

| Position | Name | Surname | TeamName | RaceNo | StartGroup | Sex | Net Time | TotLaps | Lap1 | Lap2 | Lap3 | Lap4 | Lap5 | Lap6 | Lap7 | Lap8 | Lap9 | Lap10 |
|----------|-------------------|------------|----------|--------|------------|-----|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Siyabulela | Mqambeli | AAC | 50367 | 50KM | M | 3:10:27 | 10 | 0:18:49 | 0:18:36 | 0:18:43 | 0:19:04 | 0:18:38 | 0:18:23 | 0:19:29 | 0:18:38 | 0:19:28 | 0:20:34 |
| 2 | Sibongile Luca | Boyana | CCAC | 50350 | 50KM | M | 3:21:25 | 10 | 0:18:50 | 0:18:35 | 0:18:38 | 0:19:03 | 0:18:42 | 0:18:20 | 0:19:35 | 0:19:55 | 0:25:48 | 0:23:55 |
| 3 | Lehlohonolo | Nyombane | NRCWP | 50321 | 50KM | M | 3:23:15 | 10 | 0:18:49 | 0:18:36 | 0:18:38 | 0:19:04 | 0:18:41 | 0:18:23 | 0:19:32 | 0:21:13 | 0:23:41 | 0:26:35 |
| 4 | Byron | February | WELLING | 50458 | 50KM | M | 3:30:00 | 10 | 0:15:00 | 0:15:00 | 0:15:00 | 0:17:52 | 0:19:46 | 0:20:31 | 0:22:14 | 0:24:24 | 0:30:38 | 0:29:32 |
| 5 | Xolile | Macanda | RCSGUGS | 50344 | 50KM | M | 3:50:38 | 10 | 0:18:49 | 0:18:36 | 0:18:43 | 0:19:04 | 0:19:12 | 0:21:29 | 0:24:52 | 0:34:14 | 0:28:23 | 0:27:12 |
| 6 | William | Robinson | VOB | 10048 | 50KM | M | 3:53:12 | 10 | 0:22:47 | 0:23:14 | 0:23:01 | 0:22:55 | 0:23:04 | 0:23:18 | 0:22:47 | 0:23:04 | 0:23:55 | 0:25:07 |
| 7 | Gilbert | Korir | NRCWP | 50448 | 50KM | M | 3:56:10 | 10 | 0:22:35 | 0:21:51 | 0:21:43 | 0:22:23 | 0:22:47 | 0:22:53 | 0:24:56 | 0:25:31 | 0:25:46 | 0:25:40 |
| 8 | Melikhaya | Jandick | RCSGUGS | 50483 | 50KM | M | 3:56:54 | 10 | 0:22:28 | 0:21:56 | 0:21:43 | 0:22:24 | 0:22:47 | 0:22:52 | 0:24:56 | 0:25:32 | 0:25:46 | 0:26:24 |
| 9 | Sotirios | Ladopoulos | WILDWP | 50214 | 50KM | M | 4:08:44 | 10 | 0:24:46 | 0:23:49 | 0:23:36 | 0:23:17 | 0:24:48 | 0:24:26 | 0:24:57 | 0:25:56 | 0:26:54 | 0:26:12 |
| 10 | Ntutuzelo | Lumani | VOB | 50474 | 50KM | M | 4:13:36 | 10 | 0:24:33 | 0:23:12 | 0:23:09 | 0:22:47 | 0:23:15 | 0:25:36 | 0:27:51 | 0:27:49 | 0:27:35 | 0:27:44 |
| 11 | Randall | Joshua | NANTES | 50459 | 50KM | M | 4:13:41 | 10 | 0:22:27 | 0:21:26 | 0:21:54 | 0:21:58 | 0:22:25 | 0:24:58 | 0:27:01 | 0:27:53 | 0:32:21 | 0:31:15 |
| 12 | Lionel | Cronje | BELL | 50472 | 50KM | M | 4:14:35 | 10 | 0:22:35 | 0:22:04 | 0:22:30 | 0:22:50 | 0:23:58 | 0:25:50 | 0:27:37 | 0:29:37 | 0:29:38 | 0:27:56 |
| 13 | Monty | Sahd | BELL | 50281 | 50KM | M | 4:15:07 | 10 | 0:26:32 | 0:25:58 | 0:26:21 | 0:26:48 | 0:24:13 | 0:23:22 | 0:24:01 | 0:25:15 | 0:26:17 | 0:26:15 |
| 14 | Cliffie | Blake | BELL | 50477 | 50KM | M | 4:16:20 | 10 | 0:25:22 | 0:23:28 | 0:23:08 | 0:21:47 | 0:22:34 | 0:23:33 | 0:23:51 | 0:30:45 | 0:29:17 | 0:32:32 |
| 15 | Mzukisi | Mgwebi | NRCWP | 50438 | 50KM | M | 4:18:31 | 10 | 0:22:44 | 0:22:59 | 0:22:51 | 0:22:58 | 0:22:58 | 0:25:45 | 0:25:01 | 0:30:36 | 0:30:19 | 0:32:17 |
| 16 | Youssef | Kanouni | CENTWP | 10017 | 50KM | M | 4:22:04 | 10 | 0:22:34 | 0:21:51 | 0:21:44 | 0:22:23 | 0:22:47 | 0:22:53 | 0:24:57 | 0:30:06 | 0:37:33 | 0:35:13 |
| 17 | David | Groenewald | HILTON | 50138 | 50KM | M | 4:22:29 | 10 | 0:25:24 | 0:24:45 | 0:25:34 | 0:25:15 | 0:25:40 | 0:25:53 | 0:26:15 | 0:27:17 | 0:27:56 | 0:28:26 |
| 18 | Allan | Ryninks | WILDWP | 50386 | 50KM | M | 4:23:36 | 10 | 0:24:49 | 0:24:42 | 0:24:54 | 0:26:32 | 0:25:17 | 0:25:24 | 0:25:57 | 0:28:45 | 0:27:54 | 0:29:17 |
| 19 | Aubrey | Ratombo | DURBAC | 50451 | 50KM | M | 4:27:55 | 10 | 0:26:21 | 0:23:00 | 0:23:23 | 0:24:01 | 0:24:38 | 0:24:49 | 0:26:14 | 0:28:40 | 0:32:16 | 0:34:31 |
| 20 | Damian | Will | PINE | 1003 | 50KM | M | 4:28:11 | 10 | 0:24:02 | 0:24:22 | 0:24:04 | 0:24:24 | 0:25:25 | 0:23:43 | 0:23:53 | 0:25:13 | 0:34:42 | 0:38:19 |
| 21 | Cailley | Bredenkamp | PAARL | 50207 | 50KM | F | 4:31:21 | 10 | 0:26:57 | 0:25:42 | 0:25:59 | 0:27:00 | 0:27:32 | 0:27:52 | 0:28:40 | 0:28:00 | 0:27:31 | 0:26:08 |
| 22 | Annalita | Goosen | CMSC | 50166 | 50KM | F | 4:32:01 | 10 | 0:25:23 | 0:24:46 | 0:25:34 | 0:26:59 | 0:25:36 | 0:26:38 | 0:27:56 | 0:28:58 | 0:30:03 | 0:30:03 |
| 23 | Michael | Obery | ITHEKO | 50299 | 50KM | M | 4:32:27 | 10 | 0:22:49 | 0:22:02 | 0:22:16 | 0:22:34 | 0:23:39 | 0:23:33 | 0:25:59 | 0:33:11 | 0:37:56 | 0:38:23 |
| 24 | Rushi | Kolbe | INTOUCH | 50210 | 50KM | F | 4:35:41 | 10 | 0:29:39 | 0:28:11 | 0:28:21 | 0:26:43 | 0:27:31 | 0:28:57 | 0:28:20 | 0:25:21 | 0:25:46 | 0:26:48 |
| 25 | Heinrich | Badenhorst | VOB | 50285 | 50KM | M | 4:38:44 | 10 | 0:29:45 | 0:27:51 | 0:26:59 | 0:29:02 | 0:29:52 | 0:27:03 | 0:26:08 | 0:26:44 | 0:29:08 | 0:26:07 |
| 26 | Anwar | Cassiem | ITHEKO | 50335 | 50KM | M | 4:41:53 | 10 | 0:29:07 | 0:27:06 | 0:26:43 | 0:25:50 | 0:25:38 | 0:27:02 | 0:27:25 | 0:28:43 | 0:31:14 | 0:33:02 |
| 27 | Mashudu | Munzhelele | METLIFE | 50353 | 50KM | M | 4:42:00 | 10 | 0:26:31 | 0:23:37 | 0:23:34 | 0:24:03 | 0:27:51 | 0:26:02 | 0:29:41 | 0:32:05 | 0:34:04 | 0:34:26 |
| 28 | Elme | Middlemost | BRACKEN | 50232 | 50KM | F | 4:42:38 | 10 | 0:24:48 | 0:24:08 | 0:24:30 | 0:24:50 | 0:25:49 | 0:26:39 | 0:30:16 | 0:31:09 | 0:38:22 | 0:32:03 |
| 29 | Sean | Silwana | RCSGUGS | 50487 | 50KM | M | 4:45:03 | 10 | 0:27:24 | 0:25:13 | 0:25:56 | 0:25:58 | 0:26:11 | 0:26:05 | 0:30:08 | 0:30:24 | 0:34:38 | 0:33:03 |
| 30 | Songezo | Rexe | INTOUCH | 50236 | 50KM | M | 4:45:14 | 10 | 0:27:10 | 0:25:19 | 0:24:03 | 0:24:08 | 0:24:40 | 0:25:23 | 0:29:54 | 0:30:29 | 0:36:07 | 0:37:57 |
| 31 | Mahlogonolo Lucky | Selowa | OB SRC | 50300 | 50KM | M | 4:45:23 | 10 | 0:25:19 | 0:23:21 | 0:23:57 | 0:25:09 | 0:26:29 | 0:28:20 | 0:30:56 | 0:31:09 | 0:34:10 | 0:36:30 |
| 32 | Louis | Kotze | CMSC | 50405 | 50KM | M | 4:45:59 | 10 | 0:27:41 | 0:25:58 | 0:28:25 | 0:25:57 | 0:26:57 | 0:28:46 | 0:28:57 | 0:31:46 | 0:32:04 | 0:29:24 |
| 33 | Marcel | Yon | RCSGUGS | 50357 | 50KM | M | 4:47:10 | 10 | 0:26:49 | 0:25:08 | 0:25:17 | 0:24:30 | 0:24:56 | 0:27:40 | 0:26:29 | 0:30:32 | 0:37:46 | 0:37:58 |
| 34 | Monique | Roberts | BELL | 50127 | 50KM | F | 4:47:15 | 10 | 0:26:32 | 0:25:59 | 0:26:21 | 0:26:52 | 0:28:47 | 0:31:50 | 0:30:13 | 0:27:29 | 0:30:38 | 0:32:31 |
| 35 | Shaun | Maregele | INTOUCH | 1005 | 50KM | M | 4:48:44 | 10 | 0:29:20 | 0:28:29 | 0:29:17 | 0:28:29 | 0:27:32 | 0:27:06 | 0:27:59 | 0:29:10 | 0:31:38 | 0:29:40 |
| 36 | Frik | Nelson | BELL | 50407 | 50KM | M | 4:49:25 | 10 | 0:29:41 | 0:27:25 | 0:27:17 | 0:27:30 | 0:27:47 | 0:28:46 | 0:29:19 | 0:29:47 | 0:30:31 | 0:31:19 |
| 37 | Renier | Bekker | BRACKEN | 50255 | 50KM | M | 4:50:42 | 10 | 0:24:46 | 0:24:44 | 0:24:55 | 0:26:08 | 0:25:19 | 0:26:19 | 0:28:23 | 0:32:19 | 0:34:52 | 0:42:53 |
| 38 | Charlene | Irwin | VOB | 50254 | 50KM | F | 4:51:37 | 10 | 0:28:50 | 0:27:43 | 0:27:55 | 0:28:01 | 0:27:23 | 0:29:00 | 0:29:34 | 0:30:05 | 0:31:29 | 0:31:33 |
| 39 | Bruce Terrance | Arendse | NANTES | 50435 | 50KM | M | 4:51:46 | 10 | 0:22:44 | 0:23:23 | 0:24:31 | 0:24:53 | 0:26:47 | 0:27:31 | 0:30:00 | 0:36:07 | 0:37:30 | 0:38:17 |
| 40 | Bongani | Mandindi | MPTITAN | 50269 | 50KM | M | 4:53:52 | 10 | 0:30:32 | 0:27:24 | 0:26:52 | 0:27:08 | 0:27:51 | 0:28:08 | 0:29:47 | 0:30:56 | 0:31:47 | 0:33:22 |
| 41 | Khanya | Matose | KHAYEL | 50375 | 50KM | M | 4:57:39 | 10 | 0:26:54 | 0:25:26 | 0:25:13 | 0:25:31 | 0:26:02 | 0:28:34 | 0:32:58 | 0:44:20 | 0:31:47 | 0:30:49 |
| 42 | Khanya | Nomjana | SANDFWP | 50301 | 50KM | M | 4:59:18 | 10 | 0:26:59 | 0:25:34 | 0:25:55 | 0:27:10 | 0:27:01 | 0:28:18 | 0:31:46 | 0:35:35 | 0:36:15 | 0:34:39 |
| 43 | Leroi | Steenkamp | CELTIC | 50442 | 50KM | M | 5:00:11 | 10 | 0:23:49 | 0:22:50 | 0:23:32 | 0:24:30 | 0:25:36 | 0:28:26 | 0:35:35 | 0:39:20 | 0:39:13 | 0:37:16 |
| 44 | Ree | Van Zyl | BOLAND | 50425 | 50KM | F | 5:00:28 | 10 | 0:26:57 | 0:26:11 | 0:26:47 | 0:27:51 | 0:29:13 | 0:30:15 | 0:31:31 | 0:33:40 | 0:33:30 | 0:34:29 |
