

| 11 km | TIME | POSITION | RACE NUMBER | NAME | SURNAME |
|-------|----------|----------|-------------|----------------|--------------------|
| 11 KM | 00:48:52 | 1 | 72 | Chad | Gordon |
| 11 KM | 00:49:06 | 2 | 66 | Anele | Mnukwa |
| 11 KM | 00:55:37 | 3 | 45 | Thomas | Moss |
| 11 KM | 00:57:06 | 4 | 34 | Garyth | Kemp |
| 11 KM | 00:58:08 | 5 | 58 | Gerhard | Van der Merwe |
| 11 KM | 00:58:57 | 6 | 46 | Astrid | Peeters |
| 11 KM | 00:59:31 | 7 | 51 | Marliese | Rossouw |
| 11 KM | 01:01:17 | 8 | 31 | Eric | Judd |
| 11 KM | 01:01:31 | 9 | 50 | Anthony | Rex |
| 11 KM | 01:02:28 | 10 | 68 | Gustav | van der Westhuizen |
| 11 KM | 01:03:17 | 11 | 16 | Mike (Colleen) | Atter (Daniels) |
| 11 KM | 01:04:08 | 12 | 2 | malin | arnesson |
| 11 KM | 01:04:10 | 13 | 61 | Coenie | Van Niekerk |
| 11 KM | 01:07:12 | 14 | 44 | Bronwen | Moodie |
| 11 KM | 01:08:16 | 15 | 9 | Sandi | Brown |
| 11 KM | 01:08:16 | 16 | 62 | Dayle | Wheeler |
| 11 KM | 01:08:54 | 17 | 54 | Manuel | Silva |
| 11 KM | 01:09:03 | 18 | 23 | Martin | Giger |
| 11 KM | 01:11:25 | 19 | 19 | Andries | du Toit |
| 11 KM | 01:13:50 | 20 | 29 | Charl | Hugo |
| 11 KM | 01:15:11 | 21 | 57 | Helen | Twemlow |
| 11 KM | 01:15:12 | 22 | 43 | Faye | Mockford |
| 11 KM | 01:16:12 | 23 | 47 | JP | Pellissier |
| 11 KM | 01:17:28 | 24 | 64 | Bryan | Sutcliffe |
| 11 KM | 01:18:26 | 25 | 55 | Zani | Snyman |
| 11 KM | 01:18:26 | 26 | 56 | Rouise | Snyman |
| 11 KM | 01:19:20 | 27 | 65 | Hannah | Alsen |
| 11 KM | 01:19:45 | 28 | 12 | Richard | Cherry |
| 11 KM | 01:20:28 | 29 | 28 | John | Hooper |
| 11 KM | 01:21:36 | 30 | 26 | Bruce | Green |
| 11 KM | 01:21:36 | 31 | 27 | Abby | Green |
| 11 KM | 01:21:47 | 32 | 53 | Reinhard | Sieberhagen |
| 11 KM | 01:22:08 | 33 | 69 | Willie | Conradie |
| 11 KM | 01:22:16 | 34 | 60 | Hester | Van der Vyver |
| 11 KM | 01:22:25 | 35 | 5 | Ronel | Botha |
| 11 KM | 01:22:25 | 36 | 6 | Ettienne | Botha |
| 11 KM | 01:22:27 | 37 | 70 | Ronette | Conradie |
| 11 KM | 01:22:41 | 38 | 17 | Nicola | de Jager |
| 11 KM | 01:22:53 | 39 | 20 | Tamsin | Duggie |
| 11 KM | 01:25:21 | 40 | 71 | Sharon | Sleigh |
| 11 KM | 01:26:19 | 41 | 41 | Otto-Carl | Marte |
| 11 KM | 01:26:53 | 42 | 21 | Lucinda | Fouche |
| 11 KM | 01:27:22 | 43 | 7 | Ferdi | Brannekamper |
| 11 KM | 01:27:22 | 44 | 42 | Hanje | Miller |

