5km

1. Qinisela Cele 19.15

2. Jabulani Khhanyile 19.22

3. Zama Mokoena 19.22

4. Lucky Zuma 19.23

5. Zakhele Dzelwa 21.34

6.Maureen Dladla 22.12

7.Ish Naidoo 24.45

8. Ash Abdool 24.45

10km

9. Thanda Mthembu 33.36

10.Mthembeni Nzama 36.04

11.Dumisani Motaung 36.05

12. Ntokozo Yebeni 36.23

13.Bonga Ndlovu 40.23