| 45 | Esmund | Van Wyk | BELL | 50140 | 50KM | M | 5:04:11 | 10 | 0:31:18 | 0:29:30 | 0:29:24 | 0:29:00 | 0:30:07 | 0:28:56 | 0:29:37 | 0:29:48 | 0:33:30 | 0:32:56 |
| 46 | Jozua | Joubert | BRACKEN | 50416 | 50KM | M | 5:07:31 | 10 | 0:25:51 | 0:25:14 | 0:24:47 | 0:24:47 | 0:29:16 | 0:30:39 | 0:38:23 | 0:34:59 | 0:36:05 | 0:37:27 |

| Position | Name | Surname | TeamName | RaceNo | StartGroup | Sex | Net Time | TotLaps | Lap1 | Lap2 | Lap3 | Lap4 | Lap5 | Lap6 | Lap7 | Lap8 | Lap9 | Lap10 |
|----------|----------------|--------------------|----------|--------|------------|-----|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 47 | Maria | Losini | INTOUCH | 50257 | 50KM | F | 5:11:10 | 10 | 0:30:02 | 0:29:12 | 0:29:50 | 0:29:17 | 0:30:24 | 0:29:20 | 0:31:26 | 0:32:35 | 0:32:48 | 0:36:11 |
| 48 | Nkosinathi | Losini | INTOUCH | 50258 | 50KM | M | 5:11:10 | 10 | 0:30:03 | 0:29:11 | 0:29:50 | 0:29:17 | 0:30:24 | 0:29:20 | 0:31:26 | 0:32:35 | 0:32:48 | 0:36:11 |
| 49 | Reece | Brooks | DURBAC | 50175 | 50KM | M | 5:12:45 | 10 | 0:26:56 | 0:24:53 | 0:25:38 | 0:26:36 | 0:28:14 | 0:30:19 | 0:33:49 | 0:42:18 | 0:34:03 | 0:39:54 |
| 50 | Peter-John | August | VOB | 50239 | 50KM | M | 5:13:37 | 10 | 0:29:23 | 0:27:15 | 0:27:40 | 0:27:42 | 0:27:09 | 0:28:12 | 0:29:28 | 0:37:46 | 0:37:48 | 0:41:10 |
| 51 | Julian | Karp | QBH | 50172 | 50KM | M | 5:14:18 | 10 | 0:32:14 | 0:30:34 | 0:29:50 | 0:30:00 | 0:29:58 | 0:31:58 | 0:31:34 | 0:32:20 | 0:32:37 | 0:33:07 |
| 52 | Sean | Davids | RAVENS | 50377 | 50KM | M | 5:14:52 | 10 | 0:30:30 | 0:29:10 | 0:29:51 | 0:30:27 | 0:30:20 | 0:29:56 | 0:29:57 | 0:31:45 | 0:36:06 | 0:36:45 |
| 53 | Shaheed | Jakoet | VOB | 50432 | 50KM | M | 5:15:21 | 10 | 0:29:07 | 0:27:06 | 0:26:36 | 0:23:49 | 0:27:19 | 0:27:40 | 0:31:31 | 0:32:56 | 0:38:08 | 0:51:04 |
| 54 | Jeremy | Petersen | VOB | 50292 | 50KM | M | 5:16:29 | 10 | 0:29:23 | 0:27:15 | 0:27:48 | 0:27:34 | 0:27:09 | 0:28:12 | 0:36:25 | 0:37:23 | 0:39:19 | 0:35:56 |
| 55 | Sandra | Bester | LANGAC | 50409 | 50KM | F | 5:17:41 | 10 | 0:30:33 | 0:27:52 | 0:28:06 | 0:29:20 | 0:28:38 | 0:30:47 | 0:35:22 | 0:35:13 | 0:35:40 | 0:36:05 |
| 56 | Melissa | Van Der Westhuizen | SANRRC | 50289 | 50KM | F | 5:18:43 | 10 | 0:32:05 | 0:31:25 | 0:30:33 | 0:31:52 | 0:32:16 | 0:32:01 | 0:32:15 | 0:33:06 | 0:32:03 | 0:31:03 |
| 57 | Damian | Seale | RCSGUGS | 50485 | 50KM | M | 5:18:54 | 10 | 0:24:47 | 0:23:37 | 0:23:34 | 0:24:47 | 0:28:52 | 0:36:07 | 0:35:41 | 0:40:27 | 0:44:52 | 0:36:06 |
| 58 | Deon | Beukes | SANRRC | 50117 | 50KM | M | 5:20:54 | 10 | 0:27:43 | 0:27:34 | 0:27:44 | 0:27:36 | 0:28:44 | 0:29:27 | 0:32:51 | 0:41:18 | 0:37:53 | 0:40:01 |
| 59 | Laswet | Savadye | TEAMVICG | 50113 | 50KM | M | 5:22:02 | 10 | 0:27:51 | 0:25:14 | 0:25:14 | 0:25:50 | 0:26:53 | 0:29:21 | 0:39:12 | 0:41:55 | 0:40:07 | 0:40:21 |
| 60 | Liezel | Camacho | BRACKEN | 50317 | 50KM | F | 5:26:47 | 10 | 0:30:58 | 0:30:37 | 0:29:42 | 0:30:24 | 0:29:54 | 0:37:50 | 0:36:00 | 0:36:15 | 0:32:29 | 0:32:32 |
| 61 | Scott | Mclvor | UK | 50391 | 50KM | M | 5:27:05 | 10 | 0:31:46 | 0:28:48 | 0:29:19 | 0:29:36 | 0:30:02 | 0:30:51 | 0:35:43 | 0:35:19 | 0:38:00 | 0:37:37 |
| 62 | Johann | Claassen | SANRRC | 50264 | 50KM | M | 5:27:48 | 10 | 0:32:05 | 0:31:24 | 0:30:33 | 0:31:51 | 0:32:16 | 0:32:02 | 0:32:14 | 0:33:07 | 0:34:48 | 0:37:23 |
| 63 | Tauriq | Nolly | TMP WP | 50116 | 50KM | M | 5:29:20 | 10 | 0:27:22 | 0:27:21 | 0:26:55 | 0:27:18 | 0:28:47 | 0:29:09 | 0:33:10 | 0:38:46 | 0:51:25 | 0:39:04 |
| 64 | Lian | Visagie | CMSC | 50307 | 50KM | M | 5:29:26 | 10 | 0:27:21 | 0:26:18 | 0:26:31 | 0:28:12 | 0:29:23 | 0:31:56 | 0:36:10 | 0:42:14 | 0:41:57 | 0:39:19 |
| 65 | John | Stewe | RAVENS | 50449 | 50KM | M | 5:29:34 | 10 | 0:32:20 | 0:30:09 | 0:29:57 | 0:32:51 | 0:30:46 | 0:30:16 | 0:31:43 | 0:36:17 | 0:37:00 | 0:38:10 |
| 66 | Miranda | Mvumvu | BUFFAC | 50354 | 50KM | F | 5:29:54 | 10 | 0:37:48 | 0:32:18 | 0:32:27 | 0:34:00 | 0:31:48 | 0:33:12 | 0:32:06 | 0:31:57 | 0:33:08 | 0:31:07 |
| 67 | Lorraine | Horne | ELSIESAC | 50340 | 50KM | F | 5:32:01 | 10 | 0:30:32 | 0:27:52 | 0:28:06 | 0:29:20 | 0:28:44 | 0:32:49 | 0:40:15 | 0:39:13 | 0:38:29 | 0:36:37 |
| 68 | Luyanda | Mgwexa | MUTUAL | 50290 | 50KM | M | 5:32:24 | 10 | 0:28:40 | 0:27:35 | 0:31:29 | 0:27:39 | 0:31:10 | 0:30:39 | 0:39:13 | 0:30:47 | 0:41:11 | 0:43:57 |
| 69 | Boingotlo | Nthebe | PARLIAM | 50195 | 50KM | M | 5:32:42 | 10 | 0:33:49 | 0:28:24 | 0:28:42 | 0:29:01 | 0:28:51 | 0:31:22 | 0:35:07 | 0:38:42 | 0:40:10 | 0:38:30 |
| 70 | Wendy | Jansen | EDGE | 50434 | 50KM | F | 5:34:27 | 10 | 0:35:37 | 0:32:58 | 0:33:02 | 0:33:19 | 0:33:20 | 0:37:12 | 0:31:14 | 0:32:55 | 0:32:27 | 0:32:18 |
| 71 | Ashley Brian | Isaacs | VOB | 50229 | 50KM | M | 5:36:10 | 10 | 0:29:43 | 0:27:24 | 0:27:54 | 0:30:15 | 0:28:54 | 0:32:00 | 0:37:37 | 0:37:12 | 0:44:29 | 0:40:39 |
| 72 | Lionel | Abrahams | PINE | 50429 | 50KM | M | 5:36:53 | 10 | 0:27:26 | 0:27:21 | 0:28:24 | 0:30:17 | 0:32:08 | 0:35:12 | 0:38:09 | 0:37:38 | 0:39:10 | 0:41:04 |
| 73 | Nicolaas | Loubser | TMP WP | 50174 | 50KM | M | 5:38:15 | 10 | 0:23:26 | 0:25:18 | 0:27:32 | 0:30:42 | 0:32:37 | 0:36:09 | 0:44:47 | 0:39:26 | 0:39:14 | 0:39:00 |
| 74 | Christopher | Schnehage | PINE | 50235 | 50KM | M | 5:38:38 | 10 | 0:32:20 | 0:31:00 | 0:31:16 | 0:32:16 | 0:27:40 | 0:36:53 | 0:34:45 | 0:34:35 | 0:37:46 | 0:40:03 |
| 75 | Raymond | Herron | BELL | 50192 | 50KM | M | 5:38:48 | 10 | 0:33:32 | 0:32:07 | 0:33:31 | 0:33:25 | 0:34:22 | 0:35:13 | 0:34:34 | 0:34:17 | 0:34:35 | 0:33:08 |
| 76 | Gavin | Shaskolsky | CCAC | 50342 | 50KM | M | 5:38:53 | 10 | 0:32:27 | 0:29:18 | 0:30:53 | 0:31:16 | 0:34:16 | 0:35:07 | 0:34:53 | 0:36:01 | 0:37:48 | 0:36:51 |
| 77 | Kgabo Euphraat | Hopane | PARLIAM | 50480 | 50KM | F | 5:39:28 | 10 | 0:31:15 | 0:30:03 | 0:29:54 | 0:30:41 | 0:31:04 | 0:33:18 | 0:35:55 | 0:36:59 | 0:39:15 | 0:40:58 |
| 78 | Lindi | Stegmann | DURBAC | 50404 | 50KM | F | 5:39:45 | 10 | 0:32:00 | 0:30:00 | 0:30:28 | 0:32:14 | 0:32:39 | 0:33:32 | 0:37:00 | 0:37:20 | 0:37:14 | 0:37:14 |
| 79 | De Wit | Stegmann | DURBAC | 50403 | 50KM | M | 5:39:46 | 10 | 0:32:00 | 0:30:00 | 0:30:28 | 0:32:14 | 0:32:39 | 0:33:31 | 0:37:01 | 0:37:20 | 0:37:14 | 0:37:14 |
| 80 | Naomi | Badenhorst | VOB | 50286 | 50KM | F | 5:40:54 | 10 | 0:29:58 | 0:30:24 | 0:30:47 | 0:31:18 | 0:32:35 | 0:34:37 | 0:36:33 | 0:36:43 | 0:38:54 | 0:39:02 |
| 81 | Fazlin | Martin | VOB | 50111 | 50KM | F | 5:40:55 | 10 | 0:28:46 | 0:28:38 | 0:30:54 | 0:30:35 | 0:32:07 | 0:34:46 | 0:38:02 | 0:36:51 | 0:40:28 | 0:39:44 |
| 82 | Christiaan | Steyn | TNLCACR | 50224 | 50KM | M | 5:42:07 | 10 | 0:32:21 | 0:31:03 | 0:29:31 | 0:33:26 | 0:30:49 | 0:30:27 | 0:34:32 | 0:38:15 | 0:41:23 | 0:40:16 |
| 83 | Werner | Schmidt | CMSC | 50134 | 50KM | M | 5:42:49 | 10 | 0:28:43 | 0:28:19 | 0:30:16 | 0:30:09 | 0:30:51 | 0:33:38 | 0:42:07 | 0:40:11 | 0:39:15 | 0:39:17 |
| 84 | Shabeer | Ebrahim | ITHEKO | 50201 | 50KM | M | 5:43:58 | 10 | 0:30:11 | 0:29:41 | 0:29:14 | 0:30:08 | 0:30:27 | 0:30:46 | 0:33:10 | 0:42:11 | 0:41:04 | 0:47:02 |
| 85 | Ashraf | Orrie | ITHEKO | 50170 | 50KM | M | 5:43:59 | 10 | 0:29:07 | 0:27:06 | 0:26:27 | 0:26:06 | 0:25:38 | 0:28:51 | 0:30:23 | 0:40:24 | 1:02:50 | 0:47:02 |
| 86 | Eldrich | Steedsman | AAC | 50414 | 50KM | M | 5:44:16 | 10 | 0:33:18 | 0:30:08 | 0:28:58 | 0:28:35 | 0:32:07 | 0:32:50 | 0:42:44 | 0:41:59 | 0:37:59 | 0:35:36 |
| 87 | Rene | Schuller | TOPFORM | 50392 | 50KM | F | 5:44:44 | 10 | 0:33:10 | 0:28:33 | 0:32:02 | 0:30:41 | 0:34:17 | 0:36:04 | 0:37:54 | 0:35:36 | 0:38:46 | 0:37:36 |
| 88 | John | Burns | BELL | 50216 | 50KM | M | 5:45:19 | 10 | 0:26:32 | 0:25:58 | 0:26:36 | 0:26:38 | 0:28:47 | 0:31:50 | 0:40:04 | 0:46:43 | 0:49:30 | 0:42:38 |
