



**Senior women:** Sasha-Lee Corris Nordengen (capt), Keyta Purchase, Carmel Billson, Bianca von Bargaen, Kristin Bellingham and Mandi Maritz (all Marine).

**Senior men:** Ryle de Morny (capt, False Bay), Josh Saunders (Marine), Martin Binnedal (Marine), Johan Lourens (Tuks), Nick Notten, Dominic Notten (Fish Hoek).

**Youth women:** Sulinke van den Berg (capt, Mangaung), Alice Edward, Ally Chislett (both Pirates), Tamryn McKie (Marine), Paige Horn (Umhlanga), Kira Bester (Strand).

**Youth men:** Milan Erasmus (captain, Durban Surf), Juan Pierre van Zyl (Harties Reflections), Connor Botha (Umhlanga), Matthew Fenn (East London), Daniel Jacobs (Fish Hoek), Calvin Coetzee (Pirates).

