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| **5km** |  |
| Adele Henning | 29.53 |
| Cornelia Olivier | 36.07 |
| Deon Cronje | 25.1 |
| Erica van Jaarsveld | 31.44 |
| Fanie Bekker | 25.18 |
| Francois Coetzee | 24.33 |
| Ian Middel | 29.58 |
| Karel van Heerden | 40.04 |
| Louis Fourie | 23.02 |
| Malcolm Henning | 26.13 |
| Sue Gower | 28.07 |
| Wihan | 36.07 |
| Zanike Henning | 26.08 |