

| Pos | Name | Category | Club | Time |
|-----|-----------------------|----------|----------------------------------|----------|
| 1 | Sam Tosh | M | Rosendale Harriers Athletic Club | 00:39:17 |
| 2 | Matthew Elkington | M | Dark Peak Fell Runners | 00:39:24 |
| 3 | Ricky Lightfoot | M | Ellenborough Athletic Club | 00:40:48 |
| 4 | Rhys Findlay-Robinson | M | Dark Peak Fell Runners | 00:41:03 |
| 5 | Harry Stainton | M | Black Combe Runners | 00:41:10 |
| 6 | Victoria Wilkinson | W | Bingley Harriers | 00:41:21 |
| 7 | Darren Kay | M40 | Calder Valley Fell Runners | 00:41:48 |
| 8 | Jack Millar | M | Ambleside Athletic Club | 00:42:44 |
| 9 | Jack Wright | M | Ambleside Athletic Club | 00:43:08 |
| 10 | Josh Hartley | M | Black Combe Runners | 00:44:08 |
| 11 | Steve Swarbrick | M40 | Bowland Fell Runners | 00:44:18 |
| 12 | Dave Lund | M | Dark Peak Fell Runners | 00:44:20 |
| 13 | Sam Harrison | M | Bowland Fell Runners | 00:44:32 |
| 14 | Harvey Lord | M | Black Combe Runners | 00:44:36 |
| 15 | Oliver Heaton | M | Preston Harriers | 00:44:38 |
| 16 | Noel Curtis | M40 | Pennine Fell Runners | 00:45:00 |
| 17 | Ben Proctor | M | Helm Hill Runners | 00:45:05 |
| 18 | Tim Ripper | M | Black Combe Runners | 00:45:29 |
| 19 | Mark Chippendale | M40 | Bowland Fell Runners | 00:46:21 |
| 20 | Lizzie Browne | W | Black Combe Runners | 00:46:24 |
| 21 | Mark Bonner | M40 | Black Combe Runners | 00:46:28 |
| 22 | Paul Reilly | M40 | Helm Hill Runners | 00:46:45 |
| 23 | Simon Mounsey | M40 | Howgill Harriers | 00:46:47 |
| 24 | Jamie Baron | M50 | Black Combe Runners | 00:46:48 |
| 25 | James Harris | M | Black Combe Runners | 00:46:57 |
| 26 | Spencer Riley | M40 | Wharfedale Harriers | 00:46:59 |
| 27 | Neil Orr | M | Border Harriers & Athletic Club | 00:47:01 |
| 28 | Kelli Roberts | W | Ambleside Athletic Club | 00:47:06 |
| 29 | John Sutton | M40 | Ribble Valley Harriers | 00:47:13 |
| 30 | Richard Stevens | M40 | Ambleside Athletic Club | 00:47:19 |
| 31 | Sam Dixon | M | | 00:47:28 |
| 32 | John Millen | M40 | Black Combe Runners | 00:48:09 |
| 33 | Jacob Aubrey | MU19 | Helm Hill Runners | 00:48:18 |
| 34 | Peter Rigby | M | | 00:48:36 |
| 35 | Paul Lambert | M50 | Settle Harriers | 00:48:46 |
| 36 | Tony Livesey | M | Preston Harriers | 00:49:03 |
| 37 | Jon Tinman | M50 | Rosendale Harriers Athletic Club | 00:49:07 |
| 38 | Matthew Rooke | M | Black Combe Runners | 00:49:08 |
| 39 | Robert Crawford | M40 | Howgill Harriers | 00:49:20 |
| 40 | Calvin Routledge | M40 | Ambleside Athletic Club | 00:49:24 |
| 41 | Dave McGuire | M40 | Wharfedale Harriers | 00:49:52 |

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| 42 | Paul Knowles | M40 | Ambleside Athletic Club | 00:49:58 |
| 43 | Tim Oliver | M50 | Pennine Fell Runners | 00:50:04 |
| 44 | Peter German | M | Helm Hill Runners | 00:50:47 |
| 45 | Hollie Orr | W | Black Combe Runners | 00:50:50 |
| 46 | Carlos Bedson | M40 | Cheshire Hill Racers | 00:51:03 |
| 47 | Josh Murphy | M | Black Combe Runners | 00:51:04 |
| 48 | Digby Harris | M50 | Pennine Fell Runners | 00:51:16 |
| 49 | Andrew Harrison | M | Preston Harriers | 00:51:27 |
| 50 | Robert Green | M | Achille Ratti Climbing Club | 00:51:28 |
| 51 | Ian Woods | M50 | Coniston Fell Running Club | 00:51:50 |
| 52 | Crispin Halsall | M40 | Bowland Fell Runners | 00:52:03 |
