

IAADS ATHLETICS AFRICAN RECORDS - MOSAIC WOMEN

Event	Name	Country	Result	Venue	Date
100 M	Minette Swart	South Africa	21.26	Madeira, POR	18/10/05
200 M	Minette Swart	South Africa	44.48	Madeira, POR	18/10/07
400 M	Minette Swart	South Africa	2.07.43	Madeira, POR	18/10/05
800 M					
1.500 M					
Long Jump					
Shot Put (3)	Minette Swart	South Africa	5.12m	Madeira, POR	18/10/04
Discus (750)	Minette Swart	South Africa	13.15m	Madeira, POR	18/10/04
Javelin (400)	Minette Swart	South Africa	9.76m	Madeira, POR	18/10/05
800m Walk					
1.500m Walk					

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