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Telkom Splash Content
Tx 21/02/2010

On Telkom Splash this week – Sunday, 21 February 2010 at 14h00 on SABC1

- **Penny Heyns**
Penny Heyns paid a visit to our SA Swimming Squad during a training camp, and spoke to them (Motivational Talk) about the upcoming Commonwealth Games later this year.
- **Diving**
Highlights of the men's semi-finals and finals of the RSA Cup – held in Pretoria.
- **Open Water Swimming**
We take a look at the men's 1 km race at the Emerald Challenge – an event held in the Vaal River.
- **Media Splash**
We catch up with News and Stories, as well as a few of the results from last week's Midmar Mile.
- To finish – a race from the past (Roland Schoeman winning Gold at the 2006 Commonwealth Games)