

**Ladies heaviest lift with ONE arm only**

<b>Rank</b>	<b>Armrestler</b>	<b>Weight lifted</b>
1.	Alma du Plessis	35.5kg
2.	Mikyla Heine	32.7kg
3.	Sandra "Sandy Love"	32.5kg
4.	Anashti Taljaard Liandi Koorsen Lornel Venter	27.5kg
7.	Leilani Nel	24kg
8.	Rosemary Bötha	23.1kg
9.	Reinette Cripps	21kg
10.	Narina Pretorius	20kg
11.	Rowanne du Preez	17.8kg
12.	Cherise Enslin	17kg