| 89 | Jacques | Booyesen | ITHEKO | 50167 | 50KM | M | 5:46:13 | 10 | 0:29:07 | 0:27:07 | 0:26:29 | 0:29:29 | 0:31:58 | 0:37:24 | 0:40:33 | 0:44:55 | 0:41:09 | 0:37:58 |
| 90 | Morne | Van Der Westhuizen | TMP WP | 50454 | 50KM | M | 5:46:26 | 10 | 0:32:32 | 0:32:13 | 0:33:27 | 0:33:02 | 0:35:15 | 0:33:37 | 0:35:52 | 0:35:25 | 0:36:47 | 0:38:13 |
| 91 | Andrea | Herron | BELL | 50191 | 50KM | F | 5:46:49 | 10 | 0:33:32 | 0:32:07 | 0:33:31 | 0:33:25 | 0:34:23 | 0:35:13 | 0:37:01 | 0:35:56 | 0:35:30 | 0:36:07 |
| 92 | Juan | Clarence | BELL | 50296 | 50KM | M | 5:46:49 | 10 | 0:33:34 | 0:31:49 | 0:33:33 | 0:32:28 | 0:35:05 | 0:37:45 | 0:34:57 | 0:35:55 | 0:35:30 | 0:36:08 |

| Position | Name | Surname | TeamName | RaceNo | StartGroup | Sex | Net Time | TotLaps | Lap1 | Lap2 | Lap3 | Lap4 | Lap5 | Lap6 | Lap7 | Lap8 | Lap9 | Lap10 |
|----------|----------|---------------|----------|--------|------------|-----|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 93 | Jill | Lategan | GOOD | 50184 | 50KM | F | 5:47:07 | 10 | 0:29:20 | 0:28:30 | 0:29:17 | 0:30:07 | 0:32:11 | 0:35:46 | 0:42:03 | 0:46:22 | 0:35:20 | 0:38:08 |
| 94 | Phumudzo | Mafunise | DOE AC | 50450 | 50KM | M | 5:47:23 | 10 | 0:36:57 | 0:28:39 | 0:28:45 | 0:28:23 | 0:31:02 | 0:32:31 | 0:35:31 | 0:36:47 | 0:41:45 | 0:47:01 |
| 95 | Robyn | Noble | VOB | 50427 | 50KM | F | 5:48:41 | 10 | 0:31:41 | 0:30:57 | 0:30:00 | 0:30:00 | 0:31:31 | 0:31:01 | 0:35:37 | 0:35:23 | 0:38:34 | 0:53:52 |
| 96 | Toppie | Scheepers | BRACKEN | 50360 | 50KM | M | 5:48:43 | 10 | 0:30:57 | 0:30:38 | 0:29:42 | 0:30:25 | 0:29:52 | 0:37:36 | 0:36:17 | 0:39:12 | 0:42:22 | 0:41:39 |
| 97 | Samuel | Ngidiwe | PINE | 50159 | 50KM | M | 5:49:32 | 10 | 0:28:32 | 0:27:47 | 0:28:09 | 0:29:07 | 0:30:52 | 0:34:04 | 0:40:50 | 0:39:48 | 0:40:32 | 0:49:46 |
| 98 | Jonathan | Kaplan | AAC | 50142 | 50KM | M | 5:50:06 | 10 | 0:32:03 | 0:30:45 | 0:31:32 | 0:33:50 | 0:33:32 | 0:35:52 | 0:37:11 | 0:38:18 | 0:39:34 | 0:37:23 |
| 99 | Jp | Juries | RWFLWP | 50419 | 50KM | M | 5:50:22 | 10 | 0:29:39 | 0:28:11 | 0:28:20 | 0:26:44 | 0:27:31 | 0:28:57 | 0:33:23 | 0:46:02 | 0:49:52 | 0:51:40 |
| 100 | Derek | Reardon | VOB | 50295 | 50KM | M | 5:51:48 | 10 | 0:29:06 | 0:28:27 | 0:28:37 | 0:30:20 | 0:31:25 | 0:32:17 | 0:38:37 | 0:44:34 | 0:43:00 | 0:45:20 |
| 101 | Craig | Strachan | VOB | 50130 | 50KM | M | 5:52:11 | 10 | 0:31:01 | 0:31:57 | 0:31:56 | 0:31:55 | 0:35:35 | 0:34:14 | 0:35:40 | 0:40:22 | 0:40:39 | 0:38:47 |
| 102 | Nico | Maritz | SANRRC | 50336 | 50KM | M | 5:53:56 | 10 | 0:28:28 | 0:27:55 | 0:28:38 | 0:28:47 | 0:32:26 | 0:37:24 | 0:43:25 | 0:41:32 | 0:42:46 | 0:42:31 |
| 103 | Qhama | Cossie | PINE | 50253 | 50KM | M | 5:54:32 | 10 | 0:34:18 | 0:31:06 | 0:31:48 | 0:32:19 | 0:33:14 | 0:33:52 | 0:37:59 | 0:39:17 | 0:38:59 | 0:41:35 |
| 104 | Nadia | Greeff | VOB | 50110 | 50KM | F | 5:56:20 | 10 | 0:29:21 | 0:29:03 | 0:30:11 | 0:32:10 | 0:33:43 | 0:37:38 | 0:39:25 | 0:42:22 | 0:39:48 | 0:42:35 |
| 105 | Frank | Ohlson | RAVENS | 50418 | 50KM | M | 5:56:25 | 10 | 0:30:30 | 0:29:10 | 0:29:51 | 0:29:14 | 0:30:05 | 0:32:10 | 0:43:08 | 0:45:12 | 0:44:27 | 0:42:34 |
| 106 | Vondra | Singleton | WORC | 50470 | 50KM | F | 5:57:24 | 10 | 0:33:17 | 0:31:29 | 0:31:22 | 0:31:24 | 0:34:11 | 0:36:32 | 0:36:42 | 0:39:50 | 0:42:17 | 0:40:17 |
| 107 | Zaheer | Alexander | ODF | 50150 | 50KM | M | 5:57:47 | 10 | 0:32:50 | 0:32:22 | 0:32:01 | 0:32:33 | 0:32:52 | 0:34:00 | 0:36:33 | 0:41:44 | 0:43:08 | 0:39:41 |
| 108 | Ebrahim | Gasnola | ITHEKO | 50406 | 50KM | M | 5:57:56 | 10 | 0:30:34 | 0:31:25 | 0:32:10 | 0:32:56 | 0:31:07 | 0:33:40 | 0:39:13 | 0:42:37 | 0:45:13 | 0:38:58 |
| 109 | Louis | Botha | EDGE | 50316 | 50KM | M | 5:57:58 | 10 | 0:29:24 | 0:32:34 | 0:32:10 | 0:32:56 | 0:31:08 | 0:33:39 | 0:34:22 | 0:47:27 | 0:42:27 | 0:41:46 |
| 110 | Yusri | Williams | ODF | 10053 | 50KM | M | 5:58:42 | 10 | 0:35:03 | 0:30:44 | 0:31:07 | 0:33:30 | 0:34:55 | 0:33:16 | 0:32:29 | 0:51:02 | 0:39:31 | 0:36:59 |
| 111 | Charl | Krieger | CENTWP | 50423 | 50KM | M | 5:58:42 | 10 | 0:35:03 | 0:30:44 | 0:30:41 | 0:33:56 | 0:31:31 | 0:27:21 | 0:29:44 | 1:03:06 | 0:39:31 | 0:37:00 |
| 112 | Vuyokazi | Bikwana | BELL | 50262 | 50KM | F | 5:59:20 | 10 | 0:33:40 | 0:31:04 | 0:30:17 | 0:32:02 | 0:32:57 | 0:36:32 | 0:39:11 | 0:40:45 | 0:42:59 | 0:39:50 |
| 113 | Eddyson | Rhode | CPUT | 50187 | 50KM | M | 5:59:21 | 10 | 0:31:19 | 0:31:24 | 0:33:12 | 0:33:46 | 0:39:27 | 0:37:13 | 0:38:04 | 0:37:07 | 0:41:10 | 0:36:35 |
| 114 | Kim | Boshoff | WCOAST | 50361 | 50KM | F | 5:59:30 | 10 | 0:30:58 | 0:30:21 | 0:33:20 | 0:32:02 | 0:34:24 | 0:45:38 | 0:36:12 | 0:38:36 | 0:40:05 | 0:37:49 |
| 115 | Arina | Cilliers | ORAK | 50225 | 50KM | F | 6:01:33 | 10 | 0:33:06 | 0:33:30 | 0:29:30 | 0:33:27 | 0:41:16 | 0:32:48 | 0:34:37 | 0:37:54 | 0:43:13 | 0:42:08 |
| 116 | Calvin | Ndaza | SANDFWP | 50372 | 50KM | M | 6:02:19 | 10 | 0:29:01 | 0:29:23 | 0:30:04 | 0:32:34 | 0:33:08 | 0:38:28 | 0:40:48 | 0:41:57 | 0:42:23 | 0:44:28 |
| 117 | Rina | Van Der Merwe | BELL | 50297 | 50KM | F | 6:02:33 | 10 | 0:34:02 | 0:35:06 | 0:34:10 | 0:34:10 | 0:38:41 | 0:34:19 | 0:36:35 | 0:38:56 | 0:37:23 | 0:39:07 |
| 118 | Stephen | Le Grange | EDGE | 50133 | 50KM | M | 6:04:09 | 10 | 0:32:27 | 0:31:08 | 0:31:25 | 0:31:56 | 0:32:25 | 0:35:59 | 0:40:26 | 0:41:36 | 0:43:20 | 0:43:24 |
| 119 | Vicus | Van Der Merwe | BELL | 50206 | 50KM | M | 6:04:10 | 10 | 0:33:38 | 0:30:15 | 0:31:21 | 0:32:55 | 0:33:30 | 0:35:55 | 0:37:17 | 0:41:59 | 0:46:16 | 0:40:59 |
| 120 | Deon | Seyffert | CCAC | 10022 | 50KM | M | 6:06:20 | 10 | 0:34:06 | 0:32:25 | 0:33:23 | 0:33:08 | 0:34:37 | 0:36:25 | 0:38:47 | 0:39:11 | 0:40:14 | 0:44:01 |
| 121 | Barbara | Stevens | PINE | 50373 | 50KM | F | 6:07:37 | 10 | 0:34:43 | 0:32:22 | 0:31:10 | 0:31:39 | 0:32:47 | 0:37:02 | 0:39:38 | 0:42:07 | 0:42:28 | 0:43:37 |
| 122 | Godfrey | Julies | STRAND | 50443 | 50KM | M | 6:08:46 | 10 | 0:34:03 | 0:30:48 | 0:30:26 | 0:30:09 | 0:31:31 | 0:36:25 | 0:39:35 | 0:42:03 | 0:46:22 | 0:47:20 |
| 123 | Aziem | Sulaiman | MSAMWP | 50171 | 50KM | M | 6:09:37 | 10 | 0:35:18 | 0:32:47 | 0:33:35 | 0:34:04 | 0:34:47 | 0:37:07 | 0:38:22 | 0:43:54 | 0:40:46 | 0:38:52 |
| 124 | Xolani | Xaba | DRDLR | 50223 | 50KM | M | 6:10:51 | 10 | 0:27:17 | 0:28:30 | 0:30:18 | 0:32:52 | 0:35:09 | 0:35:00 | 0:36:45 | 0:39:38 | 0:50:42 | 0:54:35 |
| 125 | Imtiaz | Tolker | WALMAC | 50217 | 50KM | M | 6:11:46 | 10 | 0:30:56 | 0:29:11 | 0:28:40 | 0:29:25 | 0:34:07 | 0:36:36 | 0:37:41 | 0:44:20 | 0:53:58 | 0:46:47 |
| 126 | Michele | Murry | AAC | 50202 | 50KM | F | 6:12:30 | 10 | 0:35:15 | 0:33:05 | 0:31:20 | 0:32:42 | 0:36:45 | 0:37:14 | 0:43:53 | 0:42:44 | 0:39:18 | 0:40:11 |
| 127 | Chuma | Phamoli | WCOAST | 50237 | 50KM | F | 6:14:46 | 10 | 0:35:35 | 0:31:02 | 0:31:19 | 0:32:28 | 0:34:42 | 0:38:15 | 0:39:45 | 0:39:38 | 0:49:10 | 0:42:52 |
| 128 | Magidie | Johnson | CENTWP | 50481 | 50KM | M | 6:15:42 | 10 | 0:33:42 | 0:33:28 | 0:34:49 | 0:34:17 | 0:36:01 | 0:39:11 | 0:41:10 | 0:40:04 | 0:42:34 | 0:40:22 |
| 129 | Ashraf | Mallick | KENFAC | 50168 | 50KM | M | 6:15:44 | 10 | 0:33:42 | 0:33:28 | 0:34:49 | 0:34:17 | 0:36:04 | 0:45:55 | 0:37:24 | 0:39:27 | 0:40:03 | 0:40:32 |
| 130 | Adiel | Slarmie | CENTWP | 50222 | 50KM | M | 6:15:45 | 10 | 0:33:43 | 0:33:27 | 0:34:49 | 0:34:16 | 0:36:04 | 0:39:10 | 0:39:48 | 0:41:24 | 0:42:30 | 0:40:29 |
| 131 | Justin | du Toit | ITHEKO | 50395 | 50KM | M | 6:15:51 | 10 | 0:30:34 | 0:31:26 | 0:32:31 | 0:35:05 | 0:38:12 | 0:36:40 | 0:39:58 | 0:41:29 | 0:46:59 | 0:42:53 |
| 132 | Ismail | Mohamed | ITHEKO | 50394 | 50KM | M | 6:15:51 | 10 | 0:30:34 | 0:31:25 | 0:32:31 | 0:35:05 | 0:38:12 | 0:36:40 | 0:39:58 | 0:41:30 | 0:46:58 | 0:42:54 |
