

Top 10 Men							
Position	Name	Surname	Time				
1	Sibusiso	Nzima	1	:06		:15	
2	Joseph	Manyedi	1	:06		:25	
3	Tumelo	Matlagale	1	:07		:17	
4	Tseiso	Moeketsi	1	:08		:02	
5	Johannes	Kekana	1	:08		:18	
6	Musa	Nkosi	1	:08		:26	
7	Lutendo	Mapoto	1	:08		:33	
8	Xolisa	Tyali	1	:08		:45	
9	Obed	Kopong	1	:08		:54	
10	Thabo	Mutaung	1	:09		:09	
Category Age 16 - 19 Men							
Position	Name	Surname	Time				
1	Tshepo	Sekoati	1	:15		:12	
2	Khongelani	Shivambo	1	:17		:39	
3	Dzunani	Baloyi	1	:18		:04	
Category Age 40 - 49 Men							
Position	Name	Surname	Time				
1	Johannes	Kekana	1	:08		:18	
2	Phillip	Phakwago	1	:12		:16	
3	Ronny	Mabotja	1	:20		:38	
Category Age 50 - 59 Men							

Position	Name	Surname	Time			
1	Elgin	Mokale	1	:19		:43
2	Morris	Mfanufikile	1	:20		:22
3	Peter	Masia	1	:20		:38
Category Age 60+						
Position	Name	Surname	Time			
1	Samuel	Randelani	1	:30		:51
2	David	Kubjana	1	:32		:32
3	Bonginkosi	Shobede	1	:34		:38
Category 70+						
Position	Name	Surname	Time			
1	Daniel	Hlongwane	1	:34		:38
Top 10 Women						
Position	Name	Surname	Time			
1	Rutendo	Nyahora	1	:14		:29
2	Rudo	Mhonderwa	1	:18		:10
3	Caroline	Mawanda	1	:19		:05
4	Nobuhle	Tshuma	1	:19		:20
5	Patience	Murowe	1	:21		:20
6	Anna	Bungu	1	:21		:59
7	Catherine	Skosana	1	:26		:03
8	Farida	Zwane	1	:26		:24
9	Chil	Shindile	1	:27		:31
10	Thabitha	Tsatsa	1	:29		:13

Category Age 16 - 19 Women							
Position	Name	Surname	Time				
1	Glenda	Ramashio		01	: 40		10
2	Amely	Chauke		01	: 43		30
3	Denga	Magaga		02	: 09		15
Category Age 40 - 49 Women Veteran							
Position	Name	Surname	Time				
1	Tabitha	Tsatsa		01	: 29		13
2	Anna	Maponya		01	: 42		59
3	Cynthia	Nnako		01	: 57		57
Category Age 50 - 59 Women Master							
Position	Name	Surname	Time				
1	Jane	Mudau		01	: 50		04
2	Catherine	Naane		01	: 51		12
3	Sarah	Mahlangu		01	: 57		30
Category Age 60+ Women Grand Master							
Position	Name	Surname	Time				
1	Magwethu	Makgoale		02	:12		32
2	Adel	Matotoka		02	:20		02
3	Meriam	Gafane		02	:23		17