

| Group or Category | Athlete Details | | | | | Split Times | | | | | | | Final Results | | |
|-------------------|-----------------|-----|--------|------------|------------------|-------------|----------|----------|----------|-------|-------|----------|---------------|------|--------|
| | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Sprog Boys | 1 | 502 | SB | Francois | De Jager | 00.08.21 | 00.08.41 | 00.08.44 | 00.08.57 | | | | 00.34.43 | 4 | |
| | 2 | 507 | SB | Adriaan | Louw | 00.08.48 | 00.09.07 | 00.09.06 | 00.08.58 | | | | 00.35.59 | 4 | |
| | 3 | 513 | SB | Jeandre | Ungerer | 00.08.53 | 00.08.41 | 00.09.13 | 00.09.14 | | | | 00.36.01 | 4 | |
| | 4 | 503 | SB | Luca | Zietsman | 00.08.51 | 00.08.57 | 00.09.15 | 00.09.25 | | | | 00.36.28 | 4 | |
| | 5 | 506 | SB | Alessandro | Fanicchi | 00.09.03 | 00.09.25 | 00.09.38 | 00.09.45 | | | | 00.37.51 | 4 | |
| | 6 | 512 | SB | Helgardt | Nortje | 00.08.43 | 00.09.43 | 00.10.12 | 00.09.21 | | | | 00.37.59 | 4 | |
| | 7 | 508 | SB | Rupert | Taljaard | 00.09.31 | 00.09.35 | 00.09.38 | 00.09.37 | | | | 00.38.21 | 4 | |
| | 8 | 509 | SB | Henry | Owens | 00.09.19 | 00.09.51 | 00.10.09 | 00.09.47 | | | | 00.39.06 | 4 | |
| | 9 | 511 | SB | Robert | Nieuwenhuizen | 00.09.35 | 00.09.34 | 00.10.12 | 00.09.50 | | | | 00.39.11 | 4 | |
| | 10 | 501 | SB | Andre | Van Rooyen | 00.09.48 | 00.09.54 | 00.09.58 | 00.10.17 | | | | 00.39.57 | 4 | |
| | 11 | 529 | SB | Matt | Laughton | 00.09.16 | 00.09.52 | 00.10.25 | 00.10.37 | | | | 00.40.10 | 4 | |
| | 12 | 505 | SB | Hendre | Schoeman | 00.08.50 | 00.11.26 | 00.09.50 | 00.10.22 | | | | 00.40.28 | 4 | |
| | 13 | 504 | SB | Jed | Bridger | 00.09.34 | 00.10.09 | 00.10.25 | 00.10.35 | | | | 00.40.43 | 4 | |
| | 14 | 528 | SB | Christiaan | Joubert | 00.10.14 | 00.10.32 | 00.11.13 | 00.11.51 | | | | 00.43.50 | 4 | |
| | 15 | 519 | SB | Pieter | Venter | 00.10.26 | 00.10.50 | 00.11.40 | 00.11.21 | | | | 00.44.17 | 4 | |
| | 16 | 515 | SB | Luke | Pelteret | 00.11.26 | 00.11.30 | 00.11.15 | 00.11.56 | | | | 00.46.07 | 4 | |
| | 17 | 518 | SB | Raehan | Palvie | 00.10.54 | 00.12.06 | 00.12.25 | | | | | 00.35.25 | 3 | -1 Lap |
| | 18 | 525 | SB | Ruan | Portwig | 00.12.08 | 00.11.45 | 00.12.38 | | | | | 00.36.31 | 3 | -1 Lap |
| | 19 | 522 | SB | Eduard | Venter | 00.12.38 | 00.13.06 | 00.12.39 | | | | | 00.38.23 | 3 | -1 Lap |
| | 20 | 523 | SB | Johanru | Blom | 00.12.34 | 00.12.51 | 00.13.26 | | | | | 00.38.51 | 3 | -1 Lap |
| | 21 | 520 | SB | Sebastian | Dreyer | 00.12.56 | 00.13.42 | 00.14.09 | | | | | 00.40.47 | 3 | -1 Lap |
| | 22 | 516 | SB | Luke-John | Els | 00.12.53 | 00.13.43 | 00.14.25 | | | | | 00.41.01 | 3 | -1 Lap |
| | 23 | 530 | SB | Etienne | Du Preez | 00.13.24 | 00.13.53 | 00.14.12 | | | | | 00.41.29 | 3 | -1 Lap |
| | 24 | 517 | SB | Matthew | Hudson | 00.15.57 | 00.12.57 | 00.14.15 | | | | | 00.43.09 | 3 | -1 Lap |
| | 25 | 521 | SB | Liam | Lambert | 00.13.34 | 00.15.18 | 00.14.19 | | | | | 00.43.11 | 3 | -1 Lap |
| | 26 | 524 | SB | Liam | Store | 00.14.17 | 00.29.35 | 00.02.15 | | | | | 00.46.07 | 3 | -1 Lap |
| | 27 | 527 | SB | Aidan | Redmond | 00.14.36 | 00.16.46 | 00.16.57 | | | | | 00.48.19 | 3 | -1 Lap |
| | 28 | 531 | SB | Reinhardt | Nell | 00.14.52 | 00.17.50 | 00.17.38 | | | | | 00.50.20 | 3 | -1 Lap |
| -- | 510 | SB | Niel | Otto | 00.10.23 | 00.11.48 | | | | | | 00.22.11 | 2 | DNF | |
| -- | 526 | SB | Marcel | Fourie | | | | | | | | | | | DNS |
| -- | 514 | SB | Luca | Wiese | | | | | | | | | | | DNS |
| Category | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Sprog Girls | 1 | 552 | SG | Hannah | Elliott | 00.10.25 | 00.10.40 | 00.11.05 | | | | | 00.32.10 | 3 | |
| | 2 | 558 | SG | Megan | Scholtz | 00.11.17 | 00.11.18 | 00.11.09 | | | | | 00.33.44 | 3 | |
| | 3 | 553 | SG | Amelie | Owens | 00.11.24 | 00.11.34 | 00.11.57 | | | | | 00.34.55 | 3 | |
| | 4 | 551 | SG | Carla | Kotze | 00.12.03 | 00.12.02 | 00.12.41 | | | | | 00.36.46 | 3 | |
| | 5 | 556 | SG | Mieke | Van Der Merwe | 00.12.04 | 00.12.34 | 00.13.28 | | | | | 00.38.06 | 3 | |
| | 6 | 554 | SG | Hayley | Richards | 00.13.13 | 00.13.45 | 00.13.32 | | | | | 00.40.30 | 3 | |
| | 7 | 555 | SG | Chloe | Chesterton | 00.13.11 | 00.14.02 | 00.14.28 | | | | | 00.41.41 | 3 | |
| | 8 | 557 | SG | Jana | Visser | 00.15.37 | 00.16.23 | 00.17.52 | | | | | 00.49.52 | 3 | |
| Category | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Nipper Boys | 1 | 612 | NB | Josh | Johnson | 00.09.41 | 00.09.32 | 00.09.53 | | | | | 00.29.06 | 3 | |
