



Supported by Different Strokes

Cunswick - Results 28 February 2016

Senior Race

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|-------------|------|-------|-------------------------|-------------------|
| 1 | 636 | Chris | Arthur | Man | 32:16 | Bowland | 1st Man |
| 2 | 790 | Steve | Swarbrick | MV40 | 34:01 | Bowland | 2nd Man/1st MV40 |
| 3 | 516 | Jon | Rylance | MV40 | 34:14 | Ambleside | 3rd Man |
| 4 | 566 | Harvey | Lord | Man | 34:18 | Black Combe | |
| 5 | 760 | Sam | Harrison | Man | 34:23 | Bowland | |
| 6 | 766 | Jack | Eyre | Man | 35:31 | Eden Runners | |
| 7 | 863 | Josh | Jardine | Man | 36:12 | UA | |
| 8 | 902 | Jon | Deegan | MV40 | 36:23 | Ambleside | |
| 9 | 885 | Paul | Reilly | Man | 36:35 | Coniston | |
| 10 | 637 | James | Gray | Man | 36:39 | UA | |
| 11 | 698 | Johnny | Marchant | MV40 | 36:56 | Helm Hill | |
| 12 | 889 | Robert | Moffat | Man | 37:07 | Howgill Harrier | |
| 13 | 736 | Mike | Egner | MV60 | 37:13 | Settle | 1st MV60 |
| 14 | 504 | Craig | Burrows | MV40 | 37:17 | Helm Hill | |
| 15 | 887 | James | Dalgleish | MV40 | 37:19 | Lancaster and Morecambe | |
| 16 | 881 | Dan | Duxbury | MV40 | 37:32 | Ambleside | |
| 17 | 806 | James | Annan | MV40 | 37:42 | Settle | |
| 18 | 545 | Jacob | Dyer | MV40 | 37:54 | Helm Hill | |
| 19 | 565 | Peter | German | Man | 38:04 | Helm Hill | |
| 20 | 639 | James | Baron | MV40 | 38:33 | Helm Hill | |
| 21 | 573 | Anthony | Bowness | MV40 | 38:34 | Kendal | |
| 22 | 840 | Martin | Spooner | Man | 38:36 | Howgill Harrier | |
| 23 | 832 | Ian | Barnes | Man | 38:46 | Ambleside | |
| 24 | 883 | Darren | fishwick | MV40 | 38:52 | Chorley | |
| 25 | 676 | Peter | Lawson | Man | 38:57 | UA | |
| 26 | 530 | James | Graham | MV40 | 39:15 | UA | |
| 27 | 892 | Fiona | Hughes | Lady | 39:24 | UA | 1st Lady |
| 28 | 527 | Sean | Robinson | Man | 39:27 | Howgill Harrier | |
| 29 | 893 | Sean | Bolland | MV40 | 39:36 | Bowland | |
| 30 | 898 | Lou | Roberts | LV40 | 39:47 | Ambleside | 2nd Lady/1st LV40 |
| 31 | 711 | Jonathan | Boadle | Man | 39:48 | UA | |
| 32 | 569 | David | Houlsworth | MV50 | 39:50 | UA | 1st MV50 |
| 33 | 689 | Andrew | Hebson | Man | 39:52 | UA | |
| 34 | 669 | Paul | MacFarlane | Man | 39:58 | Helm Hill | |
| 35 | 588 | Robert | Crawford | MV40 | 40:05 | Coniston | |
| 36 | 606 | Paul | Lambert | MV50 | 40:29 | Wharfedale | |
| 37 | 752 | Ray | Gill | MV50 | 40:35 | Dallam | |
| 38 | 546 | Richard | Wells | MV40 | 40:42 | UA | |
| 39 | 518 | Carol | Evans | LV50 | 40:47 | Settle | 3rd Lady/1st LV50 |
| 40 | 552 | Nina | Walkingshaw | Lady | 40:59 | Howgill Harrier | |
| 41 | 901 | Stuart | Duthie | MV40 | 41:06 | Coniston | |
| 42 | 612 | John | Rainford | MV50 | 41:09 | Preston | |
| 43 | 582 | Paul | Senior | MV40 | 41:24 | Helm Hill | |
| 44 | 564 | Steven | Procter | Man | 41:39 | Settle | |
| 45 | 627 | Richard | Duckett | Man | 41:47 | UA | |
| 46 | 890 | Martin | Ramsay | MV40 | 42:05 | UA | |
| 47 | 724 | Steph | Jones | Lady | 42:19 | Ambleside | |
| 48 | 903 | Jason | Berry | Man | 42:21 | Coniston | |
| 49 | 505 | Tim | Murray | MV50 | 42:34 | Helm Hill | |
| 50 | 727 | Andrew | Shepherd | Man | 42:52 | UA | |
| 51 | 640 | Michael | Duncan | Man | 43:02 | UA | |
| 52 | 754 | Mark | Bell | MV50 | 43:08 | Dallam | |
| 53 | 847 | Mike | Walsh | MV60 | 43:16 | Kendal | |

