

Overall

| Pos | Name | Gender | Category | Sekonyellas Hat | High Ridge | Pyramid 1 | Finish |
|-----|--------------------|--------|-------------|-----------------|------------|-----------|---------|
| 1 | Thabang Madiba | male | Open Male | 0:50:50 | 1:26:22 | 2:31:15 | 2:44:36 |
| 2 | Chabeli Neyemandi | male | Open Male | 0:49:41 | 1:25:04 | 2:30:49 | 2:44:39 |
| 3 | Tsepo Nayapotse | male | Open Male | 0:49:42 | 1:25:07 | 2:31:19 | 2:45:29 |
| 4 | Sampie Makoakoa | male | Vets Male | 0:49:40 | 1:25:01 | 2:30:51 | 2:45:42 |
| 5 | Louis Van Deventer | male | Open Male | 0:51:43 | 1:34:08 | 2:54:07 | 3:16:01 |
| 6 | Gavin Gower | male | Open Male | 0:55:35 | 1:38:52 | 2:56:49 | 3:19:08 |
| 6 | Trevor Gower | male | Open Male | 0:55:45 | 1:38:50 | 2:56:54 | 3:19:08 |
| 8 | Petri Cook | male | Open Male | 0:58:03 | 1:47:17 | 3:06:25 | 3:25:28 |
| 9 | Pieter Conradie | male | Open Male | 0:53:28 | 1:45:06 | 3:06:07 | 3:26:45 |
| 10 | Dillion Mcevoy | male | Open Male | 0:53:24 | 1:44:23 | 3:02:00 | 3:30:54 |
| 11 | Erhard Sauer | male | Open Male | 0:58:53 | 1:51:16 | 3:09:46 | 3:31:47 |
| 12 | Grant Flanagan | male | Open Male | 1:00:51 | 1:50:10 | 3:15:02 | 3:36:31 |
| 12 | Adrian Nel | male | Open Male | 1:03:50 | 1:56:09 | 3:14:46 | 3:36:31 |
| 14 | Matthew Longden | male | Vets Male | 0:57:58 | 1:45:49 | 3:12:51 | 3:37:05 |
| 15 | Michael Walker | male | Open Male | 0:56:46 | 1:44:57 | 3:16:59 | 3:41:39 |
| 16 | Chris Cronje | male | Vets Male | 0:56:07 | 1:44:54 | 3:16:15 | 3:46:33 |
| 17 | Mark Phipson | male | Vets Male | 0:59:49 | 1:52:12 | 3:23:16 | 3:52:22 |
| 18 | Pete Haw | male | Open Male | 1:01:17 | 1:56:28 | 3:32:15 | 3:57:27 |
| 18 | Pitso Meko | male | Open Male | 0:56:34 | 1:56:44 | 3:32:19 | 3:57:27 |
| 20 | Gareth Sears | male | Vets Male | 1:03:46 | 2:00:12 | 3:33:45 | 3:57:45 |
| 21 | Trude Carstens | female | Open Female | 1:02:30 | 2:00:59 | 3:36:21 | 4:03:02 |
| 22 | Sampie Morapedi | male | Vets Male | 1:00:32 | 1:56:41 | 3:35:33 | 4:03:03 |
| 23 | Rhys Foster | male | Open Male | 1:05:10 | 2:02:55 | 3:36:39 | 4:03:25 |
| 24 | Andrew Craig | male | Open Male | 1:02:56 | 2:00:33 | 3:33:39 | 4:05:42 |
| 25 | Neil Mackenzie | male | Open Male | 1:03:00 | 2:00:39 | 3:34:31 | 4:05:43 |
| 26 | Brigitte Joubert | female | Open Female | 1:03:48 | 2:04:02 | | 4:14:27 |
| 26 | Martie Botes | female | Open Female | 1:06:03 | 2:08:06 | 3:46:14 | 4:14:27 |
| 28 | Craig Houston | male | Master Male | 1:03:42 | 2:02:39 | 3:44:42 | 4:14:30 |
| 29 | Japie Kruger | male | Open Male | 1:11:48 | 2:12:01 | 3:44:53 | 4:15:15 |

