|  |  |
| --- | --- |
| **3 km** |  |
| Erica van Jaarsveld | 19:19 |
| Pierre van Jaarsveld | 15:50 |

|  |  |
| --- | --- |
| **5 km** |  |
| Adele Henning | 29.45 |
| Arnu | 29.01 |
| Baketo | 50 |
| Bandile | 28.44 |
| Deon Cronje | 28.5 |
| Fanie Bekker | 23.56 |
| Henriques | 22.57 |
| Ian Middel | 30.24 |
| Kensani Mabunda | 33.32 |
| Lungelo | 28.49 |
| Luniso | 32 |
| Malcolm Henning | 26.46 |
| Nathi Nxumalo | 32 |
| Rolani Mabunda | 28.39 |
| Sesi Pilane | 36.02 |
| Thami | 30.44 |
| Zanike Henning | 26.41 |