5km

1. Nhlaka Mkhize 17.18

2. Mthokozisi Mbokomba 17.20

3. Nkosi Majama 18.24

4. Simfumene  Nyawuza 18.43

5. Jabulani Khanyile 18.44

6. Zama Mokoena 19.08

7. Linda Cele 19.34

8. Ishmael Abdool 22.46

9. Ash Naidoo 22.54

10. Mzwenkosi Mjaja 23.22

11. Mthetho Khoza 23.22

12. Sibiniso Dlamini 23.45

13. Khethiwe Memela 26.44

14. Saleha Modeen 31.28

10km

15. Dumisani Motaung 36.47