|  |  |
| --- | --- |
| **3 Km** |   |
| Beth Bloch | 33.28 |
| Clarissa | 35.14 |
| Cordelia | 35.14 |
| Lawrence Bloch | 38 |
| Mirandi Bekker | 33.08 |

|  |  |
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| **5 Km** |   |
| Anile Cronje | 35.36 |
| Deon Cronje | 24.5 |
| Francois | 29.22 |
| Mandla Nxumalo | 28.34 |
| Pieter Myburgh | 34.18 |
| Zanelle | DNF |
|  |  |
| **8 Km** |   |
| Kego Nxumalo | 62 |
|  |  |