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| **5km** |  |
| Anile Cronje | 38.03 |
| Cornelia Olivier | 30.52 |
| Deon Cronje | 24.13 |
| Francois Coetzee | 23.46 |
| Helgardt | 25.38 |
| Karel van Heerden | 40.15 |
| Malcolm Henning | 27.44 |
| Nonfundo | 43.55 |
| Sesi Pilane | 33.45 |
| Sue Gower | 30.52 |
| Thami | 40.38 |
| Zanke | 27.39 |