5km

1. Mawande Hlongwa 15.16

2. Msizi Gumede 16.27

3. Kahleho Moso 17.20

4. Eric Ngubane 18.18

5. Thanda Mthembu 18.32

6. Fikile Mbuthuma 18.32

7. Mbuyiseni Magubane 18.40

8. Asanda Mdiya 19.07

9. Linda Cele 19.57

10. Nhlanhla Mtshali 20.07

11. Brian Mkhize 20.10

12. Thamsanqa Zondi 20.21

13. Bheki Mlaba 20.25

14. Kgauhelo Motloung 20.44

15. Bonga Myende 20.53

15.Nkosinathi Sishi 21.00

16. Eddie Zondo 22.02

17. Mandla Hlongwa 22.10

18. Ash Naidoo 22.21

19. Nkocy Zondo 22.27

20. Senzo Mhlungu 23.25

21.Philani Ndlovu 24.10

22.. Thulani Mthalane 25.12

23. Sibonelo Dlamini 26.03

24. Ishmael Abdool 28.44

25. Khethiwe Memela 28.44

10km

26. Sithembele Faneko 32.57

27. Ntokozo Yebeni 35.05