| | | | | | | | |
|-----|-----|-----------|-------------|------|-------|--------------------|----------|
| 54 | 537 | Debbie | Copley | LV50 | 43:20 | Dallam | |
| 55 | 896 | Graham | Moffat | MV50 | 43:24 | Howgill Harrier | |
| 56 | 886 | Simon | Brister | MV60 | 43:43 | Matlock AC | |
| 57 | 786 | Grace | Jeffery | Lady | 43:51 | Settle | |
| 58 | 672 | Stephen | Moor | MV50 | 44:09 | Settle | |
| 59 | 560 | Luke | Appleyard | Man | 44:22 | Wharfedale | |
| 60 | 583 | Michael | Toman | MV50 | 44:24 | Rosendale | |
| 61 | 539 | Peter | Singleton | MV50 | 44:27 | Blackpool | |
| 62 | 810 | Adrian | Walker | MV50 | 44:36 | Settle | |
| 63 | 506 | Caroline | Holden | LV40 | 44:39 | Helm Hill | |
| 64 | 833 | Amy | Whelan | Lady | 44:49 | Ambleside | |
| 65 | 522 | Chris | Schofield | MV50 | 44:58 | Helm Hill | |
| 66 | 605 | Jonathan | Gibson | MV50 | 45:00 | Wharfedale | |
| 67 | 730 | Jill | Eccleston | LV40 | 45:08 | Settle | |
| 68 | 732 | Mark | Cropper | MV40 | 45:11 | Helm Hill | |
| 69 | 692 | Emma | Gill | LV40 | 45:16 | Helm Hill | |
| 70 | 508 | Jo | Wilcox | LV40 | 45:17 | Helm Hill | |
| 71 | 610 | Stephen | Taylor | MV50 | 45:27 | Preston | |
| 72 | 880 | Jim | Evans | MV40 | 45:35 | Ambleside | |
| 73 | 743 | Barry | Scholes | MV60 | 45:38 | Settle | |
| 74 | 585 | Mo | Kelly | Lady | 45:48 | Howgill Harrier | |
| 75 | 679 | Patrick | Willink | MV50 | 45:59 | Helm Hill | |
| 76 | 593 | Alice | Steele | Lady | 46:15 | Dallam | |
| 77 | 619 | Grace | Leedham | LV40 | 46:25 | Dallam | |
| 78 | 544 | Bianca | Dyer | LV40 | 46:37 | Kendal Tri | |
| 79 | 555 | Ann-Marie | Swallow | LV40 | 46:43 | UA | |
| 80 | 520 | Eleanor | Knowles | LV40 | 46:53 | Ambleside | |
| 81 | 614 | Michael | McLoughlin | MV60 | 46:55 | Preston | |
| 82 | 532 | Jayne | Rigby | LV40 | 47:04 | Helm Hill | |
| 83 | 576 | Andy | Dickson | MV50 | 47:15 | Coniston | |
| 84 | 884 | Katie | Hacknex | Lady | 47:20 | Helm Hill | |
| 85 | 664 | Chris | Beesley | MV60 | 47:20 | Settle | |
| 86 | 502 | Amanda | Burrows | LV40 | 47:30 | Helm Hill | |
| 87 | 556 | Russell | Cannon | MV50 | 47:33 | Helm Hill | |
| 88 | 684 | Marie | Robson | LV40 | 47:41 | Helm Hill | |
| 89 | 815 | Carmel | Ramwell | LV40 | 47:54 | Settle | |
| 90 | 577 | Debs | Greaves | LV40 | 47:55 | Howgill Harrier | |
| 91 | 547 | Mike | Troup | MV60 | 48:03 | Ambleside | |
| 92 | 904 | Ivan | Scrase | MV40 | 48:21 | UA | |
| 93 | 647 | John | Armstrong | MV60 | 48:24 | Rochdale | |
| 94 | 668 | Wendy | Dodds | LV60 | 48:40 | Clayton | 1st LV60 |
| 95 | 673 | Victoria | Upton | Lady | 49:05 | Helm Hill | |
| 96 | 510 | Lynn | Whittaker | LV50 | 49:13 | Wharfedale | |
| 97 | 500 | Georgia | Stevens | Lady | 49:24 | Helm Hill | |
| 98 | 515 | Niki | Rylance | LV40 | 49:29 | Ambleside | |
| 99 | 899 | Time | Jenner | MV40 | 49:41 | UA | |
| 100 | 888 | Jenna | Wood | Lady | 49:44 | Howgill Harrier | |
| 101 | 692 | Emma | Gill | LV40 | 49:51 | Helm Hill | |
| 102 | 897 | Matt | Glendenning | Man | 50:00 | UA | |
| 103 | 737 | Pete | Coe | MV60 | 50:01 | Helm Hill | |
| 104 | 820 | Judith | Marshall | LV40 | 50:14 | Settle | |
| 105 | 895 | Ray | Mcgarry | MV50 | 50:22 | UA | |
| 106 | 873 | Jez | Nelson | MV40 | 50:29 | UA | |
| 107 | 807 | Julia | Hargreaves | LV40 | 51:08 | Settle | |
| 108 | 602 | Gregory | Tagney | MV60 | 51:12 | Dallam | |
| 109 | 521 | Paula | Bowen | LV40 | 51:27 | Ambleside | |
| 110 | 648 | John | Taylor | MV60 | 51:31 | Bowland | |
| 111 | 850 | Richard | Simpson | MV50 | 51:59 | UA | |
| 112 | 725 | Grant | Remmington | Man | 52:06 | UA | |
| 113 | 900 | Miranda | taylor | LV40 | 52:11 | Knutsford Tri | |
| 114 | 704 | Ian | Peters | MV50 | 52:14 | Hoad Hill Harriers | |
| 115 | 649 | Jo | Taylor | LV50 | 52:18 | Bowland | |

