

| Pos | Name | Category | Club | Time |
|-----|------------------|----------|-------------------------|----------|
| 1 | Carl Bell | M | Keswick Ac | 01:12:41 |
| 2 | Chris Steele | M | Borrowdale Fell Runners | 01:15:15 |
| 3 | Danny Hope | MV40 | Horwich Rmi Harriers | 01:15:22 |
| 4 | Phil Davies | MV40 | Borrowdale Fell Runners | 01:15:36 |
| 5 | Matthew Lockyer | M | Pudsey & Bramley Ac | 01:18:04 |
| 6 | Garry Greenhow | M | Ambleside | 01:18:15 |
| 7 | John Heneghan | M | Pudsey & Bramley Ac | 01:20:53 |
| 8 | Ben Procter | M | Helm Hill Runners | 01:21:32 |
| 9 | Joe Mann | M | Ambleside | 01:22:38 |
| 10 | Tim Ripper | M | Black Combe Runners | 01:23:31 |
| 11 | Mark Chippendale | MV40 | Bowland Fell Runners | 01:24:24 |
| 12 | Mark Taylor | MV40 | | 01:24:47 |
| 13 | Paul Cornforth | MV50 | Borrowdale Fell Runners | 01:25:03 |
| 14 | James Harris | M | Black Combe Runners | 01:25:08 |
| 15 | Jack Simpson | M | | 01:25:26 |
| 16 | Anna Lupton | F | Black Combe Runners | 01:25:51 |
| 17 | Harry Shuell | M | Ambleside | 01:25:58 |
| 18 | Simon Rodger | MV40 | Black Combe Runners | 01:26:14 |
| 19 | Hannah Russell | FU23 | Helm Hill Runners | 01:26:41 |
| 20 | Adrian Harvey | M | Howgill Harriers | 01:26:53 |
| 21 | Phil Archer | M | Cumberland Fell Runners | 01:26:55 |
| 22 | Andrew Jackson | MV40 | Bowland Fell Runners | 01:27:18 |
| 23 | Paul Reilly | MV40 | Helm Hill Runners | 01:27:49 |
| 24 | Nigel Wood | MV40 | Helm Hill Runners | 01:27:53 |
| 25 | Jos Addison | M | Helm Hill Runners | 01:28:18 |
| 26 | Rick Stuart | MV50 | Helm Hill Runners | 01:28:23 |
| 27 | William Procter | MV60 | Helm Hill Runners | 01:29:09 |
| 28 | Chris Jackson | M | Pennine Fell Runners | 01:29:32 |
| 29 | Lee Knight | M | Ambleside | 01:29:39 |
| 30 | Andy Mcurdo | M | Pennine Fell Runners | 01:29:41 |
| 31 | Josh Hartley | M | | 01:30:12 |
| 32 | Sam Green | M | Helm Hill Runners | 01:30:26 |
| 33 | Leigh Warburton | MV50 | Bowland Fell Runners | 01:30:50 |
| 34 | Lou Roberts | FV40 | Ambleside | 01:31:26 |
| 35 | John Rainford | MV50 | Preston Harriers | 01:31:27 |
| 36 | John Millen | MV40 | Black Combe Runners | 01:32:08 |
| 37 | Mike Egner | MV60 | Settle Harriers | 01:32:31 |
| 38 | David Gregory | MV40 | | 01:32:39 |
| 39 | Gary Thorpe | MV50 | Ambleside | 01:32:45 |
| 40 | John Brown | MV40 | Ambleside | 01:32:48 |
| 41 | Craig Burrow | MV40 | Helm Hill Runners | 01:32:50 |

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| 42 | Sean Robinson | M | Howgill Harriers | 01:33:15 |
| 43 | Barry Wilkinson | MV50 | Borrowdale Fell Runners | 01:35:51 |
| 44 | Paul Tierney | M | Ambleside | 01:35:56 |
| 45 | Mike Bernerslee | MV50 | | 01:37:10 |
| 46 | Matt Reedy | MV40 | Ambleside | 01:37:13 |