| 133 | Jacques | Lotriet | TMP WP | 50447 | 50KM | M | 6:15:54 | 10 | 0:29:03 | 0:29:00 | 0:30:35 | 0:34:03 | 0:38:31 | 0:41:22 | 0:43:24 | 0:44:05 | 0:41:39 | 0:44:07 |
| 134 | Theo | Pieterse | BELL | 50294 | 50KM | M | 6:15:55 | 10 | 0:33:34 | 0:31:50 | 0:33:33 | 0:32:28 | 0:35:05 | 0:38:36 | 0:42:48 | 0:42:14 | 0:42:59 | 0:42:45 |
| 135 | Linda | Truscott | MELKBOS | 50277 | 50KM | F | 6:18:06 | 10 | 0:33:24 | 0:33:37 | 0:33:41 | 0:32:37 | 0:37:23 | 0:40:04 | 0:40:43 | 0:46:35 | 0:38:39 | 0:41:18 |
| 136 | Naiema | Abrahams | TOPFORM | 50488 | 50KM | F | 6:18:32 | 10 | 0:37:16 | 0:35:22 | 0:38:11 | 0:36:36 | 0:36:40 | 0:37:58 | 0:38:16 | 0:39:15 | 0:39:35 | 0:39:23 |
| 137 | Nailah | Davids | TOPFORM | 50271 | 50KM | F | 6:18:37 | 10 | 0:37:17 | 0:35:21 | 0:38:13 | 0:36:35 | 0:36:40 | 0:38:00 | 0:38:17 | 0:39:13 | 0:39:35 | 0:39:21 |
| 138 | Nabielah | Davids | TOPFORM | 50278 | 50KM | F | 6:18:37 | 10 | 0:37:16 | 0:35:22 | 0:38:13 | 0:36:35 | 0:36:40 | 0:37:58 | 0:38:16 | 0:39:15 | 0:39:36 | 0:39:23 |

| Position | Name | Surname | TeamName | RaceNo | StartGroup | Sex | Net Time | TotLaps | Lap1 | Lap2 | Lap3 | Lap4 | Lap5 | Lap6 | Lap7 | Lap8 | Lap9 | Lap10 |
|----------|--------------|----------------|----------|--------|------------|-----|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 139 | Muhammed | Dalvie | TOPFORM | 50190 | 50KM | M | 6:18:37 | 10 | 0:37:17 | 0:35:23 | 0:38:13 | 0:36:33 | 0:36:39 | 0:38:01 | 0:38:14 | 0:39:14 | 0:39:37 | 0:39:22 |
| 140 | Celeste | Jardine | CELTIC | 50234 | 50KM | F | 6:18:38 | 10 | 0:37:19 | 0:35:20 | 0:38:12 | 0:36:36 | 0:36:40 | 0:38:00 | 0:38:16 | 0:39:13 | 0:39:35 | 0:39:23 |
| 141 | Des | Wymers | TOPFORM | 50230 | 50KM | F | 6:18:38 | 10 | 0:37:18 | 0:35:21 | 0:37:02 | 0:37:46 | 0:36:39 | 0:38:01 | 0:38:16 | 0:39:12 | 0:39:36 | 0:39:23 |
| 142 | Sicelo | Ngxonono | RCSGUGS | 50356 | 50KM | M | 6:19:51 | 10 | 0:34:10 | 0:30:22 | 0:30:19 | 0:30:58 | 0:33:28 | 0:38:59 | 0:47:54 | 0:42:15 | 0:45:47 | 0:45:35 |
| 143 | Shaun | O'connor | TMP WP | 50389 | 50KM | M | 6:19:51 | 10 | 0:30:52 | 0:25:15 | 0:27:51 | 0:32:01 | 0:41:32 | 0:46:31 | 0:46:15 | 0:42:47 | 0:43:30 | 0:43:15 |
| 144 | Vaughn | Roman | INTOUCH | 50197 | 50KM | M | 6:20:01 | 10 | 0:31:18 | 0:31:43 | 0:32:11 | 0:34:06 | 0:35:44 | 0:38:11 | 0:43:55 | 0:43:26 | 0:47:32 | 0:41:52 |
| 145 | Milisa Fiona | Ngwane | RCSGUGS | 50400 | 50KM | F | 6:20:40 | 10 | 0:36:12 | 0:34:44 | 0:34:36 | 0:34:29 | 0:35:57 | 0:38:47 | 0:38:40 | 0:39:27 | 0:45:42 | 0:42:03 |
| 146 | Annelize | Geldenhuis | BRACKEN | 50215 | 50KM | F | 6:21:35 | 10 | 0:31:04 | 0:31:05 | 0:31:25 | 0:33:31 | 0:34:47 | 0:34:10 | 0:45:35 | 0:45:00 | 0:47:33 | 0:47:21 |
| 147 | Michelle | Smit-Stemmet | BELL | 50212 | 50KM | F | 6:21:43 | 10 | 0:35:20 | 0:34:48 | 0:34:04 | 0:36:23 | 0:34:37 | 0:42:42 | 0:37:47 | 0:41:32 | 0:47:37 | 0:36:48 |
| 148 | Sunelle | Van Zyl-Briers | BELL | 50120 | 50KM | F | 6:21:44 | 10 | 0:35:20 | 0:34:47 | 0:34:05 | 0:36:24 | 0:34:37 | 0:42:42 | 0:37:47 | 0:41:31 | 0:47:37 | 0:36:49 |
| 149 | Linda | Sparks | HOUTBAY | 50298 | 50KM | F | 6:22:12 | 10 | 0:32:59 | 0:31:31 | 0:32:38 | 0:36:12 | 0:40:50 | 0:44:55 | 0:41:09 | 0:42:46 | 0:41:11 | 0:37:56 |
| 150 | Michele | Priestman | VOB | 50363 | 50KM | F | 6:22:14 | 10 | 0:32:00 | 0:32:00 | 0:33:12 | 0:39:47 | 0:40:00 | 0:42:06 | 0:41:10 | 0:42:47 | 0:41:10 | 0:37:59 |
| 151 | Habiib | Ahmed | BELL | 50205 | 50KM | M | 6:22:58 | 10 | 0:29:20 | 0:28:30 | 0:27:32 | 0:33:56 | 0:41:05 | 0:49:57 | 0:42:07 | 0:44:48 | 0:45:51 | 0:39:50 |
| 152 | Carmen | Timm | WILDWP | 50125 | 50KM | F | 6:23:49 | 10 | 0:34:03 | 0:34:34 | 0:35:16 | 0:36:07 | 0:36:58 | 0:40:31 | 0:43:13 | 0:41:00 | 0:42:08 | 0:39:54 |
| 153 | Darnell | Martin | PINE | 50444 | 50KM | F | 6:25:01 | 10 | 0:35:37 | 0:32:58 | 0:33:02 | 0:33:19 | 0:33:20 | 0:37:12 | 0:35:24 | 0:47:22 | 0:47:17 | 0:49:26 |
| 154 | Seraj | Ackers | TOPFORM | 50387 | 50KM | M | 6:25:29 | 10 | 0:31:27 | 0:32:46 | 0:30:05 | 0:34:00 | 0:33:03 | 0:37:16 | 0:40:38 | 0:47:14 | 0:46:35 | 0:52:20 |
| 155 | Rukeya | Cassiem | ITHEKO | 50334 | 50KM | F | 6:25:39 | 10 | 0:30:25 | 0:31:33 | 0:33:11 | 0:34:59 | 0:38:46 | 0:41:40 | 0:42:51 | 0:45:07 | 0:44:56 | 0:42:08 |
| 156 | Malikah | Madatt | RCSGUGS | 50343 | 50KM | F | 6:26:13 | 10 | 0:32:02 | 0:31:30 | 0:31:51 | 0:34:42 | 0:39:00 | 0:41:59 | 0:44:32 | 0:43:48 | 0:43:31 | 0:43:15 |
| 157 | Gerhard | Snyman | BELL | 50431 | 50KM | M | 6:26:25 | 10 | 0:35:40 | 0:34:04 | 0:34:14 | 0:35:27 | 0:33:26 | 0:37:26 | 0:42:44 | 0:44:24 | 0:44:07 | 0:44:50 |
| 158 | Dion | Johnson | PINE | 50161 | 50KM | M | 6:27:13 | 10 | 0:39:42 | 0:34:12 | 0:34:06 | 0:34:10 | 0:34:59 | 0:36:44 | 0:42:10 | 0:41:45 | 0:51:18 | 0:38:03 |
| 159 | Michelle | Taylor | EDGE | 50306 | 50KM | F | 6:28:41 | 10 | 0:39:17 | 0:36:52 | 0:35:52 | 0:39:40 | 0:36:40 | 0:39:19 | 0:38:57 | 0:38:32 | 0:43:21 | 0:40:06 |
| 160 | Kris | Joss | TMP WP | 50453 | 50KM | F | 6:28:46 | 10 | 0:32:32 | 0:32:15 | 0:33:26 | 0:33:01 | 0:35:15 | 0:37:46 | 0:42:09 | 0:45:08 | 0:48:25 | 0:48:45 |
| 161 | Justin | De Klerk | WCOAST | 50268 | 50KM | M | 6:28:48 | 10 | 0:31:01 | 0:32:04 | 0:35:04 | 0:38:31 | 0:40:07 | 0:43:39 | 0:44:42 | 0:46:07 | 0:41:39 | 0:35:51 |
| 162 | Dominique | Waso | BELL | 50270 | 50KM | M | 6:30:15 | 10 | 0:35:40 | 0:34:03 | 0:34:14 | 0:35:27 | 0:36:55 | 0:40:32 | 0:42:00 | 0:44:14 | 0:44:17 | 0:42:49 |
| 163 | Derrick | Williams | UWC | 50359 | 50KM | M | 6:30:59 | 10 | 0:36:38 | 0:32:46 | 0:33:00 | 0:33:34 | 0:39:51 | 0:41:53 | 0:43:31 | 0:50:16 | 0:43:23 | 0:36:04 |
| 164 | Mervyn | Franciscus | PINE | 50245 | 50KM | M | 6:31:42 | 10 | 0:39:24 | 0:34:09 | 0:35:41 | 0:42:56 | 0:43:07 | 0:39:40 | 0:40:51 | 0:42:40 | 0:37:37 | 0:35:31 |
| 165 | Kuhle | Nyembe | SANDFWP | 50315 | 50KM | F | 6:32:07 | 10 | 0:34:20 | 0:31:59 | 0:44:28 | 0:35:19 | 0:41:56 | 0:40:33 | 0:40:42 | 0:46:12 | 0:38:35 | 0:38:00 |
| 166 | Elze-Mari | Ungerer | GOOD | 50376 | 50KM | F | 6:32:51 | 10 | 0:31:03 | 0:33:18 | 0:32:53 | 0:34:27 | 0:39:05 | 0:43:53 | 0:42:46 | 0:46:50 | 0:45:11 | 0:43:22 |
| 167 | Mark | Barbier | CENTWP | 50196 | 50KM | M | 6:32:59 | 10 | 0:30:35 | 0:29:46 | 0:31:47 | 0:31:50 | 0:39:20 | 0:43:03 | 0:46:21 | 0:45:15 | 0:53:33 | 0:41:25 |
| 168 | James | Eckleton | VOB | 50149 | 50KM | M | 6:33:16 | 10 | 0:36:34 | 0:35:00 | 0:33:16 | 0:34:56 | 0:36:12 | 0:37:35 | 0:50:04 | 0:42:31 | 0:44:13 | 0:42:51 |
| 169 | Gian | Palermo | WCOAST | 50446 | 50KM | M | 6:35:22 | 10 | 0:32:14 | 0:30:44 | 0:32:33 | 0:33:57 | 0:36:14 | 0:39:53 | 0:45:18 | 0:47:42 | 0:48:51 | 0:47:51 |
| 170 | Muhammad | Sanglay | ITHEKO | 50384 | 50KM | M | 6:35:40 | 10 | 0:37:18 | 0:35:22 | 0:38:13 | 0:36:35 | 0:36:39 | 0:38:00 | 0:38:19 | 0:39:42 | 0:50:18 | 0:45:13 |
| 171 | Nicholas | Mlotshwa | NANTES | 50267 | 50KM | M | 6:36:10 | 10 | 0:33:55 | 0:35:02 | 0:35:14 | 0:35:30 | 0:37:57 | 0:41:16 | 0:43:31 | 0:44:25 | 0:44:29 | 0:44:47 |
| 172 | Anne | Williams | PNPWP | 50371 | 50KM | F | 6:36:19 | 10 | 0:31:36 | 0:32:05 | 0:33:01 | 0:35:23 | 0:37:00 | 0:41:15 | 0:44:48 | 0:47:27 | 0:46:55 | 0:46:44 |
| 173 | Le-Anne | Barber | EDGE | 50242 | 50KM | F | 6:36:59 | 10 | 0:30:58 | 0:30:27 | 0:33:32 | 0:35:18 | 0:37:53 | 0:48:43 | 0:40:23 | 0:49:01 | 0:45:25 | 0:45:15 |
| 174 | Aphiwe | Maddy | PINE | 50189 | 50KM | F | 6:37:38 | 10 | 0:31:58 | 0:30:31 | 0:32:01 | 0:36:53 | 0:36:08 | 0:38:29 | 0:46:06 | 0:46:01 | 0:51:01 | 0:48:25 |
| 175 | Teresa | Brooks | DURBAC | 50176 | 50KM | F | 6:38:21 | 10 | 0:34:35 | 0:32:43 | 0:35:53 | 0:36:07 | 0:42:50 | 0:39:51 | 0:46:59 | 0:41:38 | 0:42:07 | 0:45:34 |