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|-------|----------|-----|----|-------------|---------------|
| 11 KM | 01:29:54 | 45 | 22 | Antoinette | Geyer |
| 11 KM | 01:32:27 | 46 | 49 | Derik | Pretorius |
| 11 KM | 01:33:02 | 47 | 30 | Melissa | James |
| 11 KM | 01:33:07 | 48 | 13 | Magriet | Cherry |
| 11 KM | 01:33:07 | 49 | 67 | Stephanie | Cherry |
| 11 KM | 01:33:11 | 50 | 37 | Bernice | Kritzinger |
| 11 KM | 01:33:44 | 51 | 3 | Simone | Beling |
| 11 KM | 01:33:49 | 52 | 24 | Leigh | Gordon |
| 11 KM | 01:33:49 | 53 | 25 | Richard | Gordon |
| 11 KM | 01:34:18 | 54 | 73 | Laura | Wylie |
| 11 KM | 01:35:39 | 55 | 33 | Lyn | Kawitzky |
| 11 KM | 01:36:05 | 56 | 32 | David | Kawitzky |
| 11 KM | 01:41:04 | 57 | 63 | Nick | Sutcliffe |
| 11 KM | 01:41:04 | 58 | 48 | Dana | Pretorius |
| 11 KM | 01:41:37 | 59 | 10 | Sharon | Calitz |
| 11 KM | 01:41:39 | 60 | 11 | Danie | Calitz |
| 11 KM | 01:43:24 | 61 | 36 | ruth | kohlberg |
| 11 KM | 01:47:51 | 62 | 59 | Lenita | van der Merwe |
| 11 KM | 01:55:11 | 63 | 1 | Carin | Abramovitz |
| 11 KM | 01:55:12 | 64 | 39 | Vimbainashe | Macheka |
| 11 KM | 02:21:35 | 65 | 38 | Sandra | Laubscher |
| 11 KM | 02:21:36 | 66 | 18 | Chriselle | du Toit |
| 11 KM | N/A | N/A | 4 | Adaan | Bosman |
| 11 KM | N/A | N/A | 8 | Thomas | Brennan |
| 11 KM | N/A | N/A | 14 | Genevieve | Curl |
| 11 KM | N/A | N/A | 15 | David | Curl |
| 11 KM | N/A | N/A | 35 | Alastair | King |
| 11 KM | N/A | N/A | 40 | Stephan | Marais |
| 11 KM | N/A | N/A | 52 | Lize-Mari | Schultz |

| 5 KM | TIME | POSITION | RACE NUMBER | NAME | SURNAME |
|------|----------|----------|-------------|------------|------------|
| 5 | 00:20:10 | 1 | 134 | Adriaan | Conradie |
| 5 | 00:25:33 | 2 | 68 | Annette | Human |
| 5 | 00:26:15 | 3 | 36 | Colleen | Daniels |
| 5 | 00:29:02 | 4 | 22 | Sarah | Camp |
| 5 | 00:34:57 | 5 | 159 | Tamaryn | Larkman |
| 5 | 00:37:12 | 6 | 160 | Ryan | Larkman |
| 5 | 00:39:54 | 7 | 69 | David | Human |
| 5 | 00:39:54 | 8 | 70 | Michael | James |
| 5 | 00:40:02 | 9 | 117 | timothy | young |
| 5 | 00:41:06 | 10 | 17 | Anton | Botha |
| 5 | 00:41:09 | 11 | 118 | Jeremy | Young |
| 5 | 00:41:17 | 12 | 92 | Finn | Pearson |
| 5 | 00:41:25 | 13 | 10 | Leo | Beaumont |
| 5 | 00:41:26 | 14 | 67 | Isaac | House |
| 5 | 00:41:33 | 15 | 119 | Adam | Young |
| 5 | 00:41:35 | 16 | 95 | Alexander | Rust |