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|-----|-------------------------|--------|-------------|-----------------|------------|-----------|---------|
| 29 | Jan Hitge | male | Vets Male | 1:07:53 | 2:12:24 | 3:45:24 | 4:15:15 |
| 31 | Martijn Rijswijk | male | Open Male | 1:05:20 | 2:08:18 | 3:46:39 | 4:15:25 |
| 32 | Pieter De Wet | male | Open Male | 1:08:42 | 2:10:51 | 3:45:03 | 4:15:44 |
| 33 | Rikus Engelbrecht | male | Open Male | 1:05:48 | 2:02:58 | 3:51:10 | 4:24:47 |
| 33 | Claus Kempen | male | Open Male | 1:19:44 | 2:22:13 | 3:57:43 | 4:24:47 |
| 35 | Tara-Lea Van Zyl | female | Open Female | 1:09:08 | 2:11:59 | 3:53:05 | 4:28:06 |
| 36 | Georg Terreblanche | male | Open Male | 1:11:33 | 2:11:56 | 3:59:27 | 4:28:19 |
| 37 | Japie Bignaut | male | Open Male | 1:02:50 | 2:01:09 | 3:53:10 | 4:28:26 |
| 38 | Caryn Phipson | female | Open Female | 1:12:05 | 2:16:53 | 4:03:05 | 4:30:16 |
| 39 | Paulina Njeya | female | Vets Female | 1:05:33 | 2:13:24 | 4:01:22 | 4:30:22 |
| 40 | Ulrich Rehbock | male | Open Male | 1:11:54 | 2:16:49 | 4:01:46 | 4:32:13 |
| 40 | Heinz Rehbock | male | Open Male | 1:11:57 | 2:16:51 | 4:01:51 | 4:32:13 |
| 42 | Ruan Lingenfelder | male | Open Male | 1:15:13 | 2:20:25 | 4:03:38 | 4:32:15 |
| 43 | Marise Fourie | female | Open Female | 1:11:38 | 2:18:28 | 4:03:29 | 4:34:23 |
| 44 | Hendri Theron | male | Open Male | 1:13:23 | 2:21:08 | 4:03:52 | 4:35:02 |
| 45 | Marina Kambanis | female | Open Female | 1:07:40 | 2:18:25 | 4:04:09 | 4:36:39 |
| 46 | Steven Dalzell | male | Vets Male | 1:12:30 | 2:17:13 | 4:08:10 | 4:37:46 |
| 47 | Tiaan Herbst | male | Open Male | 1:12:33 | 2:17:17 | 4:06:32 | 4:37:47 |
| 48 | Jayme-Sue Vermaas | female | Open Female | 1:07:51 | 2:18:01 | 4:01:57 | 4:37:50 |
| 49 | Michael Sears | male | Open Male | 1:13:39 | 2:18:34 | 4:08:15 | 4:39:22 |
| 50 | Athol Holmes | male | Open Male | 1:08:01 | 2:12:05 | 4:08:23 | 4:41:18 |
| 51 | Altus Van Der Merwe | male | Vets Male | 1:08:13 | 2:11:49 | 4:11:28 | 4:41:20 |
| 52 | Frederick Odendaal | male | Open Male | 1:06:08 | 2:11:52 | 4:04:35 | 4:41:43 |
| 53 | Jo Van Der Walt | male | Open Male | 1:08:27 | 2:11:37 | 4:08:22 | 4:42:01 |
| 54 | Kyle Burgess | male | Open Male | 1:12:38 | 2:18:30 | 4:08:58 | 4:42:03 |
| 55 | Reinhardt Van Jaarsveld | male | Open Male | 1:12:08 | 2:22:16 | 4:12:11 | 4:45:17 |
| 56 | Marisa Van Der Merwe | female | Open Female | 1:15:19 | 2:26:12 | 4:13:56 | 4:45:21 |
| 57 | Karen Havenga | female | Vets Female | 1:15:49 | 2:25:56 | 4:14:32 | 4:45:22 |
| 58 | Dave Formby | male | Vets Male | 1:06:57 | 2:18:17 | 4:12:00 | 4:47:31 |