| 176 | Wilma | Coerecius | DURBAC | 50382 | 50KM | F | 6:38:21 | 10 | 0:34:35 | 0:32:44 | 0:35:52 | 0:36:07 | 0:42:50 | 0:39:49 | 0:47:00 | 0:41:39 | 0:42:09 | 0:45:32 |
| 177 | Brian | Samuels | PINE | 50355 | 50KM | M | 6:39:04 | 10 | 0:35:45 | 0:32:14 | 0:32:40 | 0:36:18 | 0:38:42 | 0:42:32 | 0:46:30 | 0:46:13 | 0:43:56 | 0:44:09 |
| 178 | Samantha | Thomas | INTOUCH | 50440 | 50KM | F | 6:39:25 | 10 | 0:33:24 | 0:34:06 | 0:35:41 | 0:35:20 | 0:39:11 | 0:43:10 | 0:43:54 | 0:39:46 | 0:47:43 | 0:47:05 |
| 179 | Alverina | Dawson | INTOUCH | 50243 | 50KM | F | 6:39:25 | 10 | 0:33:25 | 0:34:06 | 0:35:41 | 0:35:46 | 0:40:58 | 0:40:57 | 0:44:04 | 0:41:15 | 0:46:04 | 0:47:04 |
| 180 | Wendal | Smith | PINE | 50247 | 50KM | M | 6:41:46 | 10 | 0:34:38 | 0:32:18 | 0:33:06 | 0:33:39 | 0:47:18 | 0:43:39 | 0:51:12 | 0:42:40 | 0:40:20 | 0:42:52 |
| 181 | Bulelwa | Stwayi | TNLCACR | 50346 | 50KM | F | 6:42:10 | 10 | 0:36:11 | 0:35:11 | 0:36:45 | 0:37:45 | 0:37:41 | 0:40:26 | 0:42:04 | 0:44:01 | 0:47:37 | 0:44:26 |
| 182 | Clive | Loock | RAC | 10026 | 50KM | M | 6:42:23 | 10 | 0:31:02 | 0:29:57 | 0:33:13 | 0:34:21 | 0:37:33 | 0:42:14 | 0:51:51 | 0:55:36 | 0:44:19 | 0:42:12 |
| 183 | Ayoub | Banderker | CENTWP | 50410 | 50KM | M | 6:43:17 | 10 | 0:34:37 | 0:34:09 | 0:32:17 | 0:33:37 | 0:34:28 | 0:42:21 | 0:47:21 | 0:50:45 | 0:48:08 | 0:45:28 |
| 184 | Salie | Taliep | TOPFORM | 50455 | 50KM | M | 6:43:24 | 10 | 0:31:27 | 0:34:54 | 0:36:19 | 0:37:41 | 0:40:19 | 0:41:31 | 0:47:00 | 0:44:58 | 0:43:28 | 0:45:43 |

| Position | Name | Surname | TeamName | RaceNo | StartGroup | Sex | Net Time | TotLaps | Lap1 | Lap2 | Lap3 | Lap4 | Lap5 | Lap6 | Lap7 | Lap8 | Lap9 | Lap10 |
|----------|-----------------|-------------|----------|--------|------------|-----|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 185 | Reinhardt | Lourens | BRACKEN | 50256 | 50KM | M | 6:45:26 | 10 | 0:34:08 | 0:36:35 | 0:34:04 | 0:38:06 | 0:34:32 | 0:39:11 | 0:40:44 | 0:51:14 | 0:48:08 | 0:48:41 |
| 186 | Ronald | Fortune | SH | 50337 | 50KM | M | 6:45:27 | 10 | 0:26:59 | 0:28:56 | 0:31:25 | 0:35:52 | 0:44:21 | 0:48:48 | 0:46:57 | 0:49:11 | 0:42:40 | 0:50:14 |
| 187 | Sri | Karumuri | BRACKEN | 50112 | 50KM | M | 6:46:25 | 10 | 0:28:40 | 0:27:43 | 0:28:37 | 0:28:47 | 0:37:02 | 0:42:51 | 0:47:52 | 0:53:03 | 0:51:17 | 1:00:30 |
| 188 | Elton | Davids | WILDWP | 50186 | 50KM | M | 6:47:12 | 10 | 0:34:12 | 0:32:42 | 0:33:51 | 0:32:16 | 0:38:28 | 0:46:32 | 0:45:19 | 0:49:01 | 0:48:13 | 0:46:34 |
| 189 | Charl | Kelland | PINE | 50452 | 50KM | M | 6:47:47 | 10 | 0:34:46 | 0:33:46 | 0:33:07 | 0:33:33 | 0:42:56 | 0:36:26 | 0:53:31 | 1:00:29 | 0:38:44 | 0:40:25 |
| 190 | Donovan | Hartogh | PINE | 50265 | 50KM | M | 6:47:47 | 10 | 0:34:46 | 0:33:46 | 0:33:07 | 0:33:34 | 0:42:55 | 0:36:30 | 0:52:47 | 1:01:10 | 0:38:43 | 0:40:26 |
| 191 | Gayle | van Heerden | SANDFFS | 50428 | 50KM | F | 6:48:03 | 10 | 0:39:33 | 0:38:33 | 0:38:29 | 0:39:10 | 0:40:47 | 0:41:27 | 0:41:43 | 0:42:23 | 0:42:04 | 0:43:49 |
| 192 | Natalie | Fisher | PINE | 50238 | 50KM | F | 6:48:16 | 10 | 0:37:54 | 0:37:21 | 0:34:33 | 0:35:00 | 0:37:47 | 0:42:19 | 0:41:43 | 0:39:24 | 0:47:10 | 0:55:00 |
| 193 | Nasser | Petersen | KENFAC | 50249 | 50KM | M | 6:49:48 | 10 | 0:32:06 | 0:31:17 | 0:32:02 | 0:33:41 | 0:37:41 | 0:42:59 | 1:05:56 | 0:47:23 | 0:45:03 | 0:41:37 |
| 194 | Jean | Beukman | BELL | 50275 | 50KM | M | 6:50:19 | 10 | 0:29:25 | 0:27:22 | 0:29:11 | 0:34:19 | 0:37:40 | 0:47:53 | 0:57:16 | 0:53:24 | 0:45:19 | 0:48:26 |
| 195 | Richard | Levendal | RAVENS | 50399 | 50KM | M | 6:50:50 | 10 | 0:35:25 | 0:33:59 | 0:35:55 | 0:37:29 | 0:38:13 | 0:43:08 | 0:42:37 | 0:46:36 | 0:49:36 | 0:47:48 |
| 196 | Reggie | Madjoe | RAVENS | 50397 | 50KM | M | 6:50:51 | 10 | 0:35:25 | 0:33:59 | 0:35:55 | 0:37:29 | 0:38:13 | 0:41:34 | 0:44:11 | 0:46:36 | 0:49:35 | 0:47:49 |
| 197 | Trudie | Cremer | BRACKEN | 50421 | 50KM | F | 6:53:32 | 10 | 0:31:13 | 0:31:56 | 0:37:42 | 0:34:24 | 0:51:59 | 0:38:45 | 0:40:59 | 0:54:11 | 0:49:06 | 0:43:14 |
| 198 | Cyril | May | NANTES | 50456 | 50KM | M | 6:55:09 | 10 | 0:33:10 | 0:28:27 | 0:28:04 | 0:29:17 | 0:34:26 | 0:44:09 | 1:02:46 | 0:45:21 | 0:52:18 | 0:57:07 |
| 199 | Jacqui | Schwartz | RSA | 50402 | 50KM | F | 6:56:11 | 10 | 0:34:30 | 0:36:00 | 0:37:59 | 0:39:31 | 0:40:22 | 0:45:53 | 0:43:11 | 0:43:48 | 0:48:29 | 0:46:24 |
| 200 | Russell | Hanning | NANTES | 50178 | 50KM | M | 6:56:36 | 10 | 0:37:16 | 0:35:23 | 0:38:11 | 0:36:35 | 0:42:46 | 0:42:59 | 0:46:47 | 0:44:44 | 0:47:20 | 0:44:29 |
| 201 | Qaqamba | Temhani | TMP WP | 50145 | 50KM | F | 6:57:42 | 10 | 0:35:05 | 0:34:01 | 0:33:26 | 0:35:41 | 0:37:11 | 0:38:59 | 0:49:44 | 0:46:46 | 0:52:15 | 0:54:29 |
| 202 | Kagisho | Mihi | CCAC | 50381 | 50KM | M | 6:57:48 | 10 | 0:37:15 | 0:34:50 | 0:37:07 | 0:38:37 | 0:43:40 | 0:50:21 | 0:42:45 | 0:46:31 | 0:44:12 | 0:42:27 |
| 203 | Nour Addine | Ayyoub | VOB | 50436 | 50KM | M | 6:58:13 | 10 | 0:41:15 | 0:38:00 | 0:38:44 | 0:41:41 | 0:41:37 | 0:40:49 | 0:43:03 | 0:43:51 | 0:46:10 | 0:42:58 |
| 204 | Michael | Stevens | RAVENS | 50105 | 50KM | M | 6:59:18 | 10 | 0:32:45 | 0:33:24 | 0:33:52 | 0:39:35 | 0:40:38 | 0:44:08 | 0:48:27 | 0:48:58 | 0:48:25 | 0:49:06 |
| 205 | Steve | Akester | CCAC | 10052 | 50KM | M | 7:00:24 | 10 | 0:36:29 | 0:35:24 | 0:37:01 | 0:35:15 | 0:44:38 | 0:46:10 | 0:49:38 | 0:48:29 | 0:41:44 | 0:45:36 |
| 206 | Berenice | Crowder | TELKWP | 50106 | 50KM | F | 7:00:39 | 10 | 0:35:18 | 0:35:00 | 0:34:04 | 0:36:49 | 0:41:23 | 0:42:48 | 0:49:25 | 0:48:42 | 0:48:41 | 0:48:26 |
| 207 | William | Charles | TELKWP | 50398 | 50KM | M | 7:00:45 | 10 | 0:35:18 | 0:31:39 | 0:34:48 | 0:34:50 | 0:39:44 | 0:48:13 | 0:50:17 | 0:48:39 | 0:48:43 | 0:48:29 |
| 208 | Tiffany | Ebden | EDGE | 50179 | 50KM | F | 7:00:49 | 10 | 0:35:21 | 0:39:14 | 0:40:37 | 0:43:44 | 0:49:47 | 0:36:35 | 0:42:21 | 0:44:31 | 0:43:35 | 0:45:00 |
| 209 | Tania | Blake | CELTIC | 50393 | 50KM | F | 7:01:11 | 10 | 0:35:49 | 0:35:51 | 0:35:01 | 0:35:50 | 0:38:05 | 0:41:53 | 0:47:02 | 0:46:44 | 0:51:11 | 0:53:40 |
| 210 | Riaan | Cottle | CELTIC | 50156 | 50KM | M | 7:01:14 | 10 | 0:33:50 | 0:35:38 | 0:37:00 | 0:37:00 | 0:38:37 | 0:39:57 | 0:48:02 | 0:45:47 | 0:48:52 | 0:56:31 |
| 211 | Barry | Schwartz | FITWP | 50326 | 50KM | M | 7:02:12 | 10 | 0:40:55 | 0:40:27 | 0:39:46 | 0:40:06 | 0:40:28 | 0:41:17 | 0:42:30 | 0:44:02 | 0:46:09 | 0:46:27 |
| 212 | Mogammad | Gierdien | CENTWP | 50204 | 50KM | M | 7:02:21 | 10 | 0:33:42 | 0:33:28 | 0:34:48 | 0:34:18 | 0:36:01 | 0:39:11 | 0:44:11 | 0:52:55 | 0:47:36 | 1:06:06 |
| 213 | Rafiek | Roberts | ARDAC | 50482 | 50KM | M | 7:02:29 | 10 | 0:35:04 | 0:30:43 | 0:31:07 | 0:33:30 | 0:39:37 | 0:49:01 | 1:03:05 | 0:55:49 | 0:40:25 | 0:44:03 |
| 214 | Ips | Sehunelo | RCSGUGS | 50318 | 50KM | F | 7:03:11 | 10 | 0:36:10 | 0:34:45 | 0:34:23 | 0:37:26 | 0:39:02 | 0:42:12 | 0:47:26 | 0:53:29 | 0:49:40 | 0:48:35 |
| 215 | Saseka | Sihlwayi | KRAAI | 50479 | 50KM | F | 7:04:25 | 10 | 0:36:12 | 0:34:43 | 0:38:04 | 0:38:35 | 0:44:02 | 0:46:56 | 0:44:53 | 0:46:11 | 0:47:38 | 0:47:06 |
| 216 | Eugene | Buckley | NANTES | 50218 | 50KM | M | 7:05:24 | 10 | 0:33:56 | 0:33:35 | 0:38:37 | 0:34:43 | 0:46:29 | 0:42:21 | 0:47:29 | 0:51:18 | 0:49:30 | 0:47:23 |
| 217 | Karen | Ervens | WILDWP | 50126 | 50KM | F | 7:05:56 | 10 | 0:38:08 | 0:37:44 | 0:38:21 | 0:39:01 | 0:39:38 | 0:41:51 | 0:47:08 | 0:46:22 | 0:49:18 | 0:48:21 |
| 218 | Daliwonga Byron | Lester | TMP WP | 50370 | 50KM | M | 7:06:24 | 10 | 0:33:41 | 0:30:45 | 0:31:37 | 0:33:00 | 0:38:15 | 0:44:23 | 0:50:41 | 0:51:55 | 0:52:06 | 0:59:56 |
| 219 | Angela | Conway | RWFLCG | 50203 | 50KM | F | 7:06:39 | 10 | 0:35:33 | 0:34:19 | 0:35:49 | 0:44:30 | 0:51:10 | 0:46:25 | 0:45:42 | 0:44:24 | 0:45:14 | 0:43:30 |
