|  |  |
| --- | --- |
| **5 km** |  |
| Arnoudt Middel | 33.44 |
| Arnu | 21.2 |
| Cornelia Olivier | 28.35 |
| Francois Coetzee | 27.05 |
| Ian Middel | 31.37 |
| Janue Gower | 28.12 |
| Kaylen | 27.38 |
| Louis Fourie | 19.05 |
| Nathan | 33.44 |
| Sue Gower | 28.35 |
| Zaza | 40.43 |

|  |  |
| --- | --- |
| **8 km** |  |
| Deon Cronje | 42.34 |
| Fanie Bekker | 42.34 |