5km

1. Sizwe Fihlela 17.01

2. Eric Ngubane 18.49

3. Fikile Mbuthuma 19.00

4. Mzwenkosi Mjaja 1911

5. Linda Cele 19.13

6. Zama Mokoena 19.45

7. Danielle Adlam 19.57

8.  Fika Dlamuka 20.56

9.  Zakhele Dzelwa 22.10

10. Maureen Dladla 22.30

11. Hleziphi Ncayiyana 23.18

12. Khethiwe Memela 26.30

13. Himilton Dlovu 26.50

14. Saleha Modeen 30.00

15. Kaghiso Mokoena 30.10

10km

16.Mthembenu Nzama 34.50

17. Nhlaka Mkhize 38.54

18. Simfumene Nyawuza 41.08

19. Senzo Miya 41.38

20. Ash Naidoo 52.15

21. Ishmael Abdool 53.25

22. Thulane Mthalane 53.25