

| Athlete name | Age group | Race km | Points |
|-----------------------|-----------|---------|--------|
| King Chipara | 40-49 | 517.0 | 346 |
| Mitch Dufourq | 20-34 | 203.5 | 309 |
| Ryan Meszaros | 20-34 | 351.7 | 253 |
| Martino Malembe | 40-49 | 376.7 | 215 |
| Shawn Meyer | 50-59 | 216.4 | 204 |
| Tony de Freitas | 40-49 | 424.7 | 199 |
| Bongani Jali | 40-49 | 229.7 | 173 |
| Shaun Leagas | 20-34 | 336.5 | 171 |
| Joseph Nxumalo | 50-59 | 363.8 | 167 |
| Wayne Bunyard | 40-49 | 397.7 | 165 |
| Grant Marais | 40-49 | 241.3 | 143 |
| Shane Westermeyer | 35-39 | 284.5 | 137 |
| Herve Rougier-Lagane | 60+ | 129.1 | 130 |
| Nhlanhla Thembani | 35-39 | 280.4 | 130 |
| Jay Oliviera | 35-39 | 297.0 | 113 |
| Elias Mchunu | 40-49 | 255.6 | 113 |
| Evidence Mwando | 40-49 | 188.6 | 110 |
| Patrick Mthembu | 20-34 | 217.3 | 109 |
| Robin Edwards | 50-59 | 160.5 | 108 |
| Gary Roberts | 40-49 | 136.3 | 107 |
| Jericho Khathi | 40-49 | 223.2 | 106 |
| Aaron Engelbrecht | 20-34 | 223.3 | 102 |
| Alpheus Magcaba | 50-59 | 187.2 | 100 |
| Corbyn Marais | 0-19 | 51.0 | 93 |
| Innocent Ngubane | 20-34 | 202.1 | 90 |
| Sonnyboy Nkabini | 40-49 | 130.5 | 89 |
| Ntobeko (Shai) Selani | 20-34 | 248.3 | 84 |
| Sean Uys | 40-49 | 72.2 | 82 |
| Norman Dorkin | 40-49 | 64.1 | 79 |
| Gareth de Broize | 35-39 | 151.6 | 72 |
| Graeme Schnell | 35-39 | 206.1 | 71 |
| Siphamandla Mngoma | 20-34 | 139.0 | 70 |
| Zipho Mdletshe | 20-34 | 49.1 | 70 |
| Charles Bishop | 40-49 | 98.2 | 69 |
| Mel Greyling | 60+ | 223.2 | 68 |
| Thavasan Asari | 40-49 | 40.0 | 76 |
| Hillary Greenwood | 60+ | 171.5 | 75 |
| Njabulo Khuzwayo | 40-49 | 196.2 | 74 |
| Grant Ladner | 40-49 | 161.5 | 65 |
| Philip Duze | 20-34 | 171.2 | 62 |
| Richard Smart | 35-39 | 109.2 | 58 |
| Ralph Sonyeya | 20-34 | 171.2 | 57 |
| Gary Escreet | 50-59 | 98.3 | 55 |
| Steven Hanson | 35-39 | 97.2 | 53 |
| Jarid Sherwood | 20-34 | 100.4 | 51 |
| Garth Moffatt | 35-39 | 171.2 | 51 |

