

38km Classic			
Men		Ladies	
2026	Petrus Marx	2026	Emily Djock
2025	Alec Kapito (3:42:25)	2025	Kerry-Ann Marshall
2024	Wano Katjiri	2024	Courtenay Gerber
2023	Piet Lourens	2023	Minette Naude
2022	Iain Peterkin	2022	Emily Djock
2020	Siviwe Nkombi	2020	Sylvie Scherzinger
2019	Siviwe Nkombi (03:22:55)	2019	Landie Greyling
2018	Bernard Rukadza	2018	Katya Soggot
2017	Kane Reilly	2017	Carla van Huyssteen (04:11:09)
2016	Bernard Rukadza	2016	Katya Soggot
2015	Bernard Rukadza	2015	Katya Soggot
2014	Duncan O'Reagan	2014	Charmaine Salvage
2013	Thabang Madiba	2013	Katya Soggot
2012	Bernard Rukadza	2012	Katya Soggot
2011	Allan Benn	2011	Robyn Ferrar

21.5km Half			
Men		Ladies	
2026	Brandon Keeling	2026	Marguerite van Niekerk
2025	Lukas van der Merwe	2025	Ebeth Marais (1:39:28)
2024	Brandon Keeling	2024	Anni de Klerk
2023	Oli Morris	2023	Marguerite van Niekerk
2022	Kelton Miller	2022	Hayley Preen
2020	Llewellyn Groeneveld (01:27:56)	2020	Lijan van Niekerk
2019	Chris Stydom	2019	Hayley Preen
2018	Roger Dickson	2018	Cana Peek
2017	Timothy Chambers	2017	Annamart Laubscher
2016	Raydon Balie	2016	Annamart Laubscher
2015	Rory Sheffer	2015	Liandi van der Westhuysen
2014	Michael Bailey	2014	Liandi van der Westhuysen
2013	Andrew Steele	2013	Marie Wessels
2012	Michael Bailey	2012	Marie Wessels
2011	Harry Orr	2011	Nicole Marais

12.5km Aspire			
Men		Ladies	

2026	Simon Short	2026	Jane van der Post
2025	Finley Wilson	2025	Caitlin Snethlage
2024	Vincent Buter	2024	Lanah Nel
2023	Christiaan van den Heever	2023	Lanah Nel
2022	Finley Wilson	2022	Eugenie Burger
2020	James Montgomery	2020	Robyn Brown
2020	James Montgomery	2020	Robyn Brown
2019	Llewellyn Groeneveld (42:22)	2019	Bianca Tarbotton (47:14)
2018	Stephen Millard	2018	Gianna Marais
2017	Michael Lord	2017	Ute Lehmann
2016	Sibu Thikitsha	2016	Megan Leslie
2015	Ruan Myburg	2015	Megan Leslie
2014	Raydon Balie	2014	Megan Leslie
2013	Alistair Dreamwilder	2013	Kristen Heath
2012	Nicholas Spau	2012	Jacoline Brand
2011	Michael Peacock	2011	Nikki Cockroft

5km Micro			
Men		Ladies	
2026	Elijah van der Post (29:09)	2026	Ariel van der Post (31:26)
2025	Ricarlo Roots	2025	Seana Austin