|  |  |
| --- | --- |
| **3 km** |  |
| Erica van Jaarsveld | 17.24 |
| Pierre van Jaarsveld | 15.14 |

|  |  |
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| **5 km** |  |
| Adele Henning | 29.4 |
| Brian Sibiya | 29 |
| Deon Cronje | 25.27 |
| Fanie Bekker | 25.27 |
| Francois Coetzee | 24.37 |
| Ian Middel | 29.27 |
| Janue Gower | 25.5 |
| Johan Rademeyer | 23.36 |
| Sue Gower | 26.43 |
| Zanike Henning | 25.37 |