

| Position | participant | Time | Bib | Overall Position | Position | participant | Time | Bib | Overall Position |
|---------------------|---------------------|----------|------|------------------|-----------------------|------------------------|----------|------|------------------|
| 30 km - male | | | | | 30 km - female | | | | |
| 1 | Mvuyisi Gcogco | 02:50:50 | 1643 | 1 | 1 | Annalise Scholtz | 02:50:50 | 1571 | 1 |
| 2 | Paul Freeth | 03:01:10 | 1563 | 2 | 2 | Bianca Vermaak | 03:40:35 | 1606 | 7 |
| 3 | Delano Knoetze | 03:04:22 | 1596 | 3 | 3 | Cheri Fourie | 04:06:44 | 1644 | 10 |
| 4 | Rayno Vogel | 03:09:41 | 1630 | 4 | 4 | Debbie Du Plessis | 04:30:36 | 1609 | 11 |
| 5 | Darren Mc Roberts | 03:12:52 | 1642 | 5 | 5 | Celida Trahms | 04:30:38 | 1611 | 12 |
| 6 | Louis De Bruin | 03:25:22 | 1598 | 6 | 6 | Tracey Tudhope | 05:41:39 | 1577 | 15 |
| 7 | Chris Meistre | 03:40:36 | 1605 | 8 | | | | | |
| 8 | Finn Zu Klampen | 03:57:58 | 1617 | 9 | | | | | |
| 9 | Jan Du Plessis | 04:30:41 | 1608 | 13 | | | | | |
| 10 | Thomas Marais | 04:38:16 | 1908 | 14 | | | | | |
| 11 | Ryan Tudhope | 05:41:41 | 1578 | 16 | | | | | |
| 18 km - male | | | | | 18 km - female | | | | |
| 1 | Damien Catherine | 02:03:54 | 1592 | 4 | 1 | Liza Kingston | 01:53:24 | 1621 | 1 |
| 2 | Adriaan Erwee | 02:14:31 | 1622 | 6 | 2 | Kelly Freeth | 01:57:43 | 1562 | 2 |
| 3 | Ignatius Meyer | 02:15:49 | 1568 | 7 | 3 | Dawn Black | 02:01:58 | 1600 | 3 |
| 4 | Clayton Goddard | 02:32:16 | 1614 | 14 | 4 | Chanel Rood | 02:12:50 | 1625 | 5 |
| 5 | Johnathan Dillon | 02:33:12 | 1613 | 15 | 5 | Elize Wessels | 02:16:38 | 1602 | 8 |
| 6 | Juan Scholtz | 02:40:32 | 1572 | 16 | 6 | Karen Nel | 02:20:09 | 1637 | 9 |
| 7 | Willi Lawson | 03:17:28 | 1640 | 18 | 7 | Kierryn Keeton | 02:24:54 | 1646 | 10 |
| | Matthew Hayter | | 1547 | DNF | 8 | Tammy Van Zyl | 02:25:58 | 1599 | 11 |
| | | | | | 9 | Robyn Bird | 02:26:01 | 1601 | 12 |
| | | | | | 10 | Tanya Blom | 02:28:14 | 1628 | 13 |
| | | | | | 11 | Michelle Lawson | 03:17:19 | 1641 | 17 |
| | | | | | 12 | Vuyokazi November | 03:31:50 | 1645 | 19 |
| | | | | | 13 | Freda De Bruin | 03:46:17 | 1597 | 20 |
| | | | | | 14 | Lize Knoetze | 03:46:18 | 1595 | 21 |
| 12 km - male | | | | | 12 km - female | | | | |
| 1 | Rudi Second | 01:12:27 | 1619 | 1 | 1 | Leigh Callaghan | 01:21:34 | 1546 | 21 |
| 2 | Craig Black | 01:15:13 | 1620 | 2 | 2 | Cindy Forbes | 01:27:24 | 1907 | 22 |
| 3 | Gerhard Grobler | 01:20:59 | 1623 | DNF | 3 | Annette Grobler | 01:32:47 | 1633 | 23 |
| 4 | Vusumzi Jakuja | 01:26:33 | 1632 | 5 | 4 | Kira Dusterwald | 01:37:18 | 1636 | DNF |
| 5 | Makiwasandile Ngqwe | 01:26:39 | 1557 | 6 | 5 | Janell Barnard | 01:37:30 | 1900 | 25 |
| 6 | Colby Strydom | 01:29:33 | 1575 | 8 | 6 | Taylor-Rose Strydom | 01:38:22 | 1574 | 26 |
