

Mens			
1	<i>On Your Bike</i>	Grant Daly	05:57
		Steven Shirley	
2	<i>Action Cycles</i>	Archie Zakhe	06:16
		David Mcewan	
3	<i>East Coast Cycles 2</i>	Rudi Schutte	06:45
		Wynand Mulder	

Mixed			
1	<i>Altes Landhaus</i>	Johan Labuschagne	05:40
		Yolande de Villiers	
2	<i>Tortoise & Hare</i>	Andrew Ogden	06:59
		Andrea Shirley	
3	<i>Team M&L</i>	Lawrence Bernard	07:36
		Melissa Swanepoel	

Ladies			
1	<i>Brightside</i>	Alison Kernohan	10:19
		Helen Kernohan	
2	<i>Madams of Mayhem</i>	Lynn McGregor	10:51
		Karen Lee	