5km

1.Mzwenkosi Mjaja17.02

2. Sizwe Fihlela 17.20

3. Nkosi Majama 18.34

4. Mbuso Ramphelile 18.28

5. Zifunele Majiya 18.34

6. Asanda Mdiya 19.10

7. Ish Abdo 22.50

8. Ash Naidoo 24.25

9. Eliot Holmes 23.30

10. Japhet Ngiba27.20

10km

11. Ntokozo Yebeni 36.10