|  |  |
| --- | --- |
| **3Km** |  |
| Lizelli | 19.08 |
| Zandile | 24.25 |
| Zanelle | 19.5 |

|  |  |
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| **5km** |  |
| Fanie Bekker | 25.26 |
| Francois | 25.29 |
| Jaco Duvenhage | 28.02 |
| Nathi Nxumalo | 32.27 |
| Thami | 32.05 |