| 47 | David White | MV40 | Helm Hill Runners | 01:40:37 |
| 48 | David Griffin | MV50 | Dallam Running Club | 01:40:52 |
| 49 | Col Rhodes | MV40 | Cumberland Fell Runners | 01:40:53 |
| 50 | Jack Holt | MV60 | Clayton Le Moors Harriers | 01:40:56 |
| 51 | Bill Williamson | MV50 | Cumberland Fell Runners | 01:41:03 |
| 52 | John Helme | M | Ambleside | 01:41:10 |
| 53 | Stephen Storey | MV60 | Penistone Footpath Runners Ac | 01:41:12 |
| 54 | Ed Poulter | M | | 01:41:15 |
| 55 | Michael Smith | MV40 | Dallam Running Club | 01:41:19 |
| 56 | Mark Midgley | M | Bowland Fell Runners | 01:41:34 |
| 57 | James Riley | MV40 | Todmorden Harriers Ac | 01:41:41 |
| 58 | Roger Laycock | MV50 | Settle Harriers | 01:41:49 |
| 59 | Peter Crompton | MV60 | Cumberland Fell Runners | 01:41:51 |
| 60 | Paul Jennings | MV50 | Cumberland Fell Runners | 01:41:52 |
| 61 | David Mcchesney | M | | 01:42:00 |
| 62 | Ivan Whigham | MV50 | Clayton Le Moors Harriers | 01:42:42 |
| 63 | Ben Hester | M | | 01:42:58 |
| 64 | Steph Jones | F | Ambleside | 01:43:12 |
| 65 | Carol Evans | FV50 | Settle Harriers | 01:43:14 |
| 66 | Gareth Brown | M | Black Combe Runners | 01:43:35 |
| 67 | Terry Houston | MV50 | Bowland Fell Runners | 01:43:54 |
| 68 | John Robson | MV50 | Helm Hill Runners | 01:43:58 |
| 69 | Andrew Pattinson | M | York Knavesmire Harriers | 01:44:02 |
| 70 | Kate Archer | F | Ilkley Harriers | 01:44:28 |
| 71 | Michael Toman | MV50 | Rosendale Harriers & Ac | 01:44:36 |
| 72 | Nick Sebley | MV50 | Black Combe Runners | 01:44:43 |
| 73 | Peter Mcavoy | MV40 | Fell Runners Association | 01:45:29 |
| 74 | Ann Marie Jones | FV60 | Altrincham & District Ac | 01:45:32 |
| 75 | Claire Russell | FV40 | Cumberland Fell Runners | 01:45:36 |
| 76 | Andrew Harrison | M | Preston Harriers | 01:45:46 |
| 77 | Paul Simpson | MV50 | Kendal Triathlon Club | 01:45:53 |
| 78 | Richard Wells | MV40 | Howgill Harriers | 01:46:00 |
| 79 | John Hewitt | MV50 | Glossopdale Harriers | 01:46:03 |
| 80 | Philip Devine | MV50 | Kendal Triathlon Club | 01:46:05 |
| 81 | Ray Gill | MV50 | Dallam Running Club | 01:46:06 |
| 82 | Phil Clayton | MV50 | Black Combe Runners | 01:46:10 |
| 83 | Rowena Brown | FV50 | Bowland Fell Runners | 01:46:15 |
| 84 | Tim Murray | MV50 | Helm Hill Runners | 01:46:20 |
| 85 | Damian Jones | MV50 | Glaxo Hoad Hill Harriers | 01:47:36 |

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| 86 | Nick Barber | MV40 | Todmorden Harriers Ac | 01:47:38 |
| 87 | Stephen Baker | MV40 | Helm Hill Runners | 01:47:49 |
| 88 | Jean Brown | FV40 | Clayton Le Moors Harriers | 01:48:09 |
| 89 | John Fletcher | MV50 | Cumberland Fell Runners | 01:48:31 |
| 90 | Alice Swift | F | Chorlton Runners | 01:48:49 |
