5km

1. Sizwe Fihlela 17.00

2. Ainisela Ndovela 18.27

3. Sifiso Mthethwa 18.53

4. Zama Mokoena 19.02.

5. Fikile Mbythuma 19.19

6. Mbuyiseni Magubane 19.37

7. Hleziphi Ncayiyana 22.56

8. Sibonelo Dlamini 24.15

9. Khethiwe Memela 28.36

10km

10. Mthembeni Nzama 35.36