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|-----|----------------------|--------|---------------|-----------------|------------|-----------|---------|
| 59 | Roger Stubbs | male | Vets Male | 1:05:13 | 2:16:57 | 4:12:45 | 4:49:31 |
| 60 | Werner Van Zyl | male | Open Male | 1:02:43 | 2:11:42 | 4:11:42 | 4:52:58 |
| 60 | Juanee Cilliers | female | Open Female | 1:02:40 | 2:11:46 | 4:11:53 | 4:52:58 |
| 62 | Willem Bindeman | male | Vets Male | 1:07:57 | 2:18:19 | 4:18:56 | 4:53:08 |
| 63 | Karien De Kock | female | Open Female | 1:11:52 | 2:25:19 | 4:17:27 | 4:53:48 |
| 64 | Lloyd Hudson | male | Vets Male | 1:12:22 | 2:24:30 | 3:54:28 | 4:55:10 |
| 65 | Wikkie Van Der Merwe | male | Vets Male | 1:15:56 | 2:26:33 | 4:26:51 | 4:55:28 |
| 66 | Tanya Worner | female | Master Female | 1:14:40 | 2:28:47 | 4:21:41 | 4:55:37 |
| 67 | Tony Huglin | male | Master Male | 1:09:12 | 2:17:36 | 4:13:20 | 4:55:41 |
| 68 | Tiaan Watkins | male | Open Male | 1:10:49 | 2:17:08 | 4:20:42 | 4:56:25 |
| 69 | Hannes Erasmus | male | Open Male | 1:08:08 | 2:16:47 | 4:21:49 | 4:56:49 |
| 70 | Daniel Havenga | male | Vets Male | 1:15:48 | 2:25:49 | 4:27:14 | 4:59:33 |
| 71 | Mayburg Jooste | male | Open Male | 1:19:22 | 2:28:04 | | 5:00:24 |
| 72 | Johann Peek | male | Vets Male | 1:12:26 | 2:25:29 | 4:26:09 | 5:02:37 |
| 73 | Meghan West | female | Open Female | 1:22:46 | 2:29:27 | 4:34:55 | 5:04:49 |
| 74 | Bertus Van Deventer | male | Open Male | 1:23:09 | 2:34:28 | 4:33:36 | 5:05:07 |
| 75 | Ryan Wilson | male | Open Male | 1:12:02 | 2:18:22 | 4:26:19 | 5:05:52 |
| 76 | Hannelie Kroon | female | Open Female | 1:17:14 | 2:26:04 | 4:29:36 | 5:08:43 |
| 76 | Rheinhardt Schulze | male | Open Male | 1:17:16 | 2:26:09 | 4:30:49 | 5:08:43 |
| 78 | Pierre Annandale | male | Open Male | 1:17:06 | 2:26:21 | 4:31:12 | 5:08:44 |
| 79 | Lemeul Blignaut | male | Open Male | 1:23:27 | 2:43:41 | 4:39:35 | 5:09:58 |
| 80 | Lize Marais | female | Open Female | 1:16:14 | 2:30:26 | | 5:12:37 |
| 81 | Anthony O'Reilly | male | Vets Male | 1:16:31 | 2:31:57 | | 5:12:47 |
| 82 | Sonette O'Reilly | female | Vets Female | 1:16:27 | 2:31:51 | 4:34:47 | 5:12:48 |
| 83 | Kate Leslie | female | Open Female | 1:24:34 | 2:40:37 | 4:38:07 | 5:20:29 |
| 84 | Caitlin Beukes | female | Open Female | 1:23:29 | 2:40:26 | | 5:20:30 |
| 85 | Nilo Van Der Walt | female | Open Female | 1:19:01 | 2:31:22 | 4:38:17 | 5:21:20 |
| 86 | Erine Heyns | female | Open Female | 1:20:26 | 2:40:59 | 3:54:23 | 5:23:00 |