| 220 | Samantha | Womersley | HAHAH | 50198 | 50KM | F | 7:07:19 | 10 | 0:31:43 | 0:35:10 | 0:37:39 | 0:37:30 | 0:36:10 | 0:48:41 | 0:45:01 | 0:42:40 | 0:59:10 | 0:53:31 |
| 221 | Matie | Stander | HANG | 50314 | 50KM | M | 7:09:16 | 10 | 0:35:17 | 0:33:45 | 0:34:45 | 0:35:47 | 0:40:38 | 0:52:04 | 0:52:24 | 0:54:03 | 0:40:36 | 0:49:54 |
| 222 | Jackie | Goosen | BRACKEN | 50327 | 50KM | F | 7:09:45 | 10 | 0:39:43 | 0:38:56 | 0:39:37 | 0:46:34 | 0:41:24 | 0:43:11 | 0:46:04 | 0:46:31 | 0:43:08 | 0:44:31 |
| 223 | Shamiel | Daniels | MUTUAL | 50123 | 50KM | M | 7:09:46 | 10 | 0:35:21 | 0:36:24 | 0:39:58 | 0:40:38 | 0:42:46 | 0:44:23 | 0:46:07 | 0:46:45 | 0:49:28 | 0:47:54 |
| 224 | Petra | King | SANRRC | 50312 | 50KM | F | 7:10:40 | 10 | 0:40:08 | 0:37:17 | 0:34:50 | 0:35:55 | 0:39:01 | 1:03:58 | 0:37:21 | 0:49:11 | 0:47:04 | 0:45:52 |
| 225 | Edwin | King | SANRRC | 50313 | 50KM | M | 7:10:40 | 10 | 0:40:07 | 0:37:17 | 0:34:50 | 0:35:56 | 0:39:01 | 1:03:58 | 0:37:20 | 0:49:11 | 0:47:04 | 0:45:52 |
| 226 | Ruby | Paulsen | TOPFORM | 50396 | 50KM | F | 7:10:59 | 10 | 0:36:49 | 0:34:23 | 0:34:25 | 0:38:54 | 0:38:13 | 0:39:44 | 0:50:23 | 0:51:54 | 0:52:48 | 0:53:22 |
| 227 | Megan | Langeveldt | TOPFORM | 50347 | 50KM | F | 7:10:59 | 10 | 0:36:49 | 0:34:21 | 0:34:26 | 0:38:54 | 0:38:14 | 0:39:44 | 0:50:23 | 0:51:53 | 0:52:48 | 0:53:24 |
| 228 | Kim Lisa | Gad | CARB | 50151 | 50KM | F | 7:11:22 | 10 | 0:35:21 | 0:39:14 | 0:40:38 | 0:43:43 | 0:48:48 | 0:44:11 | 0:44:19 | 0:45:22 | 0:46:31 | 0:43:11 |
| 229 | Melanie | Vollenhoven | CARB | 50119 | 50KM | F | 7:11:31 | 10 | 0:35:20 | 0:39:14 | 0:40:37 | 0:43:44 | 0:48:48 | 0:44:12 | 0:44:19 | 0:45:22 | 0:46:31 | 0:43:20 |
| 230 | Hassiem | Fisher | ITHEKO | 50250 | 50KM | M | 7:11:53 | 10 | 0:31:02 | 0:33:45 | 0:32:39 | 0:42:08 | 0:54:35 | 0:50:05 | 0:42:40 | 0:43:52 | 1:00:53 | 0:40:11 |

| Position | Name | Surname | TeamName | RaceNo | StartGroup | Sex | Net Time | TotLaps | Lap1 | Lap2 | Lap3 | Lap4 | Lap5 | Lap6 | Lap7 | Lap8 | Lap9 | Lap10 |
|----------|---------------|---------------|----------|--------|------------|-----|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 231 | Malefase | Madiba | RRR | 50383 | 50KM | M | 7:13:49 | 10 | 0:35:20 | 0:35:12 | 0:34:28 | 0:43:06 | 0:40:07 | 0:45:05 | 0:52:21 | 0:48:35 | 0:47:03 | 0:52:30 |
| 232 | Johanneke | Johnson | PINE | 50162 | 50KM | F | 7:16:01 | 10 | 0:42:17 | 0:40:39 | 0:37:26 | 0:37:51 | 0:40:44 | 0:39:54 | 0:39:37 | 0:43:36 | 1:00:43 | 0:53:10 |
| 233 | Claudine | Mentor | TOPFORM | 50413 | 50KM | F | 7:16:52 | 10 | 0:35:54 | 0:36:04 | 0:37:44 | 0:39:53 | 0:43:55 | 0:48:31 | 0:48:45 | 0:51:05 | 0:46:40 | 0:48:17 |
| 234 | Elaam | Anderson | TOPFORM | 50462 | 50KM | F | 7:16:53 | 10 | 0:36:48 | 0:34:23 | 0:34:26 | 0:38:54 | 0:40:26 | 0:50:30 | 0:47:55 | 0:58:26 | 0:46:42 | 0:48:18 |
| 235 | Laurette | Van Der Merwe | TELKWP | 50109 | 50KM | F | 7:16:53 | 10 | 0:35:54 | 0:36:04 | 0:37:45 | 0:39:52 | 0:43:55 | 0:48:31 | 0:48:45 | 0:51:07 | 0:46:37 | 0:48:19 |
| 236 | Vuyiseka | Zikolo | CCAC | 50341 | 50KM | F | 7:18:09 | 10 | 0:32:07 | 0:35:33 | 0:37:15 | 0:36:59 | 0:46:35 | 0:50:38 | 0:46:11 | 0:54:33 | 0:52:07 | 0:46:08 |
| 237 | Tasneem | Du Toit | ITHEKO | 50200 | 50KM | F | 7:19:50 | 10 | 0:37:16 | 0:35:22 | 0:38:13 | 0:36:38 | 0:44:01 | 0:43:53 | 0:50:21 | 0:48:31 | 0:57:24 | 0:48:07 |
| 238 | Liesel | Schulenburg | VOB | 50439 | 50KM | F | 7:21:39 | 10 | 0:35:52 | 0:34:50 | 0:36:57 | 0:38:39 | 0:40:39 | 0:45:48 | 0:47:07 | 0:49:16 | 0:55:57 | 0:56:30 |
| 239 | Noluthando | Nzulu | KHAYEL | 50233 | 50KM | F | 7:22:18 | 10 | 0:38:03 | 0:38:50 | 0:40:29 | 0:40:47 | 0:42:29 | 0:48:28 | 0:48:26 | 0:45:52 | 0:47:14 | 0:51:36 |
| 240 | Comfort | Bunting | AAC | 50181 | 50KM | M | 7:22:58 | 10 | 0:41:35 | 0:41:57 | 0:39:57 | 0:39:50 | 0:39:59 | 0:43:26 | 0:46:33 | 0:50:12 | 0:51:10 | 0:48:14 |
| 241 | Mangope | Kgwadi | TMP WP | 50182 | 50KM | M | 7:22:59 | 10 | 0:41:35 | 0:41:59 | 0:39:57 | 0:39:49 | 0:37:50 | 0:45:36 | 0:50:24 | 0:45:29 | 0:52:03 | 0:48:15 |
| 242 | Haley | Standley | CELTIC | 50157 | 50KM | F | 7:23:02 | 10 | 0:35:03 | 0:37:41 | 0:39:56 | 0:47:02 | 0:47:32 | 0:52:01 | 0:46:52 | 0:47:22 | 0:45:21 | 0:44:07 |
| 243 | Dion | Stevens | PINE | 50411 | 50KM | M | 7:25:11 | 10 | 0:37:46 | 0:35:46 | 0:37:14 | 0:41:24 | 0:43:08 | 0:45:18 | 0:49:39 | 0:48:53 | 0:54:22 | 0:51:37 |
| 244 | Caspar | Greeff | AAC | 50293 | 50KM | M | 7:26:46 | 10 | 0:36:21 | 0:36:09 | 0:39:26 | 0:43:34 | 0:47:01 | 0:50:45 | 0:44:50 | 0:50:32 | 0:45:32 | 0:52:33 |
| 245 | Loyiso | Ludidi | EKSWP | 50221 | 50KM | M | 7:26:47 | 10 | 0:32:07 | 0:35:33 | 0:37:15 | 0:36:59 | 0:46:35 | 0:50:38 | 0:46:11 | 0:54:44 | 0:52:02 | 0:54:41 |
| 246 | Astrid | Ruiters | PINE | 50437 | 50KM | F | 7:27:01 | 10 | 0:37:49 | 0:36:39 | 0:36:07 | 0:38:04 | 0:40:24 | 1:10:03 | 0:41:48 | 0:53:33 | 0:45:48 | 0:46:42 |
| 247 | Marilyn | Rorich | PINE | 50417 | 50KM | F | 7:27:01 | 10 | 0:37:48 | 0:35:45 | 0:37:13 | 0:37:35 | 0:40:43 | 1:10:02 | 0:41:49 | 0:53:32 | 0:45:48 | 0:46:44 |
| 248 | Melany | Du Plessis | PINE | 50310 | 50KM | F | 7:27:02 | 10 | 0:37:47 | 0:34:34 | 0:37:26 | 0:38:32 | 0:40:44 | 1:10:01 | 0:41:48 | 0:53:33 | 0:45:47 | 0:46:44 |
| 249 | Laura | Underhill | PINE | 50362 | 50KM | F | 7:27:02 | 10 | 0:37:48 | 0:35:45 | 0:37:13 | 0:41:25 | 0:43:07 | 0:46:39 | 1:02:57 | 0:49:32 | 0:45:48 | 0:46:45 |
| 250 | Timothy | Siebritz | PINE | 50338 | 50KM | M | 7:27:03 | 10 | 0:37:47 | 0:35:46 | 0:37:14 | 0:41:24 | 0:43:08 | 0:46:39 | 1:05:58 | 0:46:32 | 0:45:47 | 0:46:46 |
| 251 | Munyaradzi | Hozheri | ZIM | 50199 | 50KM | M | 7:27:04 | 10 | 0:37:20 | 0:38:09 | 0:38:43 | 0:39:01 | 0:43:59 | 0:50:28 | 0:51:49 | 0:53:59 | 0:46:47 | 0:46:45 |
| 252 | Henry | Du Plessis | PINE | 50311 | 50KM | M | 7:27:05 | 10 | 0:37:50 | 0:42:30 | 0:32:46 | 0:35:33 | 0:40:25 | 1:10:02 | 0:41:48 | 0:53:33 | 0:45:47 | 0:46:46 |
| 253 | Mzikayifani | Mavuso | TMP WP | 50183 | 50KM | M | 7:27:17 | 10 | 0:41:35 | 0:41:58 | 0:39:56 | 0:39:49 | 0:37:50 | 0:43:57 | 0:48:17 | 0:45:51 | 0:57:23 | 0:50:37 |
| 254 | Adele | Erasmus | BELL | 50379 | 50KM | F | 7:27:44 | 10 | 0:36:17 | 0:35:29 | 0:37:09 | 0:39:20 | 0:40:44 | 0:46:24 | 0:49:43 | 0:59:47 | 0:49:12 | 0:53:36 |
| 255 | John | Muir | TMP WP | 50219 | 50KM | M | 7:28:02 | 10 | 0:33:29 | 0:33:47 | 0:34:33 | 0:37:40 | 0:42:05 | 0:49:09 | 0:57:35 | 0:51:16 | 0:52:40 | 0:55:43 |
| 256 | Zandile | Adams | TEAMVIGN | 50388 | 50KM | F | 7:29:57 | 10 | 0:36:14 | 0:36:56 | 0:38:12 | 0:50:13 | 0:44:40 | 0:58:32 | 0:45:56 | 0:45:47 | 0:46:50 | 0:46:33 |
| 257 | Erika | Marx | BRACKEN | 50173 | 50KM | F | 7:29:57 | 10 | 0:38:03 | 0:34:31 | 0:37:25 | 0:46:18 | 0:37:24 | 0:52:43 | 0:44:12 | 0:49:04 | 0:51:11 | 0:59:02 |
| 258 | Jayne | Roestorf | RWFLWP | 50401 | 50KM | F | 7:31:15 | 10 | 0:39:59 | 0:39:36 | 0:39:56 | 0:41:56 | 0:44:48 | 0:48:48 | 0:49:13 | 0:47:04 | 0:51:06 | 0:48:42 |
| 259 | Yolisa | Jones | TOPFORM | 50107 | 50KM | F | 7:32:10 | 10 | 0:37:17 | 0:35:22 | 0:38:14 | 0:38:47 | 0:41:51 | 1:04:04 | 0:44:04 | 0:53:18 | 0:51:19 | 0:47:51 |
| 260 | Zahiedah | Toefy | CELTIC | 50154 | 50KM | F | 7:32:27 | 10 | 0:33:50 | 0:35:42 | 0:38:15 | 0:51:56 | 0:47:33 | 0:52:12 | 0:44:50 | 0:48:04 | 0:51:59 | 0:48:03 |
| 261 | Gayatoenesa | Gasnola | KENFAC | 50475 | 50KM | F | 7:32:28 | 10 | 0:41:15 | 0:39:50 | 0:41:01 | 0:43:03 | 0:55:53 | 0:44:57 | 0:44:27 | 0:47:28 | 0:46:27 | 0:48:03 |
| 262 | Vanessa | Mol | GOOD | 50146 | 50KM | F | 7:34:43 | 10 | 0:35:08 | 0:37:02 | 0:42:23 | 0:47:57 | 0:47:25 | 0:48:50 | 0:52:24 | 0:50:02 | 0:47:03 | 0:46:25 |
