|  |  |
| --- | --- |
| **8km** |  |
| Francois Coetzee | 36.12 |

|  |  |
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| **5km** |  |
| Adele Henning | 29.57 |
| Brian Sibiya | 25.32 |
| Cornelia Olivier | 29.57 |
| Fanie Bekker | 25.32 |
| Henriques | 25.32 |
| Lizelli Gildenhuys | 34.19 |
| Malcolm Henning | 25.53 |
| Sue Gower | 29.5 |
| Zanike Henning | 25.53 |