

| Pos | Name | Category | Club | Time |
|-----|-------------------|----------|--------------------------------|----------|
| 1 | Ben Mounsey | Man | Calder Valley | 00:15:48 |
| 2 | Duncan Birtwistle | Man | Telford | 00:16:22 |
| 3 | Jack Smith | Man | Wharfedale Harriers | 00:16:23 |
| 4 | Gordon Pearce | Man | Thames Hare Hounds | 00:16:55 |
| 5 | Mark Taylor | MV45 | Calder Valley | 00:17:45 |
| 6 | Iain Gibbons | MV45 | Ilkley Harriers | 00:17:52 |
| 7 | Julian Simpson | MV40 | Richmond + Zetland | 00:17:59 |
| 8 | Tim Grimwood | Man | Swaledale Runners | 00:18:12 |
| 9 | Mark Forrest | MV50 | Richmond + Zetland | 00:18:23 |
| 10 | John Marsh | Man | U/A | 00:18:29 |
| 11 | Rob Carr | MV45 | Wharfedale Harriers | 00:18:35 |
| 12 | Tony Lambert | MV45 | Richmond + Zetland | 00:18:39 |
| 13 | Tom Lynch | Man | Otley AC | 00:18:50 |
| 14 | Stephen Nicholls | Man | Wigan & District Harriers & AC | 00:19:00 |
| 15 | Matthew Howe | Man | U/A | 00:19:06 |
| 16 | Josh Westwood | Man | Settle Harriers | 00:19:15 |
| 17 | Kirsty Hall | LV40 | Wharfedale Harriers | 00:19:39 |
| 18 | Nicolas Kendal | Man | Barlick FR | 00:19:43 |
| 19 | Harry Robson | Man | Richmond + Zetland | 00:19:45 |
| 20 | Billy Proctor | MV60 | Helm Hill | 00:19:55 |
| 21 | Dave Hammond | MV50 | Calder Valley | 00:19:58 |
| 22 | Pete Lloyd | Man | Keighley & Craven | 00:20:02 |
| 23 | Ian Willis | MV40 | Keighley & Craven | 00:20:20 |
| 24 | Michael McInnes | MV40 | Skipton AC | 00:20:23 |
| 25 | Simon Woodward | Man | U/A | 00:20:30 |
| 26 | Rob Williamson | MV50 | Loftus & Whitby | 00:20:37 |
| 27 | Mike Calvert | MV50 | Howgill Harriers | 00:20:42 |
| 28 | Stuart McAleavy | MV40 | Wharfedale Harriers | 00:20:49 |
| 29 | Dan Farrington | MV40 | U/A | 00:21:16 |
| 30 | Roger Aubrey | MV50 | Helm Hill | 00:21:19 |
| 31 | Sally Houghton | LV50 | Ripon Runners | 00:21:26 |
| 32 | Adam Walker | Man | Richmond + Zetland | 00:21:30 |
| 33 | Dave Allen | MV60 | Northern Masters | 00:21:35 |
| 34 | Nick Oddy | MV40 | Skipton AC | 00:21:39 |
| 35 | Jess Gillon | MV40 | Eden Runners | 00:21:42 |
| 36 | Johnathan Gray | MV40 | Darlington Harriers | 00:21:55 |
| 37 | Donald Wheatley | Man | U/A | 00:22:01 |
| 38 | Martin Randall | MV45 | Swaledale Runners | 00:22:01 |
| 39 | Rebecca Simpson | Lady | Swaledale Runners | 00:22:13 |
| 40 | Richard Briscoe | Man | Clayton-le-Moors | 00:22:19 |
| 41 | Benjamin Walker | Man | U/A | 00:22:24 |

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| 42 | Jamie Keyse | MV40 | U/A | 00:22:24 |
| 43 | Ian Swarbrick | MV50 | U/A | 00:22:27 |
| 44 | Mark Davies | MV50 | Thirsk & Sowerby | 00:22:44 |
| 45 | Kathleen Aubrey | LV50 | Helm Hill | 00:22:48 |
| 46 | James Mowatt | Man | U/A | 00:22:52 |
| 47 | Stephen Dry | MV45 | U/A | 00:23:10 |
| 48 | Jim Coldwell | MV40 | Swaledale Runners | 00:23:26 |
| 49 | Steve Milner | MV50 | Wharfedale Harriers | 00:23:27 |
| 50 | Ian McClellan | MV40 | U/A | 00:23:30 |
| 51 | Eddie Peat | MV50 | Durham Fell Runners | 00:23:31 |
| 52 | Paul Wilson | MV50 | Wharfedale Harriers | 00:23:41 |
| 53 | Abbi Kerr | Lady | U/A | 00:23:43 |
| 54 | Martin Gabriel | MV50 | Ripon Runners | 00:23:55 |
| 55 | Caroline Harding | LV40 | Pudsey & Bramley | 00:23:59 |
| 56 | Barry Scholes | MV60 | Settle Harriers | 00:24:43 |
| 57 | John Walpole | Man | Redcar | 00:24:44 |
| 58 | Judith Marshall | LV40 | Settle Harriers | 00:24:51 |
| 59 | Shaun Henderson | MV45 | U/A | 00:24:55 |
| 60 | Melanie Steventon | Lady | Skipton AC | 00:25:27 |
| 61 | Vicky Kirkwood | LV45 | Dallam | 00:25:33 |
| 62 | Suzy Gillon | LV40 | Eden Runners | 00:25:44 |
| 63 | Nathan Cole | Man | U/A | 00:25:52 |
| 64 | Dale Hawkins | Man | U/A | 00:26:10 |
| 65 | Tarryn Lloyd Payne | MV40 | U/A | 00:26:11 |
| 66 | Raj Madhas | MV50 | Wharfedale Harriers | 00:26:32 |
| 67 | Chris Pattison | MV60 | U/A | 00:26:39 |
| 68 | David Greenwood | MV50 | Rossendale Harriers | 00:27:00 |
| 69 | Lucy Tulloch | LV40 | Swaledale Runners | 00:27:24 |
| 70 | Vicki Biggs | Lady | U/A | 00:27:50 |
| 71 | Anne Milner | LV50 | Wharfedale Harriers | 00:28:01 |
| 72 | Matthew Cook | Man | U/A | 00:28:23 |
| 73 | Lee Marshall | MV40 | Settle Harriers | 00:28:31 |
| 74 | Helen Barker | LV40 | Kendal AAC | 00:28:38 |
| 75 | Trevor Metcalfe | MV60 | Wharfedale Harriers | 00:28:57 |
| 76 | Andrew Biddle | MV60 | Rossendale Harriers | 00:29:20 |
| 77 | Martin McGregor | MV45 | Darlington Harriers | 00:30:37 |
| 78 | Su Thompson | LV45 | Wharfedale Harriers | 00:30:53 |
| 79 | Gemma Aveyard | LV40 | U/A | 00:30:56 |
| 80 | Clare McAleavy | LV40 | Wharfedale Harriers | 00:31:27 |
| 81 | Fiona Dry | LV45 | U/A | 00:32:36 |
| 82 | James Mowatt | MV60 | U/A | 00:32:40 |
| 83 | Lynda Hargreaves | LV50 | Wharfedale Harriers | 00:33:37 |
| 84 | Martin Pearson | MV60 | U/A | 00:34:42 |
| 85 | Brian Carlisle | MV50 | Askrigg Runners | 00:36:58 |