| | 2 | 602 | NB | Sean | Lowe | 00.09.59 | 00.10.19 | 00.10.37 | | | | | 00.30.55 | 3 | |
| | 3 | 610 | NB | Liam | Henning | 00.10.37 | 00.10.24 | 00.10.48 | | | | | 00.31.49 | 3 | |
| | 4 | 614 | NB | Daniel | Woodin | 00.10.39 | 00.10.41 | 00.10.52 | | | | | 00.32.12 | 3 | |
| | 5 | 607 | NB | Cameron | Marais | 00.11.04 | 00.10.51 | 00.10.50 | | | | | 00.32.45 | 3 | |
| | 6 | 609 | NB | Ryan | Koorzen | 00.10.35 | 00.11.15 | 00.11.33 | | | | | 00.33.23 | 3 | |
| | 7 | 606 | NB | Hanro | Ehlers | 00.11.36 | 00.11.32 | 00.10.55 | | | | | 00.34.03 | 3 | |
| | 8 | 601 | NB | Zak | Jones | 00.10.40 | 00.11.56 | 00.12.08 | | | | | 00.34.44 | 3 | |
| | 9 | 615 | NB | Connor | Kitching | 00.11.32 | 00.11.44 | 00.11.58 | | | | | 00.35.14 | 3 | |
| | 10 | 608 | NB | P G | Groenewald | 00.11.42 | 00.12.00 | 00.12.37 | | | | | 00.36.19 | 3 | |
| | 11 | 604 | NB | Andre | Kirschstein | 00.11.52 | 00.13.10 | 00.12.18 | | | | | 00.37.20 | 3 | |
| | 12 | 603 | NB | Gian | Van Eeden | 00.13.05 | 00.13.37 | 00.15.28 | | | | | 00.42.10 | 3 | |
| | 13 | 605 | NB | Malan | Louw | 00.11.33 | 00.15.02 | 00.17.23 | | | | | 00.43.58 | 3 | |
| | 14 | 611 | NB | Adrian | Le Roux | 00.13.22 | 00.15.42 | 00.17.03 | | | | | 00.46.07 | 3 | |
| | -- | 613 | NB | Roy | Fraser-Mackenzie | | | | | | | | | | |

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|-------------------|-----------------|-----------|------------|-------------------|------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|-------------|---------------|
| | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Category | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Nipper Girls | 1 | 651 | NG | Danel | De Jager | 00.10.46 | 00.10.58 | | | | | | 00.21.44 | 2 | |
| | 2 | 653 | NG | Kelly | Mall | 00.14.54 | 00.14.25 | | | | | | 00.29.19 | 2 | |
| | 3 | 652 | NG | Isabel | Lutz | 00.15.58 | 00.18.41 | | | | | | 00.34.39 | 2 | |
| | -- | 654 | NG | Catalina | Lamers | | | | | | | | | | DNS |
| Category | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Sub Junior Boys | 1 | 401 | JB | Marcell | Swartz | 00.17.10 | 00.17.22 | 00.17.54 | | | | | 00.52.26 | 3 | |
| | 2 | 405 | JB | Hendre | De Villiers | 00.17.32 | 00.19.08 | 00.19.07 | | | | | 00.55.47 | 3 | |
| | 3 | 409 | JB | Kevin | Lowe | 00.18.36 | 00.19.05 | 00.19.17 | | | | | 00.56.58 | 3 | |
| | 4 | 402 | JB | Alec | Coleske | 00.18.37 | 00.19.06 | 00.19.22 | | | | | 00.57.05 | 3 | |
| | 5 | 416 | JB | Henning | Venter | 00.18.41 | 00.19.09 | 00.19.25 | | | | | 00.57.15 | 3 | |
| | 6 | 413 | JB | Wayde | Gerber | 00.18.52 | 00.19.03 | 00.19.47 | | | | | 00.57.42 | 3 | |
| | 7 | 424 | JB | Roché | Malherbe | 00.19.19 | 00.19.43 | 00.19.24 | | | | | 00.58.26 | 3 | |
| | 8 | 406 | JB | Philip | Van Schalkwyk | 00.19.01 | 00.19.46 | 00.19.58 | | | | | 00.58.45 | 3 | |
| | 9 | 414 | JB | Luke | Kavanagh | 00.19.07 | 00.19.59 | 00.19.46 | | | | | 00.58.52 | 3 | |
| | 10 | 415 | JB | Adriaan | Van Zyl | 00.18.47 | 00.20.01 | 00.20.27 | | | | | 00.59.15 | 3 | |
| | 11 | 404 | JB | Ernest | Roets | 00.18.46 | 00.20.28 | 00.21.27 | | | | | 01.00.41 | 3 | |
| | 12 | 407 | JB | Luke | Beverley | 00.20.11 | 00.20.41 | 00.21.17 | | | | | 01.02.09 | 3 | |
| | 13 | 422 | JB | Storm | Lanfear | 00.20.06 | 00.21.47 | 00.20.51 | | | | | 01.02.44 | 3 | |
| | 14 | 410 | JB | Jasper | Koegelenberg | 00.20.00 | 00.21.13 | 00.22.39 | | | | | 01.03.52 | 3 | |
| | 15 | 408 | JB | Ryan | Veer | 00.20.35 | 00.21.50 | 00.22.34 | | | | | 01.04.59 | 3 | |
| | 16 | 418 | JB | Louis | Terblanche | 00.20.53 | 00.22.13 | 00.22.38 | | | | | 01.05.44 | 3 | |
| | 17 | 403 | JB | Lourens | Spies | 00.20.56 | 00.22.47 | 00.23.53 | | | | | 01.07.36 | 3 | |
| | 18 | 411 | JB | Stefan | Du Preez | 00.20.55 | 00.23.54 | 00.23.51 | | | | | 01.08.40 | 3 | |
| | 19 | 423 | JB | Vincent | Van Rensburg | 00.21.31 | 00.23.36 | 00.24.20 | | | | | 01.09.27 | 3 | |
| | 20 | 420 | JB | Cronje | Beukes | 00.22.55 | 00.23.54 | 00.23.46 | | | | | 01.10.35 | 3 | |
| | 21 | 425 | JB | Seth | Barton | 00.21.45 | 00.23.53 | 00.26.21 | | | | | 01.11.59 | 3 | |
| | 22 | 421 | JB | Joachim | Cilliers | 00.31.10 | 00.36.47 | | | | | | 01.07.57 | 2 | -1 Lap |
| | -- | 417 | JB | Jan | Lutz | | | | | | | | | | DNS |
| | -- | 419 | JB | Luke | Mathewson | | | | | | | | | | DNS |
| | -- | 412 | JB | Brian | Fraser-Mackenzie | | | | | | | | | | DNS |
