

### 10km Seeding Results

#	Time	Participant	S	Age	Seeding
EP Champs	02:19:00	Michael Marais	M	17	1
EP Champs	02:22:00	Jessica Roux	F	17	2
EP Champs	02:33:34	Rebecca Newman	F	17	3
EP Champs	02:57:56	Brenton Williams	M	43	4
EP Champs	03:04:20	Alfred te Water Naude	M	41	5