

Namibian Records

110 Meter Hurdles – Manual Timing

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|------|------------------|----------|-------------|
| 14.9 | D. de Villiers | Windhoek | 4 May 1974 |
| 14.4 | Dekker Vermeulen | Windhoek | 12 Oct 1979 |

110 Meter Hurdles – Electronic Timing

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|-------|------------------|---------------|-------------|
| 14.87 | Dekker Vermeulen | Potchefstroom | 28 Apr 1979 |
| 14.12 | Flip Bredenhann | Sasolburg | 19 Nov 1980 |