| Category | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Sub Junior Girls | 1 | 455 | JG | Anna | Marx | 00.22.12 | 00.23.31 | | | | | | 00.45.43 | 2 | |
| | 2 | 451 | JG | Olivia | Penfold | 00.22.43 | 00.23.30 | | | | | | 00.46.13 | 2 | |
| | 3 | 452 | JG | Kayleigh | Scholtz | 00.23.49 | 00.24.58 | | | | | | 00.48.47 | 2 | |
| | 4 | 453 | JG | Anvia | Bredenkamp | 00.24.33 | 00.25.48 | | | | | | 00.50.21 | 2 | |
| | 5 | 456 | JG | Marlie | Blom | 00.36.06 | 00.41.22 | | | | | | 01.17.28 | 2 | |
| | -- | 454 | JG | Kayleigh | Stevenson | | | | | | | | | | DNS |
| Category | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Youth Men | 1 | 301 | YM | Luke | Moir | 00.14.25 | 00.15.28 | 00.15.28 | 00.15.07 | | | | 01.00.28 | 4 | |
| | 2 | 303 | YM | Travis | Stedman | 00.14.47 | 00.15.44 | 00.16.16 | 00.16.11 | | | | 01.02.58 | 4 | |
| | 3 | 304 | YM | Reinhart | Viljoen | 00.15.48 | 00.16.28 | 00.16.46 | 00.16.59 | | | | 01.06.01 | 4 | |
| | 4 | 305 | YM | Matteo | Damilano | 00.16.00 | 00.16.31 | 00.16.48 | 00.17.38 | | | | 01.06.57 | 4 | |
| | 5 | 321 | YM | Krige | Van Der Vyver | 00.16.31 | 00.17.29 | 00.17.04 | 00.16.58 | | | | 01.08.02 | 4 | |
| | 6 | 338 | YM | Daniel | Moolman | 00.17.08 | 00.16.55 | 00.17.02 | 00.17.03 | | | | 01.08.08 | 4 | |
| | 7 | 314 | YM | Estian | Schoeman | 00.16.13 | 00.17.13 | 00.17.25 | 00.17.44 | | | | 01.08.35 | 4 | |
| | 8 | 315 | YM | Justin | Chesterton | 00.16.48 | 00.17.13 | 00.17.26 | 00.17.39 | | | | 01.09.06 | 4 | |
| | 9 | 968 | YM | Philip | Kotze | 00.17.11 | 00.16.55 | 00.17.58 | 00.17.08 | | | | 01.09.12 | 4 | |
| | 10 | 319 | YM | Julian | Bunge | 00.16.26 | 00.17.24 | 00.17.48 | 00.17.43 | | | | 01.09.21 | 4 | |
| | 11 | 318 | YM | Joshua | Burger | 00.17.17 | 00.17.14 | 00.17.46 | 00.17.17 | | | | 01.09.34 | 4 | |
| | 12 | 302 | YM | Luca | Ruwiel | 00.17.15 | 00.17.38 | 00.17.42 | 00.17.06 | | | | 01.09.41 | 4 | |
| | 13 | 346 | YM | Matthew | Leppan | 00.17.10 | 00.17.47 | 00.18.21 | 00.17.38 | | | | 01.10.56 | 4 | |
| | 14 | 316 | YM | W G | Van Der Walt | 00.17.03 | 00.17.26 | 00.18.25 | 00.18.42 | | | | 01.11.36 | 4 | |
| | 15 | 955 | YM | Ben | Du Plessis | 00.17.18 | 00.18.14 | 00.18.15 | 00.17.51 | | | | 01.11.38 | 4 | |
| | 16 | 337 | YM | Ben | Te Water | 00.17.45 | 00.18.06 | 00.18.10 | 00.18.19 | | | | 01.12.20 | 4 | |
| | 17 | 962 | YM | Albert | Muller | 00.17.28 | 00.18.14 | 00.18.34 | 00.18.06 | | | | 01.12.22 | 4 | |
| | 18 | 306 | YM | Raye | Moolman | 00.17.30 | 00.18.32 | 00.18.26 | 00.17.55 | | | | 01.12.23 | 4 | |

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|-------------------|-----------------|-----------|------------|-------------------|------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|-------------|---------------|
| | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Youth Men | 19 | 307 | YM | Juan | Van Rooyen | 00.17.32 | 00.18.05 | 00.18.43 | 00.18.04 | | | | 01.12.24 | 4 | |
| | 20 | 327 | YM | Hugo | Hahn | 00.17.51 | 00.18.35 | 00.18.28 | 00.18.01 | | | | 01.12.55 | 4 | |
| | 21 | 317 | YM | Aidan | Penfold | 00.16.54 | 00.17.11 | 00.18.08 | 00.21.19 | | | | 01.13.32 | 4 | |
| | 22 | 957 | YM | Daniel | Kotze | 00.17.53 | 00.18.35 | 00.18.06 | 00.19.28 | | | | 01.14.02 | 4 | |
| | 23 | 320 | YM | Daniel | Geldenhuys | 00.17.40 | 00.18.19 | 00.19.01 | 00.19.47 | | | | 01.14.47 | 4 | |
| | 24 | 328 | YM | Francois | Botha | 00.17.29 | 00.18.31 | 00.19.17 | 00.19.52 | | | | 01.15.09 | 4 | |
| | 25 | 325 | YM | Lachlan | Mundie | 00.18.05 | 00.18.52 | 00.19.29 | 00.19.33 | | | | 01.15.59 | 4 | |
| | 26 | 349 | YM | Michan | Van Lill | 00.18.10 | 00.18.30 | 00.19.28 | 00.20.21 | | | | 01.16.29 | 4 | |
| | 27 | 313 | YM | Ian | Els | 00.18.07 | 00.18.52 | 00.19.42 | 00.20.05 | | | | 01.16.46 | 4 | |
| | 28 | 342 | YM | Daniel | Krige | 00.18.36 | 00.19.05 | 00.19.45 | 00.20.46 | | | | 01.18.12 | 4 | |
| | 29 | 966 | YM | Christiaan | Smit | 00.18.18 | 00.19.17 | 00.20.16 | 00.21.08 | | | | 01.18.59 | 4 | |
| | 30 | 331 | YM | Yanre | Meyer | 00.18.34 | 00.19.53 | 00.20.24 | 00.20.21 | | | | 01.19.12 | 4 | |
| | 31 | 308 | YM | Thys | Van Der Riet | 00.18.40 | 00.19.46 | 00.20.24 | 00.20.23 | | | | 01.19.13 | 4 | |
| | 32 | 344 | YM | Miken | Mayhew-Ridgers | 00.19.16 | 00.19.46 | 00.20.08 | 00.20.20 | | | | 01.19.30 | 4 | |
| | 33 | 340 | YM | Oliver | Price | 00.19.23 | 00.20.10 | 00.20.36 | 00.20.20 | | | | 01.20.29 | 4 | |
| | 34 | 310 | YM | Erik | Van Rooyen | 00.18.44 | 00.20.03 | 00.21.32 | 00.20.48 | | | | 01.21.07 | 4 | |