| 87 | Marius Joubert | male | Open Male | 1:20:21 | 2:40:43 | 4:39:24 | 5:23:01 |

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|-----|-----------------------|--------|---------------|-----------------|------------|-----------|---------|
| 88 | Frans Koning | male | Vets Male | 1:16:46 | 2:33:56 | 4:46:54 | 5:24:10 |
| 89 | Daniel Verster | male | Open Male | 1:22:17 | 2:50:49 | | 5:24:27 |
| 90 | Tiani Annandale | female | Open Female | 1:17:26 | 2:32:08 | 4:37:38 | 5:24:32 |
| 91 | Willem Kroon | male | Open Male | 1:19:17 | 2:32:45 | 4:38:13 | 5:24:34 |
| 92 | Magdelie Wilken | female | Open Female | 1:23:42 | 2:43:38 | 4:44:30 | 5:24:56 |
| 93 | Este Van Den Berg | female | Open Female | 1:17:04 | 2:32:14 | 4:45:19 | 5:25:04 |
| 93 | Izak Kotze | male | Open Male | 1:16:52 | 2:32:16 | 4:43:35 | 5:25:04 |
| 95 | Riette Douglas | female | Master Female | 1:26:00 | 2:49:43 | 4:45:08 | 5:25:17 |
| 96 | Jolene Maree | female | Open Female | 1:26:13 | 2:49:48 | 4:45:36 | 5:25:19 |
| 97 | Elne Kleinsmith | female | Open Female | 1:19:31 | 2:38:05 | 4:43:59 | 5:25:30 |
| 98 | Francois Kleinsmith | male | Open Male | 1:19:34 | 2:37:45 | 4:44:21 | 5:25:32 |
| 99 | Darren Flanegan | male | Open Male | 1:20:45 | 2:40:30 | 4:39:54 | 5:25:47 |
| 100 | Rodney Flanegan | male | Master Male | 1:21:15 | 2:40:34 | 4:40:40 | 5:25:48 |
| 101 | Johan Ferreira | male | Open Male | 1:16:06 | 2:27:59 | 4:45:15 | 5:26:45 |
| 102 | Sulette Ferreira | female | Master Female | 1:16:10 | 2:27:57 | 4:44:59 | 5:26:46 |
| 103 | Dwayne Vorster | male | Open Male | 1:19:39 | 2:36:29 | 4:38:27 | 5:26:47 |
| 104 | Mike Van Huyssteen | male | Open Male | 1:21:32 | 2:35:19 | 4:38:57 | 5:26:49 |
| 105 | Jason Erasmus | male | Open Male | 1:21:29 | 2:35:15 | 4:39:06 | 5:27:08 |
| 106 | Jp Marais | male | Open Male | 1:21:22 | 2:32:56 | | 5:27:54 |
| 107 | Enzo Beukes | male | Open Male | 1:22:28 | 2:40:09 | 4:44:10 | 5:30:13 |
| 107 | Fritz Beukes | male | Vets Male | 1:22:23 | 2:40:06 | 4:45:40 | 5:30:13 |
| 109 | Michall Van Jaarsveld | male | Open Male | 1:20:14 | 2:40:20 | 4:45:25 | 5:31:02 |
| 110 | Marizanne Roeland | female | Open Female | 1:22:57 | 2:35:25 | 4:46:47 | 5:31:33 |
| 110 | Laurika Dannhauser | female | Open Female | 1:23:01 | 2:40:56 | 4:52:12 | 5:31:33 |
| 110 | Justin Oelofsen | male | Open Male | 1:21:45 | 2:40:39 | 4:52:23 | 5:31:33 |
| 113 | Darryn McCormick | male | Open Male | 1:23:06 | 2:44:21 | 4:49:56 | 5:31:35 |
| 114 | Marelize Vd Walt | female | Vets Female | 1:22:56 | 2:44:25 | 4:49:35 | 5:33:07 |
| 114 | Marianne Du Plessis | female | Open Female | 1:21:19 | 2:44:57 | 4:49:41 | 5:33:07 |
