|  |  |
| --- | --- |
| **3km** |  |
| Dricus | 34.14 |
| Lize | 24.43 |

|  |  |
| --- | --- |
| **5km** |  |
| Biance | 27.04 |
| Brayn Mashego | 28.12 |
| Francois Coetzee | 25.19 |
| Kate Hullet | 27.21 |
| Louis Fourie | 20.16 |