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|-----|-----|-----------|----------|------|---------|------------|----------|
| 116 | 891 | Gill | Ramsay | LV50 | 52:33 | UA | |
| 117 | 536 | Jan | Wulf | MV40 | 52:56 | Settle | |
| 118 | 781 | Rosie | Dutson | Lady | 53:13 | UA | |
| 119 | 601 | John | Hodgson | MV60 | 53:13 | Dallam | |
| 120 | 568 | Rebecca | Hodgson | Lady | 53:16 | UA | |
| 121 | 591 | Dave | Hewitt | MV50 | 53:38 | Dallam | |
| 122 | 638 | Elizabeth | Adams | LV40 | 53:42 | Helm Hill | |
| 123 | 712 | Elizabeth | Hindle | LV60 | 53:45 | Dallam | |
| 124 | 882 | Lynda | Bigmore | LV40 | 54:26 | UA | |
| 125 | 521 | Paula | Bowen | LV40 | 55:20 | Ambleside | |
| 126 | 618 | Penny | Attwood | LV50 | 56:03 | Dallam | |
| 127 | 501 | Anna | Stevens | LV40 | 57:16 | Helm Hill | |
| 128 | 718 | Lindsay | Harrod | LV40 | 57:52 | Helm Hill | |
| 129 | 872 | Tracey | Strong | Lady | 59:31 | Wharfedale | |
| 130 | 848 | Maddy | Bell | Lady | 59:55 | Dallam | |
| 131 | 623 | Phil | Kirby | MV60 | 1:00:51 | Coniston | |
| 132 | 894 | Victoria | Mcgarry | LV40 | 1:01:25 | Kendal Tri | |
| 133 | 590 | Lorna | Hewitt | LV40 | 1:02:01 | Dallam | |
| 134 | 534 | Jo | Matthew | LV40 | 1:02:21 | UA | |
| 135 | 879 | Tom | Matthews | MV40 | 1:02:22 | Bowland | |
| 136 | 846 | Denis | Wood | MV70 | 1:09:09 | Borrowdale | 1st MV70 |
| 137 | 750 | Joe | Howard | MV70 | 1:23:27 | Preston | |
| 138 | 641 | Jim | Andrews | MV50 | DNF | Coniston | |

Under 17 Race

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|------------|------|-------|--------------------|----------|
| 1 | 13 | Joe | Edmondson | Boy | 19:30 | Ambleside | 1st Boy |
| 2 | 134 | Reuben | Fox Copley | Boy | 19:48 | Dallam | 2nd Boy |
| 3 | 69 | Thomas | Nelson | Boy | 20:19 | Wharfedale | 3rd Boy |
| 4 | 43 | Luke | Bowen | Boy | 20:38 | Ambleside | |
| 5 | 84 | Martin | Askew | Boy | 21:06 | Helm Hill | |
| 6 | 150 | Michael | Dugdale | Boy | 21:33 | Helm Hill | |
| 7 | 139 | Jacob | Aubrey | Boy | 21:38 | Helm Hill | |
| 8 | 140 | George | Attwood | Boy | 21:43 | Dallam | |
| 9 | 223 | Robert | Albion | Boy | 22:40 | Broughton | |
| 10 | 143 | Lewis | Bowness | Boy | 22:53 | Helm Hill | |
| 11 | 2 | Imogen | Burrow | Girl | 23:02 | Helm Hill | 1st Girl |
| 12 | 128 | Jamie | Macleod | Boy | 23:55 | Dallam | |
| 13 | 158 | Hannah | Durkin | Girl | 26:04 | Ambleside | 2nd Girl |
| 14 | 8 | Jodie | Ritchie | Girl | 29:59 | Hoad Hill Harriers | 3rd Girl |
| 15 | 222 | Leah | Albion | Girl | 30:20 | Broughton | |
| 16 | 151 | Katie | ThurLOW | Girl | DNF | Helm Hill | |