| 116 | Jaco Cilliers | male | Open Male | 1:22:13 | 2:50:13 | 4:59:30 | 5:39:43 |

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|-----|-----------------------|--------|---------------|-----------------|------------|-----------|---------|
| 117 | Mandie Cilliers | female | Vets Female | 1:22:10 | 2:50:09 | 4:59:33 | 5:39:44 |
| 118 | Lien Van Den Heever | female | Open Female | 1:21:25 | 2:42:36 | 4:59:53 | 5:40:08 |
| 118 | Jannie Van Den Heever | male | Master Male | 1:21:40 | 2:42:29 | 4:59:50 | 5:40:08 |
| 118 | Carel Van Den Heever | male | Open Male | 1:21:36 | 2:42:33 | 4:58:43 | 5:40:08 |
| 121 | Christiaan Reynolds | male | Open Male | 1:22:02 | 2:50:55 | 4:55:24 | 5:40:37 |
| 122 | Rudi Van Zyl | male | Open Male | 1:26:22 | 2:49:23 | | 5:40:39 |
| 123 | Derik Combrink | male | Open Male | 1:21:53 | 2:50:00 | 5:03:57 | 5:41:05 |
| 124 | Lizle Austin | female | Vets Female | 1:31:59 | 2:58:27 | 5:03:50 | 5:42:18 |
| 124 | Allison Foster | female | Open Female | 1:30:01 | 2:54:06 | 5:05:35 | 5:42:18 |
| 126 | Jaco Labuschagne | male | Open Male | 1:32:03 | 2:53:46 | 5:04:47 | 5:48:57 |
| 127 | Philna Labuschagne | female | Open Female | 1:32:01 | 2:54:00 | 5:04:53 | 5:49:00 |
| 128 | Milandie Schoeman | female | Open Female | 1:19:48 | 2:57:47 | 5:03:33 | 5:50:16 |
| 129 | Marna Van Der Walt | female | Open Female | 1:20:02 | 2:57:43 | 5:03:30 | 5:50:17 |
| 130 | Nicola Meyer | female | Open Female | 1:27:54 | 2:56:56 | 5:05:54 | 5:50:52 |
| 130 | Cindy Brentley | female | Master Female | 1:30:27 | 2:54:11 | 5:05:43 | 5:50:52 |
| 130 | Kevin Brentley | male | Master Male | 1:30:29 | 2:54:15 | 5:05:27 | 5:50:52 |
| 133 | Gerbrand Smit | male | Open Male | 1:12:24 | 2:34:24 | 4:58:34 | 5:51:09 |
| 134 | Nadia Raimondo | female | Open Female | 1:26:41 | 2:50:28 | 5:12:06 | 5:56:39 |
| 135 | Yolanda Beukman | female | Vets Female | 1:21:50 | 2:47:48 | 5:10:44 | 5:56:40 |
| 136 | Inus Greyling | male | Open Male | 1:21:59 | 2:49:53 | 5:14:41 | 5:59:17 |
| 137 | Christel Basson | female | Open Female | 1:27:33 | 2:58:24 | 5:17:00 | 6:01:39 |
| 138 | Nikiwe Sihele | female | Vets Female | 1:29:41 | 2:57:20 | 5:13:24 | 6:02:17 |
| 139 | Mveleli Madlebe | male | Open Male | 1:29:39 | 2:57:24 | 5:13:12 | 6:02:22 |
| 140 | Julius Schuld | male | Open Male | 1:24:25 | 2:33:03 | 4:39:29 | 6:02:31 |
| 141 | Ockert Claassens | male | Open Male | 1:26:50 | 2:58:20 | 5:15:26 | 6:03:07 |
| 142 | Mark Cotterrell | male | Master Male | 1:30:11 | 3:03:39 | 5:17:24 | 6:04:29 |
| 143 | Emily Cotterrell | female | Open Female | 1:30:22 | 3:04:12 | | 6:04:30 |
