

Combined Results

5km Men

Name	Combined Points	Nr of Races	Position
Paul Benson	295	3	1
Juan Slabbert	294	3	2
Tiaan Wever	288	4	3
Michael Jansen van Rensburg	236	3	4
Jan Pool	199	3	5
Bernard Francis	178	3	6

10km Men

Name	Combined Points	Nr of races	Position
Ruben Schoombie	299	3	1
James Arbuthnot	280	3	2
Julian Vermeer	280	4	2
Graham Swart	270	4	4
Mike Clarke	269	4	5
Derrick de Vries	248	3	6
Fred Buter	246	3	7
Dennis Wevell	244	4	8
Jannie Hanekom	235	3	9
Stéfan Du Plessis	186	3	10

5km Women

Name	Combined Points	Nr of races	Position
Cecile-Jo Swart	299	4	1
Samantha Kallis	299	4	1
Liezel De Vos	262	3	3
Andrea Swart	261	3	4
Stephanie Giardino	195	3	5
Belinda Toth	137	3	6

10km Women

Name	Combined Points	Nr of races	Position
Nicola De Villiers	299	3	1
Charmaine Rossouw	285	3	2
Annika Oosthuizen	279	3	3
Marleen Lourens	257	3	4
Celia Van Niekerk	229	3	5
Angelique Smit	222	3	6
Janke Uys	214	3	7
Jeanine Clarke	191	4	8