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

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