| 144 | Bradley Frew | male | Vets Male | 1:29:36 | 3:02:36 | 5:18:13 | 6:04:31 |
| 145 | Christina Sears | female | Open Female | 1:32:50 | 3:04:16 | | 6:04:32 |

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|-----|------------------------------|--------|---------------|-----------------|------------|-----------|---------|
| 146 | Suzette Bornman | female | Open Female | 1:32:25 | 3:04:26 | | 6:04:36 |
| 146 | Lauren Frew | female | Vets Female | 1:30:06 | 3:04:05 | 5:18:35 | 6:04:36 |
| 148 | Kate Stubbs | female | Vets Female | 1:30:24 | 3:03:36 | | 6:04:37 |
| 149 | Nicolene Grobler | female | Open Female | 1:33:42 | 3:04:46 | 5:21:44 | 6:05:06 |
| 150 | Danie Grobler | male | Open Male | 1:33:44 | 3:04:50 | 5:21:45 | 6:05:07 |
| 151 | Marica Strydom | female | Vets Female | 1:31:45 | 3:05:01 | 5:21:53 | 6:05:15 |
| 152 | Leander Pienaar | male | Open Male | 1:31:42 | 3:04:29 | 5:21:39 | 6:05:17 |
| 153 | Debbie Dooley | female | Vets Female | 1:28:58 | 2:57:14 | 5:22:41 | 6:06:12 |
| 153 | Michael Dooley | male | Master Male | 1:25:44 | 2:57:16 | 5:17:57 | 6:06:12 |
| 155 | Eduan Human | male | Open Male | 1:32:06 | 3:04:36 | | 6:07:12 |
| 156 | Therese Human | female | Open Female | 1:31:56 | 3:04:33 | | 6:07:13 |
| 157 | Terry Fade | male | Vets Male | 1:24:26 | 2:54:40 | 5:25:49 | 6:10:31 |
| 158 | Katharine Frost-Van Der Walt | female | Vets Female | 1:36:38 | 3:13:11 | 5:27:31 | 6:10:40 |
| 159 | Taryn Formby | female | Open Female | 1:35:49 | 3:13:20 | 5:26:02 | 6:10:41 |
| 160 | Louise Van Niekerk | female | Vets Female | 1:30:43 | 3:04:56 | 5:25:46 | 6:11:03 |
| 161 | Louis Du Plooy | male | Open Male | 1:23:36 | 2:55:44 | 5:15:23 | 6:11:46 |
| 161 | Herlu Smith | male | Open Male | 1:23:32 | 2:55:40 | 5:17:09 | 6:11:46 |
| 163 | Jason Roux | male | Open Male | 1:22:30 | 2:43:29 | 5:17:28 | 6:12:12 |
| 164 | Mark Chaperon | male | Master Male | 1:22:41 | 2:55:24 | 5:16:01 | 6:12:13 |
| 164 | Michelle Chaperon | female | Master Female | 1:22:54 | 2:55:32 | 5:15:50 | 6:12:13 |
| 166 | Gerhard Vosloo | male | Master Male | 1:25:49 | 2:57:52 | 5:23:27 | 6:12:45 |
| 166 | Elsa Van Duuren | female | Master Female | 1:25:46 | 2:57:55 | 5:18:17 | 6:12:45 |
| 168 | Zander Muller | male | Open Male | 1:25:12 | 2:58:05 | 5:18:50 | 6:13:54 |
| 169 | Charles Jaquire | male | Open Male | 1:25:05 | 2:58:00 | | 6:13:55 |
| 170 | Hendrik Van Heerden | male | Vets Male | 1:27:45 | 2:55:07 | 5:24:49 | 6:14:03 |
| 171 | Christo Van Zyl | male | Open Male | 1:28:17 | 2:56:52 | 5:24:14 | 6:14:12 |
