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| Rider Num | Pos Age Cat | Name | Surname | Age | M/F | Age Cat | Race dist | Prov Team | Time |
|-----------|-------------|----------------|-------------|-----|--------|-----------|-----------|------------|----------|
| 23 | 1 | Jacques | Van Staden | 43 | Male | Vet 40-44 | 15 Km | Eden | 00:20:45 |
| 20 | 1 | Grant | Lindeque | 46 | Male | Vet 45-49 | 15 Km | Eden | 00:20:47 |
| 196 | 1 | JAMIE | MOSES | 18 | Male | Junior | 15 Km | Cape Wine | 00:20:59 |
| 176 | 1 | Ethan | Kulsen | 16 | Male | U/17 | 15 Km | Cape Wine | 00:21:27 |
| 14 | 1 | Deon | De Jager | 37 | Male | Vet 35-39 | 15 km | Eden | 00:21:36 |
| 193 | 2 | ZANDRE | GERBER | 18 | MALE | Junior | 15 Km | Eden | 00:21:40 |
| 184 | 3 | ZINEDINE | DE NIL | 17 | MALE | Junior | 15 Km | Eden | 00:22:18 |
| 24 | 2 | Mario | Macleoad | 48 | Male | Vet 45-49 | 15 Km | Eden | 00:22:36 |
| 167 | 2 | CARLO | ENGELBRECHT | 16 | MALE | U/17 | 15 Km | Cape Metro | 00:22:40 |
| 6 | 1 | Jowano | Olckers | 20 | Male | U/23 | 15 Km | Eden | 00:23:00 |
| 178 | 3 | Zakariyyaa | Martin | 16 | Male | U/17 | 15 Km | Cape Wine | 00:23:05 |
| 183 | 4 | TYRON | OLIPHANT | 17 | MALE | Junior | 15 Km | Cape Metro | 00:23:18 |
| 170 | 4 | LOUIS | VENTER | 16 | MALE | U/17 | 15 Km | Eden | 00:23:26 |
| 194 | 5 | GEOLERMO | HANS | 18 | MALE | Junior | 15 Km | Eden | 00:23:27 |
| 156 | 5 | TASHREEQ | DOLLIE | 15 | MALE | U/17 | 15 Km | Cape Metro | 00:23:32 |
| 177 | 6 | Zaneef | Green | 16 | Male | U/17 | 15 Km | Cape Wine | 00:23:53 |
| 186 | 6 | BRADLEY | NACE | 17 | MALE | Junior | 15 Km | Eden | 00:23:57 |
| 172 | 7 | DUWAYNE | ARENDSE | 16 | Male | U/17 | 15 Km | Cape Wine | 00:24:08 |
| 174 | 1 | LINEL | ENGELBRECHT | 17 | FEMALE | Junior | 15 Km | Eden | 00:24:21 |
| 157 | 8 | SEBASTIAN JEAN | SWART | 15 | MALE | U/17 | 15 Km | Eden | 00:24:29 |
| 168 | 9 | WILLEM | BOTHA | 16 | MALE | U/17 | 15 Km | Eden | 00:24:37 |
| 16 | 1 | Eileen | De Jager | 39 | FEMALE | Vet 35-39 | 15 km | Eden | 00:24:44 |
| 187 | 7 | RANALDO | PLAATJIES | 17 | MALE | Junior | 15 Km | Eden | 00:24:49 |
| 4 | 1 | Charlissa | Schultz | 19 | Female | U/23 | 15 Km | Eden | 00:24:54 |
| 195 | 8 | ASHWILL | KOOPMAN | 18 | MALE | Junior | 15 Km | Eden | 00:24:59 |
| 173 | 10 | VINCENT | JULIES | 16 | Male | U/17 | 15 Km | Cape Wine | 00:25:21 |
