|  |  |
| --- | --- |
| **3km** |  |
| Brayn Mashego | 22 |

|  |  |
| --- | --- |
| **5km** |  |
| Adele Henning | 31.23 |
| Brian Sibiya | 26.26 |
| Deon Cronje | 23.54 |
| Fanie Bekker | 24.05 |
| Francois Coetzee | 23.17 |
| Helgardt | 24.38 |
| Ian Middel | 29.04 |
| Karel van Heerden | 39.36 |
| Malcolm Henning | 26.42 |
| Sandy Mclagan | 29.18 |
| Sesi Pilane | 31.43 |
| Zanike Henning | 26.41 |