

LARA GOODALL

Batter



Name	Lara Goodall
DOB	26-04-1996
Nationality	South African
Player Status	Available
Playing Role	Batter
Batting Style	LH Opening Bat
Bowling Style	N/A
Entry Route	International Sportsperson Visa
Coaching Qualifications	CSA Level 1

Lara Goodall is a left-handed top-order batter who has represented South Africa at international level since 2016. She has spent her entire domestic career with Western Province, now branded WP Cobras, and is one of the most experienced run-scorers in the South African women's provincial system, with 2,768 List A runs at an average of 23.86, including a hundred and 13 fifties, and a further 1,278 runs in domestic T20 cricket. A useful part-time medium-pacer, she has also taken 39 List A wickets at 17.76, with best figures of 4 for 27, and 13 T20 wickets at 11.84.

She made her ODI debut against Ireland in Dublin in 2016 and has gone on to earn 58 ODI and 23 T20I caps for the Proteas Women, scoring 961 ODI runs at an average of 20.44 with three fifties, and 302 T20I runs at 18.87, including a best of 52. Her career-best of 93 not out came against Ireland in Dublin in June 2022, an unbeaten 165-run stand with Andrie Steyn that sealed the ODI series. That same year she made her Test debut against England at Taunton, and was named in South Africa's squads for both the 2022 ODI World Cup in New Zealand, where the side reached the semi-finals, and the 2022 Commonwealth Games in Birmingham.

In 2023, Goodall was part of the South Africa squad that reached the final of the ICC Women's T20 World Cup on home soil, with the Proteas finishing runners-up to Australia in Cape Town. After a quieter spell in her international career through 2025, she returned to the national side for the South Africa-Pakistan series in February 2026.

At domestic level, Goodall has been a key contributor to a highly successful period for Western Province Women, who won successive Hollywoodbets Pro20 titles, including in 2025/26, and completed the 2025/26 domestic double by also

lifting the Pro50 title, beating the Lions by eight wickets in the final in Durban. She remains one of the side's senior top-order options.

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