|  |  |
| --- | --- |
| **8Km** |  |
| Kego Nxumalo | 1:06:45 |

|  |  |
| --- | --- |
| **5Km** |  |
| Calista | 35.09 |
| Deon Cronje | 26.33 |
| Fanie Bekker | 26.27 |
| Francois | 35.09 |
| Ian Middel | 30.47 |
| Mandla Nxumalo | 28.03 |
| Nathi Nxumalo | 33.25 |
| Nkatekho | 37.48 |
| Thami | 33.25 |