

TRAIL RUN 2-day - Men

| Pos | Name | Bib# | Age | Total Time | Gap | Stage1 | Stage2 |
|-----|------------------------|------|-----|------------|----------|----------------|----------------|
| 1 | BLACKSHAW, Joshua | 1465 | 26 | 2:35:36 | | 1:29:05 (1st) | 1:06:31 (1st) |
| 2 | FAURE, John | 1418 | 32 | 2:39:16 | 3'40" | 1:31:53 (2nd) | 1:07:23 (2nd) |
| 3 | CAWOOD, Josh | 1466 | 26 | 2:46:41 | 11'05" | 1:36:41 (3rd) | 1:10:00 (3rd) |
| 4 | SHAW, Riaan | 1464 | 28 | 2:57:58 | 22'22" | 1:43:24 (6th) | 1:14:34 (4th) |
| 5 | VAN COLLER, Brett | 1439 | 51 | 3:15:26 | 39'50" | 1:54:09 (9th) | 1:21:17 (7th) |
| 6 | CHILD, Jonathan | 1409 | 34 | 3:16:01 | 40'25" | 1:52:33 (8th) | 1:23:28 (9th) |
| 7 | CONRADIE, Dewald | 1411 | 43 | 3:21:38 | 46'02" | 1:54:40 (10th) | 1:26:58 (10th) |
| 8 | GRUNOW, Peter | 1422 | 35 | 3:22:20 | 46'44" | 1:59:24 (11th) | 1:22:56 (8th) |
| 9 | FLEISHMAN, Aaron | 1463 | 25 | 3:22:46 | 47'10" | 2:02:02 (13th) | 1:20:44 (5th) |
| 10 | FLEISHMAN, Daniel | 1462 | 23 | 3:22:46 | 47'10" | 2:02:02 (14th) | 1:20:44 (6th) |
| 11 | ALEXANDER, Robbie | 1402 | 28 | 3:27:43 | 52'07" | 2:00:27 (12th) | 1:27:16 (11th) |
| 12 | DU TOIT, Ricus | 1416 | 31 | 3:37:09 | 1h1'33" | 2:08:48 (15th) | 1:28:21 (12th) |
| 13 | GOLDBERG, Bengi | 1460 | 27 | 3:43:42 | 1h8'06" | 1:51:53 (7th) | 1:51:49 (23rd) |
| 14 | VEERMEER, Julian | 1442 | 41 | 3:47:30 | 1h11'54" | 2:14:23 (16th) | 1:33:07 (13th) |
| 15 | DE KLERK, David | 1414 | 31 | 3:56:31 | 1h20'55" | 2:22:15 (19th) | 1:34:16 (14th) |
| 16 | BESSELAAR, Roald | 1404 | 59 | 3:59:25 | 1h23'49" | 2:20:38 (18th) | 1:38:47 (16th) |
| 17 | CALITZ, Gerrit | 1408 | 24 | 4:01:57 | 1h26'21" | 2:23:45 (21st) | 1:38:12 (15th) |
| 18 | VENSKIE, Dean | 1443 | 33 | 4:07:32 | 1h31'56" | 2:18:40 (17th) | 1:48:52 (22nd) |
| 19 | ERWEE, Connor | 1451 | 20 | 4:07:59 | 1h32'23" | 2:22:55 (20th) | 1:45:04 (18th) |
| 20 | VAN ZYL, Cornél | 1441 | 35 | 4:15:49 | 1h40'13" | 2:28:24 (22nd) | 1:47:25 (21st) |
| 21 | ZIMAN, Benjamin | 1461 | 28 | 4:19:39 | 1h44'03" | 2:33:53 (24th) | 1:45:46 (19th) |
| 22 | STARCK, Shaun | 1455 | 37 | 4:21:06 | 1h45'30" | 2:37:10 (27th) | 1:43:56 (17th) |
| 23 | DALVIE, Muhammed Asgar | 1412 | 39 | 4:23:26 | 1h47'50" | 2:36:56 (26th) | 1:46:30 (20th) |
| 24 | BRIDER, Richard | 1407 | 40 | 4:32:56 | 1h57'20" | 2:38:54 (29th) | 1:54:02 (25th) |
| 25 | PIENAAR, Gysbert | 1432 | 50 | 4:35:23 | 1h59'47" | 2:37:37 (28th) | 1:57:46 (26th) |
| 26 | KANE, Matthew | 1467 | 29 | 1:36:53 | | 1:36:53 (4th) | |
| 27 | BLACK, Warren | 1450 | 27 | 1:38:58 | | 1:38:58 (5th) | |
| 28 | HUMAN, Werner | 1424 | 44 | 1:53:39 | | | 1:53:39 (24th) |
| 29 | LAGOPOULOS, Dimitri | 1459 | 56 | 2:30:58 | | 2:30:58 (23rd) | |
| 30 | MAKEPEACE, Jonathan | 1426 | 33 | 2:34:36 | | 2:34:36 (25th) | |
| 31 | CLOETE, Edson | 1410 | 38 | 2:39:46 | | 2:39:46 (30th) | |