| | 35 | 332 | YM | Rohan | Cronje | 00.19.04 | 00.19.56 | 00.20.45 | 00.21.38 | | | | 01.21.23 | 4 | |
| | 36 | 334 | YM | Ryan | Scrimgeour | 00.19.12 | 00.20.13 | 00.20.32 | 00.21.31 | | | | 01.21.28 | 4 | |
| | 37 | 339 | YM | Luke | Hayward | 00.19.41 | 00.20.31 | 00.20.25 | 00.20.52 | | | | 01.21.29 | 4 | |
| | 38 | 335 | YM | Morne | Immelman | 00.18.45 | 00.20.01 | 00.20.11 | 00.23.25 | | | | 01.22.22 | 4 | |
| | 39 | 326 | YM | Robert | Boucher | 00.19.13 | 00.20.45 | 00.21.40 | 00.20.46 | | | | 01.22.24 | 4 | |
| | 40 | 336 | YM | William | Gordge | 00.20.27 | 00.20.48 | 00.22.22 | 00.22.47 | | | | 01.26.24 | 4 | |
| | 41 | 952 | YM | Schalk | Visagie | 00.19.50 | 00.21.14 | 00.23.08 | 00.22.17 | | | | 01.26.29 | 4 | |
| | 42 | 324 | YM | Tristan | Link | 00.24.39 | 00.20.13 | 00.20.51 | 00.21.50 | | | | 01.27.33 | 4 | |
| | 43 | 323 | YM | Pierre | Le Roux | 00.17.21 | 00.18.14 | 00.18.36 | 00.36.08 | | | | 01.30.19 | 4 | |
| | 44 | 348 | YM | Bradley | Bosman | 00.22.09 | 00.23.54 | 00.23.07 | 00.22.45 | | | | 01.31.55 | 4 | |
| | 45 | 329 | YM | Jacques | Robbertze | 00.19.18 | 00.20.01 | 00.21.17 | | | | | 01.00.36 | 3 | -1 Lap |
| | 46 | 322 | YM | Zack | Aaron | 00.17.02 | 00.19.49 | 00.27.25 | | | | | 01.04.16 | 3 | -1 Lap |
| | 47 | 309 | YM | Mauritz | Kotze | 00.21.32 | 00.22.42 | 00.23.23 | | | | | 01.07.37 | 3 | -1 Lap |
| | 48 | 333 | YM | Nathan | Calitz | 00.22.03 | 00.22.55 | 00.24.37 | | | | | 01.09.35 | 3 | -1 Lap |
| | 49 | 330 | YM | Gabriel | Sandu | 00.22.47 | 00.24.31 | 00.23.58 | | | | | 01.11.16 | 3 | -1 Lap |
| | 50 | 343 | YM | Ben | Lutz | 00.23.44 | 00.25.38 | 00.26.06 | | | | | 01.15.28 | 3 | -1 Lap |
| | 51 | 951 | YM | Johannes | Smuts | 00.24.26 | 00.25.36 | 00.26.34 | | | | | 01.16.36 | 3 | -1 Lap |
| | -- | 350 | YM | Dreyer | Botma | 00.21.18 | 00.22.39 | | | | | | 00.43.57 | 2 | DNF |
| | -- | 311 | YM | Jean | Van Der Merwe | | | | | | | | | | |
| -- | 347 | YM | J J | Oosthuizen | | | | | | | | | | | DNF |
| -- | 341 | YM | Tyler | Lange | | | | | | | | | | | NYF |
| -- | 312 | YM | Matthew | Lochner | | | | | | | | | | | NYF |
| -- | 345 | YM | Eben | Baasden | | | | | | | | | | | NYF |
| Category | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Youth Women | 1 | 353 | YW | Chante | Olivier | 00.18.49 | 00.20.23 | 00.20.09 | | | | | 00.59.21 | 3 | |
| | 2 | 352 | YW | Chloe | Bateson | 00.19.29 | 00.21.10 | 00.22.06 | | | | | 01.02.45 | 3 | |
| | 3 | 365 | YW | Stefke | Tolmay | 00.20.21 | 00.21.38 | 00.22.22 | | | | | 01.04.21 | 3 | |
| | 4 | 351 | YW | Jone | Van Eeden | 00.19.49 | 00.22.45 | 00.23.15 | | | | | 01.05.49 | 3 | |
| | 5 | 355 | YW | Julia | Marx | 00.21.42 | 00.22.10 | 00.22.59 | | | | | 01.06.51 | 3 | |
| | 6 | 357 | YW | Danielle | Barnard | 00.21.19 | 00.22.33 | 00.23.18 | | | | | 01.07.10 | 3 | |
| | 7 | 359 | YW | Hijke | Coetzee | 00.22.01 | 00.24.04 | 00.23.19 | | | | | 01.09.24 | 3 | |
| | 8 | 356 | YW | Nienke | Mostert | 00.23.59 | 00.24.17 | 00.25.54 | | | | | 01.14.10 | 3 | |
| | 9 | 364 | YW | Mikayla | Forrester | 00.23.37 | 00.26.26 | 00.26.29 | | | | | 01.16.32 | 3 | |
| | 10 | 361 | YW | Grethe | Geringer | 00.24.08 | 00.26.45 | 00.27.05 | | | | | 01.17.58 | 3 | |
| | 11 | 358 | YW | Kelly | Randle | 00.23.58 | 00.27.32 | 00.30.20 | | | | | 01.21.50 | 3 | |
| | 12 | 360 | YW | Penny | Moller | 00.24.45 | 00.29.58 | 00.30.45 | | | | | 01.25.28 | 3 | |
| | -- | 362 | YW | Andrea | Schefmann | 00.21.41 | | | | | | | 00.21.41 | 1 | DNF |
| | -- | 354 | YW | Sarah | Van Der Walt | 00.24.04 | | | | | | | 00.24.04 | 1 | DNF |
| -- | 363 | YW | Roets | Natasha | 00.39.56 | | | | | | | 00.39.56 | 1 | DNF | |

| Group or Category | Athlete Details | | | | | Split Times | | | | | | | Final Results | | |
|-------------------|-----------------|-----|-----|------------|------------------|-------------|----------|----------|----------|----------|-------|-------|---------------|------|--------|
| | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Category | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Junior Men | 1 | 235 | JM | Alexander | Miller | 00.14.51 | 00.15.21 | 00.15.25 | 00.16.03 | 00.15.59 | | | 01.17.39 | 5 | |
| | 2 | 214 | JM | Daniel | Van Der Walt | 00.14.50 | 00.15.21 | 00.15.39 | 00.16.01 | 00.16.13 | | | 01.18.04 | 5 | |
| | 3 | 243 | JM | Gian | Schmid | 00.14.53 | 00.16.16 | 00.15.58 | 00.15.39 | 00.15.39 | | | 01.18.25 | 5 | |
