

| Pos | Name | Category | Club | Time |
|-----|---------------------|----------|------------|----------|
| 1 | Matt Elkington | M | Dark Peak | 00:33:39 |
| 2 | Tim Cowin | M40 | Helm Hill | 00:33:42 |
| 3 | Shane Ohly | M40 | Helm Hill | 00:36:49 |
| 4 | Lee Procter | M | Helm Hill | 00:37:05 |
| 5 | Darren Fishwick | M40 | Chorley | 00:38:10 |
| 6 | Paul Reilly | M40 | Helm Hill | 00:39:05 |
| 7 | David Cope | M | Howgill | 00:39:13 |
| 8 | Jacob Aubrey | M | Helm Hill | 00:39:16 |
| 9 | Jack Simpson | M | Helm Hill | 00:39:33 |
| 10 | James Chapman | M | | 00:40:40 |
| 11 | Sean Robinson | M | Howgill | 00:41:11 |
| 12 | Hannah Russell | L | Helm Hill | 00:41:45 |
| 13 | Pete German | M | Helm Hill | 00:42:14 |
| 14 | Guy Bradford | M40 | Weston AC | 00:46:20 |
| 15 | Bianca Dyer | L40 | Helm Hill | 00:46:35 |
| 16 | Jennifer Hutchinson | L | Helm Hill | 00:46:43 |
| 17 | Katie Wright | L | Ambleside | 00:46:44 |
| 18 | Mark Nutter | M50 | Clayton | 00:46:46 |
| 19 | Gary Lane | M40 | Howgill | 00:47:07 |
| 20 | Rachel Simpson | L | | 00:47:09 |
| 21 | Dominic Hoare | M40 | Bowland | 00:47:18 |
| 22 | Richard Smith | M | Helm Hill | 00:48:10 |
| 23 | William Coupe | M50 | Helm Hill | 00:48:17 |
| 24 | Ali Richards | L40 | Helm Hill | 00:48:47 |
| 25 | Chris Schofield | M50 | Helm Hill | 00:48:52 |
| 26 | Alan Miller | M50 | Kendal | 00:48:59 |
| 27 | Kate Simpson | L40 | Helm Hill | 00:49:05 |
| 28 | Kerry Cornforth | L40 | Borrowdale | 00:49:20 |
| 29 | Ivan Whigham | M50 | Clayton | 00:49:30 |
| 30 | Jo Wilcox | L50 | Helm Hill | 00:49:51 |
| 31 | Rara Robb | L | Lowfell | 00:50:27 |
| 32 | Marie Robson | L40 | Helm Hill | 00:51:14 |
| 33 | Dave Appleyard | M50 | Helm Hill | 00:51:37 |
| 34 | Jayne Rigby | L40 | Helm Hill | 00:51:49 |
| 35 | Jonny Grisdale | M40 | Helm Hill | 00:52:39 |
| 36 | Andrew Russll | M50 | Helm Hill | 00:53:47 |
| 37 | Victoria Upton | L | Helm Hill | 00:54:21 |
| 38 | Vicky Atkinson | L40 | Helm Hill | 00:54:33 |
| 39 | Quentin Merritt | M50 | | 00:54:35 |
| 40 | Andrew Firth | M50 | Clayton | 00:56:41 |
| 41 | Ella Waddington | L | Wimbledon | 00:57:25 |

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| 42 | Pete Dugdale | M60 | Clayton | 00:59:24 |
| 43 | Keely Smith | L | Helm Hill | 01:03:37 |
| 44 | Lindsay Harrod | L50 | Helm Hill | 01:04:18 |
| 45 | Patty Davies | L40 | Helm Hill | 01:07:38 |
| 46 | Anna Stevens | L40 | Helm Hill | 01:16:24 |