|  |  |
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| **5km** |  |
| Adele Henning | 31.46 |
| Anile Cronje | 38.33 |
| Arnoudt Middel | 31.21 |
| Brian Sibiya | 29.12 |
| Deon Cronje | 25.15 |
| Helgard | 29.12 |
| Ian Middel | 29.4 |
| Joy | 29.12 |
| Malcolm Henning | 27.4 |
| Zanike Henning | 27.4 |

|  |  |
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| **8KM** |  |
| Francois Coetzee | 42.23 |