

| FirstName | SecondName | Gender | Date | Distance | Time | Runs |
|-----------|------------|--------|------------|------------|------|------|
| Godfrey | Komichi | M | 2023/09/16 | 5 00;20;24 | | 6 |
| Mhlengi | Zungu | M | 2023/09/16 | 5 00;21;46 | | 8 |
| Zaahid | Limbada | M | 2023/09/16 | 5 00;24;37 | | 9 |
| Jay | Sooka | M | 2023/09/16 | 5 00;25;56 | | 102 |
| Henrik | Hartmann | M | 2023/09/16 | 5 00;27;09 | | 12 |
| Leuba | Mothapo | M | 2023/09/16 | 5 00;28;39 | | 103 |
| Zukisa | Magadla | M | 2023/09/16 | 5 00;29;54 | | 48 |
| Isaac | Mavudlela | M | 2023/09/16 | 5 00;33;16 | | 21 |
| Les | Sutcliffe | M | 2023/09/09 | Timekeeper | | |
| Mpumi | Mothapo | F | 2023/09/09 | Timekeeper | | |