	2023/04/02	92,5	Nicole Coopoomsamy	2023/06/17	85,0	Monica Longhurst	2022/03/27	83,0	Corien Potgieter	2021/04/25	40,0	Linda Rubin	2024/03/02			
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	100,0	Marina van der Linde	2024/07/13	65,0			52,5	Samali Bosa	2022/03/27			