| 263 | Reyanah | Manuel | TMP WP | 50135 | 50KM | F | 7:34:44 | 10 | 0:38:15 | 0:36:19 | 0:36:54 | 0:38:43 | 0:40:33 | 0:43:53 | 0:43:15 | 0:47:54 | 1:05:15 | 1:03:40 |
| 264 | Nicole | September | ITHEKO | 50280 | 50KM | F | 7:34:45 | 10 | 0:38:15 | 0:35:33 | 0:36:21 | 0:39:00 | 0:41:35 | 0:42:40 | 0:41:17 | 0:50:08 | 1:06:10 | 1:03:42 |
| 265 | Kobus | Koen | SANRRR | 50283 | 50KM | M | 7:36:41 | 10 | 0:36:14 | 0:35:58 | 0:36:50 | 0:39:30 | 0:46:38 | 0:52:27 | 0:48:53 | 0:52:08 | 0:51:45 | 0:56:14 |
| 266 | Nic | Louw | VOB | 50348 | 50KM | M | 7:39:23 | 10 | 0:36:36 | 0:37:03 | 0:39:18 | 0:44:09 | 0:46:24 | 0:50:34 | 0:50:39 | 0:51:08 | 0:52:43 | 0:50:45 |
| 267 | Jamie-Lee | Kelly | RWFLWP | 50366 | 50KM | F | 7:40:25 | 10 | 0:39:59 | 0:39:37 | 0:39:56 | 0:41:56 | 0:44:51 | 0:53:11 | 0:49:16 | 0:51:23 | 0:50:55 | 0:49:17 |
| 268 | Keith Charles | Roman | SH | 50339 | 50KM | M | 7:42:31 | 10 | 0:32:31 | 0:38:39 | 0:34:39 | 0:37:38 | 0:40:13 | 0:48:59 | 0:50:43 | 1:02:30 | 1:04:33 | 0:52:02 |
| 269 | Frieda | Bignaut | SANRRR | 50322 | 50KM | F | 7:43:31 | 10 | 0:41:34 | 0:40:16 | 0:45:24 | 0:41:32 | 0:44:23 | 0:44:40 | 0:47:16 | 1:14:17 | 0:44:18 | 0:39:48 |
| 270 | Thandaza | Dlulane | RANDH | 50390 | 50KM | F | 7:45:23 | 10 | 0:34:54 | 0:34:12 | 0:36:49 | 0:45:29 | 0:45:33 | 1:06:46 | 0:46:08 | 0:45:48 | 0:57:15 | 0:52:24 |
| 271 | Tlou | Masehela | PINE | 50128 | 50KM | M | 7:46:22 | 10 | 0:34:17 | 0:30:34 | 0:30:35 | 0:33:14 | 0:34:36 | 0:45:18 | 1:01:35 | 1:13:07 | 1:05:48 | 0:57:14 |
| 272 | Shirley | Hossack | VOB | 50469 | 50KM | F | 7:46:27 | 10 | 0:36:35 | 0:36:26 | 0:39:15 | 0:41:53 | 0:44:51 | 0:47:37 | 0:54:04 | 0:54:42 | 0:55:41 | 0:55:20 |
| 273 | Calvin | Leen | PINE | 50433 | 50KM | M | 7:47:17 | 10 | 0:34:38 | 0:32:17 | 0:38:21 | 0:36:48 | 0:43:40 | 1:07:54 | 0:59:08 | 0:47:37 | 0:58:10 | 0:48:38 |
| 274 | Aisha | Cassiem | RCSGUGS | 50263 | 50KM | F | 7:47:24 | 10 | 0:41:17 | 0:41:22 | 0:40:58 | 0:45:20 | 0:46:18 | 0:50:10 | 0:48:47 | 0:56:14 | 0:49:03 | 0:47:50 |
| 275 | Nazeema | Daniels | RCSGUGS | 50115 | 50KM | F | 7:47:24 | 10 | 0:41:18 | 0:41:22 | 0:40:59 | 0:45:20 | 0:47:56 | 0:48:36 | 0:48:42 | 0:56:16 | 0:49:03 | 0:47:50 |
| 276 | Moegsien | Ebrahim | CMSC | 50114 | 50KM | M | 7:47:26 | 10 | 0:41:17 | 0:41:23 | 0:43:35 | 0:42:44 | 0:40:53 | 0:39:45 | 1:04:42 | 0:56:08 | 0:49:04 | 0:47:52 |

| Position | Name | Surname | TeamName | RaceNo | StartGroup | Sex | Net Time | TotLaps | Lap1 | Lap2 | Lap3 | Lap4 | Lap5 | Lap6 | Lap7 | Lap8 | Lap9 | Lap10 |
|----------|---------------|--------------------|----------|--------|------------|-----|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 277 | Sharon | Calitz | SAPSTRI | 50209 | 50KM | F | 7:48:36 | 10 | 0:37:52 | 0:37:58 | 0:40:54 | 0:44:47 | 0:47:45 | 0:49:58 | 0:57:24 | 0:48:47 | 0:50:53 | 0:52:15 |
| 278 | Mary | Bergh | BRACKEN | 50368 | 50KM | F | 7:49:53 | 10 | 0:39:34 | 0:40:12 | 0:41:33 | 0:44:13 | 0:46:07 | 0:47:50 | 0:50:29 | 0:48:34 | 0:51:23 | 0:59:54 |
| 279 | Catherine | Austin | RWFLWP | 50261 | 50KM | F | 7:51:42 | 10 | 0:40:25 | 0:41:01 | 0:42:26 | 0:43:49 | 0:46:32 | 0:49:11 | 0:51:02 | 0:53:20 | 0:52:56 | 0:50:55 |
| 280 | Neal | Stacey | CARB | 50468 | 50KM | M | 7:52:03 | 10 | 0:37:10 | 0:38:29 | 0:40:07 | 0:40:46 | 0:46:47 | 0:52:00 | 0:54:37 | 0:49:40 | 0:54:45 | 0:57:38 |
| 281 | Bongekile | Khoza | RCSGUGS | 50352 | 50KM | F | 7:55:19 | 10 | 0:36:43 | 0:36:20 | 0:39:42 | 0:43:47 | 0:48:39 | 0:48:01 | 0:53:26 | 0:57:19 | 0:55:39 | 0:55:39 |
| 282 | David | Lubisi | RCSGUGS | 50351 | 50KM | M | 7:55:19 | 10 | 0:36:44 | 0:36:18 | 0:39:43 | 0:43:46 | 0:47:19 | 0:49:23 | 0:53:23 | 0:57:19 | 0:55:39 | 0:55:40 |
| 283 | Ryan | Ferreira | TMP WP | 50132 | 50KM | M | 7:56:39 | 10 | 0:32:03 | 0:32:12 | 0:36:37 | 0:41:47 | 0:47:10 | 0:53:44 | 1:00:35 | 0:56:32 | 0:58:25 | 0:57:30 |
| 284 | Anelisa | Sigedle | TMP WP | 50122 | 50KM | F | 7:57:56 | 10 | 0:40:29 | 0:43:15 | 0:43:27 | 0:44:57 | 0:49:38 | 0:51:13 | 0:48:54 | 0:51:23 | 0:52:07 | 0:52:29 |
| 285 | Ruthie | Siebritz | PINE | 50324 | 50KM | F | 8:00:48 | 10 | 0:37:49 | 0:34:33 | 0:37:27 | 0:44:45 | 0:45:07 | 0:58:00 | 1:10:34 | 0:46:14 | 0:55:00 | 0:51:15 |
| 286 | Marvin | Beste | PINE | 50323 | 50KM | M | 8:00:49 | 10 | 0:37:49 | 0:35:45 | 0:35:40 | 0:45:19 | 0:45:07 | 0:58:01 | 1:10:34 | 0:46:26 | 0:54:49 | 0:51:15 |
| 287 | Sanet | Du Toit | BRACKEN | 50506 | 50KM | F | 8:01:37 | 10 | 0:40:47 | 0:39:22 | 0:42:06 | 0:44:51 | 0:49:14 | 0:54:52 | 0:52:12 | 0:53:55 | 0:50:22 | 0:53:52 |
| 288 | Benita | Kosmas | HELDH | 50309 | 50KM | F | 8:16:40 | 10 | 0:46:40 | 0:47:42 | 0:46:18 | 0:48:04 | 0:48:21 | 0:49:40 | 0:51:30 | 0:52:57 | 0:52:45 | 0:52:40 |
| 289 | Danielia | Groenewald | BELL | 50211 | 50KM | F | 8:18:17 | 10 | 0:37:07 | 0:41:13 | 0:42:24 | 0:56:37 | 0:45:42 | 0:58:43 | 0:52:37 | 0:51:53 | 1:01:27 | 0:50:30 |
| 290 | Makhosi | Dlalisa | PINE | 50248 | 50KM | F | 8:18:42 | 10 | 0:36:50 | 0:36:43 | 0:40:06 | 0:50:04 | 0:52:22 | 0:52:32 | 0:54:19 | 0:59:51 | 1:04:13 | 0:51:38 |
| 291 | Kathy | Van Der Westhuizen | TMP WP | 50158 | 50KM | F | 8:19:09 | 10 | 0:38:34 | 0:34:54 | 0:42:07 | 0:43:13 | 0:52:47 | 0:56:30 | 0:54:52 | 0:59:21 | 0:59:55 | 0:56:52 |
| 292 | Rene | Bosman | RWFLWP | 50422 | 50KM | F | 8:27:08 | 10 | 0:42:03 | 0:41:13 | 0:40:56 | 0:43:30 | 0:48:03 | 0:54:13 | 1:06:02 | 0:57:55 | 0:54:24 | 0:58:45 |
| 293 | Johannes | Wagner | BRACKEN | 50304 | 50KM | M | 8:27:53 | 10 | 0:44:55 | 0:39:07 | 0:37:29 | 0:38:21 | 0:48:33 | 0:53:20 | 1:08:16 | 0:54:47 | 1:04:36 | 0:58:25 |
| 294 | Jens | Schatke | AAC | 50139 | 50KM | M | 8:27:59 | 10 | 0:30:38 | 0:34:07 | 0:35:36 | 0:39:08 | 0:48:19 | 1:06:20 | 0:58:53 | 0:52:41 | 1:20:18 | 1:01:54 |
| 295 | Lee-ann | Harris | PINE | 50121 | 50KM | F | 8:28:47 | 10 | 0:44:41 | 0:41:41 | 0:49:20 | 0:50:20 | 0:51:51 | 0:53:28 | 0:54:18 | 0:54:37 | 0:46:47 | 1:01:41 |
| 296 | Lee-Anne | Adams | KENFAC | 50276 | 50KM | F | 8:32:46 | 10 | 0:41:16 | 0:41:24 | 0:40:04 | 0:45:36 | 0:51:20 | 0:55:03 | 1:01:40 | 0:57:33 | 1:01:56 | 0:56:50 |
| 297 | Lameez | Isaacs | KENFAC | 50273 | 50KM | F | 8:32:46 | 10 | 0:41:16 | 0:41:25 | 0:39:46 | 0:40:53 | 0:44:36 | 0:55:03 | 1:13:26 | 0:57:32 | 1:02:02 | 0:56:43 |
| 298 | Ameen | Stemmet | TOPFORM | 50147 | 50KM | M | 8:33:43 | 10 | 0:40:49 | 0:40:52 | 0:47:11 | 0:48:05 | 0:51:53 | 0:56:29 | 0:54:46 | 0:55:38 | 1:00:05 | 0:57:51 |
| 299 | Thakira | Stemmet | TOPFORM | 50148 | 50KM | F | 8:33:43 | 10 | 0:40:48 | 0:40:53 | 0:47:12 | 0:48:04 | 0:51:54 | 0:56:28 | 0:54:47 | 0:55:37 | 1:00:02 | 0:57:53 |
| 300 | Koert | Meyer | TNLCACR | 50426 | 50KM | M | 8:36:29 | 10 | 0:39:26 | 0:37:53 | 0:46:07 | 0:42:07 | 0:51:21 | 1:02:38 | 0:56:11 | 1:06:16 | 0:56:12 | 0:58:14 |
| 301 | Liesl | De Villiers | BRACKEN | 50378 | 50KM | F | 8:36:45 | 10 | 0:46:05 | 0:45:03 | 0:45:23 | 0:48:31 | 0:47:39 | 0:48:37 | 0:52:51 | 0:54:31 | 1:08:15 | 0:59:45 |
| 302 | Mariam | Elissac | ITHEKO | 50228 | 50KM | F | 8:41:30 | 10 | 0:41:45 | 0:40:48 | 0:44:09 | 0:47:44 | 1:08:14 | 0:48:40 | 0:51:58 | 0:54:34 | 1:09:13 | 0:54:21 |
| 303 | Roan | Dearham | BRACKEN | 50266 | 50KM | M | 8:42:06 | 10 | 0:40:33 | 0:45:43 | 0:44:20 | 0:49:54 | 0:52:05 | 0:57:53 | 0:54:54 | 0:56:38 | 0:59:49 | 1:00:13 |
| 304 | Rene | Tepper | EKSWP | 50320 | 50KM | F | 8:42:34 | 10 | 0:42:23 | 0:43:11 | 0:45:58 | 0:50:49 | 0:50:51 | 0:52:54 | 1:04:40 | 0:57:37 | 0:58:08 | 0:56:00 |
| 305 | Ra-eesa | Davids | ODF | 50358 | 50KM | F | 8:52:17 | 10 | 0:46:48 | 0:47:32 | 0:49:42 | 0:50:58 | 1:00:53 | 0:51:56 | 0:53:04 | 1:06:03 | 0:51:57 | 0:53:19 |
| 306 | Carol | Nepgen | KOWIE | 50365 | 50KM | F | 8:55:48 | 10 | 0:46:40 | 0:49:05 | 0:50:14 | 0:49:26 | 0:55:08 | 0:51:33 | 0:55:09 | 0:55:16 | 0:58:42 | 1:04:30 |
