

| Pos | Name              | Category | Club                      | Time     |
|-----|-------------------|----------|---------------------------|----------|
| 1   | Joshua Boyle      | MU23     | Ribble Valley AC          | 00:25:37 |
| 2   | Phil Davies       | MV40     | Borrowdale Fell Runners   | 00:26:09 |
| 3   | John Helme        | MOpen    | Ambleside AC              | 00:26:37 |
| 4   | Jonny Malley      | MOpen    | Ambleside AC              | 00:26:54 |
| 5   | Jack Wright       | MOpen    | Ambleside AC              | 00:27:04 |
| 6   | Tim Cowan         | MV40     | Helm Hill                 | 00:27:09 |
| 7   | Chris Edis        | MOpen    | Keswick AC                | 00:27:31 |
| 8   | James Edwards     | MV40     | Lonsdale Fell Runners     | 00:29:22 |
| 9   | Jos Addison       | MOpen    | Helm Hill                 | 00:29:38 |
| 10  | Joseph Hobbs      | MOpen    | Lonsdale Fell Runners     | 00:30:45 |
| 11  | David Wilson      | MV50     | Bowland Fell Runners      | 00:31:00 |
| 12  | Peter German      | MOpen    | Helm Hill                 | 00:31:21 |
| 13  | Rowan Wood        | MOpen    | Lonsdale Fell Runners     | 00:31:38 |
| 14  | Jonny Marchant    | MV40     | Helm Hill                 | 00:31:43 |
| 15  | Richard Wells     | MV40     | Howgill Harriers          | 00:32:59 |
| 16  | Sean Robinson     | MOpen    | Howgill Harriers          | 00:33:32 |
| 17  | Claire Nance      | FOpen    | Lonsdale Fell Runners     | 00:33:47 |
| 18  | Jim Bacon         | MV50     | Lonsdale Fell Runners     | 00:33:48 |
| 19  | Rich Wilkinson    | MV50     | Long Eaton RC             | 00:33:58 |
| 20  | Emma Wood         | FOpen    | Rosendale Harriers AC     | 00:34:39 |
| 21  | Ben Houghton      | MV40     | Howgill Harriers          | 00:35:32 |
| 22  | Steven Middleton  | MV40     | Howgill Harriers          | 00:35:37 |
| 23  | Catherine Niblock | FOpen    | Helm Hill                 | 00:36:03 |
| 24  | Graham Moffat     | MV50     | Howgill Harriers          | 00:36:08 |
| 25  | Kerry Cornfield   | FV40     | Borrowdale Fell Runners   | 00:36:35 |
| 26  | Carrie Gibson     | FV40     | Helm Hill                 | 00:37:30 |
| 27  | Chris Roberts     | MV60     | Black Combe Runners       | 00:37:34 |
| 28  | Lizzie James      | FV40     |                           | 00:37:43 |
| 29  | Georgia Houghton  | FOpen    | Howgill Harriers          | 00:37:46 |
| 30  | Will Spain        | MOpen    | Dark Peak Fell Runners    | 00:38:30 |
| 31  | Wendy Dodds       | FV60     | Clayton-le-Moors Harriers | 00:38:49 |
| 32  | Emily Fitzherbert | FOpen    |                           | 00:39:45 |
| 33  | Sharon Schofield  | FV40     | Borrowdale Fell Runners   | 00:40:13 |
| 34  | Mike Addison      | MV50     |                           | 00:40:46 |
| 35  | Denise Tunstall   | FV50     | Durham Fell Runners       | 00:41:39 |
| 36  | Stephen Fish      | MV60     | Clayton-le-Moors Harriers | 00:43:00 |
| 37  | Robin Haywood     | MV40     | Howgill Harriers          | 00:46:03 |
| 38  | Wendy Smith       | FV40     | Helm Hill                 | 00:55:02 |