| 7 | Pierre Renshaw | 01:38:37 | 1607 | 13 | 7 | Natalie Pretorius | 01:46:23 | 1631 | 27 |
| 8 | Donovan Austin | 01:38:40 | 1612 | 14 | 8 | Ilze Swart | 01:47:48 | 1638 | 28 |
| 9 | Lester Hen-Boisen | 01:38:59 | 1566 | 15 | 9 | Nomathemba Gum | 01:49:50 | 1909 | 29 |
| 10 | Rowan-Ford Van Gend | 01:40:02 | 1901 | 16 | 10 | Tenielle De Andrade | 01:50:41 | 1629 | 30 |
| 11 | Luke Kellerman | 01:46:14 | 1904 | 17 | 11 | Ilze Van Den Bosch | 01:51:01 | 1639 | 31 |
| 12 | Carl Trahms | 01:50:28 | 1610 | 21 | 12 | Nadia Kriel | 01:52:24 | 1899 | 32 |
| 13 | Robert Montgomery | 01:50:56 | 1624 | 23 | 13 | Colleen Kellerman | 01:58:53 | 1903 | 35 |
| 14 | Lincoln Strydom | 02:01:04 | 1576 | 28 | 14 | Karen Murdock | 01:59:42 | 1902 | 36 |
| 15 | Mike Burger | 02:02:36 | 1579 | 31 | 15 | Alison Strydom | 02:01:06 | 1573 | 37 |
| 16 | Eugene Lubbe | 02:16:28 | 1604 | 32 | 16 | Lisa Hen-Boisen | 02:02:33 | 1567 | 39 |
| 17 | Daniel James Parker | 02:25:07 | 1569 | 34 | 17 | Shelby Leigh Roberts | 02:16:31 | 1603 | DNF |
| | | | | | 18 | Nicole Deschamps | 02:25:09 | 1570 | 45 |
| 6 km - male | | | | | 6 km - female | | | | |
| 1 | Henlo De Bruin | 00:35:13 | 1590 | 2 | 1 | Annelize De Bruin | 00:34:39 | 1591 | 1 |
| 2 | Hilton Keeton | 00:35:16 | 1585 | 3 | 2 | Athule Pikoli | 00:46:13 | 1560 | 8 |
| 3 | Guy Catherine | 00:35:36 | 1588 | 4 | 3 | Zimasa Pikoli | 00:46:14 | 1556 | 9 |
| 4 | Adam Postepski | 00:36:02 | 1616 | 5 | 4 | Cayla-Paige Nortje | 00:46:40 | 1618 | 10 |
| 5 | Joshua Catherine | 00:38:16 | 1589 | 6 | 5 | Sandy Rubin | 00:49:10 | 1564 | 11 |
| 6 | Mark Edwards | 00:42:26 | 1581 | 7 | 6 | Monique Wessels | 00:49:11 | 1565 | 12 |
| 7 | Ave Jakuja | 00:59:59 | 1634 | 14 | 7 | Cima Mqondeki | 00:50:12 | 1555 | 13 |
| 8 | Yiba Jakuja | 0,041678 | 1635 | 15 | 8 | Anmarie Pienaar | 01:00:04 | 1551 | 16 |
| 9 | Christopher Arnold | 0,042188 | 1626 | 19 | 9 | Zandri Knoetze | 01:00:08 | 1594 | 17 |
| 10 | Caleb Ambler | 0,043472 | 1906 | 22 | 10 | Debbie Arnold | 01:00:44 | 1627 | 18 |
| 11 | Zack Knoetze | 0,043507 | 1593 | 23 | 11 | Caitlin Hayter | 01:01:31 | 1548 | 20 |
| 12 | Grant Keeton | 0,043819 | 1545 | 25 | 12 | Tyla Keeton | 0,043368 | 1544 | 21 |
| 13 | Suan Pienaar | 0,043912 | 1553 | 26 | 13 | Laura Smith | 0,043704 | 1549 | 24 |
| 14 | Richard Tyrrell | 01:08:07 | 1615 | 29 | 14 | Eloise Reveley | 0,044931 | 1587 | 27 |
| 15 | Pine Pienaar | 0,050139 | 1554 | 33 | 15 | Chrizzanne De Wet | 0,045463 | 1586 | 28 |
| | | | | | 16 | Jade Staples | 0,047338 | 1580 | 30 |
| | | | | | 17 | Merike Pienaar | 0,049803 | 1552 | 31 |
| | | | | | 18 | Leandri Pienaar | 0,049965 | 1550 | 32 |
| | | | | | 19 | Janey Kellerman | 0,051273 | 1905 | 34 |
| | | | | | 20 | Jay-Neen Vankeirsbilck | 0,051505 | 1561 | 35 |