| 5 | 00:41:41 | 17 | 65 | Rob | House |
| 5 | 00:41:53 | 18 | 93 | Astrid | Peeters |
| 5 | 00:42:08 | 19 | 15 | Olivia | Boome |
| 5 | 00:42:08 | 20 | 12 | Catherine | Boome |
| 5 | 00:42:24 | 21 | 13 | Selborne | Boome |
| 5 | 00:42:25 | 22 | 168 | Ian | Corder |
| 5 | 00:42:25 | 23 | 79 | Handrie | Miller |
| 5 | 00:42:26 | 24 | 44 | Nicola | du Toit |
| 5 | 00:42:52 | 25 | 144 | Carla | Linde |
| 5 | 00:43:16 | 26 | 143 | Margot | Badenhorst |
| 5 | 00:43:24 | 27 | 145 | Tonie | Linde |
| 5 | 00:43:36 | 28 | 131 | Amy | Zudd |
| 5 | 00:43:36 | 29 | 146 | JP | Fluckiger |
| 5 | 00:43:37 | 30 | 133 | Mila | Conradie |
| 5 | 00:44:30 | 31 | 87 | Lara | Myburgh |
| 5 | 00:44:52 | 32 | 11 | Emma | Beukes |
| 5 | 00:45:07 | 33 | 24 | Kobus | Carstens |
| 5 | 00:45:10 | 34 | 23 | Monica | Carstens |
| 5 | 00:45:12 | 35 | 46 | Lidzia | Duggie |
| 5 | 00:45:17 | 36 | 50 | Gerrit | Fouche |
| 5 | 00:45:17 | 37 | 51 | Anne-Lucia | Fouche |
| 5 | 00:45:48 | 38 | 91 | Natalie | Opstaele |
| 5 | 00:46:40 | 39 | 16 | Julia | Botha |

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|---|----------|----|-----|-------------|--------------------|
| 5 | 00:46:40 | 40 | 85 | Liezl | Myburgh |
| 5 | 00:46:54 | 41 | 86 | Brandon | Myburgh |
| 5 | 00:46:56 | 42 | 77 | Liandi | Lubbe |
| 5 | 00:47:14 | 43 | 104 | Francini | Van Staden |
| 5 | 00:47:15 | 44 | 103 | Melanie | Van der Westhuizen |
| 5 | 00:47:23 | 45 | 127 | Albert | Steyn |
| 5 | 00:47:23 | 46 | 129 | Francois | Steyn |
| 5 | 00:47:24 | 47 | 100 | Joris | van Almenkerk |
| 5 | 00:47:52 | 48 | 101 | Joris | van Almenkerk |
| 5 | 00:47:52 | 49 | 109 | Farrah | Wheeler |
| 5 | 00:48:30 | 50 | 20 | Louise | Brooke |
| 5 | 00:48:30 | 51 | 21 | Tessa | Brooke |
| 5 | 00:48:30 | 52 | 47 | Elisabeth | Fitzhenry |
| 5 | 00:48:31 | 53 | 49 | William | Fitzhenry |
| 5 | 00:49:10 | 54 | 151 | Imma | Manuel |
| 5 | 00:49:10 | 55 | 75 | Sarah | Le Roux |
| 5 | 00:49:37 | 56 | 121 | Sarah | Brannekamper |
| 5 | 00:49:37 | 57 | 135 | Klara | Schoonraad |
| 5 | 00:50:02 | 58 | 26 | Anine | Cook |
| 5 | 00:50:02 | 59 | 27 | Christopher | Cook |
| 5 | 00:50:44 | 60 | 126 | Bella | Beaumont |
| 5 | 00:50:44 | 61 | 88 | Emily | Norman |
| 5 | 00:51:42 | 62 | 130 | Mana | Zudd |
| 5 | 00:51:42 | 63 | 115 | Mia | Wood |
| 5 | 00:53:38 | 64 | 113 | Brett | Wood |
| 5 | 00:53:38 | 65 | 108 | Valerie | Viljoen-Pront |
