

4 x 400 meter AC , Men Time :20:09**Heat: 1**

Rank	Relay Team	ID's Athletes	Team	Result Info
1	BEL 1	3194 BORLEE Kevin 3193 BORLEE Jonathan 2335 Duerinck Nils 2313 Van Branteghem Cedric	WS WS VAC STAX	3:02.13
2	RSA	9102 Sibusiso Sichi 9083 DE VILLIERS PIETERS 9082 SMITH PIETERS 9101 LJ Van Zyl	RSA RSA RSA RSA	3:04.66
3	IRL	201 Mac KEE 202 GORDON Kennedy 203 DOYLE Brian 204 GILLICK David	IRL IRL IRL IRL	3:04.71
4	BEL 2	744 FROIDMONT Arnaud 499 Haeck Joris 2457 Lemmens Frederik 432 Neefs Sam	UAC STAX AVT VAC	3:11.31

4 x 100 meter AC , Women Time :22:25**Heat: 1**

Rank	Relay Team	ID's Athletes	Team	Result Info
1	CAMEROUN	9400 0 0 9401		47.59
2	SMAC CADETTES	1571 SNOECK Charlotte 1522 ROUARD Florence 1521 LERUSSE Amandine 1411 GUILLAUME Eloise	SMAC SMAC SMAC SMAC	53.44