| 91 | Jennie Chatterley | FV40 | Cumberland Fell Runners | 01:49:41 |
| 92 | William Coope | MV50 | Helm Hill Runners | 01:49:46 |
| 93 | Peter Charnley | MV40 | Bowland Fell Runners | 01:49:47 |
| 94 | Carrie Gibson | FV40 | Helm Hill Runners | 01:49:54 |
| 95 | Michael Mcloughlin | MV60 | Preston Harriers | 01:50:01 |
| 96 | Andy Quickfall | MV50 | Newburgh Nomads | 01:50:23 |
| 97 | Kieran Carr | MV70 | Clayton Le Moors Harriers | 01:50:36 |
| 98 | Ingrid Storm | F | Chorlton Runners | 01:50:41 |
| 99 | Sam Jackson | M | Bingley | 01:50:51 |
| 100 | Evelyn Dugdale | FV50 | Helm Hill Runners | 01:51:07 |
| 101 | Marie Robson | FV40 | Helm Hill Runners | 01:51:09 |
| 102 | Hannah Bradley | F | Cumberland Fell Runners | 01:51:25 |
| 103 | Karl Mason | M | Helm Hill Runners | 01:51:29 |
| 104 | John Revill | M | Cumberland Fell Runners | 01:51:35 |
| 105 | Heidi Dent | F | Howgill Harriers | 01:51:38 |
| 106 | Richard Stevens | MV40 | Ambleside | 01:51:38 |
| 107 | Joe Todd | M | | 01:51:51 |
| 108 | Lynn Murray | FV40 | Black Combe Runners | 01:51:54 |
| 109 | Grace Leedham | FV40 | Dallam Running Club | 01:52:16 |
| 110 | Beth Ripper | F | Black Combe Runners | 01:52:41 |
| 111 | Jo Wilcox | FV50 | Helm Hill Runners | 01:52:44 |
| 112 | Helen Buchan | F | Calder Valley Fell Runners | 01:53:35 |
| 113 | Alison Weston | FV50 | Illey Harriers | 01:54:01 |
| 114 | Simon Austin | M | Black Combe Runners | 01:54:06 |
| 115 | Chris Whiteoak | M | Clayton Le Moors Harriers | 01:54:33 |
| 116 | Tim Grimwood | M | Swaledale Road Runners | 01:54:39 |
| 117 | Francis Trueman | M | | 01:54:45 |
| 118 | Edwin Sherstone | MV50 | Southport Waterloo Ac | 01:54:57 |
| 119 | Wendy Dodds | FV60 | Clayton Le Moors Harriers | 01:55:12 |
| 120 | Charles Mason | MV50 | Cumberland Fell Runners | 01:55:48 |
| 121 | Jenn Bradley | FU23 | Cumberland Fell Runners | 01:56:07 |
| 122 | Bill Beckett | MV50 | Chorley Athletic & Triathlon Club | 01:56:42 |
| 123 | Peter Browning | MV50 | Clayton Le Moors Harriers | 01:56:44 |
| 124 | Ann Cummings | FV50 | Cumberland Fell Runners | 01:57:11 |
| 125 | Anita Barton | FV40 | Cumberland Fell Runners | 01:57:35 |
| 126 | Andrew Howarth | MV50 | Clayton Le Moors Harriers | 01:57:43 |
| 127 | Lorena Lozanosufrategui | F | North Leeds Fell Runners | 01:58:02 |
| 128 | Karon Forster | FV50 | Calder Valley Fell Runners | 01:58:06 |
| 129 | Matthew Wilcock | MV40 | Trawden Ac | 01:58:09 |

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| 130 | Kerrie Anne Bretherton | FV40 | Trawden Ac | 01:58:12 |
| 131 | Jim Coldwell | MV40 | Swaledale Road Runners | 01:58:13 |
| 132 | Kevin Drew | M | North Leeds Fell Runners | 01:58:22 |
