|  |  |
| --- | --- |
| **3Km** |  |
| Dimpo | 28.46 |
| Zandile | 24.2 |

|  |  |
| --- | --- |
| **5Km** |  |
| Brayn M | 38.46 |
| Deon Cronje | 27.21 |
| Francois | 29.35 |
| Nathi Nxumalo | 26.42 |
| Tshepo | DNF (did not know route) |