TRAIL RUN 2-day - Women

| Pos | Name | Bib# | Age | Total Time | Gap | Stage1 | Stage2 |
|-----|----------------------|------|-----|------------|----------|----------------|----------------|
| 1 | WELHAM, Vicky | 1448 | 28 | 3:08:58 | | 1:49:40 (1st) | 1:19:18 (1st) |
| 2 | WILLS, Nicola | 1449 | 27 | 3:19:28 | 10'30" | 1:56:49 (3rd) | 1:22:39 (2nd) |
| 3 | NIENABER, Chantel | 1430 | 50 | 3:21:51 | 12'53" | 1:55:29 (2nd) | 1:26:22 (3rd) |
| 4 | SCHENCK, Jess | 1433 | 26 | 3:30:15 | 21'17" | 2:01:21 (5th) | 1:28:54 (4th) |
| 5 | DAY, Jamie | 1413 | 29 | 3:45:32 | 36'34" | 2:10:30 (6th) | 1:35:02 (6th) |
| 6 | BARRY, Alexandra | 1458 | 27 | 3:48:14 | 39'16" | 2:13:33 (8th) | 1:34:41 (5th) |
| 7 | WAUD, Cara | 1446 | 22 | 3:49:38 | 40'40" | 2:12:11 (7th) | 1:37:27 (7th) |
| 8 | GRUNOW, Guinivere | 1421 | 33 | 4:01:24 | 52'26" | 2:18:47 (9th) | 1:42:37 (8th) |
| 9 | TESSENDORF, Gina | 1437 | 40 | 4:04:41 | 55'43" | 2:21:20 (11th) | 1:43:21 (9th) |
| 10 | VOLSCHENK, Riana | 1444 | 45 | 4:08:53 | 59'55" | 2:20:59 (10th) | 1:47:54 (12th) |
| 11 | VAN ZYL, Anja | 1440 | 30 | 4:15:52 | 1h6'54" | 2:28:26 (13th) | 1:47:26 (11th) |
| 12 | STEYN, Annmarie | 1434 | 53 | 4:18:33 | 1h9'35" | 2:29:43 (14th) | 1:48:50 (13th) |
| 13 | NEL, Sammy-Lee | 1454 | 22 | 4:25:15 | 1h16'17" | 2:22:13 (12th) | 2:03:02 (22nd) |
| 14 | TOOP, Estelle | 1438 | 44 | 4:27:22 | 1h18'24" | 2:36:09 (15th) | 1:51:13 (14th) |
| 15 | MAKEPEACE, Catherine | 1425 | 31 | 4:30:31 | 1h21'33" | 2:37:05 (18th) | 1:53:26 (15th) |
| 16 | MARAIS, Michelle | 1427 | 37 | 4:32:53 | 1h23'55" | 2:38:51 (19th) | 1:54:02 (16th) |
| 17 | WELDON, Disy | 1447 | 45 | 4:35:16 | 1h26'18" | 2:36:19 (16th) | 1:58:57 (17th) |
| 18 | DURRANT, Jacqui | 1417 | 50 | 4:35:19 | 1h26'21" | 2:36:19 (17th) | 1:59:00 (18th) |
| 19 | BOTHA, Anneri | 1405 | 50 | 4:40:28 | 1h31'30" | 2:40:23 (20th) | 2:00:05 (19th) |
| 20 | AGNELLO, Marisa | 1401 | 44 | 4:48:52 | 1h39'54" | 2:46:19 (21st) | 2:02:33 (20th) |
| 21 | BOUWHUIS, Jo | 1406 | 54 | 4:48:54 | 1h39'56" | 2:46:21 (22nd) | 2:02:33 (21st) |
| 22 | MCILROY, Samantha | 1428 | 51 | 5:39:12 | 2h30'14" | 3:13:28 (23rd) | 2:25:44 (23rd) |
| 23 | HOLCROFT, Shannon | 1468 | 30 | 1:45:52 | | | 1:45:52 (10th) |
| 24 | MINOR, Kirsty | 1453 | 37 | 1:57:27 | | 1:57:27 (4th) | |