| 172 | Ruben Joubert | male | Open Male | 1:28:11 | 2:56:48 | 5:24:09 | 6:14:14 |
| 173 | Jannie Vd Walt | male | Vets Male | 1:22:52 | 2:50:03 | 5:24:27 | 6:17:43 |
| 174 | Christo Du Plessis | male | Vets Male | 1:28:32 | 3:02:39 | 5:09:44 | 6:19:25 |

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|-----|-------------------------|--------|---------------|-----------------|------------|-----------|---------|
| 174 | Bok Pretorius | male | Open Male | 1:27:59 | 3:02:23 | 5:26:05 | 6:19:25 |
| 176 | Pieter De Necker | male | Vets Male | 1:29:14 | 3:02:42 | 5:29:13 | 6:19:26 |
| 176 | Jannie Immelman | male | Master Male | 1:27:40 | 3:02:28 | 5:26:20 | 6:19:26 |
| 178 | Hardus Engelbrecht | male | Vets Male | 1:25:42 | 2:58:10 | 5:25:04 | 6:20:52 |
| 179 | Erika Meeding | female | Master Female | 1:29:22 | 2:55:50 | 5:24:06 | 6:22:57 |
| 180 | Fanie Bosch | male | Vets Male | 1:24:21 | 2:58:14 | 5:26:47 | 6:25:06 |
| 181 | Hannes Visser | male | Open Male | 1:24:11 | 2:58:17 | 5:26:39 | 6:25:07 |
| 182 | Kobie Jooste | female | Master Female | 1:24:09 | 2:57:27 | 5:31:06 | 6:26:48 |
| 183 | Eben Theron | male | Open Male | 1:27:37 | 2:58:30 | 5:30:30 | 6:28:49 |
| 184 | Lise De Clercq | female | Open Female | 1:25:37 | 2:57:35 | | 6:34:10 |
| 185 | Gerhard De Clercq | male | Open Male | 1:25:24 | 2:57:38 | | 6:34:11 |
| 186 | Dewyk De Clercq | male | Open Male | 1:25:18 | 2:57:31 | | 6:34:12 |
| 187 | Keane Brentley | male | Open Male | 1:29:03 | 2:58:34 | 5:37:50 | 6:34:41 |
| 188 | Michelle Cronje | female | Open Female | 1:29:47 | 3:18:05 | | 6:35:23 |
| 188 | Sonja Olivier | female | Master Female | 1:29:53 | 3:15:58 | | 6:35:23 |
| 190 | Hennie Van Heerden | male | Open Male | 1:41:57 | 3:16:13 | 5:50:24 | 6:35:29 |
| 191 | Sonica Van Heerden | female | Open Female | 1:41:56 | 3:16:07 | 5:50:55 | 6:35:33 |
| 192 | Melissa Blom | female | Open Female | 1:26:40 | 3:02:16 | 5:39:50 | 6:36:20 |
| 193 | Stephan Blom | male | Open Male | 1:23:23 | 3:02:03 | 5:39:35 | 6:36:21 |
| 194 | Judy Vanderwagen | female | Vets Female | 1:34:48 | 3:16:28 | | 6:38:58 |
| 195 | Dudzile Dlamini | female | Master Female | 1:37:53 | 3:16:39 | 5:41:36 | 6:39:00 |
| 195 | Chrissie Jay | female | Vets Female | 1:34:46 | 3:16:34 | | 6:39:00 |
| 197 | Clinton Van Der Walt | male | Vets Male | 1:30:39 | 3:08:57 | 5:35:34 | 6:42:08 |
| 198 | Mandi Cameron | female | Open Female | 1:30:46 | 3:18:02 | 5:51:03 | 7:03:55 |
| 198 | Hendrik Van Heerden | male | Open Male | 1:29:19 | 3:03:54 | 5:50:38 | 7:03:55 |
| 200 | Pietie Coertse | male | Open Male | 1:29:12 | 3:04:00 | | 7:03:57 |