Under 14 Race

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|---------------|------|-------|---------------------|----------|
| 1 | 185 | Samuel | Almond | Boy | 14:34 | Eden Runners | 1st Boy |
| 2 | 61 | Jacob | Smith | Boy | 15:28 | Kendal | 2nd Boy |
| 3 | 221 | Thomas | Marshall | Boy | 15:56 | Settle | 3rd Boy |
| 4 | 23 | Chloe | Rylance | Girl | 16:33 | Ambleside | 1st Girl |
| 5 | 228 | Lilli | Carr | Girl | 16:36 | Keighley and Craven | 2nd Girl |
| 6 | 229 | Briony | Holt | Girl | 16:44 | Clayton | 3rd Girl |
| 7 | 12 | Ben | Edmondson | Boy | 16:56 | Ambleside | |
| 8 | 21 | Sebastian | Segger-Stavel | Boy | 16:57 | Settle | |
| 9 | 31 | Bob | Evans | Boy | 17:26 | Settle | |
| 10 | 88 | Daniel | Sanderson | Boy | 17:28 | Ambleside | |
| 11 | 162 | John | Egner | Boy | 17:32 | Settle | |
| 12 | 168 | Rosie | Woodhams | Girl | 17:48 | Dallam | |
| 13 | 18 | Vaughan | Samson | Boy | 18:32 | Helm Hill | |
| 14 | 133 | Alfie | Thorpe | Boy | 19:05 | Broughton | |
| 15 | 49 | Brodie | Weymouth | Boy | 19:08 | Aragons Junior Tri | |
| 16 | 87 | Harry | Sanderson | Boy | 19:11 | Ambleside | |
| 17 | 33 | Maia | Doherty | Girl | 19:22 | Helm Hill | |
| 18 | 252 | Liberty | Thompson | Girl | 19:30 | Clayton | |
| 19 | 76 | Erin | Bagge | Girl | 20:14 | Helm Hill | |
| 20 | 130 | Charlotte | Barrett | Girl | 20:22 | Wharfedale | |
| 21 | 125 | Beckie | Dyer | Girl | 22:31 | Helm Hill | |

Under 12 Race

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|---------------|------|-------|-------------------------|----------|
| 1 | 41 | Sam | Smith | Boy | 08:48 | Wharfedale | 1st Boy |
| 2 | 46 | Harry | Bowen | Boy | 09:08 | Ambleside | 2nd Boy |
| 3 | 6 | Henry | Hunter | Boy | 09:13 | Helm Hill | 3rd Boy |
| 4 | 253 | Dexta | Thompson | Boy | 09:17 | Clayton | |
| 5 | 35 | Olesia | Winder | Girl | 09:51 | Hoad Hill Harriers | 1st Girl |
| 6 | 4 | Emily | Swarbrick | Girl | 09:58 | Broughton | 2nd Girl |
| 7 | 72 | Scott | Fisher | Boy | 10:01 | Hoad Hill Harriers | |
| 8 | 195 | Cameron | Coates | Boy | 10:02 | Ambleside | |
| 9 | 58 | Ben | Smith | Boy | 10:09 | Kendal | |
| 10 | 24 | Sophie | Rylance | Girl | 10:10 | Ambleside | 3rd Girl |
| 11 | 66 | Warren | Flemming | Boy | 10:11 | Hoad Hill Harriers | |
| 12 | 56 | Charlie | Barry | Boy | 10:29 | Settle | |
| 13 | 60 | Oliver | Smith | Boy | 10:31 | Kendal | |
| 14 | 19 | Clara | Samson | Girl | 10:34 | Helm Hill | |
| 15 | 157 | William | Durkin | Boy | 10:38 | Ambleside | |
| 16 | 20 | Douglas | Segger-Stavel | Boy | 10:42 | Settle | |
| 17 | 7 | Nathan | Richie | Boy | 10:47 | Hoad Hill Harriers | |
| 18 | 205 | Jake | Tilburn | Boy | 10:52 | Settle | |
| 19 | 85 | Joseph | Rigby | Boy | 10:59 | Helm Hill | |
| 20 | 81 | Alex | Graham | Boy | 11:06 | Ambleside | |
| 21 | 177 | Jack | Benson | Boy | 11:16 | Ambleside | |
| 22 | 29 | Bethan | Saunders | Girl | 11:18 | Hoad Hill Harriers | |
| 23 | 104 | Ella | Park | Girl | 11:24 | Helm Hill | |
| 24 | 11 | Jessica | Edmondson | Girl | 11:27 | Ambleside | |
| 25 | 93 | Alex | Matthew | Boy | 11:33 | Lancaster and Morecambe | |
| 26 | 71 | Jamie | Harris | Boy | 11:35 | Hoad Hill Harriers | |
| 27 | 3 | Olivia | Swarbrick | Girl | 11:36 | Broughton | |
| 28 | 196 | Theo | Coates | Boy | 11:39 | Ambleside | |
| 29 | 128 | Jamie | Macleod | Boy | 11:40 | Dallam | |
| 30 | 132 | Rowan | Ashworth | Boy | 11:56 | Ambleside | |
| 31 | 100 | Alfie | Wilkin | Boy | 11:57 | UA | |
| 32 | 63 | Marvin | Gibbs | Boy | 11:59 | Helm Hill | |
| 33 | 182 | Jamie | Waller | Boy | 12:03 | Dallam | |
| 34 | 119 | Grace | Wells | Girl | 12:04 | Howgill Harrier | |
| 35 | 163 | Rio | Egner | Boy | 12:07 | Settle | |
| 36 | 124 | Reuben | Dyer | Boy | 12:11 | UA | |
| 37 | 254 | Helena | White | Girl | 12:12 | Clayton | |
| 38 | 165 | Megan | Bascombe | Girl | 12:14 | UA | |
| 39 | 123 | Esme | Walkingshaw | Girl | 12:18 | Eden Runners | |
| 40 | 54 | Oliver | Willoghby | Boy | 12:19 | Helm Hill | |
| 41 | 250 | Hannah | Nicholson | Girl | 12:23 | Ambleside | |
| 42 | 248 | Ella | Martindale | Girl | 12:25 | UA | |
| 43 | 249 | Emma | Duxbury | Girl | 12:40 | Ambleside | |
| 44 | 251 | Kady | Thompson | Girl | 12:43 | Clayton | |
| 45 | 114 | Maesie | Evans | Girl | 12:44 | Ambleside | |
| 46 | 74 | Theo | Robinson | Boy | 12:45 | Howgill Harrier | |
| 47 | 106 | Oscar | Wulf | Boy | 12:58 | Settle | |
| 48 | 194 | Edie | Eccleston | Girl | 13:03 | Settle | |
| 49 | 200 | Ned | Whittaker | Boy | 13:05 | Settle | |
| 50 | 48 | Oliver | Oldham | Boy | 13:07 | Hoad Hill Harriers | |
| 51 | 212 | Daisy | Pilkington | Girl | 13:16 | Settle | |
| 52 | 92 | Cate | Matthew | Girl | 13:27 | Lancaster and Morecambe | |
| 53 | 115 | Joss | Evans | Girl | 13:54 | Ambleside | |
| 54 | 38 | Matthew | Wright | Boy | 14:55 | Helm Hill | |
| 55 | 40 | Mollie | Smith | Girl | 15:00 | Wharfedale | |
| 56 | 193 | Connie | Eccleston | Girl | 15:04 | Settle | |
| 57 | 30 | Lauren | Evans | Girl | 15:06 | Settle | |
| 58 | 135 | Johnny | Swallow | Boy | DNF | UA | |
| 59 | 164 | Charlie | Blackburn | Boy | DNF | Ambleside | |

