

4 x 100 meter Women - Final , Time :16:14**Heat: 1**

| Rank | Relay Team | ID's Athletes | Team | Result Info |
|------|------------|---|--------------------------|-------------|
| 1 | RSA | 119 ROGAIL JOSEPH 114 ANTIONETTE VAN DER MERWE 113 NICOLA VAN DER MERWE 112 ROSE XEYI | RSA RSA RSA RSA | 47.15 |
| 2 | ZMB | 141 ANITA AGNESS SUGUNI 142 SUWILANJI MPONDELA 143 RACHEAL KUNDANANJI 140 NIDDY MINGILISHI | ZMB ZMB ZMB ZMB | 47.43 |
| 3 | BOT | 34 SOKOLOGANG MOKGOTLHANE 33 REFILWE MURANGI 26 ROSE SANANE 37 OARABILE TSHOSA | BOT BOT BOT BOT | 47.96 |
| 4 | ZIM | 160 PRISSY MPOFU 159 DOROTHY KAVHUMBURA 155 NICOLE CHIKOSI 154 VIMBAI MAISVOREWA | ZIM ZIM ZIM ZIM | 48.98 |
| 5 | LES | 75 MPHOTLENG MAGRET KOESHE 94 THUTO NKOETLA 95 MOHANUOA KHEOANE 93 REABETSOE BITSO | LES LES LES LES | 54.64 |
| | ANG | 215 RITA MANUEL LUCUNDE 213 FRANCISCA WALENTE L.PUTO 212 ENGRACIA PASCOAL CANZAIA 214 RUTH MUACA HENRIQUES | ANG ANG ANG ANG | DNS |

4 x 100 meter Men - Final , Time :16:21**Heat: 1**

| Rank | Relay Team | ID's Athletes | Team | Result Info |
|------|------------|--|--------------------------|-------------|
| 1 | BOT | 1 ZEBRONE MACHARA 25 THUTO MASASA 12 PHODISO RAMPA 15 CALVIN BATHUSI | BOT BOT BOT BOT | 40.47 |
| 2 | RSA | 106 SILUSAPHO DINGISWAYO 109 SIFISO MIYA 108 TRISTAN FARAO 107 BREYTON POOLE | RSA RSA RSA RSA | 41.63 |
| 3 | ZIM | 153 BRIAN NDLOVU 149 NORMAN MUKWADA 150 MKHOKHELI SIBANDA 148 DICKSON KAPANDURA | ZIM ZIM ZIM ZIM | 41.80 |
| 4 | NAM | 194 DIERGAARDT SANDRO 199 TITIES KENNETH 196 GORESEB WARREN 189 APRIL ZURIEL | NAM NAM NAM NAM | 42.28 |

Timing hardware and software : www.timetronics.be

Federation Licensed to: Athletics Federation Botswana Soft :2014a1



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| 5 | ANG | 219 CIPRIANO MUNENE JUNQUEIRA 217 MANUEL JACINTO CHIVELA 216 HERMENEGILDO A.N. LEITE 218 SALTIANO FARIA MBOTE | ANG ANG ANG ANG | 43.39 |
| 6 | LES | 90 MOLATULI LESHOTA 74 MOJELA EUGENE KONESHE 84 TEBOHO SAMUEL PETLO 88 TSEPANG NTIISA | LES LES LES LES | 43.54 |
| 7 | SWZ | 67 MAZIYA LINDELANI 68 MBINGO BONGUMENZI 69 PHIRI SAMKELO 344 Bandile Dlamini | SWZ SWZ SWZ SWZ | 44.27 |

4 x 400 meter Women - Final , Time :17:15**Heat: 1**

| Rank | Relay Team | ID's | Athletes | Team | Result | Info |
|------|------------|--------------------------|---|--------------------------|---------|------|
| 1 | BOT | 29 27 33 44 | NALEDI LOPANG ORATILE NOWE REFILWE MURANGI MOTLATSI RANTE | BOT BOT BOT BOT | 3:51.34 | |
| 2 | MOZ | 247 249 248 250 | GUAMBI CECILIA CATARINA SHELLSYA NHAMPULE HELENA MILAMBU JULIA | MOZ MOZ MOZ MOZ | 3:52.57 | |
| 3 | LES | 75 79 100 71 | MPHOTLENG MAGRET KOESHE PINKI PATRICIA MANYOBO RETSEPILE MOSEBOTSANE MANQABENG TSIBELA | LES LES LES LES | 4:21.40 | |
| 4 | MAW | 228 226 227 230 | MARY SEDA RAMATHAN WYSON MONEYI CHINGAIPE WEMMA SUPULIANO | MAW MAW MAW MAW | 4:30.63 | |
| | RSA | 115 118 116 119 | PRUDENCE SEKGODISO YANDISWA SHANGE NICOLE LOUW ROGAIL JOSEPH | RSA RSA RSA RSA | DIS | |
| | ZIM | 156 158 154 157 | VANESSA MATIMBE RUMBIDZAI KAVANDA VIMBAI MAISVOREWA PRIVILEGE CHIKARA | ZIM ZIM ZIM ZIM | DNF | |

4 x 400 meter Men - Final , Time :17:29**Heat: 1**

| Rank | Relay Team | ID's | Athletes | Team | Result | Info |
|------|------------|------|----------|------|--------|------|
|------|------------|------|----------|------|--------|------|



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|---|-----|---|--------------------------|---------|
| 1 | BOT | 4 BAYAPO NDORI 3 ONNEILE PHOKEDI 7 DITIRO NZAMANI 5 LEE EPIIE | BOT BOT BOT BOT | 3:07.45 |
| 2 | ZMB | 137 DANIEL MBEWE 138 FELIX KANGWA KAPEMBWA 139 PETER MUZUMARA 136 KENNEDY LUCHEMBE | ZMB ZMB ZMB ZMB | 3:12.43 |
| 3 | ZIM | 150 MKHOKHELI SIBANDA 149 NORMAN MUKWADA 153 BRIAN NDLOVU 148 DICKSON KAPANDURA | ZIM ZIM ZIM ZIM | 3:12.89 |
| 4 | RSA | 103 THAKGATSO DIAS MALEBANA 105 ROBERT DE VILLIERS 102 OMPHILE MOLOTSI 104 NGCONDE MATWEBU | RSA RSA RSA RSA | 3:23.27 |
| 5 | SWZ | 69 PHIRI SAMKELO 70 MASEKO SIMANGA 67 MAZIYA LINDELANI 340 SANELISO GWEBU | SWZ SWZ SWZ SWZ | 3:24.08 |
| 6 | LES | 87 NKOSENYE THABAKHOLO 77 TSEPANG DANNIS MOTJOLOPA 84 TEBOHO SAMUEL PETLO 73 TEMO MAPONOPONO | LES LES LES LES | 3:30.40 |
| | NAM | 195 NAKAPELA HITWA 200 GROBBLER IAN 197 NTJAMBA SIRUMBU 196 GORESEB WARREN | NAM NAM NAM NAM | DNS |



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