| 201 | Ryno Van Der Westhuizen | male | Open Male | 1:31:48 | 3:07:15 | | 7:05:01 |
| 202 | Christel Pelser | female | Master Female | 1:34:21 | 3:14:34 | 6:01:35 | 7:05:52 |
| 203 | Adele Dempers | female | Open Female | 1:35:15 | 3:12:40 | 6:01:14 | 7:05:53 |

Overall

| Pos | Name | Gender | Category | Sekonyellas Hat | High Ridge | Pyramid 1 | Finish |
|-----|----------------------|--------|---------------|-----------------|------------|-----------|---------|
| 204 | Deirdre Broodryk | female | Vets Female | 1:36:08 | 3:18:14 | 6:05:33 | 7:06:00 |
| 204 | Melanie Van Staden | female | Vets Female | 1:36:32 | 3:18:43 | 6:06:07 | 7:06:00 |
| 206 | Samantha Engelbrecht | female | Open Female | 1:37:58 | 3:17:58 | 5:59:53 | 7:06:01 |
| 207 | Wilme Olivier | female | Open Female | 1:34:25 | 3:15:31 | 6:12:21 | 7:11:47 |
| 207 | Dewald Viljoen | male | Open Male | 1:34:33 | 3:15:35 | 6:12:16 | 7:11:47 |
| 209 | Francois Steyl | male | Master Male | 1:32:56 | 3:17:20 | 6:10:17 | 7:11:59 |
| 209 | Zena Kennerley | female | Master Female | 1:33:01 | 3:17:27 | 6:10:22 | 7:11:59 |
| 211 | Kenith Devenish | male | Master Male | 1:33:38 | 3:07:11 | 6:15:14 | 7:14:15 |
| 212 | Neil Devenish | male | Vets Male | 1:33:29 | 3:07:04 | 6:15:01 | 7:14:17 |
| 213 | Janice Whitelaw | female | Master Female | 1:41:20 | 3:18:58 | 5:47:22 | 7:27:45 |
| 214 | Heather Cooper | female | Vets Female | 1:38:06 | 3:18:53 | 6:30:00 | 7:33:34 |
| 214 | Bryony Maxwell | female | Vets Female | 1:35:45 | 3:18:48 | 6:24:29 | 7:33:34 |
| 216 | Deon Smit | male | Open Male | 1:48:49 | 4:00:25 | | 7:53:53 |
| 217 | Karen De Jager | female | Open Female | 1:48:40 | 4:00:27 | 6:54:37 | 7:55:01 |
| 218 | Charlene Barnes | female | Open Female | 1:54:10 | 3:51:16 | 7:21:00 | 8:25:19 |
| 219 | Marilette Visagie | female | Open Female | 1:53:40 | 4:00:30 | 7:17:24 | 8:26:03 |
| 220 | Justyn Palmer | male | Open Male | 1:34:43 | 3:16:03 | 7:15:40 | 8:26:11 |
| 221 | Jaco Olivier | male | Vets Male | 1:39:17 | 3:19:24 | 7:13:21 | 8:27:00 |
| 222 | Robin Bolten | female | Open Female | 1:23:19 | 3:02:47 | 7:13:41 | 8:30:02 |
| 223 | Francis Rogan | female | Vets Female | 1:43:10 | 3:54:08 | 7:27:05 | 8:38:05 |
| 224 | Tracey Weston | female | Vets Female | 1:56:06 | 3:54:32 | 5:47:10 | 8:39:41 |
| 225 | Deborah Sparks | female | Master Female | 1:55:26 | 3:51:02 | 7:20:06 | 8:39:42 |
| 226 | Erika Visser | female | Vets Female | 1:54:21 | 3:51:11 | 7:24:07 | 8:39:43 |
| 227 | Douw Raimondo | male | Master Male | 1:40:55 | 3:45:57 | 7:28:18 | 8:40:01 |