Cunswick 2016 Category Results

ALL SENIOR MEN

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|------------|------|-------|-------------------------|------------------|
| 1 | 636 | Chris | Arthur | Man | 32:16 | Bowland | 1st Man |
| 2 | 790 | Steve | Swarbrick | MV40 | 34:01 | Bowland | 2nd Man/1st MV40 |
| 3 | 516 | Jon | Rylance | MV40 | 34:14 | Ambleside | 3rd Man |
| 4 | 566 | Harvey | Lord | Man | 34:18 | Black Combe | |
| 5 | 760 | Sam | Harrison | Man | 34:23 | Bowland | |
| 6 | 766 | Jack | Eyre | Man | 35:31 | Eden Runners | |
| 7 | 863 | Josh | Jardine | Man | 36:12 | UA | |
| 8 | 902 | Jon | Deegan | MV40 | 36:23 | Ambleside | |
| 9 | 885 | Paul | Reilly | Man | 36:35 | Coniston | |
| 10 | 637 | James | Gray | Man | 36:39 | UA | |
| 11 | 698 | Johnny | Marchant | MV40 | 36:56 | Helm Hill | |
| 12 | 889 | Robert | Moffat | Man | 37:07 | Howgill Harrier | |
| 13 | 736 | Mike | Egner | MV60 | 37:13 | Settle | 1st MV60 |
| 14 | 504 | Craig | Burrows | MV40 | 37:17 | Helm Hill | |
| 15 | 887 | James | Dalgleish | MV40 | 37:19 | Lancaster and Morecambe | |
| 16 | 881 | Dan | Duxbury | MV40 | 37:32 | Ambleside | |
| 17 | 806 | James | Annan | MV40 | 37:42 | Settle | |
| 18 | 545 | Jacob | Dyer | MV40 | 37:54 | Helm Hill | |
| 19 | 565 | Peter | German | Man | 38:04 | Helm Hill | |
| 20 | 639 | James | Baron | MV40 | 38:33 | Helm Hill | |
| 21 | 573 | Anthony | Bowness | MV40 | 38:34 | Kendal | |
| 22 | 840 | Martin | Spooner | Man | 38:36 | Howgill Harrier | |
| 23 | 832 | Ian | Barnes | Man | 38:46 | Ambleside | |
| 24 | 883 | Darren | fishwick | MV40 | 38:52 | Chorley | |
| 25 | 676 | Peter | Lawson | Man | 38:57 | UA | |
| 26 | 530 | James | Graham | MV40 | 39:15 | UA | |
| 27 | 527 | Sean | Robinson | Man | 39:27 | Howgill Harrier | |
| 28 | 893 | Sean | Bolland | MV40 | 39:36 | Bowland | |
| 29 | 711 | Jonathan | Boadle | Man | 39:48 | UA | |
| 30 | 569 | David | Houlsworth | MV50 | 39:50 | UA | 1st MV50 |
| 31 | 689 | Andrew | Hebson | Man | 39:52 | UA | |
| 32 | 669 | Paul | MacFarlane | Man | 39:58 | Helm Hill | |
| 33 | 588 | Robert | Crawford | MV40 | 40:05 | Coniston | |
| 34 | 606 | Paul | Lambert | MV50 | 40:29 | Wharfedale | |
| 35 | 752 | Ray | Gill | MV50 | 40:35 | Dallam | |
| 36 | 546 | Richard | Wells | MV40 | 40:42 | UA | |
| 37 | 901 | Stuart | Duthie | MV40 | 41:06 | Coniston | |
| 38 | 612 | John | Rainford | MV50 | 41:09 | Preston | |
| 39 | 582 | Paul | Senior | MV40 | 41:24 | Helm Hill | |
| 40 | 564 | Steven | Procter | Man | 41:39 | Settle | |
| 41 | 627 | Richard | Duckett | Man | 41:47 | UA | |
| 42 | 890 | Martin | Ramsay | MV40 | 42:05 | UA | |
| 43 | 903 | Jason | Berry | Man | 42:21 | Coniston | |