| 5 | 00:53:50 | 66 | 158 | Alexander | Rowe |
| 5 | 00:54:02 | 67 | 82 | Tom | Moodie |
| 5 | 00:54:02 | 68 | 157 | Alex | Rowe |
| 5 | 00:54:49 | 69 | 83 | William | Moodie |
| 5 | 00:54:49 | 70 | 34 | Lily | Daniels |
| 5 | 00:54:51 | 71 | 81 | Sim | Moodie |
| 5 | 00:54:54 | 72 | 149 | Lucy | Kilpin |
| 5 | 00:54:54 | 73 | 150 | Ken | Kilpin |
| 5 | 00:55:04 | 74 | 56 | Robyn | Gordon |
| 5 | 00:55:04 | 75 | 48 | Sophia | Fitzhenry |
| 5 | 00:55:05 | 76 | 122 | Marisa | Malan |
| 5 | 00:55:06 | 77 | 123 | Philip | Malan |
| 5 | 00:55:17 | 78 | 33 | Simon | Daniels |
| 5 | 00:55:18 | 79 | 111 | Ais | Willemse/Mouton |
| 5 | 00:55:32 | 80 | 99 | Bianca | Treiber |
| 5 | 00:55:33 | 81 | 110 | Maia | Wheeler |
| 5 | 00:57:48 | 82 | 138 | Jo | Atter |

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| 5 | 00:57:50 | 83 | 136 | Jo | Atter |
| 5 | 00:58:04 | 84 | 97 | Amber | Seymour |
| 5 | 00:59:37 | 85 | 52 | Helga | Frank |
| 5 | 01:00:33 | 86 | 61 | Owen | Henderson |
| 5 | 01:01:01 | 87 | 62 | Owen | Henderson |
| 5 | 01:01:03 | 88 | 71 | Annabell | Jonas |
| 5 | 01:01:35 | 89 | 166 | Mine | Jordaan |
| 5 | 01:01:44 | 90 | 120 | Hester | Zandberg |
| 5 | 01:02:06 | 91 | 167 | Du Toit | Jordaan |
| 5 | 01:02:07 | 92 | 148 | Joslyn | Muller |
| 5 | 01:02:07 | 93 | 59 | Miles | Hartford |
| 5 | 01:02:26 | 94 | 19 | Frances | Brannekamper |
| 5 | 01:02:26 | 95 | 2 | Adell | Adams |
| 5 | 01:02:51 | 96 | 153 | Duncan | Henderson |
| 5 | 01:02:51 | 97 | 64 | Emily | House |
| 5 | 01:03:04 | 98 | 66 | Rosie | House |
| 5 | 01:03:05 | 99 | 154 | Liz | Henderson |
| 5 | 01:03:06 | 100 | 114 | Carla | Wood |
| 5 | 01:03:08 | 101 | 116 | Erin | Wood |
| 5 | 01:03:08 | 102 | 125 | Hermann | Cloete |
| 5 | 01:03:26 | 103 | 132 | Enzo | Chanu |
| 5 | 01:03:26 | 104 | 94 | Connie | Pinto |
| 5 | 01:03:44 | 105 | 42 | Andrew | Downes |
| 5 | 01:03:46 | 106 | 41 | James | Downes |
| 5 | 01:03:47 | 107 | 40 | Sanbrina | Dicey |
| 5 | 01:03:47 | 108 | 39 | Malcolm | Dicey |
| 5 | 01:05:49 | 109 | 147 | Brian | Brekman |
| 5 | 01:05:50 | 110 | 32 | Alzira | da Silva |
| 5 | 01:05:50 | 111 | 76 | Brenda | Lotz |
| 5 | 01:05:50 | 112 | 55 | Michael | Gobregts |
| 5 | 01:07:52 | 113 | 53 | Quentin | Gobregts |
| 5 | 01:07:52 | 114 | 54 | Amika | Gobregts |
| 5 | 01:10:04 | 115 | 139 | Jessica | Dreyer |