| | 4 | 201 | JM | Keagan | Bontekoning | 00.14.59 | 00.15.34 | 00.16.03 | 00.16.22 | 00.16.33 | | | 01.19.31 | 5 | |
| | 5 | 242 | JM | Jeannot | Rey | 00.14.54 | 00.16.12 | 00.16.02 | 00.16.34 | 00.17.03 | | | 01.20.45 | 5 | |
| | 6 | 213 | JM | Jamie | Penfold | 00.15.30 | 00.16.09 | 00.16.47 | 00.16.46 | 00.16.14 | | | 01.21.26 | 5 | |
| | 7 | 207 | JM | Mulder | Oosthuizen | 00.15.28 | 00.16.22 | 00.16.21 | 00.16.37 | 00.16.39 | | | 01.21.27 | 5 | |
| | 8 | 210 | JM | Michard | Meets | 00.15.10 | 00.16.07 | 00.16.27 | 00.17.18 | 00.17.11 | | | 01.22.13 | 5 | |
| | 9 | 202 | JM | Brendan | Van Eeden | 00.15.04 | 00.16.16 | 00.17.00 | 00.17.26 | 00.17.38 | | | 01.23.24 | 5 | |
| | 10 | 225 | JM | Johan | Van Zyl | 00.15.12 | 00.16.06 | 00.16.48 | 00.17.58 | 00.18.01 | | | 01.24.05 | 5 | |
| | 11 | 203 | JM | Lodewicus | Breytenbach | 00.15.13 | 00.16.44 | 00.18.01 | 00.18.41 | 00.18.17 | | | 01.26.56 | 5 | |
| | 12 | 205 | JM | Hendrik | Bester | 00.16.50 | 00.17.27 | 00.17.37 | 00.18.02 | 00.18.12 | | | 01.28.08 | 5 | |
| | 13 | 222 | JM | Ryan | Kellerman | 00.17.03 | 00.18.47 | 00.17.39 | 00.17.36 | 00.17.27 | | | 01.28.32 | 5 | |
| | 14 | 216 | JM | Camelius | Van Der Riet | 00.17.17 | 00.17.46 | 00.17.58 | 00.17.38 | 00.18.21 | | | 01.29.00 | 5 | |
| | 15 | 233 | JM | Thomas | Hudson | 00.17.11 | 00.17.13 | 00.18.02 | 00.18.49 | 00.19.27 | | | 01.30.42 | 5 | |
| | 16 | 223 | JM | Richard | Lambert | 00.16.52 | 00.18.32 | 00.19.37 | 00.18.05 | 00.17.38 | | | 01.30.44 | 5 | |
| | 17 | 219 | JM | Andreas | Schalekamp | 00.17.04 | 00.17.46 | 00.18.11 | 00.18.45 | 00.19.24 | | | 01.31.10 | 5 | |
| | 18 | 204 | JM | Ryan | Conradie | 00.15.08 | 00.17.35 | 00.19.10 | 00.19.36 | 00.20.34 | | | 01.32.03 | 5 | |
| | 19 | 206 | JM | Lehan | Janse Van Vuuren | 00.17.25 | 00.18.27 | 00.18.39 | 00.19.26 | 00.19.21 | | | 01.33.18 | 5 | |
| | 20 | 236 | JM | Leon | Claassen | 00.16.47 | 00.19.34 | 00.19.12 | 00.18.49 | 00.19.47 | | | 01.34.09 | 5 | |
| | 21 | 208 | JM | Gerrit | Rautenbach | 00.17.58 | 00.20.05 | 00.19.28 | 00.18.12 | 00.18.28 | | | 01.34.11 | 5 | |
| | 22 | 217 | JM | Eric | Ramohano | 00.17.17 | 00.19.45 | 00.19.32 | 00.19.17 | 00.18.53 | | | 01.34.44 | 5 | |
| | 23 | 215 | JM | Hennie | Van Wyk | 00.16.20 | 00.21.37 | 00.19.18 | 00.19.09 | 00.18.33 | | | 01.34.57 | 5 | |
| | 24 | 220 | JM | Heinie | Beukes | 00.18.04 | 00.19.03 | 00.19.42 | 00.19.50 | 00.18.46 | | | 01.35.25 | 5 | |
| | 25 | 226 | JM | Ceajay | Bosman | 00.18.00 | 00.19.14 | 00.19.39 | 00.20.19 | 00.20.26 | | | 01.37.38 | 5 | |
| | 26 | 969 | JM | Johan | Kruger | 00.18.47 | 00.18.48 | 00.20.10 | 00.20.07 | | | | 01.17.52 | 4 | -1 Lap |
| | 27 | 237 | JM | Wilhbert | Von Ludwig | 00.18.31 | 00.21.29 | 00.19.45 | 00.19.01 | | | | 01.18.46 | 4 | -1 Lap |
| | 28 | 238 | JM | James | Paul | 00.18.18 | 00.19.28 | 00.20.03 | 00.21.22 | | | | 01.19.11 | 4 | -1 Lap |
| | 29 | 251 | JM | Riku | Le Roux | 00.17.45 | 00.19.18 | 00.22.09 | 00.22.17 | | | | 01.21.29 | 4 | -1 Lap |
| | 30 | 241 | JM | Thomas | Cheatle | 00.18.06 | 00.20.12 | 00.21.31 | 00.21.56 | | | | 01.21.45 | 4 | -1 Lap |
| | 31 | 228 | JM | Grant | Leslie | 00.17.36 | 00.20.15 | 00.21.19 | 00.22.54 | | | | 01.22.04 | 4 | -1 Lap |
| | 32 | 218 | JM | Tristan | Nortje | 00.15.26 | 00.17.31 | 00.30.39 | 00.19.15 | | | | 01.22.51 | 4 | -1 Lap |
| | 33 | 961 | JM | Gunter | Reingruber | 00.19.46 | 00.20.32 | 00.20.08 | 00.22.28 | | | | 01.22.54 | 4 | -1 Lap |
| | 34 | 224 | JM | Franco | Mcleod | 00.17.50 | 00.20.15 | 00.21.08 | 00.23.47 | | | | 01.23.00 | 4 | -1 Lap |
| | 35 | 211 | JM | Andrew | Hill | 00.17.46 | 00.28.45 | 00.19.43 | 00.19.26 | | | | 01.25.40 | 4 | -1 Lap |
| | 36 | 248 | JM | Brandon | Conradie | 00.20.38 | 00.23.36 | 00.23.53 | 00.26.16 | | | | 01.34.23 | 4 | -1 Lap |
| | 37 | 958 | JM | Kobus | Kotze | 00.22.19 | 00.25.47 | 00.27.01 | 00.24.42 | | | | 01.39.49 | 4 | -1 Lap |
| | 38 | 246 | JM | Rohan | Jacobs | 00.22.43 | 00.26.29 | 00.25.58 | 00.32.49 | | | | 01.47.59 | 4 | -1 Lap |
| | -- | 250 | JM | Evan | Louw | 00.16.30 | 00.19.53 | 00.19.25 | 00.20.19 | | | | 01.16.07 | 4 | DNF |
| | -- | 234 | JM | Sam | Moore | 00.18.33 | 00.18.32 | 00.19.39 | | | | | 00.56.44 | 3 | DNF |
| | -- | 209 | JM | Luhan | Maritz | 00.18.01 | 00.21.51 | 00.23.29 | | | | | 01.03.21 | 3 | DNF |
| | -- | 231 | JM | Ziaan | Van Zyl | 00.22.07 | 00.23.45 | | | | | | 00.45.52 | 2 | DNF |
| | -- | 212 | JM | Casper | Pretorius | 00.17.07 | | | | | | | 00.17.07 | 1 | DNF |