| 44 | 505 | Tim | Murray | MV50 | 42:34 | Helm Hill | |
| 45 | 727 | Andrew | Shepherd | Man | 42:52 | UA | |
| 46 | 640 | Michael | Duncan | Man | 43:02 | UA | |
| 47 | 754 | Mark | Bell | MV50 | 43:08 | Dallam | |
| 48 | 847 | Mike | Walsh | MV60 | 43:16 | Kendal | |
| 49 | 896 | Graham | Moffat | MV50 | 43:24 | Howgill Harrier | |
| 50 | 886 | Simon | Brister | MV60 | 43:43 | Matlock AC | |
| 51 | 672 | Stephen | Moor | MV50 | 44:09 | Settle | |
| 52 | 560 | Luke | Appleyard | Man | 44:22 | Wharfedale | |
| 53 | 583 | Michael | Toman | MV50 | 44:24 | Rosendale | |
| 54 | 539 | Peter | Singleton | MV50 | 44:27 | Blackpool | |
| 55 | 810 | Adrian | Walker | MV50 | 44:36 | Settle | |
| 56 | 522 | Chris | Schofield | MV50 | 44:58 | Helm Hill | |
| 57 | 605 | Jonathan | Gibson | MV50 | 45:00 | Wharfedale | |
| 58 | 732 | Mark | Cropper | MV40 | 45:11 | Helm Hill | |

| | | | | | | | |
|-----|-----|---------|-------------|------|---------|--------------------|----------|
| 59 | 610 | Stephen | Taylor | MV50 | 45:27 | Preston | |
| 60 | 880 | Jim | Evans | MV40 | 45:35 | Ambleside | |
| 61 | 743 | Barry | Scholes | MV60 | 45:38 | Settle | |
| 62 | 679 | Patrick | Willink | MV50 | 45:59 | Helm Hill | |
| 63 | 614 | Michael | McLoughlin | MV60 | 46:55 | Preston | |
| 64 | 576 | Andy | Dickson | MV50 | 47:15 | Coniston | |
| 65 | 664 | Chris | Beesley | MV60 | 47:20 | Settle | |
| 66 | 556 | Russell | Cannon | MV50 | 47:33 | Helm Hill | |
| 67 | 547 | Mike | Troup | MV60 | 48:03 | Ambleside | |
| 68 | 904 | Ivan | Scrase | MV40 | 48:21 | UA | |
| 69 | 647 | John | Armstrong | MV60 | 48:24 | Rochdale | |
| 70 | 899 | Time | Jenner | MV40 | 49:41 | UA | |
| 71 | 897 | Matt | Glendenning | Man | 50:00 | UA | |
| 72 | 737 | Pete | Coe | MV60 | 50:01 | Helm Hill | |
| 73 | 895 | Ray | McGarry | MV50 | 50:22 | UA | |
| 74 | 873 | Jez | Nelson | MV40 | 50:29 | UA | |
| 75 | 602 | Gregory | Tagney | MV60 | 51:12 | Dallam | |
| 76 | 648 | John | Taylor | MV60 | 51:31 | Bowland | |
| 77 | 850 | Richard | Simpson | MV50 | 51:59 | UA | |
| 78 | 725 | Grant | Remmington | Man | 52:06 | UA | |
| 79 | 704 | Ian | Peters | MV50 | 52:14 | Hoad Hill Harriers | |
| 80 | 536 | Jan | Wulf | MV40 | 52:56 | Settle | |
| 81 | 601 | John | Hodgson | MV60 | 53:13 | Dallam | |
| 82 | 591 | Dave | Hewitt | MV50 | 53:38 | Dallam | |
| 83 | 623 | Phil | Kirby | MV60 | 1:00:51 | Coniston | |
| 84 | 879 | Tom | Matthews | MV40 | 1:02:22 | Bowland | |
| 85 | 846 | Denis | Wood | MV70 | 1:09:09 | Borrowdale | 1st MV70 |
| 86 | 750 | Joe | Howard | MV70 | 1:23:27 | Preston | |
| DNF | 641 | Jim | Andrews | MV50 | DNF | Coniston | |