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| Athlete name | Age group | Race km | Points |
|------------------------|-----------|---------|--------|
| Sam Gould | 50-59 | 546.0 | 471 |
| Kirsten Mcdonald | 35-39 | 400.1 | 359 |
| Alison Uys | 35-39 | 229.5 | 338 |
| Beaujolois Keary | 35-39 | 382.9 | 296 |
| Mandy Meyer | 40-49 | 219.4 | 291 |
| Jacqueline Sutherland | 40-49 | 435.8 | 286 |
| Robyn Greyling | 35-39 | 147.5 | 241 |
| Lihle Hlophe | 35-39 | 336.0 | 228 |
| Varsha Heera | 35-39 | 249.8 | 215 |
| Vicky Falkson | 40-49 | 296.9 | 213 |
| Katie Roberts | 40-49 | 172.3 | 202 |
| Angela Westermeyer | 40-49 | 148.3 | 190 |
| Silvia de Freitas | 40-49 | 337.9 | 178 |
| Bronwyn Marais | 35-39 | 258.3 | 176 |
| Gay Tilbury | 50-59 | 141.3 | 175 |
| Jenny Viljoen | 35-39 | 376.6 | 174 |
| Shantal Matthysen | 35-39 | 156.4 | 173 |
| Chloe Fortmann | 20-34 | 264.5 | 170 |
| Lesley Leagas | 50-59 | 193.8 | 171 |
| Tertia Emerson | 40-49 | 141.2 | 159 |
| Denise Towell | 50-59 | 240.3 | 159 |
| Lana van der Zee | 20-34 | 164.4 | 158 |
| Angelique Meszaros | 20-34 | 105.2 | 147 |
| Monica de Kleyn | 40-49 | 111.1 | 140 |
| Sharon Hanson | 35-39 | 140.2 | 139 |
| Michelle Haarhoff | 20-34 | 248.4 | 137 |
| Michelle Coskey | 50-59 | 121.3 | 134 |
| Jandi Hallett | 50-59 | 60.0 | 131 |
| Michelle Kerr | 35-39 | 116.2 | 130 |
| Lindie Baard | 35-39 | 187.7 | 129 |
| Bronwyn Freese | 35-39 | 238.4 | 122 |
| Vicky Hickeni | 35-39 | 97.1 | 116 |
| Sandy Naylor | 35-39 | 125.3 | 116 |
| Sarah Bekker | 50-59 | 166.6 | 115 |
| Riley McCabe | 20-34 | 110.2 | 102 |
| Kirsten Mulder | 20-34 | 90.2 | 98 |
| Alishea Hodges | 35-39 | 99.2 | 94 |
| Tammy Woodroffe | 40-49 | 143.2 | 93 |
| Diane Hope | 20-34 | 155.5 | 92 |
| Roxanne Nel | 20-34 | 140.5 | 92 |
| Shannon Browning | 40-49 | 172.4 | 91 |
| Sonya Rougier-Lagane | 60+ | 83.1 | 88 |
| Marcelle McLean | 60+ | 156.6 | 88 |
| Refiloe Matshaba | 50-59 | 120.5 | 83 |
| Julie Ladner | 40-49 | 165.4 | 76 |
| Monique van den Busken | 40-49 | 196.2 | 76 |

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| Michael Hodges | 40-49 | 30.0 | 49 |
| Mark Charlesworth | 35-39 | 140.4 | 48 |
| Rob Kaletsch | 40-49 | 84.4 | 48 |
| Buyani Dladla | 35-39 | 119.2 | 46 |
| Preggie Pillay | 50-59 | 171.2 | 46 |
| Reginald Mbuto | 40-49 | 129.0 | 45 |
| Richard Browning | 40-49 | 95.3 | 41 |
| Gregory Whitehead | 50-59 | 30.0 | 39 |
| Siboniso Shange | 40-49 | 129.0 | 38 |
| Mohau Lecheko | 20-34 | 129.0 | 38 |
| Alan Phillips | 40-49 | 52.1 | 37 |
| Blair Thompson | 20-34 | 31.1 | 35 |
| Phumlani Mtiko | 40-49 | 29.1 | 34 |
| Michael Hind | 40-49 | 42.2 | 33 |
| Shane Greyling | 35-39 | 33.0 | 33 |
| Moeletsi Matshaba | 0-19 | 30.0 | 30 |
| Lalelani Shange | 35-39 | 67.1 | 30 |
| Ross Wetherston | 20-34 | 31.1 | 29 |
| Dave Gould | 50-59 | 46.1 | 28 |
| Damian Bradley | 40-49 | 42.2 | 28 |
| Gavin Hall | 60+ | 50.0 | 27 |
| Mark Nicholas Gaines | 35-39 | 46.1 | 21 |
| Nevendran Pillay | 40-49 | 31.1 | 20 |
| Leon Campher | 40-49 | 31.1 | 19 |
| Matthew Searle | 20-34 | 21.1 | 18 |
| Matt Swemmer | 20-34 | 42.2 | 17 |
| Duncan Havenga | 20-34 | 21.1 | 17 |
| Andre Kerdachi | 40-49 | 21.1 | 16 |
| Geoffrey Goble | 35-39 | 42.2 | 16 |
| Marc Russell | 40-49 | 10.0 | 16 |
| Josh Nimmo | 20-34 | 21.1 | 15 |
| Brendan Tarpey | 50-59 | 21.1 | 15 |
| Steven Gordon Total | 20-34 | 21.1 | 13 |
| Kubendran Govender | 40-49 | 42.2 | 13 |
| Derick Erasmus | 20-34 | 10.0 | 13 |
| Ryan Roberts | 40-49 | 10.0 | 13 |
| Siyanda Raboteng | 20-34 | 42.2 | 12 |
| Bokang Mapesela | 20-34 | 42.2 | 10 |
| Stephen Muraour | 40-49 | 21.1 | 10 |
| Conrad Baasden | 50-59 | 21.1 | 7 |
| Satish Bugwandin | 40-49 | 21.1 | 3 |

