

| 35km | | | 15km | | |
|-----------|-----------------------|---------|-----------|---------------------------|-------|
| Position: | Name: | Time | Position: | Name: | Time: |
| 1 | Chris Wolhuter | 1.14.16 | 1 | John Laatz | 00.46 |
| 2 | Ivan Perold | 1.15.26 | 2 | Allan Dowdle | 00.52 |
| 3 | Greeff Moolman | 1.16.01 | 2 | John Wait | 00.52 |
| 4 | Sean Williams | 1.18.01 | 4 | Chris Erasmus | 00.52 |
| 5 | Craig Casey-Hughes | 1.21.42 | 5 | Wendy Satchwell | 00.57 |
| 6 | Barry Pauw | 1.25.18 | 6 | Mark Ritchie | 01.01 |
| 7 | Charel Uys | 1.31.43 | 7 | Ernst Paul | 01.01 |
| 8 | Kobus Duminy | 1.32.45 | 8 | Charl Victor | 01.08 |
| 9 | Dion O'Cuinneagain | 1.34.34 | 9 | Bartho Visser | 01.17 |
| 10 | Cilliers de Villiers | 1.34.49 | 10 | Simon Mouton | 01.17 |
| 11 | Carl Malherbe | 1.37.01 | 11 | Jaco Swart | 01.18 |
| 12 | Garth Ward | 1.37.25 | 12 | Michael Meeding | 01.20 |
| 13 | John Lofty-Eaton | 1.37.41 | 13 | Amelia van der Merwe | 01.21 |
| 14 | Alex Ross | 1.40.45 | 14 | Adri Hofmeyer | 01.21 |
| 15 | Philip Seba | 1.41.06 | 15 | Lesley McCallun | 01.22 |
| 16 | Cassie Steyn | 1.41.27 | 16 | Rohan Millson | 01.22 |
| 17 | Haumann Brink | 1.41.32 | 17 | André Augustyn | 01.23 |
| 18 | Johan Davel | 1.44.05 | 18 | Amanda Fourie | 01.23 |
| 19 | Freduard Conradie | 1.45.10 | 19 | Ziana Firmani | 01.25 |
| 20 | Geoffrey Bihl | 1.48.18 | 20 | Janika Firmani | 01.25 |
| 21 | Matthew Satchwell | 1.48.30 | 21 | Helainne le Roux | 01.27 |
| 22 | Luca Stermin | 1.50.19 | 22 | Carolina Burd-Rocchinotti | 01.39 |
| 23 | Ian Carnegie | 1.50.35 | 23 | Vicky Shaw | 01.39 |
| 24 | Michael Jeffrey | 1.50.38 | 24 | Alison Hartley | 01.39 |
| 25 | John Shaw | 1.53.22 | 25 | Taine Phipson | 01.44 |
| 26 | David Hartley | 1.53.43 | 26 | Dylan Wright | 01.44 |
| 27 | Hannu Garmy | 1.56.06 | 27 | Gary Wright | 01.47 |
| 28 | Raphael Dornier | 1.57.04 | 28 | Mario Firmani | 01.49 |
| 29 | Jimmy Wait | 1.57.38 | 29 | Orland Firmani | 01.50 |
| 30 | Bruce McEwan | 1.57.51 | 30 | Rochelle Phipson | 01.52 |
| 31 | Herbie Mabin | 1.59.12 | 31 | Tyra Phipson | 01.52 |
| 31 | Kate Bihl | 1.59.12 | 32 | Gary Phipson | 01.52 |
| 33 | Paul Burger | 1.59.52 | 33 | Will Gubb | |
| 34 | Arnaud Malan | 2.00.26 | 34 | Eve Thompson | |
| 35 | Yolanda Engelbrecht | 2.00.41 | 35 | Beryl Esterhuizen | |
| 36 | Etienne Engelbrecht | 2.00.43 | | | |
| 37 | Steve Burd | 2.02.10 | | | |
| 38 | Malcolm Pierpoint | 2.02.21 | | | |
| 39 | Dirk Meissner | 2.02.23 | | | |
| 40 | Lyn Meissner | 2.02.26 | | | |
| 41 | Karen Human | 2.03.19 | | | |
| 42 | Johan de Waal | 2.05.58 | | | |
| 43 | Thinus Geldenhuys | 2.05.59 | | | |
| 44 | Jeremy Kirton | 2.07.55 | | | |
| 45 | Liezel Engelbrecht | 2.07.56 | | | |
| 46 | Jannie Engelbrecht | 2.07.56 | | | |
| 47 | Melanie Dittchvist | 2.09.44 | | | |
| 48 | Perie Kemp | 2.10.22 | | | |
| 49 | Braam (P.B) le Roux | 2.12.00 | | | |
| 50 | Michael Ferreira | 2.12.14 | | | |
| 51 | Joachim Steyn | 2.12.24 | | | |
| 52 | Clive Randell | 2.12.33 | | | |
| 53 | Stella Ghisleni | 2.12.33 | | | |
| 54 | Vladimir Vlasiouk | 2.14.07 | | | |
| 55 | Justin Roberts | 2.14.08 | | | |
| 56 | Romao da luz | 2.14.09 | | | |
| 57 | Dionyssios Spiratos | 2.14.10 | | | |
| 58 | Marius Karston | 2.14.11 | | | |
| 59 | Jonathan Kaplan | 2.14.12 | | | |
| 60 | Anton Uys | 2.15.20 | | | |
| 61 | Aldo Scribante | 2.17.32 | | | |
| 62 | André Greyling | 2.17.36 | | | |
| 63 | Ryno Jordaan | 2.17.37 | | | |
| 64 | Etienne Kruger | 2.17.41 | | | |
| 65 | Ian O'Connel | 2.18.00 | | | |
| 66 | Anne Tod | 2.29.36 | | | |
| 67 | John Todd | 2.29.37 | | | |
| 68 | Harry Smith | 2.31.08 | | | |
| 69 | Jonathan Hookins | 2.43.46 | | | |
| 70 | Retha Benadé | 2.45.14 | | | |
| 71 | Surita Madsen-Leibold | 2.45.15 | | | |
| 72 | Caren Richard | 2.45.50 | | | |
| 73 | Cedric Fortry | 3.21.16 | | | |
| 74 | Nathan Krumm | 3.21.28 | | | |
| 75 | Vanessa McEwan | 3.22.24 | | | |
| 76 | Denise Smith | 3.22.46 | | | |
| 77 | Carol Mostert | | | | |