

05 km Female			
Position	No.	Name	Time
001	878	Esmerelda Zeilinga	0:24:18
002	903	Kieran Stainton	0:24:56
003	872	Ronelle Botha	0:24:57

05 km Male			
Position	No.	Name	Time
001	901	Zahn Grassman	0:21:59
002	914	Manqoba Timothy Bhebhe	0:23:30
003	871	Jordan Strydom	0:23:37

10 km Female			
Position	No.	Name	Time
001	521	Nina Durieux	1:10:19
002	540	Julia Munn	1:10:29
003	520	Claire Cameron	1:13:58

10 km Male			
Position	No.	Name	Time
001	530	Wilhelm Dannheimer	1:07:41
002	426	Alain le Roux	1:08:07
003	539	Christoff Louw	1:10:08

20 km Female			
Position	No.	Name	Time
001	155	Yolande Maclean	1:51:58
002	154	Ann Ashworth	1:53:00
003	156	Sally Fenwick	2:14:35

20 km Male			
Position	No.	Name	Time
001	168	Tranquil Gumbo	1:29:07
002	171	Sello Ramaloko	1:41:20
003	107	Lance Moore	1:42:38