| 159 | 11 | THEO | WILLIAMS | 15 | Male | U/17 | 15 Km | Cape Wine | 00:25:25 |
| 165 | 12 | TYRAN | JULIES | 16 | MALE | U/17 | 15 Km | Eden | 00:25:27 |

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| 151 | 13 | MARCHILLINO | FREDERICKS | 15 | MALE | U/17 | 15 Km | Eden | 00:25:51 |
| 188 | 9 | KEANU | VAN ROOYEN | 17 | MALE | Junior | 15 Km | Eden | 00:26:27 |
| 189 | 10 | THRESLIN | MONDSINGER | 17 | Male | Junior | 15 Km | Cape Wine | 00:26:30 |
| 171 | 14 | JEANDRE | TARENTAAL | 16 | MALE | U/17 | 15 Km | Eden | 00:26:32 |
| 166 | 15 | FAIZEL | VAN ROOYEN | 16 | MALE | U/17 | 15 Km | Eden | 00:27:46 |
| 191 | 11 | ANTONIO | BOOYSEN | 18 | MALE | Junior | 15 Km | Eden | 00:29:09 |
| 147 | 16 | ANGENILO | AYFORD | 15 | MALE | U/17 | 15 Km | Eden | 00:29:15 |
| 152 | 17 | JAYLIN | GOLIATH | 15 | MALE | U/17 | 15 Km | Eden | 00:29:45 |
| 179 | 2 | SUVEENA | ARRIES | 17 | FEMALE | Junior | 15 Km | Eden | 00:30:12 |
| 149 | 18 | CURWIN | DE BEER | 15 | MALE | U/17 | 15 Km | Eden | 00:30:37 |
| 153 | 19 | GILCHRIST | PIETERSE | 15 | MALE | U/17 | 15 Km | Eden | 00:31:30 |
| 180 | 3 | ANDREA | BRANDT | 17 | FEMALE | Junior | 15 Km | Eden | 00:35:56 |

| Rider Num | Pos Age Cat | Name | Surname | Age | M/F | Age Cat | Race dist | Prov Team | Time |
|-----------|-------------|---------------|------------|-----|--------|-----------|-----------|------------|----------|
| 163 | 1 | Jesse | Woods | 16 | Female | U/17 | 10 km | Cape Metro | 00:16:47 |
| 164 | 2 | Anja | Du Plessis | 16 | Female | U/17 | 10 km | Eden | 00:16:49 |
| 34 | 1 | Mike | Lombard | 70 | Male | Vet 70-74 | 10 Km | Eden | 00:16:52 |
| 142 | 1 | JADEN | CAMFER | 14 | MALE | U/15 | 10 Km | Eden | 00:17:06 |
| 132 | 2 | DANIEL | LE ROUX | 13 | MALE | U/15 | 10 Km | Eden | 00:17:24 |
| 140 | 3 | IGHSAAN | DOLLIE | 14 | MALE | U/15 | 10 Km | Cape Metro | 00:17:41 |
| 135 | 4 | CUAN MARSHALL | WILDEMAN | 13 | MALE | U/15 | 10 Km | Eden | 00:17:59 |
| 122 | 1 | LINCOLN | ZIETSMAN | 12 | MALE | U/13 | 10 Km | Eden | 00:18:08 |
| 136 | 1 | INEACHA | BEUKES | 14 | FEMALE | U/15 | 10 Km | Cape Metro | 00:18:17 |
| 124 | 2 | FERDI | BOTHA | 12 | MALE | U/13 | 10 Km | Eden | 00:18:26 |
| 143 | 5 | MIAANDRE | GEDULD | 14 | MALE | U/15 | 10 Km | Eden | 00:18:32 |
| 137 | 2 | MIANETTE | THERON | 14 | FEMALE | U/15 | 10 Km | Eden | 00:18:55 |
