| | Name | Club | Time | |
|---|---|---|---|---|
| 1 | Shelley Young | Chiltern | 14:55 | |
| 2 | Asta Kraus | HVAC | 16:00 | |
| 3 | Lise Muchna | PDAC | 16:41 | |
| 4 | Robyn Mare | HVAC | 16:49 | |
| 5 | Teneal Featherby | PDAC | 16:51 | |
| 6 | Melody Olivier | PDAC | 17:10 | |
| 7 | Claire Weston | HVAC | 17:31 | |
| 8 | Alison Wasserfall | HVAC | 17:41 | |
| 9 | Stacey Hunt | West | 17:45 | |
| 10 | Fiona Baldwin | PDAC | 17:56 | |
| 11 | Ferne Kalamer | PDAC | 18:08 | |
| 12 | Belinda Padbury | Kearsney | 18:08 | |
| 13 | Tori Coetzee | PDAC | 19:04 | |
| 14 | Caitlin | PDAC | 19:20 | |
| 15 | Nalize van Rooyen | West | 19:26 | |
| 16 | Ashley Bond | Chiltern | 19:38 | |
| 17 | Casey Stanley | Chiltern | 19:56 | |
| 18 | Roshini Natasen | Highway | 20:14 | |
| 19 | Liesl Faught | PDAC | 20:23 | |
| 20 | Bev Hardie | Chiltern | 20:29 | |
| 21 | Colette Alcock | West | 21:08 | |
| 22 | Cheron | Kearsney | 21:14 | |
| 23 | Michelle Donne | HVAC | 21:15 | |
| 24 | Alison Lee | HVAC | 21:25 | |
| 25 | Liesel | West | 21:27 | |
| 26 | Carol McDonald | Chiltern | 21:36 | |
| 27 | A. Boulle | Chiltern | 21:37 | |
| 28 | Heidi Paul | Forest | 21:38 | |
| 29 | Alison Parle | West | 21:50 | |
| 30 | Lauren Pretorius | West | 21:51 | |
| 31 | Sheree Kirsten | West | 21:55 | |
| 32 | Sindy Kirsten | West | 21:56 | |
| 33 | Rachel Haekele | Chiltern | 21:57 | |
| 34 | Karen Seals | Kearsney | 22:04 | |
| 35 | Clare Vinson | Chiltern | 22:10 | |
| 36 | Nana | Highway | 22:20 | |
| 37 | Nikki Baker | Forest | 22:27 | |
| 38 | Gayle du Toit | Forest | 22:29 | |
| 39 | Nicola de Oliveira | West | 22:44 | |
| 40 | Teresa Collett | Chiltern | 22:52 | |
| 41 | Mercy | West | 22:53 | |
| 42 | Kathy Naylor | HVAC | 22:57 | |
| 43 | June Watson | PDAC | 23:01 | |
| 44 | Gayle Lombard | Chiltern | 23:03 | |
| 45 | Anita Pohl | PDAC | 23:07 | |
| 46 | Ntombimpela | Highway | 23:08 | |
| 47 | Brenda Cox | West | 23:13 | |
| 48 | Abegail | West | 23:19 | |
| 49 | Dawn Frankish | PDAC | 23:19 | |
| 50 | Delyse Grenfell | HVAC | 23:26 | |
| 51 | Fiona Braithwaite | HVAC | 23:32 | |
| 52 | Michelle Wilmans | West | 23:33 | |
| 53 | Ntokozo | PDAC | 23:33 | |
| 54 | Vauneen | HVAC | 23:44 | |
| 55 | Pat Fisher | Stella | 23:54 | |
| 56 | S'thandile Khuzwayo | HVAC | 24:03 | |
| 57 | Sherise | HVAC | 24:07 | |
| 58 | Adi Weerheim | HVAC | 24:08 | |
| 59 | Kristen | HVAC | 24:13 | |
| 60 | Julie | Chiltern | 24:16 | |
| 61 | Shannon | Chiltern | 24:17 | |
| 62 | Brodwyn van Zyl | HVAC | 24:18 | |
| 63 | Caroline Stanley | Chiltern | 24:22 | |
| 64 | Janine Allorto | Chiltern | 24:40 | |
| 65 | Leanne Pollock | Forest | 24:41 | |