| 133 | Chris Snell | M | Clayton Le Moors Harriers | 01:58:25 |
| 134 | Martin Dalton | MV50 | Rochdale Harriers & Ac | 01:58:45 |
| 135 | Mick Allen | M | Cumberland Fell Runners | 01:58:52 |
| 136 | Rebecca Barnett | F | Swaledale Road Runners | 01:59:03 |
| 137 | Andrew Bradley | MV50 | Cumberland Fell Runners | 01:59:28 |
| 138 | Gregg Avery | MV40 | Goyt Valley Striders | 01:59:36 |
| 139 | Steven Breeze | MV40 | Cumberland Fell Runners | 02:00:22 |
| 140 | Sophie Fosker | F | Bowland Fell Runners | 02:00:30 |
| 141 | Tim Roe | M | Helm Hill Runners | 02:00:43 |
| 142 | Jo Taylor | FV50 | Bowland Fell Runners | 02:01:02 |
| 143 | Paul Caine | MV40 | Glaxo Hoad Hill Harriers | 02:01:36 |
| 144 | Allan Miller | MV50 | Kendal Triathlon Club | 02:02:08 |
| 145 | Peter Ferris | MV50 | Cumberland Fell Runners | 02:04:32 |
| 146 | Dominic Carr | MV40 | Clayton Le Moors Harriers | 02:05:40 |
| 147 | Russell Cannon | MV50 | Helm Hill Runners | 02:06:10 |
| 148 | Andrew Firth | MV50 | Clayton Le Moors Harriers | 02:06:37 |
| 149 | Lindsay Buck | FV50 | Cumberland Fell Runners | 02:06:45 |
| 150 | Zoe Pattinson | F | York Knavesmire Harriers | 02:06:47 |
| 151 | Graham Watson | MV50 | Cumberland Fell Runners | 02:06:48 |
| 152 | Debs Cripps | FV40 | Blengdale Runners | 02:06:52 |
| 153 | Richard Simpson | MV60 | Dallam Running Club | 02:07:09 |
| 154 | Kenny Forster | MV50 | Spectrum Striders Running Club | 02:08:15 |
| 155 | Nick Moore | MV50 | Cumberland Fell Runners | 02:09:14 |
| 156 | John Armstrong | MV60 | Rochdale Harriers & Ac | 02:12:52 |
| 157 | Mark Harris | MV40 | Helm Hill Runners | 02:13:36 |
| 158 | Ryan Crellin | M | Cumberland Fell Runners | 02:15:19 |
| 159 | Ross Murdoch | M | Chorlton Runners | 02:17:49 |
| 160 | Lindsay Harrod | FV40 | Helm Hill Runners | 02:19:24 |
| 161 | Sophie Cunningham | F | Chorlton Runners | 02:20:15 |
| 162 | Chris Bateson | MV40 | Barlick Fell Runners | 02:22:55 |
| 163 | Rob Oliver | MV40 | Cumberland Fell Runners | 02:29:49 |
| 164 | Martin Brady | MV50 | Clayton Le Moors Harriers | 02:29:49 |
| 165 | Dot Patton | FV60 | Cumberland Fell Runners | 02:39:36 |
| 166 | Jane Mottram | FV60 | Cumberland Fell Runners | 02:39:36 |
| 167 | Mike Harrop | MV40 | | 02:46:15 |
| 168 | Jon Bailey | MV40 | | 02:50:24 |
| 169 | Harvey Lord | M | Black Combe Runners | Dnf |
| 170 | Jamie Mackintosh | M | | Dnf |
| 171 | Chris Roberts | MV60 | Black Combe Runners | Dnf |
| 172 | Mario Yeomans | M | Cumberland Fell Runners | Dnf |
| 173 | Peter Dugdale | MV60 | Clayton Le Moors Harriers | Dnf |

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| 174 | John Leech | MV50 | Dallam Running Club | Dnf |
| 175 | Wayne Peter Walsh | MV50 | Bowland Fell Runners | Dnf |