5km

1. Sithembele Faneko 15.07

2. Mbuso Ramphelile 17.55

3. Linda Cele 19.38

4. Bonga Myende 30.33

5. Bheki Mlaba 20.49

6. Thamsanqa Zondi 20.56

7. Ntuthuko Zuma 21.00

8. Senzo Mhlungu 24.12

9. Siboniso Dlamini 24.27

10. Gaino Geyer 32.25

10km

11. Ntokozo yebeni 34.35

12. Kahleko Mosea 37.28