

| Pos | Name | Category | Club | Time |
|-----|------------------|----------|--------------|----------|
| 1 | Josh Jardine | Open | Helm Hill | 00:29:08 |
| 2 | Gary Greenhow | Open | Ambleside | 00:29:23 |
| 3 | Tim Cowin | V40 | Helm Hill | 00:30:32 |
| 4 | Sam Harrison | Open | Bowland | 00:30:50 |
| 5 | Iain Embrey | Open | | 00:31:18 |
| 6 | Shane Ohly | V40 | Helm Hill | 00:31:36 |
| 7 | Bruce Duncan | Open | Helm Hill | 00:32:02 |
| 8 | Lee Procter | Open | Helm Hill | 00:32:21 |
| 9 | Cambell Walsh | Open | | 00:33:13 |
| 10 | Michael Tosh | Open | Ambleside | 00:33:30 |
| 11 | Oli Waters | V40 | Helm Hill | 00:33:40 |
| 12 | Josh Addison | Open | Helm Hill | 00:33:42 |
| 13 | Craig Burrow | V40 | Helm Hill | 00:33:45 |
| 14 | Phil Cracken | V40 | Ambleside | 00:33:54 |
| 15 | Paul Riley | V40 | Helm Hill | 00:34:19 |
| 16 | Hannah Russel | Open | Helm Hill | 00:34:58 |
| 17 | Jonny Marchent | V40 | Helm Hill | 00:34:59 |
| 18 | Simon Whittiker | Open | Helm Hill | 00:35:03 |
| 19 | Carl Hanaghan | Open | Mac Harriers | 00:35:24 |
| 20 | Shaun Robinson | Open | Howgill | 00:35:24 |
| 21 | Will Ackland | Open | | 00:35:31 |
| 22 | Rory Addison | Open | | 00:35:50 |
| 23 | James Baron | V40 | Helm Hill | 00:35:54 |
| 24 | Catherine Slater | Open | Helm Hill | 00:36:12 |
| 25 | Rob Mortimore | Open | Helm Hill | 00:36:16 |
| 26 | Sharon Taylor | Open | Helm Hill | 00:36:29 |
| 27 | Joe Todd | V40 | | 00:36:31 |
| 28 | Mark Cropper | V40 | Helm Hill | 00:36:52 |
| 29 | David Bainbridge | Open | Howgill | 00:37:28 |
| 30 | Mike Gilpin | Open | Helm Hill | 00:37:33 |
| 31 | Crispin Halsall | V40 | Bowland | 00:37:51 |
| 32 | David Banks | V50 | | 00:37:56 |
| 33 | John Wright | Open | Bowland | 00:38:01 |
| 34 | Tim Lofthouse | V50 | | 00:38:20 |
| 35 | Jenny Rice | Open | Helm Hill | 00:38:40 |
| 36 | Paul Scully | V40 | Helm Hill | 00:38:59 |
| 37 | Andy Bennett | V40 | Helm Hill | 00:39:31 |
| 38 | Pete Marston | V40 | Helm Hill | 00:40:07 |
| 39 | Bill Coupe | V50 | Helm Hill | 00:40:17 |
| 40 | Davis Goodby | Open | Helm Hill | 00:40:40 |
| 41 | Tony Crosly | V60 | FRA | 00:41:00 |

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| 42 | Heather Ohly | Open | Helm Hill | 00:41:31 |
| 43 | Rowena Browny | V50 | Bowland | 00:41:35 |
| 44 | Emma Johnson | Open | Helm Hill | 00:41:38 |
| 45 | Graham Metcalfe | Open | Helm Hill | 00:41:41 |
| 46 | Kate Aires | V50 | Ambleside | 00:41:41 |
| 47 | Jonathon Tombs | V40 | Eden Runners | 00:41:45 |
| 48 | Mike Jewel | V50 | Black Combe | 00:41:54 |
| 49 | Gary Lane | V40 | Howgill | 00:42:04 |
| 50 | Chris Schofield | V40 | Helm Hill | 00:42:06 |
| 51 | Helen Stuart | V40 | Helm Hill | 00:42:10 |
| 52 | David Appleyard | V50 | Helm Hill | 00:42:18 |
| 53 | Keeley Smith | Open | Helm Hill | 00:42:37 |
| 54 | Jo Wilcox | V50 | Helm Hill | 00:43:10 |
| 55 | Mike Walsh | V60 | Kendal AC | 00:43:15 |
| 56 | Aimee Mcaboy | Open | Garstang | 00:44:02 |
| 57 | Jonny Grisedale | V40 | Helm Hill | 00:44:06 |
| 58 | Chris Roberts | V60 | Black Combe | 00:44:19 |
| 59 | Darren Baker | V40 | FRA | 00:44:31 |
| 60 | Daniel Grouse | V40 | Ambleside | 00:44:40 |
| 61 | Mary Helm | Open | Ambleside | 00:45:07 |
| 62 | Pete Coe | V60 | Helm Hill | 00:45:17 |
| 63 | Chloe Lumbston | Open | Helm Hill | 00:45:33 |
| 64 | Amanda Burrow | V40 | Helm Hill | 00:45:38 |
| 65 | Claire Wilson | Open | Helm Hill | 00:45:40 |
| 66 | Richard Smith | Open | Helm Hill | 00:45:44 |
| 67 | Mike Addison | V50 | | 00:45:55 |
| 68 | Ian Cookson | V60 | Bowland | 00:45:58 |
| 69 | Victoria Upton | Open | Helm Hill | 00:46:25 |
| 70 | Philip Harrington | V40 | Helm Hill | 00:49:27 |
| 71 | Eddie Dealtry | V60 | Kendal AC | 00:49:40 |
| 72 | Quentin Marriott | V50 | | 00:49:55 |
| 73 | Zoe Robinson | Open | Howgill | 00:49:55 |
| 74 | Linda Greensmith | V40 | Howgill | 00:50:04 |
| 75 | Paul Keating | Open | | 00:50:28 |
| 76 | Filip Kamyli | Open | | 00:50:28 |
| 77 | Andrew Gittins | V50 | Black Combe | 00:51:27 |
| 78 | Liz Adams | V40 | Helm Hill | 00:51:38 |
| 79 | Patty Davis | V40 | Helm Hill | 00:52:05 |
| 80 | Mae Crawford | Open | Helm Hill | 00:56:25 |
| 81 | Richard Lote | V50 | | 00:59:50 |
| 82 | Wendy Smith | V40 | Helm Hill | 01:00:01 |
| 83 | Roger Bell | V70 | Ambleside | 01:00:38 |