| | -- | 230 | JM | Cwynton | Collett | 00.18.40 | | | | | | | 00.18.40 | 1 | DNF |
| | -- | 247 | JM | Kieran | Horsford | 00.19.05 | | | | | | | 00.19.05 | 1 | DNF |
| | -- | 240 | JM | Ico | Coetzee | 00.21.58 | | | | | | | 00.21.58 | 1 | DNF |
| | -- | 245 | JM | Francois | Venter | 00.28.11 | | | | | | | 00.28.11 | 1 | DNF |
| | -- | 239 | JM | Jacques | Bredenkamp | | | | | | | | | | DNF |
| | -- | 232 | JM | Heinrich | Van Eyk | | | | | | | | | | DNS |
| | -- | 249 | JM | Chris | Du Plessis | | | | | | | | | | DNS |
| | -- | 244 | JM | Morne | Fuls | | | | | | | | | | DNS |
| | -- | 229 | JM | Erik | Nielsen | | | | | | | | | | DNS |
| | -- | 227 | JM | Kevin | Long | | | | | | | | | | DNS |
| | -- | 221 | JM | Joshua | Laughton | | | | | | | | | | NYF |



2018 SA National Cross Country Cup Series Round 1

Coetzenberg - Stellenbosch - 3rd February 2018



| Group or Category | Athlete Details | | | | | Split Times | | | | | | | Final Results | | |
|-------------------|-----------------|-----|-----|------------|-----------------|-------------|----------|----------|----------|----------|----------|----------|---------------|------|---------|
| | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Category | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Junior Women | 1 | 272 | JW | Zandri | Strydom | 00.16.56 | 00.18.33 | 00.18.09 | 00.17.59 | | | | 01.11.37 | 4 | |
| | 2 | 271 | JW | Tiffany | Keep | 00.16.48 | 00.18.10 | 00.18.42 | 00.19.34 | | | | 01.13.14 | 4 | |
| | 3 | 273 | JW | Emma | Van Coller | 00.19.29 | 00.20.42 | 00.20.58 | 00.20.36 | | | | 01.21.45 | 4 | |
| | 4 | 278 | JW | Mia | De Villiers | 00.20.12 | 00.21.25 | 00.21.23 | 00.21.39 | | | | 01.24.39 | 4 | |
| | 5 | 274 | JW | Hannah | Oelofsen | 00.21.14 | 00.23.43 | 00.25.21 | 00.26.09 | | | | 01.36.27 | 4 | |
| | 6 | 276 | JW | Hannah | Moller | 00.23.05 | 00.25.11 | 00.27.27 | | | | | 01.15.43 | 3 | -1 Lap |
| | -- | 277 | JW | Robin | Stewart | 00.27.53 | | | | | | | 00.27.53 | 1 | DNF |
| | -- | 275 | JW | Danelle | Kotze | | | | | | | | | | |
| Elite Men | 1 | 5 | EM | Matthias | Stirnemann | 00.13.27 | 00.13.57 | 00.14.05 | 00.14.10 | 00.14.04 | 00.13.57 | 00.13.43 | 01.37.23 | 7 | |
| | 2 | 1 | EM | Nino | Schurter | 00.13.15 | 00.13.29 | 00.14.11 | 00.14.07 | 00.14.29 | 00.14.10 | 00.13.42 | 01.37.23 | 7 | |
| | 3 | 6 | EM | Marcel | Guerrini | 00.13.02 | 00.13.43 | 00.14.10 | 00.14.07 | 00.14.28 | 00.14.24 | 00.14.42 | 01.38.36 | 7 | |
| | 4 | 3 | EM | Michiel | Van Der Heijden | 00.13.38 | 00.14.14 | 00.14.24 | 00.14.31 | 00.14.15 | 00.14.24 | 00.14.20 | 01.39.46 | 7 | |
| | 5 | 2 | EM | Alan | Hatherly | 00.13.21 | 00.14.14 | 00.14.29 | 00.14.19 | 00.14.37 | 00.14.35 | 00.14.34 | 01.40.09 | 7 | |
| | 6 | 10 | EM | Philip | Buys | 00.14.12 | 00.14.12 | 00.14.17 | 00.14.15 | 00.14.15 | 00.14.48 | 00.15.09 | 01.41.08 | 7 | |
| | 7 | 4 | EM | Andri | Frischknecht | 00.13.45 | 00.14.57 | 00.15.12 | 00.14.56 | 00.14.39 | 00.15.03 | 00.15.14 | 01.43.46 | 7 | |
| | 8 | 8 | EM | Simon | Andreassen | 00.13.15 | 00.14.10 | 00.14.38 | 00.15.11 | 00.15.50 | 00.15.28 | 00.15.32 | 01.44.04 | 7 | |
| | 9 | 15 | EM | Arno | Du Toit | 00.13.55 | 00.14.30 | 00.14.53 | 00.15.06 | 00.15.14 | 00.15.21 | 00.15.09 | 01.44.08 | 7 | |
| | 10 | 16 | EM | Matthys | Beukes | 00.14.01 | 00.16.10 | 00.15.10 | 00.15.11 | 00.15.20 | 00.14.42 | 00.14.44 | 01.45.18 | 7 | |
| | 11 | 7 | EM | Stuart | Marais | 00.13.54 | 00.14.27 | 00.14.52 | 00.15.11 | 00.15.13 | 00.15.45 | 00.16.06 | 01.45.28 | 7 | |
| | 12 | 18 | EM | Wessel | Botha | 00.14.05 | 00.16.16 | 00.15.54 | 00.14.54 | 00.14.41 | 00.15.03 | 00.15.00 | 01.45.53 | 7 | |
| | 13 | 23 | EM | Gert | Heyns | 00.13.29 | 00.14.31 | 00.14.37 | 00.14.48 | 00.15.50 | 00.16.42 | 00.16.31 | 01.46.28 | 7 | |
| | 14 | 17 | EM | Julian | Jessop | 00.14.20 | 00.15.17 | 00.15.34 | 00.15.21 | 00.15.24 | 00.16.04 | 00.16.23 | 01.48.23 | 7 | |
| | 15 | 11 | EM | Jan | Withaar | 00.14.06 | 00.15.32 | 00.16.10 | 00.16.33 | 00.16.59 | 00.16.37 | 00.16.26 | 01.52.23 | 7 | |
| | 16 | 54 | EM | Renay | Groustra | 00.14.46 | 00.15.37 | 00.16.15 | 00.16.21 | 00.16.21 | 00.16.43 | 00.16.57 | 01.53.00 | 7 | |
| | 17 | 12 | EM | Tristan | De Lange | 00.14.39 | 00.15.46 | 00.15.29 | 00.15.57 | 00.16.07 | 00.20.10 | | 01.38.08 | 6 | -1 Lap |
| | 18 | 61 | EM | Danny-Lee | Fowler | 00.14.55 | 00.15.45 | 00.16.11 | 00.16.52 | 00.17.34 | 00.17.04 | | 01.38.21 | 6 | -1 Lap |