MEN

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|-------------|-----|-------|-----------------|----------|
| 1 | 636 | Chris | Arthur | Man | 32:16 | Bowland | 1st Man |
| 2 | 566 | Harvey | Lord | Man | 34:18 | Black Combe | |
| 3 | 760 | Sam | Harrison | Man | 34:23 | Bowland | |
| 4 | 766 | Jack | Eyre | Man | 35:31 | Eden Runners | |
| 5 | 863 | Josh | Jardine | Man | 36:12 | UA | |
| 6 | 885 | Paul | Reilly | Man | 36:35 | Coniston | |
| 7 | 637 | James | Gray | Man | 36:39 | UA | |
| 8 | 889 | Robert | Moffat | Man | 37:07 | Howgill Harrier | |
| 9 | 565 | Peter | German | Man | 38:04 | Helm Hill | |
| 10 | 840 | Martin | Spooner | Man | 38:36 | Howgill Harrier | |
| 11 | 832 | Ian | Barnes | Man | 38:46 | Ambleside | |
| 12 | 676 | Peter | Lawson | Man | 38:57 | UA | |
| 13 | 527 | Sean | Robinson | Man | 39:27 | Howgill Harrier | |
| 14 | 711 | Jonathan | Boadle | Man | 39:48 | UA | |
| 15 | 689 | Andrew | Hebson | Man | 39:52 | UA | |
| 16 | 669 | Paul | MacFarlane | Man | 39:58 | Helm Hill | |
| 17 | 564 | Steven | Procter | Man | 41:39 | Settle | |
| 18 | 627 | Richard | Duckett | Man | 41:47 | UA | |
| 19 | 903 | Jason | Berry | Man | 42:21 | Coniston | |
| 20 | 727 | Andrew | Shepherd | Man | 42:52 | UA | |
| 21 | 640 | Michael | Duncan | Man | 43:02 | UA | |
| 22 | 560 | Luke | Appleyard | Man | 44:22 | Wharfedale | |
| 23 | 897 | Matt | Glendenning | Man | 50:00 | UA | |
| 24 | 725 | Grant | Remmington | Man | 52:06 | UA | |

MEN - VET 40

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|-----------|------|---------|-------------------------|------------------|
| 1 | 790 | Steve | Swarbrick | MV40 | 34:01 | Bowland | 2nd Man/1st MV40 |
| 2 | 516 | Jon | Rylance | MV40 | 34:14 | Ambleside | 3rd Man |
| 3 | 902 | Jon | Deegan | MV40 | 36:23 | Ambleside | |
| 4 | 698 | Johnny | Marchant | MV40 | 36:56 | Helm Hill | |
| 5 | 504 | Craig | Burrows | MV40 | 37:17 | Helm Hill | |
| 6 | 887 | James | Dalgleish | MV40 | 37:19 | Lancaster and Morecambe | |
| 7 | 881 | Dan | Duxbury | MV40 | 37:32 | Ambleside | |
| 8 | 806 | James | Annan | MV40 | 37:42 | Settle | |
| 9 | 545 | Jacob | Dyer | MV40 | 37:54 | Helm Hill | |
| 10 | 639 | James | Baron | MV40 | 38:33 | Helm Hill | |
| 11 | 573 | Anthony | Bowness | MV40 | 38:34 | Kendal | |
| 12 | 883 | Darren | fishwick | MV40 | 38:52 | Chorley | |
| 13 | 530 | James | Graham | MV40 | 39:15 | UA | |
| 14 | 893 | Sean | Bolland | MV40 | 39:36 | Bowland | |
| 15 | 588 | Robert | Crawford | MV40 | 40:05 | Coniston | |
| 16 | 546 | Richard | Wells | MV40 | 40:42 | UA | |
| 17 | 901 | Stuart | Duthie | MV40 | 41:06 | Coniston | |
| 18 | 582 | Paul | Senior | MV40 | 41:24 | Helm Hill | |
| 19 | 890 | Martin | Ramsay | MV40 | 42:05 | UA | |
| 20 | 732 | Mark | Cropper | MV40 | 45:11 | Helm Hill | |
| 21 | 880 | Jim | Evans | MV40 | 45:35 | Ambleside | |
| 22 | 904 | Ivan | Scrase | MV40 | 48:21 | UA | |
| 23 | 899 | Time | Jenner | MV40 | 49:41 | UA | |
| 24 | 873 | Jez | Nelson | MV40 | 50:29 | UA | |
| 25 | 536 | Jan | Wulf | MV40 | 52:56 | Settle | |
| 26 | 879 | Tom | Matthews | MV40 | 1:02:22 | Bowland | |

