5km

1.Mawande Hlongwa 15.22

2. Mbuso Ramphelile 17.40

3. Linda Cele 19.54

4. Clerment Masalesa 20.10

5. Bheki Mlaba 21.26

6. Khanya Radebe 23'23

7. Siboniso Dlamini 24.52

10km

8. Ntokozo Yebeni 35.12