|  |  |
| --- | --- |
| **5 Km** |  |
| Enrique | 26.18 |
| Francois | 27.09 |
| Gerry Engelbrecht | 29.2 |
| Pieter Myburgh | 34.5 |
| Snethemba Mathebula | 26.18 |

|  |  |
| --- | --- |
| **3 Km** |  |
|   |   |