| | 19 | 19 | EM | Henry | Liebenberg | 00.14.53 | 00.16.02 | 00.16.10 | 00.16.46 | 00.17.11 | 00.18.09 | | 01.39.11 | 6 | -1 Lap |
| | 20 | 29 | EM | Carel | Esterhuysen | 00.15.50 | 00.16.22 | 00.16.27 | 00.16.45 | 00.16.54 | 00.17.25 | | 01.39.43 | 6 | -1 Lap |
| | 21 | 26 | EM | Ryan | Lenferna | 00.15.45 | 00.16.28 | 00.16.49 | 00.17.03 | 00.17.01 | 00.16.47 | | 01.39.53 | 6 | -1 Lap |
| | 22 | 60 | EM | Reinhard | Zellhuber | 00.15.20 | 00.15.35 | 00.16.14 | 00.16.57 | 00.17.42 | 00.19.04 | | 01.40.52 | 6 | -1 Lap |
| | 23 | 28 | EM | Marc | Fourie | 00.15.33 | 00.17.02 | 00.17.22 | 00.17.43 | 00.17.44 | 00.19.29 | | 01.44.53 | 6 | -1 Lap |
| | 24 | 22 | EM | Rudi | Koen | 00.15.33 | 00.16.46 | 00.17.25 | 00.17.55 | 00.18.35 | 00.19.10 | | 01.45.24 | 6 | -1 Lap |
| | 25 | 55 | EM | Matthew | Keyser | 00.15.37 | 00.16.59 | 00.17.23 | 00.18.23 | 00.18.37 | 00.19.31 | | 01.46.30 | 6 | -1 Lap |
| | 26 | 9 | EM | Phetsetso | Monese | 00.16.25 | 00.16.56 | 00.18.02 | 00.18.01 | 00.18.18 | 00.19.17 | | 01.46.59 | 6 | -1 Lap |
| | 27 | 20 | EM | Jarrood | Van Den Heever | 00.25.53 | 00.15.15 | 00.19.10 | 00.17.10 | 00.16.55 | 00.15.23 | | 01.49.46 | 6 | -1 Lap |
| | 28 | 30 | EM | Frans | Nel | 00.16.26 | 00.17.10 | 00.17.58 | 00.18.23 | 00.20.43 | 00.19.25 | | 01.50.05 | 6 | -1 Lap |
| | 29 | 14 | EM | Pieter | Du Toit | 00.17.32 | 00.18.34 | 00.18.05 | 00.18.39 | 00.18.30 | 00.19.24 | | 01.50.44 | 6 | -1 Lap |
| | 30 | 21 | EM | Michael | Maine | 00.16.58 | 00.18.09 | 00.19.06 | 00.19.19 | 00.19.59 | 00.18.41 | | 01.52.12 | 6 | -1 Lap |
| | 31 | 52 | EM | Anrique | Davids | 00.16.51 | 00.18.01 | 00.18.36 | 00.19.09 | 00.20.40 | 00.21.29 | | 01.54.46 | 6 | -1 Lap |
| | 32 | 51 | EM | Katleho | Manasi | 00.17.38 | 00.20.32 | 00.19.49 | 00.20.27 | 00.21.54 | | | 01.40.20 | 5 | -2 Laps |
| | 33 | 25 | EM | Jordan | Wisdom | 00.18.29 | 00.21.23 | 00.21.57 | 00.22.45 | 00.22.59 | | | 01.47.33 | 5 | -2 Laps |
| | 34 | 56 | EM | Kyle | Laing | 00.20.07 | 00.26.22 | 00.38.45 | 00.26.23 | | | | 01.51.37 | 4 | -3 Laps |
| | -- | 53 | EM | Ryan | Naude | 00.17.41 | 00.20.26 | 00.23.16 | 00.27.50 | | | | 01.29.13 | 4 | DNF |
| | -- | 13 | EM | Rossouw | Bekker | 00.15.16 | 00.16.59 | | | | | | 00.32.15 | 2 | DNF |
| | -- | 24 | EM | William | Mokgopo | 00.15.49 | 00.17.23 | | | | | | 00.33.12 | 2 | DNF |
| | -- | 59 | EM | Josh | Van Niekerk | 00.20.16 | 00.22.29 | | | | | | 00.42.45 | 2 | DNF |
| | -- | 58 | EM | Michael | Sutton | 00.22.45 | | | | | | | 00.22.45 | 1 | DNF |
| | -- | 57 | EM | Joel | Schaefer | | | | | | | | | | DNF |
| | -- | 27 | EM | Jason | Meaton | | | | | | | | | | DNF |

| Group or Category | Athlete Details | | | | | Split Times | | | | | | | Final Results | | |
|----------------------|-----------------|-----------|------------|-------------------|------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|-------------|---------------|
| | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Elite Women | 1 | 102 | EW | Helen | Grobert | 00.15.47 | 00.16.14 | 00.17.00 | 00.16.29 | 00.16.53 | 00.17.03 | | 01.39.26 | 6 | |
| | 2 | 108 | EW | Candice | Lill | 00.16.49 | 00.17.38 | 00.17.05 | 00.17.42 | 00.17.58 | 00.18.22 | | 01.45.34 | 6 | |
| | 3 | 101 | EW | Kathrin | Stirnemann | 00.17.05 | 00.17.17 | 00.17.55 | 00.18.36 | 00.18.58 | 00.18.36 | | 01.48.27 | 6 | |
| | 4 | 103 | EW | Mariske | Strauss | 00.16.28 | 00.17.34 | 00.18.37 | 00.19.11 | 00.19.10 | 00.18.02 | | 01.49.02 | 6 | |
| | 5 | 970 | EW | Flora | Duffy | 00.17.22 | 00.17.54 | 00.17.42 | 00.17.41 | 00.18.20 | 00.20.41 | | 01.49.40 | 6 | |
| | 6 | 953 | EW | Amy | Mcdougall | 00.17.45 | 00.17.57 | 00.18.05 | 00.18.58 | 00.19.19 | 00.19.20 | | 01.51.24 | 6 | |
| | 7 | 107 | EW | Lotte | Koopmans | 00.17.21 | 00.17.58 | 00.18.35 | 00.19.19 | 00.19.02 | 00.19.21 | | 01.51.36 | 6 | |
| | 8 | 155 | EW | Sarah | Hill | 00.17.14 | 00.19.21 | 00.17.35 | 00.19.04 | 00.19.15 | 00.19.18 | | 01.51.47 | 6 | |
| | 9 | 967 | EW | Bianca | Haw | 00.17.46 | 00.18.51 | 00.20.02 | 00.19.50 | 00.19.44 | 00.19.05 | | 01.55.18 | 6 | |
| | 10 | 106 | EW | Ila | Gray | 00.17.57 | 00.18.46 | 00.19.12 | 00.19.29 | 00.20.03 | 00.20.23 | | 01.55.50 | 6 | |
| | 11 | 105 | EW | Anna | Spielmann | 00.17.14 | 00.18.24 | 00.20.01 | 00.20.32 | 00.21.33 | 00.21.11 | | 01.58.55 | 6 | |
| | 12 | 154 | EW | Leorine | De Wet | 00.20.11 | 00.20.46 | 00.19.59 | 00.21.11 | 00.21.55 | 00.21.34 | | 02.05.36 | 6 | |
