

Position	First Name	Last Name	Time
1	Lindelani Ntandoenhle	Mjoli	32:35
2	Andile Linda	Mtambo	32:46
3	Sifundo Innocent	Sithole	40:07
4	George	Carr	46:05
5	Graham	Muller	50:05
6	Cam	Keen	50:09
7	Craig	Alison	59:11
8	Ntokozi Vincent	Mlotshwa	52:39
9	Roland	Mingay	55:03
10	Mark	Taylor	55:13
11	Douglas	Arnott	1:02:16
12	John	Michaux	1:02:52
13	John	Troisi	1:08:40
14	Andrew	Morris Jones	1:09:15
15	Nigel	Murray	1:09:29
16	Shawn	Davies	1:14:55
17	Kems	Wood	1:17:37
18	Thomas	Wellbeloved	1:17:50
19	Angus	Alison	1:19:35
20	Harry	Wellbeloved	1:19:35
21	Ryan	Duckham	1:19:45
22	Logan	Reece	1:23:57
23	Luka	Pillay	1:23:57
24	Adrian	Gordon	1:24:00
25	Mario	Buys	1:37:21
26	Barry	Cromhout	1:38:00
27	Peter	Geldart	1:38:00
28	Gerhard	van Greuning	1:39:42
29	Thinus	Buys	1:39:42
30	Richard	Beckett	1:51:58

**Women's Results**

Position	First Name	Last Name	Time
1	Sarah	Arnott	46:06
2	Jessie	Zunckel	48:38
3	Brooke	Segal	49:36
4	Fyrne	Segal	50:01
5	Jasmine	de Jager	50:01
6	Thembelihle Grace	Ndaba	50:01
7	Paige Frances	Probert	53:01
8	Sarah	Taylor	55:13
9	Carmen	Foley	55:57
10	Nosipho	Zuma	55:57
11	Emma-Leigh	Prain	57:18
12	Luyanda	Ngidi	59:16
13	Kierra	Luyt	59:17
14	Frances	Carr	1:01:54
15	Tessa	Alison	1:02:42
16	Seren	Luyt	1:02:00
17	Chey	Luyt	1:02:00
18	Carol	Phipson	1:09:37
19	Katherine	Troisi	1:12:48
20	Nicole	Davies	1:12:48
21	Nontuthuko	Ndlovu	1:16:40
22	Megs	Wood	1:17:37
23	Rebecca	Wood	1:19:45
24	Isabella	Hutton	1:19:45
25	Vicky	Reece	1:21:00
26	Victoria	Lindsey	1:21:00
27	Kate	Gordon	1:24:00
28	Cornie	Buys	1:37:00
29	Juané	van Zyl	1:39:00
30	Kristen	Botha	1:39:00
31	Shelley	Wellbeloved	1:40:00
32	Justine	Hutton	1:40:00
33	Hayley	Muller	1:40:00
34	Kirsten	Cromhout	1:40:00
35	Anri	Walsh	1:40:00
36	Nicky	de Jager	1:51:00
37	Barbara	Bullock	1:51:00
38	Celia	Speirs	1:51:00