5km

1.Mzwenkisi Mjaja 16.37

2. Maxwell Ngwazi 17.24

3. Eric Ngubane 17.27

4. Asanda Mdiya 17.56

5. Zama Mokoena 18.39

6.Fikile Mbuthuma 19.05

7. Linda Cele 19.20

8. Ish Abdool 21.50

9. Ash Naidoo 23.38

10. Ntando Mchunu 234.01

11. Phila Sibaya 24.17

12. Khethiwe Memela 27.13

13. Sibonelo Dlamini 27.29

14. Tsepi Lekitlane 32.20

10 km

15. Mthembeni Nzama 34.28

16. Sifundo Dlamini 36.02

17. Dumisani Motaung 36.59

18. Zakhele Dzelwa 44.43