| | 13 | 959 | EW | Jessica | Alcock | 00.19.57 | 00.21.33 | 00.22.38 | 00.23.20 | 00.24.03 | | | 01.51.31 | 5 | -1 Lap |
| | 14 | 151 | EW | Stacey | Hyslop | 00.21.53 | 00.22.57 | 00.23.22 | 00.23.27 | 00.23.49 | | | 01.55.28 | 5 | -1 Lap |
| | 15 | 109 | EW | Allison | Morton | 00.20.56 | 00.22.38 | 00.23.45 | 00.23.48 | 00.26.27 | | | 01.57.34 | 5 | -1 Lap |
| | 16 | 110 | EW | Marianne | Bergli | 00.22.19 | 00.24.36 | 00.25.12 | 00.26.37 | 00.30.36 | | | 02.09.20 | 5 | -1 Lap |
| | 17 | 153 | EW | Jana | Barry | 00.22.15 | 00.26.05 | 00.26.59 | 00.29.09 | | | | 01.44.28 | 4 | -2 Laps |
| | 18 | 104 | EW | Likeleli | Masitise | 00.25.18 | 00.30.36 | 00.29.52 | 00.37.13 | | | | 02.02.59 | 4 | -2 Laps |
| | -- | 152 | EW | Courteney | Webb | 00.20.12 | 00.21.07 | 00.21.02 | 00.23.40 | | | | 01.26.01 | 4 | DNF |
| | -- | 956 | EW | Julia | Kotze | 00.20.27 | 00.22.45 | | | | | | 00.43.12 | 2 | DNF |
| Category | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Sub Vet Men | 1 | 708 | SV | Darryn | Stow | 00.15.36 | 00.16.35 | 00.16.42 | 00.16.43 | 00.17.30 | | | 01.23.06 | 5 | |
| | 2 | 701 | SV | Malcolm | Isaacs | 00.16.52 | 00.18.48 | 00.19.22 | 00.20.20 | 00.19.56 | | | 01.35.18 | 5 | |
| | 3 | 710 | SV | Jean | De Villiers | 00.17.15 | 00.19.10 | 00.19.40 | 00.20.01 | 00.20.13 | | | 01.36.19 | 5 | |
| | 4 | 703 | SV | Timothy | Hoek | 00.16.46 | 00.18.54 | 00.19.49 | 00.20.41 | 00.20.44 | | | 01.36.54 | 5 | |
| | 5 | 705 | SV | Michael | Potton | 00.17.55 | 00.19.25 | 00.20.52 | 00.21.02 | 00.20.33 | | | 01.39.47 | 5 | |
| | 6 | 709 | SV | Azri | Sassman | 00.19.30 | 00.20.23 | 00.21.08 | 00.21.18 | 00.21.15 | | | 01.43.34 | 5 | |
| | 7 | 707 | SV | Juan | Pearson | 00.18.39 | 00.19.50 | 00.20.49 | 00.22.51 | 00.23.52 | | | 01.46.01 | 5 | |
| | -- | 704 | SV | Ashley | Oldfield | 00.17.57 | 00.18.36 | 00.19.35 | | | | | 00.56.08 | 3 | DNF |
| | -- | 706 | SV | Justin | Feurer | 00.22.01 | | | | | | | 00.22.01 | 1 | DNF |
| | -- | 702 | SV | Donovan | Le Cok | | | | | | | | | | NYF |
| Category | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Sub Vet Women | 1 | 751 | SW | Nadine | Nunes | 00.21.51 | 00.23.36 | 00.23.39 | 00.23.16 | | | | 01.32.22 | 4 | |
| | 2 | 753 | SW | Christelle | Le Roux | 00.29.38 | 00.31.29 | 00.31.48 | | | | | 01.32.55 | 3 | -1 Lap |
| | -- | 752 | SW | Petra | Kruger | 00.30.09 | 00.34.51 | | | | | | 01.05.00 | 2 | DNF |
| Category | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Veteran Men | 1 | 804 | VM | Paris | Basson | 00.14.55 | 00.15.58 | 00.16.36 | 00.16.45 | | | | 01.04.14 | 4 | |
| | 2 | 801 | VM | Nico | Pfitzenmaier | 00.15.24 | 00.16.44 | 00.16.44 | 00.16.54 | | | | 01.05.46 | 4 | |
| | 3 | 802 | VM | Nic | Lamond | 00.16.05 | 00.17.09 | 00.17.30 | 00.17.35 | | | | 01.08.19 | 4 | |
| | 4 | 807 | VM | Mark | Moir | 00.16.12 | 00.18.12 | 00.19.00 | 00.18.55 | | | | 01.12.19 | 4 | |
| | 5 | 803 | VM | Casper | Badenhorst | 00.18.50 | 00.19.58 | 00.20.40 | 00.21.00 | | | | 01.20.28 | 4 | |
| | 6 | 809 | VM | Christiaan | Bezuidenhout | 00.18.44 | 00.20.26 | 00.21.17 | 00.22.07 | | | | 01.22.34 | 4 | |
| | -- | 805 | VM | Timothy | Blegenhout | 00.24.04 | | | | | | | 00.24.04 | 1 | DNF |
| | -- | 806 | VM | Anore | Bredenkamp | | | | | | | | | | DNS |
| | -- | 808 | VM | Andrew | Johnson | | | | | | | | | | NYF |
| Category | Pos | No | Cat | First Name | Last Name | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Time | Laps | Status |
| Master Men | 1 | 911 | MM | Shan | Wilson | 00.16.40 | 00.17.37 | 00.17.59 | | | | | 00.52.16 | 3 | |
| | 2 | 904 | MM | Pierre | Evard | 00.17.51 | 00.18.38 | 00.18.51 | | | | | 00.55.20 | 3 | |
| | 3 | 960 | MM | Chris | Nixon | 00.18.17 | 00.19.17 | 00.19.34 | | | | | 00.57.08 | 3 | |
| | 4 | 903 | MM | Jimmy | Mills | 00.19.04 | 00.20.02 | 00.19.35 | | | | | 00.58.41 | 3 | |
| | 5 | 905 | MM | Jacques | Coetzer | 00.19.10 | 00.19.47 | 00.19.56 | | | | | 00.58.53 | 3 | |
| | 6 | 901 | MM | Marc | Ruwiel | 00.19.54 | 00.22.39 | 00.22.49 | | | | | 01.05.22 | 3 | |
| | 7 | 908 | MM | Guy | Lanfear | 00.20.59 | 00.22.09 | 00.23.16 | | | | | 01.06.24 | 3 | |
| | 8 | 910 | MM | William | Keith | 00.20.34 | 00.23.26 | 00.23.22 | | | | | 01.07.22 | 3 | |
| | 9 | 909 | MM | Neil | Glezer-Jones | 00.25.58 | 00.29.04 | | | | | | 00.55.02 | 2 | -1 Lap |
| | -- | 954 | MM | Clive | Gaven | 00.21.35 | 00.22.18 | | | | | | 00.43.53 | 2 | DNF |
| | -- | 907 | MM | Erik | Knoetze | 00.21.17 | 00.23.03 | | | | | | 00.44.20 | 2 | DNF |