| 53 | Chris Hodgson | M50 | Ambleside Athletic Club | 00:52:07 |
| 54 | David Griffin | M50 | Dallam Running Club | 00:52:09 |
| 55 | David Ward | M40 | Rossendale Harriers Athletic Club | 00:52:41 |
| 56 | Pete Tayler | M50 | Black Combe Runners | 00:52:49 |
| 57 | Stephen Smithies | M50 | Calder Valley Fell Runners | 00:52:56 |
| 58 | Martin Pennington | M | | 00:52:57 |
| 59 | Robin Mitton | M40 | Pennine Fell Runners | 00:53:11 |
| 60 | Sean Robinson | M | Howgill Harriers | 00:53:18 |
| 61 | Steph Curtis | W40 | Pennine Fell Runners | 00:53:24 |
| 62 | John Griffiths | M50 | Preston Harriers | 00:53:30 |
| 63 | Sophie Horrocks | W | Rossendale Harriers Athletic Club | 00:53:37 |
| 64 | Chris Owens | M | Spectrum Striders | 00:53:56 |
| 65 | Shaun Addison | M50 | Helm Hill Runners | 00:54:03 |
| 66 | Nick Sebley | M50 | Black Combe Runners | 00:54:06 |
| 67 | Ashley Kay | M50 | Dark Peak Fell Runners | 00:54:27 |
| 68 | Stephen Peters | M | Glaxo Hoad Hill Harriers | 00:54:30 |
| 69 | Richard Walker | M40 | Black Combe Runners | 00:54:50 |
| 70 | Gary Mason | M50 | Keswick Athletic Club | 00:54:51 |
| 71 | Alice Swift | W | Chorlton Runners | 00:54:52 |
| 72 | Damien Brockie | M40 | | 00:54:53 |
| 73 | Justin Evans | M | Helm Hill Runners | 00:55:02 |
| 74 | David Atkinson | M50 | Cumberland Fell Runners | 00:55:04 |
| 75 | Andy Holden | M50 | Wharfedale Harriers | 00:55:10 |
| 76 | Wilfred Bell | M60 | Howgill Harriers | 00:55:13 |
| 77 | John Evason | M | Black Combe Runners | 00:55:16 |
| 78 | Phil Clayton | M50 | Black Combe Runners | 00:55:24 |
| 79 | Rob Andrew | M | Rossendale Harriers Athletic Club | 00:55:28 |
| 80 | Mark Nutter | M50 | Clayton-le-Moors Harriers | 00:56:29 |
| 81 | Paul Simpson | M50 | Ambleside Athletic Club | 00:56:37 |
| 82 | Rob Groves | M | | 00:56:49 |
| 83 | Jon Underwood | M40 | Calder Valley Fell Runners | 00:56:50 |
| 84 | Jessica Richardson | W | Lonsdale Fell Runners | 00:56:51 |
| 85 | Geoff Hicks | M | | 00:56:52 |

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| 86 | Matt Bourne | M40 | Bowland Fell Runners | 00:56:58 |
| 87 | John Parminter | M50 | Black Combe Runners | 00:57:03 |
| 88 | Tim Miller | M50 | Ambleside Athletic Club | 00:57:05 |
| 89 | Kate Apps | W40 | Keswick Athletic Club | 00:57:14 |
| 90 | Ivan Whigham | M50 | Clayton-le-Moors Harriers | 00:57:24 |
| 91 | Lucy Burnett | W40 | Todmorden Harriers | 00:57:36 |
| 92 | Gary Lane | M40 | Howgill Harriers | 00:57:49 |
| 93 | Roger Taylor | M40 | Preston Harriers | 00:57:51 |
| 94 | Rorie McIntosh | M | Esk Valley Fell Club | 00:58:11 |
| 95 | Mike Allison | M50 | Eden Runners | 00:58:23 |
| 96 | Claire Duffield | W40 | Todmorden Harriers | 00:58:37 |
| 97 | Steve Monaghan | M50 | Achille Ratti Climbing Club | 00:58:42 |
| 98 | Jackie Casey | W60 | Black Combe Runners | 00:59:04 |
| 99 | Andy Monk | M60 | | 00:59:07 |
| 100 | Philip Devine | M50 | Kendal Athletic Club | 00:59:12 |
| 101 | Rose Singleton | W | Northern Fells Running Club | 00:59:17 |
| 102 | Clive Hevy | M50 | Pennine Fell Runners | 00:59:19 |
| 103 | Mike Jewell | M50 | Black Combe Runners | 00:59:22 |
| 104 | Eleanor Knowles | W40 | Ambleside Athletic Club | 00:59:24 |
| 105 | Chris Roberts | M60 | Black Combe Runners | 00:59:26 |
| 106 | Michael Keavney | M50 | Swaledale Runners | 00:59:38 |
| 107 | Alice Fellbaum | W | North Leeds Fell Runners | 00:59:52 |
