

| | 2011 | 2021 | 2031 |
|---|------------------|------------------|------------------|
| Pretoria (City of Tshwane) | 453 794 | 498 319 | 513 337 |
| Oos-Rand (Ekurhuleni) | 278 685 | 279 178 | 262 358 |
| Kaapstad | 242 611 | 243 459 | 229 186 |
| Port Elizabeth (Nelson Mandelabaai) | 89 160 | 79 954 | 67 260 |
| Bloemfontein (Mangaung) | 69 702 | 63 513 | 54 290 |
| Krugersdorp (Mogale City) | 54 636 | 64 762 | 72 014 |
| Klerksdorp (City of Matlosana) | 48 612 | 39 894 | 30 712 |
| Rustenburg | 43 291 | 42 732 | 39 569 |
| Middelburg (Steve Tshwete) | 43 278 | 62 468 | 84 586 |
| Secunda (Govan Mbeki) | 40 964 | 49 386 | 55 854 |
| Nelspruit (Mbombela) | 35 686 | 40 311 | 42 716 |
| Durban (eThekweni) | 35 328 | 30 216 | 24 243 |
| Welkom (Matjhabeng) | 32 545 | 25 163 | 18 174 |
| Potchefstroom (Tlokwe) | 30 844 | 29 702 | 26 832 |
| George | 27 561 | 31 593 | 33 972 |
| Pietersburg (Polokwane) | 27 215 | 25 005 | 21 552 |
| Paarl (Drakenstein) | 27 199 | 26 177 | 23 634 |
| Meyerton (Midvaal) | 26 335 | 36 695 | 47 964 |
| Sasolburg (Metsimaholo) | 21 066 | 21 919 | 21 396 |
| Naboomspruit-, Warmbad-, Nylstroom-area (Mookgopong, Bela-Bela, Modimolle) | 18 065 | 14 875 | 12 202 |
| Heidelberg (Lesedi) | 17 067 | 24 926 | 34 151 |
| Richardsbaai (uMhlathuze) | 14 731 | 12 944 | 10 963 |
| Ermelo (Msukaligwa) | 13 036 | 14 267 | 14 646 |
| Bethlehem (Dihlabeng) | 11 565 | 10 856 | 9 559 |
| Margate (Hibiscus Coast) | 10 766 | 14 489 | 18 291 |
| Upington (//Khara Hais) | 9 040 | 7 765 | 6 256 |
| Tzaneen (Greater Tzaneen) | 7 988 | 9 649 | 10 934 |
| Kathu (Gamagara) | 5 649 | 6 945 | 8 009 |
| Orania (Thembelihle) | 1 935 | 2 015 | 1 968 |
| | | | |
| Totale wit Afrikaanse bevolking | 2 712 101 | 2 751 065 | 2 689 895 |
| Totaal in ankerpunte | 1 738 354 | 1 809 177 | 1 796 628 |
| Persentasie in ankerpunte | 64% | 66% | 67% |