

5KM Female - Autumn	
Name	Time
Yekisha Naidoo	22:35.765
Ilan Zwaremstein	27:07.432
Michelle Rawlinson	29:54.425

5KM Female - Winter	
Name	Time
Miriam Ncube	27:13.355
Dorah Ndiweni	27:18.561
Ilan Kennedy	27:36.905

5KM Female - Spring	
Name	Time
Michelle Rawlinson	28:16.323
Kirsten Nolan	28:20.583
Rozahn Rens Swanepoel	31:01.987

5KM Female - Summer	
Name	Time
Cara Jade Allnutt	26:52.142
Kirsten Nolan	27:16.222
Nevleen Reddy	30:04.103

5KM Male - Autumn	
Name	Time
Judd Rajak	22:12.642
Rory Button	24:03.603
Shane House	24:03.708

5KM Male - Winter	
Name	Time
Honest Mathe	19:31.764
Hendrick Luthuli	21:44.129
Judd Rajak	22:14.498

5KM Male - Spring	
Name	Time
Ashley Benatar	22:18.208
Judd Rajak	22:22.042
Ilan Zwarenten	22:32.319

5KM Male - Summer	
Name	Time
Michael Morgan	26:51.891
Marcus Meurs	27:19.968
Thinus Venter	30:02.892

10KM Female - Autumn	
Name	Time
Dina Shibambo	43:02.109
Leslie Richards	45:27.403
Nhlanhla Thamaga	47:11.441

10KM Female - Winter	
Name	Time
Danna Winter	54:29.233
Lesley Hutchins	57:17.486
Nicola Wilson	57:38.010

10KM Female - Spring	
Name	Time
Camelia Coopen	48:33.506
Dana Boyce	51:04.625
Tegan Grymble	54:34.414

10KM Female - Summer	
Name	Time
Phindile Zondi	45:22.788
Dana Boyce	51:26.422
Debbie Oleary	53:06.283

10KM Male - Autumn	
Name	Time
Simon Richards	45:29.018
Lucas Motshabi	45:52.015
Alan Nooy	49:36.705

10KM Male - Winter	
Name	Time
Skippy Claassens	43:52.503
Lucas Motshabi	44:22.503
Ryan Mathaba	44:45.313

10KM Male - Spring	
Name	Time
Hanre Herbst	41:34.747
Lucas Motshabi	41:38.206
Michael Sigamoney	42:25.072

10KM Male - Summer	
Name	Time
BONGANI Nell	38:50.632
Lucas Motshabi	43:21.839
Miles Collier	54:10.755