| 108 | Paul Duffy | M40 | | 00:59:56 |
| 109 | Julie Gardner | W50 | Macclesfield Harriers | 00:59:58 |
| 110 | Dave Atkinson | M50 | | 01:00:03 |
| 111 | Allan Miller | M60 | Kendal Athletic Club | 01:00:12 |
| 112 | George Blenkinship | M | Keswick Athletic Club | 01:00:17 |
| 113 | Tim Clarke | M50 | Achille Ratti Climbing Club | 01:00:22 |
| 114 | Trevor Symonds | M60 | Northern Fells Running Club | 01:00:31 |
| 115 | Lynn Murrey | W40 | Black Combe Runners | 01:00:40 |
| 116 | Paul Stocks | M50 | Dallam Running Club | 01:00:49 |
| 117 | Simon Stansfield | M40 | Clayton-le-Moors Harriers | 01:01:05 |
| 118 | Richard Beard | M50 | Black Combe Runners | 01:01:09 |
| 119 | Will Spain | M | Dark Peak Fell Runners | 01:01:30 |
| 120 | Martin Rands | M50 | Macclesfield Harriers | 01:01:48 |
| 121 | Peter Orr | M50 | Border Harriers & Athletic Club | 01:01:52 |
| 122 | Jim Coldwell | M40 | Swaledale Runners | 01:01:55 |
| 123 | Iwan Fletcher | M | | 01:02:05 |
| 124 | Steve Wathall | M50 | Retford Athletic Club | 01:02:06 |
| 125 | Colin Whitaker | M50 | Bowland Fell Runners | 01:02:13 |
| 126 | Tony Shanley | M50 | Achille Ratti Climbing Club | 01:02:25 |
| 127 | Pat McIver | M50 | Black Combe Runners | 01:02:35 |
| 128 | John Barton | M | Radcliffe Athletic Club | 01:02:42 |
| 129 | Jess Lawrence | W | Black Combe Runners | 01:02:50 |

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| 130 | Aidan Rooney | M | Chorlton Runners | 01:03:01 |
| 131 | James Goffe | M50 | Black Combe Runners | 01:03:06 |
| 132 | Damien Croxton | M | | 01:03:15 |
| 133 | Catherine Voyce | W40 | Macclesfield Harriers | 01:03:17 |
| 134 | John Leech | M50 | Dallam Running Club | 01:03:26 |
| 135 | Simon Richardson | M40 | | 01:03:33 |
| 136 | Richard Lecky-Thompson | M50 | Ambleside Athletic Club | 01:03:41 |
| 137 | Jim Evans | M40 | Ambleside Athletic Club | 01:03:47 |
| 138 | Jenni Boocock | W | Achille Ratti Climbing Club | 01:03:48 |
| 139 | Caroline Harding | W40 | Pudsey And Bramley Athletic Club | 01:03:55 |
| 140 | Ewan Murdock | M | | 01:04:02 |
| 141 | Allon Welsh | M50 | Northumberland Fell Runners | 01:04:16 |
| 142 | John Armstrong | M60 | Ambleside Athletic Club | 01:04:18 |
| 143 | John Gomersall | M60 | Ambleside Athletic Club | 01:04:28 |
| 144 | Andrew Firth | M50 | Clayton-le-Moors Harriers | 01:04:31 |
| 145 | John Graham | M50 | Bowland Fell Runners | 01:04:34 |
| 146 | Andrew Hinde | M50 | Settle Harriers | 01:04:36 |
| 147 | Steve Dempsey | M50 | Manchester & Dist. Orienteering Club | 01:04:40 |
| 148 | Cath Musetti | W50 | Ambleside Athletic Club | 01:04:48 |
| 149 | Kirsty-Jane Birch | W40 | Pennine Fell Runners | 01:04:49 |
| 150 | Jo Taylor | W50 | Bowland Fell Runners | 01:05:03 |
| 151 | Jonathan Bailey | M40 | Black Combe Runners | 01:05:18 |
| 152 | Robin Culshaw | W | Hyde Park Harriers | 01:05:21 |
| 153 | David Clarkson | M60 | Northern Fells Running Club | 01:05:26 |
| 154 | Michael McLoughlin | M60 | Preston Harriers | 01:05:36 |
| 155 | Mike Troup | M60 | Ambleside Athletic Club | 01:05:41 |
| 156 | Philip Barnes | M50 | Pennine Fell Runners | 01:06:29 |
| 157 | Robyn Anderson | W40 | Preston Harriers | 01:06:33 |
| 158 | John Orrell | M50 | Blackburn Harriers & Athletic Club | 01:06:36 |
| 159 | David Scott-Maxwell | M50 | Black Combe Runners | 01:06:53 |
