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| **5km** |  |
| Adele Henning | 30.31 |
| Arlu van Heerden | 20.38 |
| Brayn Cilliers | 37.34 |
| Erica van Jaarsveld | 31.45 |
| Francois Coetzee | 27.07 |
| Ian Middel | 30.57 |
| Jerry Nthoa | 32.26 |
| Joseph Khoza | 32.26 |
| Kate Hullet | 27.4 |
| Madelein Whitehair | 24.57 |
| Malcolm Henning | 28.22 |
| Nathi Nxumalo | 34.54 |
| Zanike Henning | 28.22 |
| Zaza | 39.41 |