

ATHLETE BIO

SURF LIFESAVING · SOUTH AFRICA

/ DURBAN SURF LIFESAVING CLUB

DAYNA DEEBLE

WORLD CHAMPIONSHIP MEDALLIST · TWO-TIME RED BULL QUICKSAND CHAMPION

Dayna Deeble is a 20-year-old South African surf lifesaving athlete from Durban Surf, the country's oldest lifesaving club. She has reached the podium in all twelve of her KZN Series events this season.

Dayna trains and races on the Durban beachfront for Durban Surf Lifesaving Club, which celebrates 100 years in 2027. In surf lifesaving, the skills that win races are the same skills used to keep people safe in the water.

She has competed for South Africa on the world stage. At the 2024 Lifesaving World Championships on Australia's Gold Coast, she was part of the South African team that won gold in the beach relay, silver in the Taplin relay and bronze in the rescue tube rescue.

At home, her results show her range. She won Red Bull Quicksand, a punishing soft-sand race over man-made dunes on the Durban beachfront, in 2023 and defended the title in August 2024. At the 2026 KZN Junior & Senior Championships at Dairy Beach, she won the Open Female beach flags and beach run titles. She broke a finger during the flags and still took the title.

Her 2026/27 season has started strongly: twelve podiums from twelve KZN Series events, with nine wins. Those include the Ironwoman, flags, board and surf swim at Scottburgh, and four from four in the pool at Rachel Finlayson.

Named in Lifesaving South Africa's 2026/27 Senior Ladies High Performance Squad, Dayna races across beach, ocean and pool, from flags and sprints to board, ski, surf swim and Ironwoman.

/ AT A GLANCE

THE RECORD.

12/12	9	3	2×
PODIUMS	**WINS**	**WORLD CHAMPS MEDALS**	**RED BULL QUICKSAND**
KZN Series 2026/27	KZN Series 2026/27	2024 · Team South Africa	Women's winner 2023 & 2024

FACT SHEET

NAME	Dayna Deeble
AGE	20
SPORT	Surf lifesaving
CLUB	Durban Surf Lifesaving Club: South Africa's oldest, centenary in 2027
HOME	Durban, KwaZulu-Natal
SQUAD	Lifesaving SA Senior Ladies High Performance Squad 2026/27
EVENTS	Beach flags, sprint and run · board · ski · surf swim · Ironwoman · pool rescue
INSTAGRAM	@dayna.deeble

CAREER HIGHLIGHTS

2023	**Red Bull Quicksand**: women's winner, Durban
2024	**Lifesaving World Championships**, Gold Coast (Team South Africa): gold beach relay, silver Taplin relay, bronze rescue tube rescue
2024	**Red Bull Quicksand**: title defended, 17 August
2026	**KZN Championships**, Dairy Beach: Open Female beach flags and beach run champion
26/27	**KZN Series**: 12 podiums from 12 events, 9 wins
26/27	**Lifesaving SA** Senior Ladies High Performance Squad