| 162 | 3 | FJORN | LACKAY | 16 | Female | U/17 | 10 km | Cape Wine | 00:18:58 |
| 123 | 3 | CHRISTIAN | ROELOFSE | 12 | MALE | U/13 | 10 Km | Eden | 00:19:30 |
| 116 | 4 | MUGHAMMAD | ARNOLD | 11 | MALE | U/13 | 10 Km | Cape Metro | 00:19:32 |
| 112 | 1 | JANDRE | VAN LILL | 10 | MALE | U/11 | 10 Km | Eden | 00:19:53 |

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| 126 | 5 | TIAAN | FERREIRA | 12 | MALE | U/13 | 10 Km | Eden | 00:19:53 |
| 128 | 3 | LINKE | OOSTHUIZEN | 13 | FEMALE | U/15 | 10 Km | Eden | 00:19:59 |
| 119 | 6 | DIONIELLE | EWERTS | 12 | MALE | U/13 | 10 Km | Eden | 00:20:20 |
| 17 | 1 | Jorinda | Van Staden | 40 | Female | Vet 40-44 | 10 Km | Eden | 00:20:25 |
| 134 | 6 | APHUMLE | JAXA | 13 | MALE | U/15 | 10 Km | Eden | 00:20:29 |
| 118 | 1 | EMMA | SWART | 12 | FEMALE | U/13 | 10 Km | Eden | 00:20:32 |
| 130 | 4 | GITA | HILDEBRAND | 13 | FEMALE | U/15 | 10 Km | Eden | 00:20:40 |
| 139 | 7 | RONALDINO | WILLIAMS | 14 | MALE | U/15 | 10 Km | Eden | 00:20:47 |
| 11 | 1 | Phillo | Verlaat | 29 | Male | Para | 10 km | Eden | 00:20:53 |
| 127 | 7 | YAHAA | MARTIN | 12 | Male | U/13 | 10 Km | Cape Wine | 00:20:57 |
| 131 | 5 | HANNIE | VREKEN | 13 | FEMALE | U/15 | 10 Km | Eden | 00:21:29 |
| 113 | 2 | SIPHOSIHLE | LUCAS | 10 | MALE | U/11 | 10 Km | Eden | 00:21:34 |
| 125 | 8 | HENRI | DU PLESSIS | 12 | MALE | U/13 | 10 Km | Eden | 00:21:36 |
| 117 | 9 | Alejandre | Nel | 11 | Male | U/13 | 10 Km | Eden | 00:21:37 |
| 115 | 2 | Bea | Strydom | 11 | Female | U/13 | 10 Km | Eden | 00:21:42 |
| 107 | 1 | LEONE | THERON | 9 | FEMALE | U/11 | 10 Km | Eden | 00:22:20 |
| 146 | 4 | BEYAUNTE | GOLIATHS | 15 | FEMALE | U/17 | 10 km | Eden | 00:23:03 |
| 106 | 3 | RJ | VAN LILL | 8 | MALE | U/11 | 10 Km | Eden | 00:23:25 |
| 110 | 4 | NUR | DOLLIE | 10 | MALE | U/11 | 10 Km | Cape Metro | 00:23:41 |
| 105 | 5 | ZIVIAN | BEUKES | 7 | MALE | U/11 | 10 Km | Cape Metro | 00:24:54 |
| 111 | 6 | ZAC | SOLOMON | 10 | MALE | U/11 | 10 Km | Cape Metro | 00:25:03 |
| 108 | 2 | ALANI | FERREIRA | 9 | FEMALE | U/11 | 10 Km | Eden | 00:25:37 |
| 104 | 7 | MUGHAMMAD YAC | ARNOLD | 7 | MALE | U/11 | 10 Km | Cape Metro | 00:26:35 |
| 121 | 10 | SHUDLEY | DOLLIE | 12 | MALE | U/13 | 10 Km | Cape Metro | 00:28:39 |
| 109 | 3 | KATELYN | COETZEE | 10 | FEMALE | U/11 | 10 Km | Eden | 00:38:18 |