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|----|-----------------------|-------|-------|----|
| 48 | Samantha Nightingale | 20-34 | 94.3 | 76 |
| 49 | Chantelle Kett | 35-39 | 55.0 | 75 |
| 50 | Jessica Kelly | 0-19 | 49.1 | 73 |
| 51 | Khanyisile Duze | 35-39 | 213.4 | 69 |
| 52 | Alison Schnell | 35-39 | 119.3 | 65 |
| 53 | Omeshiree Naidoo | 40-49 | 97.1 | 64 |
| 54 | Nicole Potgieter | 40-49 | 50.0 | 60 |
| 55 | Lauren Holl | 20-34 | 119.3 | 58 |
| 56 | Emily Sumner | 35-39 | 45.0 | 57 |
| 57 | Hayleigh Belman | 20-34 | 88.3 | 54 |
| 58 | Cheryl Aitken | 40-49 | 67.2 | 48 |
| 59 | Cayla Hallett | 20-34 | 35.0 | 48 |
| 60 | Cindy Valentine | 40-49 | 73.3 | 46 |
| 61 | Liesel Phillips | 40-49 | 52.1 | 45 |
| 62 | Vanessa Brackett | 35-39 | 57.2 | 44 |
| 63 | Mandy Eley | 40-49 | 47.1 | 43 |
| 64 | Alison Moor | 50-59 | 39.1 | 42 |
| 65 | Terri-Anne Bossy | 20-34 | 63.3 | 41 |
| 66 | Luiza Muraour | 40-49 | 62.2 | 41 |
| 67 | Leah Escreet | 40-49 | 56.1 | 39 |
| 68 | Taralyn Carnali | 20-34 | 30.0 | 37 |
| 69 | Jami Klumper | 20-34 | 129.0 | 35 |
| 70 | Samantha Bugwandin | 35-39 | 52.2 | 35 |
| 71 | Lauren Bradley | 35-39 | 31.1 | 32 |
| 72 | Jackie Gaines | 20-34 | 46.1 | 31 |
| 73 | Nicole Sharratt | 20-34 | 26.0 | 30 |
| 74 | Clare Gillespie | 40-49 | 36.1 | 25 |
| 75 | Shannon Hall | 60+ | 20.0 | 25 |
| 76 | Philippa Charlesworth | 40-49 | 31.1 | 24 |
| 77 | Michelle Sinclair | 40-49 | 42.2 | 23 |
| 78 | Megan Thomas | 40-49 | 41.1 | 23 |
| 79 | Sophia Allison | 50-59 | 25.0 | 20 |
| 80 | Elisha Reddy | 20-34 | 20.0 | 20 |
| 81 | Annelie Landman | 40-49 | 42.2 | 19 |
| 82 | Lee Havenga | 20-34 | 21.1 | 18 |
| 83 | Taryn Ford Davel | 40-49 | 42.2 | 18 |
| 84 | Kayley Daly | 20-34 | 42.2 | 18 |
| 85 | Kirsten Weir | 40-49 | 42.2 | 17 |
| 86 | Claire Moffatt | 35-39 | 5.0 | 16 |
| 87 | Deborah Sweby | 50-59 | 52.2 | 16 |
| 88 | Chantelle Gray | 40-49 | 10.0 | 15 |
| 89 | Heather Tallis | 50-59 | 8.0 | 14 |
| 90 | Jade Tallis | 0-19 | 4.0 | 13 |
| 91 | Cailin Hogg | 20-34 | 10.0 | 13 |
| 92 | Marian Chipara | 0-19 | 4.0 | 12 |
| 93 | Laura Pillay | 35-39 | 10.0 | 11 |
| 94 | Justine Du Plessis | 35-39 | 21.0 | 10 |
| 95 | Crissi McKenzie | 20-34 | 4.0 | 10 |

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|-----|--------------------------|--------------|-------------|----------|
| 96 | Courtney Thompson | 20-34 | 21.1 | 8 |
| 97 | Lisa Younghusband | 40-49 | 10.0 | 6 |
| 98 | Zandile Shange | 35-39 | 15.0 | 5 |
| 99 | Nontokozo Gumede | 35-39 | 10.0 | 2 |
| 100 | Natanie Slabbert | 20-34 | 10.0 | 2 |