| 5 | 01:12:57 | 116 | 142 | Rob | Laubscher |
| 5 | 01:12:58 | 117 | 141 | Rhea | Laubscher |
| 5 | 01:14:40 | 118 | 137 | Karolina | Dreyer |
| 5 | 01:14:41 | 119 | 140 | Dalyn | Dreyer |
| 5 | 01:15:09 | 120 | 5 | Patricia | Banda |
| 5 | 01:15:54 | 121 | 6 | Eva-Maryse | Banda |
| 5 | 01:15:54 | 122 | 8 | Sebastian | Beaumont |
| 5 | 01:16:01 | 123 | 1 | Martinique | Almendro |
| 5 | 01:16:01 | 124 | 3 | Martinique | Almendro |
| 5 | 01:16:01 | 125 | 9 | Sophie | Beaumont |

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| 5 | 01:16:17 | 126 | 25 | Jack | Cherry |
| 5 | 01:24:30 | 127 | 35 | Calum | Daniels |
| 5 | 01:24:30 | 128 | 57 | Zoey | Groenewald |
| 5 | 01:24:32 | 129 | 58 | Schalk | Groenewald |
| 5 | 01:26:20 | 130 | 73 | Amelia | Kilpin |
| 5 | 01:26:20 | 131 | 74 | Rikus | Kruger |
| 5 | 01:26:24 | 132 | 98 | Adri | Snyman |
| 5 | 01:26:25 | 133 | 102 | Cobus | Van der Walt |
| 5 | 01:26:28 | 134 | 112 | Amelia | Williams |
| 5 | 01:26:37 | 135 | 124 | Ettienne | Malan |
| 5 | 01:42:09 | 136 | 155 | Louise | Moss |
| 5 | | DNS | 161 | Alex | Kayser |
| 5 | | DNS | 162 | Eli | Kayser |
| 5 | | DNS | 163 | Ilse | Kayser |
| 5 | | DNS | 164 | Nigel | Kayser |
| 5 | | DNS | 29 | Lola | Curl |
| 5 | | DNS | 30 | Lily | Curl |
| 5 | | DNS | 31 | Atticus | Curl |
| 3 | 00:12:32 | 3KM | 80 | Janez | Minnie |
| 3 | 00:12:32 | 3KM | 84 | Seth | Muir |
| 3 | 00:13:14 | 3KM | 18 | Georgie | Botha |
| 3 | 00:13:23 | 3KM | 90 | Dylan | Oosthuizen |
| 3 | 00:13:33 | 3KM | 28 | Daniella | Corder |
| 3 | 00:13:55 | 3KM | 72 | Adam | Kilpin |
| 3 | 00:13:56 | 3KM | 37 | David | de Jager |
| 3 | 00:13:58 | 3KM | 106 | Graeme | Veitch |
| 3 | 00:13:59 | 3KM | 45 | Pippa | du Toit |
| 3 | 00:14:00 | 3KM | 78 | Angelique | Marais |
| 3 | 00:14:17 | 3KM | 156 | Chris | Botha |
| 3 | 00:14:32 | 3KM | 128 | Hendrick | Steyn |
| 3 | 00:14:44 | 3KM | 43 | Sebastian | du Toit |
| 3 | 00:14:49 | 3KM | 63 | Joshua | Hickson |
| 3 | 00:15:30 | 3KM | 38 | Nicola/Nathan | de Jager |
| 3 | 00:15:59 | 3KM | 4 | Raymond | Banda |
| 3 | 00:16:07 | 3KM | 105 | Jack | Veitch |
| 3 | 00:16:19 | 3KM | 60 | Caleb | Henderson |
| 3 | 00:17:43 | 3KM | 152 | Alice | Manuel |
| 3 | 00:17:53 | 3KM | 7 | Dirk | Basson |
| 3 | 00:19:14 | 3KM | 96 | Craig | Seymour |
| 3 | 00:19:19 | 3KM | 107 | Ankia | Venter |
| 3 | 00:19:24 | 3KM | 89 | Ethan | Norman |