

Distance	Name	Surname	Gender	Total Points	Gender position	Tie breaker total time
14km	Mvuyisi	Gcogco	Male	450	1	
7km	Siyabonga	Kahla	Male	450	1	
14km	Gail	Willimott	Female	390	1	
14km	Obey	Mtetwa	Male	360	2	
7km	Jolene	Jansen	Female	360	1	
7km	Rachel	Nieuwoudt	Female	320	2	
14km	Kingston	Liza	Female	300	2	
7km	Lomnabo	Mtshake	Male	300	2	01:29:53
7km	Damien	Catherine	Male	300	3	01:38:59
7km	Brenda	McIntyre	Female	280	3	
7km	Shaun	Whinney	Male	260	4	
14km	Helen	Kernohan	Female	250	3	
14km	Lisa	Morrissey	Female	240	4	
14km	Leani	Horne	Female	190	5	
14km	Steven	Buhr	Male	190	3	
14km	Gawie	Henning	Male	180	4	
7km	Playdon	Bernard	Male	180	5	
14km	Ryan	Tudhope	Male	150	5	
7km	Candy	Boonzaier	Female	150	4	
7km	Micke	Erasmus	Female	130	5	
14km	Elani	Eakert	Female	120	6	
14km	Chris	Darke	Male	120	6	
14km	Andy	Wesson	Male	120	6	
7km	Georgie	Darke	Female	120	6	
14km	Tyler	Wood	Male	110	8	
7km	Morne	Meiring	Male	110	6	
14km	Asanda	Solani	Female	100	7	
14km	Peter	Kasaber	Male	100	9	
14km	Clifford	Savage	Male	100	9	
7km	Siska	van der Bijl	Female	100	7	
14km	Geertruida	Molenaar	Female	90	8	
14km	Louis	Dupper	Male	90	11	
7km	Eddelene	Smith	Female	90	8	

7km	Corrine Bridgit	Vos	Female	90	8	
7km	Alison	Kernohan	Female	90	8	
7km	Dallas	Barnado	Male	90	7	
14km	Greg	Billson	Male	80	12	
7km	Dave	Lindsey	Female	80	11	
7km	Volenti	Meyer	Female	80	11	
7km	Savanha	Boshoff	Female	80	11	
7km	Anriette	Schoeman	Female	80	11	
7km	Calum-Lee	Boshoff	Male	80	8	
7km	Gareth	Liebenberg	Male	80	8	
14km	Georgie	Darke	Female	70	9	
14km	Playdon	Bernard	Male	70	13	
14km	Dale	Moulton	Male	70	13	
7km	Katherine	Liebenberg	Female	70	15	
7km	Sandy	Glover	Female	70	15	
7km	Cameron	Markow	Male	70	10	
7km	Marco	van Zyl	Male	70	10	
7km	Mike	Glover	Male	70	10	
7km	Ieandra	pickard	Female	60	17	
7km	Charl	de Klerk	Male	60	13	
7km	Richard	McIntyre	Male	60	13	
14km	Glenn	Hendricks	Male	50	15	
7km	Carol-Anne	Cash	Female	50	18	
7km	Vernon	Naidoo	Male	50	15	
7km	Andrew	Saffin	Male	50	15	
14km	Cornel	Gouws	Male	40	14	
7km	Linda	Harwood	Female	40	19	
7km	Carlene	Du Randt	Female	40	19	
7km	Colin	Stephen	Male	40	17	
7km	Robert	Barron	Male	40	17	
14km	Shane	Saunders	Male	30	13	
7km	Letitia	Strauss	Female	30	21	
7km	Carin	Gouws	Female	30	21	
7km	Michael	Kingston	Male	30	19	
14km	Lionel	Kroon	Male	20	12	
14km	Andrew	Boshoff	Male	20	12	
14km	Dean	Saunders	Male	20	12	
7km	Tim	Pittaway	Male	20	20	
7km	donovan	pickard	Male	20	20	