| 307 | Deidre | Marquard | SH | 50152 | 50KM | F | 8:56:22 | 10 | 0:39:42 | 0:43:56 | 0:44:57 | 0:46:19 | 1:05:04 | 1:08:16 | 0:51:45 | 1:00:17 | 1:02:29 | 0:53:31 |
| 308 | Megan | Apollis | SH | 50165 | 50KM | F | 8:56:22 | 10 | 0:39:42 | 0:43:56 | 0:44:57 | 0:46:19 | 1:05:04 | 1:08:16 | 0:51:46 | 1:00:17 | 1:02:29 | 0:53:31 |
| 309 | Nosi | Madlingozi | SAPSWP | 50430 | 50KM | F | 8:58:03 | 10 | 0:38:36 | 0:43:14 | 0:47:56 | 0:52:27 | 1:01:01 | 0:54:47 | 1:01:55 | 1:01:58 | 0:57:21 | 0:58:44 |
| 310 | Des | Saffier | EDGE | 50177 | 50KM | F | 8:59:49 | 10 | 0:43:45 | 0:39:17 | 0:41:09 | 0:42:22 | 0:50:34 | 1:08:12 | 0:59:51 | 0:57:12 | 1:06:32 | 1:10:51 |
| 311 | Elizabeth-Ann | Daniels | RAVENS | 50457 | 50KM | F | 9:00:02 | 10 | 0:43:14 | 0:43:54 | 0:54:04 | 0:46:32 | 1:00:54 | 0:59:38 | 1:00:27 | 0:59:01 | 0:58:03 | 0:54:12 |
| 312 | Willem | Fransman | SANRRC | 50460 | 50KM | M | 9:02:15 | 10 | 0:44:39 | 0:40:48 | 0:44:03 | 0:50:59 | 1:00:59 | 0:53:49 | 1:11:55 | 1:05:10 | 0:55:30 | 0:54:19 |
| 313 | Michelle | Williams | ODF | 50118 | 50KM | F | 9:16:48 | 10 | 0:44:42 | 0:40:19 | 0:50:30 | 0:54:05 | 1:03:41 | 0:54:32 | 1:16:44 | 0:53:55 | 0:59:38 | 0:58:37 |
| 314 | Mary | Fortuin | ITHEKO | 50227 | 50KM | F | 9:21:01 | 10 | 0:41:45 | 0:44:08 | 0:40:44 | 0:46:45 | 1:12:34 | 0:53:31 | 0:58:17 | 1:10:01 | 1:10:07 | 1:03:05 |
| 315 | Barry | Fortuin | ITHEKO | 50226 | 50KM | M | 9:21:02 | 10 | 0:39:55 | 0:42:38 | 0:44:28 | 0:46:23 | 1:12:04 | 0:51:27 | 1:12:22 | 0:58:32 | 1:10:01 | 1:03:07 |
| 316 | Jan | Swart | FITWP | 50141 | 50KM | M | 9:23:29 | 10 | 0:46:40 | 0:49:06 | 0:47:32 | 0:52:50 | 0:54:02 | 0:53:55 | 1:20:29 | 0:54:23 | 1:06:39 | 0:57:49 |
| 317 | Petro | Miller | BRACKEN | 50163 | 50KM | F | 9:24:22 | 10 | 0:48:44 | 0:52:01 | 1:01:48 | 0:48:05 | 0:50:45 | 1:41:22 | 0:47:07 | 0:49:37 | 0:53:39 | 0:51:10 |
| 318 | Mike | Goosen | BRACKEN | 50325 | 50KM | M | 9:28:14 | 10 | 0:47:42 | 0:47:30 | 0:49:00 | 0:51:27 | 0:54:53 | 1:04:57 | 1:03:48 | 1:08:12 | 1:02:45 | 0:57:57 |
| 319 | Mandy | Page | HEWAT | 50153 | 50KM | F | 9:32:22 | 10 | 0:31:33 | 0:33:51 | 0:34:36 | 0:39:35 | 0:41:28 | 0:57:02 | 1:28:01 | 1:26:39 | 1:14:47 | 1:24:46 |
| 320 | Joseph | Bergh | BRACKEN | 50369 | 50KM | M | 9:39:53 | 10 | 0:39:46 | 0:41:43 | 0:45:00 | 0:54:32 | 1:05:42 | 1:07:55 | 1:14:35 | 1:07:13 | 1:03:07 | 1:00:17 |
| 321 | Mercia | Smith | PINE | 50246 | 50KM | F | 9:45:06 | 10 | 0:50:12 | 0:49:45 | 0:52:00 | 1:01:34 | 1:00:28 | 0:56:11 | 1:07:56 | 0:55:43 | 1:13:50 | 0:57:22 |
| 322 | Nadeema | Marks | PINE | 50489 | 50KM | F | 9:45:06 | 10 | 0:50:11 | 0:49:46 | 0:51:58 | 0:48:29 | 1:10:35 | 0:53:01 | 1:14:05 | 0:55:43 | 1:13:51 | 0:57:23 |

| Position | Name | Surname | TeamName | RaceNo | StartGroup | Sex | Net Time | TotLaps | Lap1 | Lap2 | Lap3 | Lap4 | Lap5 | Lap6 | Lap7 | Lap8 | Lap9 | Lap10 |
|----------|------------------|----------------|----------|--------|------------|-----|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 323 | Shingirai Alanna | Kondo | PINE | 50251 | 50KM | F | 9:45:06 | 10 | 0:43:14 | 0:52:59 | 0:50:42 | 0:57:14 | 1:03:57 | 0:54:30 | 1:00:12 | 1:08:20 | 1:16:32 | 0:57:22 |
| 324 | Elza | Olivier | SSTRI | 50220 | 50KM | F | 9:47:20 | 10 | 0:42:52 | 0:43:00 | 0:43:34 | 0:48:20 | 0:54:32 | 1:02:37 | 1:02:49 | 1:11:27 | 1:14:04 | 1:24:02 |
| 325 | Nobukhosi | Dlamini | TMP WP | 50445 | 50KM | F | 9:47:28 | 10 | 0:41:11 | 0:52:23 | 0:44:27 | 0:52:36 | 0:58:42 | 1:07:53 | 1:01:56 | 1:07:13 | 1:19:11 | 1:01:52 |
| 326 | Lizet | Murray | BELL | 50319 | 50KM | F | 10:02:00 | 10 | 0:34:02 | 0:35:06 | 0:34:10 | 0:43:40 | 1:19:45 | 1:02:00 | 1:28:51 | 1:10:08 | 1:31:53 | 1:02:25 |
| 327 | Liezel | Engelbrecht | BELL | 50330 | 50KM | F | 10:02:03 | 10 | 0:36:18 | 0:33:51 | 0:34:04 | 0:42:45 | 1:19:45 | 1:02:00 | 1:28:51 | 1:10:08 | 1:31:53 | 1:02:26 |
| 328 | Keith | Solomon | CENTWP | 50374 | 50KM | M | 10:04:20 | 10 | 0:46:34 | 0:49:03 | 0:51:18 | 1:01:32 | 0:57:57 | 1:09:24 | 1:01:41 | 1:24:10 | 0:55:59 | 1:06:39 |
| 329 | Salma | Alexander | ODF | 50287 | 50KM | F | 10:14:11 | 10 | 0:46:48 | 0:47:32 | 0:49:42 | 0:50:57 | 1:00:53 | 0:50:14 | 1:02:57 | 1:19:34 | 1:22:34 | 1:22:55 |
| 330 | Ntuli | Nontobeko | VERTSPA | 50143 | 50KM | F | 10:27:12 | 10 | 1:04:27 | 0:56:12 | 1:01:24 | 1:09:32 | 0:59:37 | 1:06:57 | 1:03:09 | 1:10:33 | 0:56:06 | 0:59:10 |
| 331 | Teresa | Morris | BRACKEN | 50164 | 50KM | F | 10:32:22 | 10 | 0:48:45 | 0:52:00 | 1:01:46 | 1:14:05 | 0:43:13 | 1:23:06 | 0:16:22 | 1:10:29 | 1:47:03 | 1:15:30 |
| 332 | Juan | Wiese | SWART | 50385 | 50KM | M | 11:10:06 | 10 | 0:40:58 | 0:46:27 | 0:57:27 | 1:02:27 | 1:06:18 | 1:05:42 | 1:31:10 | 1:08:24 | 1:25:43 | 1:25:26 |
| | Lodewyk | Janawaarie | RAVENS | 50486 | 50KM | M | 6:02:00 | 9 | 0:32:19 | 0:30:10 | 0:30:05 | 0:32:44 | 0:54:56 | 0:42:57 | 0:56:14 | 0:38:16 | 0:44:17 | |
| | Robert | Keynel | SANRRC | 50332 | 50KM | M | 6:15:24 | 9 | 0:32:05 | 0:31:25 | 0:32:49 | 0:38:24 | 0:42:59 | 0:45:38 | 0:48:23 | 0:51:48 | 0:51:52 | |
| | Tariq | Ismail | TMP WP | 50144 | 50KM | M | 6:56:12 | 9 | 0:38:07 | 0:38:18 | 0:40:14 | 0:44:14 | 0:52:25 | 1:15:51 | 0:34:03 | 1:00:31 | 0:32:24 | |
| | Jannie | Engelbrecht | BELL | 50331 | 50KM | M | 7:29:23 | 9 | 0:42:40 | 0:47:54 | 0:47:18 | 0:53:31 | 0:48:25 | 0:49:59 | 0:50:48 | 0:53:53 | 0:54:52 | |
| | Eugene | Adams | OXFORD | 50124 | 50KM | M | 7:47:54 | 9 | 0:45:29 | 0:46:12 | 0:47:57 | 0:48:28 | 0:52:07 | 0:53:33 | 0:55:11 | 1:00:44 | 0:58:11 | |
| | Pierre | Goussard | DURBAC | 50408 | 50KM | M | 2:41:09 | 7 | 0:24:34 | 0:23:51 | 0:23:34 | 0:24:09 | 0:25:19 | 0:25:30 | 0:14:10 | | | |
| | Wasfie | Adams | KENFAC | 50288 | 50KM | M | 3:20:00 | 7 | 0:29:31 | 0:28:59 | 0:28:02 | 0:28:45 | 0:28:12 | 0:27:01 | 0:29:28 | | | |
| | Justin | Roux | WCOAST | 50160 | 50KM | M | 3:21:02 | 7 | 0:25:04 | 0:25:27 | 0:25:54 | 0:26:34 | 0:27:06 | 0:29:55 | 0:40:59 | | | |
| | Kurt | Basson | CMSC | 50478 | 50KM | M | 3:23:14 | 7 | 0:27:41 | 0:25:58 | 0:26:31 | 0:27:50 | 0:26:58 | 0:29:12 | 0:39:01 | | | |
| | Neil | Winspear | TEAMVICG | 50424 | 50KM | M | 3:56:28 | 7 | 0:33:41 | 0:31:25 | 0:29:52 | 0:31:59 | 0:32:39 | 0:35:55 | 0:40:54 | | | |
| | Elizabeth | Moller | TMP WP | 50415 | 50KM | F | 5:22:58 | 7 | 0:34:58 | 0:38:08 | 0:40:33 | 0:50:03 | 0:52:21 | 0:56:37 | 0:50:14 | | | |
| | Cj | Visser | PINE | 50476 | 50KM | M | 3:28:01 | 6 | 0:36:17 | 0:32:29 | 0:33:03 | 0:32:59 | 0:33:32 | 0:39:38 | | | | |
| | Deborah | Manuels | TOPFORM | 50380 | 50KM | F | 4:20:20 | 6 | 0:35:50 | 0:35:27 | 0:38:26 | 0:39:52 | 0:47:16 | 1:03:27 | | | | |
| | Claire | Mathieson | CCAC | 50193 | 50KM | F | 4:44:36 | 6 | 0:36:29 | 0:44:13 | 0:44:47 | 0:49:08 | 0:43:39 | 1:06:19 | | | | |
| | Cassiem | Fakier | HEWAT | 50108 | 50KM | M | 8:47:57 | 6 | 1:46:42 | 1:32:41 | 1:02:38 | 1:13:15 | 2:09:47 | 1:02:53 | | | | |
| | Tania | Van Der Meulen | CMSC | 50137 | 50KM | F | 2:11:24 | 5 | 0:25:22 | 0:23:28 | 0:26:54 | 0:27:48 | 0:27:51 | | | | | |
| | Sanjay Shaun | Tewary | TMP WP | 50180 | 50KM | M | 2:54:35 | 5 | 0:31:07 | 0:30:37 | 0:32:02 | 0:40:47 | 0:40:00 | | | | | |
| | Cathy | Van Staden | TMP WP | 50244 | 50KM | F | 4:01:59 | 5 | 0:37:29 | 0:43:28 | 0:43:25 | 0:54:53 | 1:02:43 | | | | | |
| | Brandt | Aurelien | TMP WP | 50441 | 50KM | M | 1:45:25 | 4 | 0:25:01 | 0:25:06 | 0:26:13 | 0:29:04 | | | | | | |
| | Shani | Coetzer | FHOEK | 50131 | 50KM | F | 2:06:51 | 4 | 0:31:05 | 0:31:54 | 0:31:56 | 0:31:56 | | | | | | |
| | Clare | Labuschagne | OUTENH | 50155 | 50KM | F | 1:36:56 | 3 | 0:30:57 | 0:31:54 | 0:34:04 | | | | | | | |
| | Karl | Baker | RCSGUGS | 50461 | 50KM | M | 1:42:48 | 3 | 0:27:23 | 0:25:13 | 0:50:11 | | | | | | | |