| 66 | Bernadette | Forest | 24:55 | |
| 67 | Erika Pleasants | HVAC | 24:55 | |
| 68 | Melonie du Preez | QBH | 25:01 | |
| 69 | Caron Crookes | Kearsney | 25:02 | |
| 70 | Keiran Ward | West | 25:03 | |
| 71 | Julyette | HVAC | 25:13 | |
| 72 | Sandy Dunnett | Kearsney | 25:15 | |

| | Name | Club | Time | |
|---|---|---|---|---|
| 73 | Lorraine | Kearsney | 25:26 | |
| 74 | Claudia Stencel | Kearsney | 25:28 | |
| 75 | Jenni Manning | Kearsney | 25:34 | |
| 76 | Thobile | PDAC | 25:34 | |
| 77 | Shavaughn | PDAC | 25:40 | |
| 78 | Jenna | Chiltern | 25:41 | |
| 79 | Sarah Mingay | Highway | 25:53 | |
| 80 | Wendy Moller | Highway | 25:59 | |
| 81 | Liz Sneddon | HVAC | 26:00 | |
| 82 | Ronwyn van Staden | Highway | 26:01 | |
| 83 | Katharine Atkinson | West | 26:02 | |
| 84 | Faye Weston | HVAC | 26:09 | |
| 85 | Slindile | Chiltern | 26:12 | |
| 86 | Sue Smith | West | 26:18 | W |
| 87 | Dawn Blakeway | Chiltern | 26:38 | |
| 88 | Mvule | West | 26:41 | |
| 89 | Jenny Fuller | PDAC | 26:49 | |
| 90 | Gill Tregenna | West | 26:59 | |
| 91 | Zanele | West | 27:06 | |
| 92 | Christine Raustone | HVAC | 27:14 | |
| 93 | Nicole P. | Get Fit | 27:16 | |
| 94 | Tyla Hooper | No Club | 27:22 | |
| 95 | Sarah Cox | West | 27:39 | |
| 96 | Layle Cathey | PDAC | 27:42 | W |
| 97 | Pamela Corlett | Highway | 27:52 | W |
| 98 | Rayne Holing | PDAC | 28:38 | |
| 99 | Taryn Smith | PDAC | 28:44 | |
| 100 | Sharon Fuchs | PDAC | 29:16 | W |
| 101 | Sharon | West | 29:17 | |
| 102 | Isabel Mateus | Chiltern | 29:26 | |
| 103 | Angela Westermeyer | Get Fit | 29:40 | |
| 104 | Lindi Voulelis | PDAC | 29:40 | W |
| 105 | Karyn Jackson | West | 30:00 | |
| 106 | Jill Robertson | Chiltern | 30:03 | |
| 107 | Cecily Fraser | Highway | 30:06 | W |
| 108 | Fundi | West | 30:11 | |
| 109 | Brenda | West | 30:19 | |
| 110 | Susan Young | Highway | 30:26 | W |
| 111 | Catherine Dixon | West | 30:29 | |
| 112 | Robyn Biddle | Chiltern | 30:33 | |
| 113 | Pauline | PDAC | 30:34 | W |
| 114 | Mpume | PDAC | 30:34 | |
| 115 | Colleen McCann | PDAC | 30:40 | W |
| 116 | Gayle Simmons | West | 30:43 | |
| 117 | Mpume Keswa | No Club | 30:58 | |
| 118 | Trisha Hudson | No Club | 31:02 | |
| 119 | Teresa Scott | PDAC | 31:17 | W |
| 120 | Lil Parker | Highway | 31:26 | W |
| 121 | Kim Hudson | PDAC | 32:10 | W |
| 122 | Wendy B | Highway | 32:27 | W |
| 123 | Pam Stewart | Highway | 32:28 | W |
| 124 | Shelley Frankish | PDAC | 32:28 | W |
| 125 | Sue Griffiths | Highway | 32:43 | W |
| 126 | Monika | Highway | 33:32 | W |
| 127 | Megan Corlett | Highway | 33:34 | W |
| 128 | Gloria Naidoo | West | 34:50 | |
| 129 | Jamie | West | 34:50 | |