| 160 | Anna Lister | WU19 | Lakeland Orienteering Club | 01:07:00 |
| 161 | Alisdair Cowell | M40 | Glossopdale Harriers | 01:07:11 |
| 162 | David Tucker | M60 | Macclesfield Harriers | 01:07:13 |
| 163 | Philip Cottrill | M70 | FRA | 01:07:21 |
| 164 | Hazel Tayler | W50 | Black Combe Runners | 01:07:26 |
| 165 | Vicky Kirkwood | W40 | Dallam Running Club | 01:07:34 |
| 166 | Jack King | M60 | Cumberland Fell Runners | 01:07:43 |
| 167 | Andrew Ronan | M | | 01:07:45 |
| 168 | Mike Hind | M60 | Borrowdale Fell Runners | 01:08:23 |
| 169 | Dave Broatch | M50 | Eryri Harriers | 01:08:37 |
| 170 | Kath Broatch | W50 | Eryri Harriers | 01:08:38 |
| 171 | Ian Ronan | M50 | | 01:08:46 |
| 172 | Brian Jackson | M70 | Macclesfield Harriers | 01:08:50 |
| 173 | Susan Ross | W40 | Black Combe Runners | 01:09:02 |

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| 174 | Helen Walker | W | Black Combe Runners | 01:09:18 |
| 175 | Lou Lyness | W60 | Black Combe Runners | 01:09:27 |
| 176 | Mark Davies | M40 | Mercia Fell Runners Club | 01:09:33 |
| 177 | Selwyn Wright | M60 | Ambleside Athletic Club | 01:10:22 |
| 178 | Viv Riley | W50 | Black Combe Runners | 01:10:33 |
| 179 | Eleanor Duckworth | W | Glossopdale Harriers | 01:10:53 |
| 180 | Sian Tudor Beard | M50 | Black Combe Runners | 01:10:56 |
| 181 | Emma Beveridge | W50 | Macclesfield Harriers | 01:11:08 |
| 182 | Dave Walker | M60 | Macclesfield Harriers | 01:11:45 |
| 183 | Debbie Thompson | W60 | Border Liners Orienteering Club | 01:11:56 |
| 184 | Rob McKeever | M60 | Black Combe Runners | 01:11:58 |
| 185 | Ian Peters | M60 | Glaxo Hoad Hill Harriers | 01:12:05 |
| 186 | Leanne Jackson | W | | 01:12:31 |
| 187 | John Williams | M60 | Pennine Fell Runners | 01:12:49 |
| 188 | Gordon Thompson | M50 | Preston Harriers | 01:12:54 |
| 189 | Helen Hodgkinson | W40 | Todmorden Harriers | 01:13:19 |
| 190 | Mary Edgerton | W50 | Pennine Fell Runners | 01:13:21 |
| 191 | Mike Peat | M50 | Lonsdale Fell Runners | 01:13:26 |
| 192 | Philip Newton | M60 | Black Combe Runners | 01:13:50 |
| 193 | Christine Clarkson | W40 | Northern Fells Running Club | 01:14:40 |
| 194 | Wayne Peter Walsh | M50 | Bowland Fell Runners | 01:15:22 |
| 195 | Julie Mair | W | Pudsey Pacers | 01:15:36 |
| 196 | Den Masset | W50 | Macclesfield Harriers | 01:15:40 |
| 197 | Dennis Kentrop | M50 | Macclesfield Harriers | 01:15:42 |
| 198 | William Kirk | M50 | | 01:15:47 |
| 199 | Andrew Gittins | M50 | Black Combe Runners | 01:16:32 |
| 200 | Kirsty Pierce | W50 | Goyt Valley Striders | 01:16:54 |
| 201 | David Lyon | M50 | Wigan | 01:17:25 |
| 202 | Iain Crossley | M60 | Achille Ratti Climbing Club | 01:18:58 |
| 203 | David Bowden | M | Darwen Cricket Club | 01:19:02 |
| 204 | Karl Fursey | M40 | Black Combe Runners | 01:19:04 |
| 205 | Jill Gates | W50 | Settle Harriers | 01:19:50 |
| 206 | Michael Frost | M60 | Clayton-le-Moors Harriers | 01:19:59 |
| 207 | Andrew Dewhurst | M50 | | 01:20:01 |
| 208 | Miriam Rosen | W60 | Lancaster & Morecambe AC | 01:22:33 |
| 209 | Sue Lomas | W40 | Black Combe Runners | 01:25:19 |
| 210 | Barbara Hills | W50 | Goyt Valley Striders | 01:29:51 |
| 211 | Joanna McKendrick | W50 | Goyt Valley Striders | 01:29:53 |
| 212 | Barry Johnson | M70 | Cumberland Fell Runners | 01:32:16 |
| 213 | David Rosen | M60 | Lancaster & Morecambe AC | 01:33:56 |
| 214 | Rebekah Hannah | W50 | | 01:35:12 |