

| FirstName | SecondName | Gender | Date       | Distance   | Time | Runs |
|-----------|------------|--------|------------|------------|------|------|
| Ntsebenzo | Nake       | M      | 2023/09/09 | 5 00;15;50 |      | 1    |
| Kemang    | Khunonyane | M      | 2023/09/09 | 5 00;15;54 |      | 40   |
| Thabo     | Tshabangu  | M      | 2023/09/09 | 5 00;17;08 |      | 16   |
| Simon     | Mpholo     | M      | 2023/09/09 | 5 00;17;33 |      | 8    |
| Tiisetso  | Sebata     | M      | 2023/09/09 | 5 00;17;42 |      | 45   |
| Sipho     | Mhlanga    | M      | 2023/09/09 | 5 00;17;48 |      | 14   |
| Godfrey   | Komichi    | M      | 2023/09/09 | 5 00;19;31 |      | 5 PB |
| Victor    | Dlamini    | M      | 2023/09/09 | 5 00;20;38 |      | 2    |
| Mike      | Mdakane    | M      | 2023/09/09 | 5 00;21;44 |      | 14   |
| Mhlengi   | Zungu      | M      | 2023/09/09 | 5 00;21;52 |      | 7    |
| Henrik    | Hartman    | M      | 2023/09/09 | 5 00;22;20 |      | 11   |
| Lackson   | Chauke     | M      | 2023/09/09 | 5 00;23;32 |      | 8    |
| Zaahid    | Limbada    | M      | 2023/09/09 | 5 00;24;35 |      | 8    |
| Jay       | Sooka      | M      | 2023/09/09 | 5 00;25;59 |      | 101  |
| Geoff     | Goldberg   | M      | 2023/09/09 | 5 00;27;30 |      | 34   |
| Beatrice  | Watermeyer | F      | 2023/09/09 | 5 00;28;59 |      | 19   |
| Zukisa    | Magadla    | M      | 2023/09/09 | 5 00;30;46 |      | 47   |
| Les       | Sutcliffe  | M      | 2023/09/09 | Timekeeper |      |      |