|  |  |
| --- | --- |
| 3Km |  |
| Nkatekho | 30.25 |
| Zandile | 30.25 |

|  |  |
| --- | --- |
| **5Km** |  |
| Deon Cronje | 25.45 |
| Francois | 28.55 |
| Ian Middel | 30.22 |
| Nathi Nxumalo | 35.5 |
| Sesi | 30.05 |
| Thami | 36.54 |