|  |  |
| --- | --- |
| **3km** |   |
| Tshidi | 40.59 |

|  |  |
| --- | --- |
| **5km** |  |
| Arlu van Heerden | 19.55 |
| Cornelia Olivier | 34.12 |
| Erica van Jaarsveld | 30.02 |
| Francois Coetzee | 25.16 |
| Lizelli Gildenhuys | 34.12 |
| Louis Fourie | 19.11 |