MEN - VET 50

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|------------|------|-------|--------------------|----------|
| 1 | 569 | David | Houlsworth | MV50 | 39:50 | UA | 1st MV50 |
| 2 | 606 | Paul | Lambert | MV50 | 40:29 | Wharfedale | |
| 3 | 752 | Ray | Gill | MV50 | 40:35 | Dallam | |
| 4 | 612 | John | Rainford | MV50 | 41:09 | Preston | |
| 5 | 505 | Tim | Murray | MV50 | 42:34 | Helm Hill | |
| 6 | 754 | Mark | Bell | MV50 | 43:08 | Dallam | |
| 7 | 896 | Graham | Moffat | MV50 | 43:24 | Howgill Harrier | |
| 8 | 672 | Stephen | Moor | MV50 | 44:09 | Settle | |
| 9 | 583 | Michael | Toman | MV50 | 44:24 | Rosendale | |
| 10 | 539 | Peter | Singleton | MV50 | 44:27 | Blackpool | |
| 11 | 810 | Adrian | Walker | MV50 | 44:36 | Settle | |
| 12 | 522 | Chris | Schofield | MV50 | 44:58 | Helm Hill | |
| 13 | 605 | Jonathan | Gibson | MV50 | 45:00 | Wharfedale | |
| 14 | 610 | Stephen | Taylor | MV50 | 45:27 | Preston | |
| 15 | 679 | Patrick | Willink | MV50 | 45:59 | Helm Hill | |
| 16 | 576 | Andy | Dickson | MV50 | 47:15 | Coniston | |
| 17 | 556 | Russell | Cannon | MV50 | 47:33 | Helm Hill | |
| 18 | 895 | Ray | Mcgarry | MV50 | 50:22 | UA | |
| 19 | 850 | Richard | Simpson | MV50 | 51:59 | UA | |
| 20 | 704 | Ian | Peters | MV50 | 52:14 | Hoad Hill Harriers | |
| 21 | 591 | Dave | Hewitt | MV50 | 53:38 | Dallam | |
| DNF | 641 | Jim | Andrews | MV50 | DNF | Coniston | |

MEN - VET 60

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|------------|------|---------|------------|----------|
| 1 | 736 | Mike | Egner | MV60 | 37:13 | Settle | 1st MV60 |
| 2 | 847 | Mike | Walsh | MV60 | 43:16 | Kendal | |
| 3 | 886 | Simon | Brister | MV60 | 43:43 | Matlock AC | |
| 4 | 743 | Barry | Scholes | MV60 | 45:38 | Settle | |
| 5 | 614 | Michael | McLoughlin | MV60 | 46:55 | Preston | |
| 6 | 664 | Chris | Beesley | MV60 | 47:20 | Settle | |
| 7 | 547 | Mike | Troup | MV60 | 48:03 | Ambleside | |
| 8 | 647 | John | Armstrong | MV60 | 48:24 | Rochdale | |
| 9 | 737 | Pete | Coe | MV60 | 50:01 | Helm Hill | |
| 10 | 602 | Gregory | Tagney | MV60 | 51:12 | Dallam | |
| 11 | 648 | John | Taylor | MV60 | 51:31 | Bowland | |
| 12 | 601 | John | Hodgson | MV60 | 53:13 | Dallam | |
| 13 | 623 | Phil | Kirby | MV60 | 1:00:51 | Coniston | |

MEN - VET 70

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|---------|------|---------|------------|----------|
| 1 | 846 | Denis | Wood | MV70 | 1:09:09 | Borrowdale | 1st MV70 |
| 2 | 750 | Joe | Howard | MV70 | 1:23:27 | Preston | |

ALL SENIOR LADIES

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|-------------|------|---------|-----------------|-------------------|
| 1 | 892 | Fiona | Hughes | Lady | 39:24 | UA | 1st Lady |
| 2 | 898 | Lou | Roberts | LV40 | 39:47 | Ambleside | 2nd Lady/1st LV40 |
| 3 | 518 | Carol | Evans | LV50 | 40:47 | Settle | 3rd Lady/1st LV50 |
| 4 | 552 | Nina | Walkingshaw | Lady | 40:59 | Howgill Harrier | |
| 5 | 724 | Steph | Jones | Lady | 42:19 | Ambleside | |
| 6 | 537 | Debbie | Copley | LV50 | 43:20 | Dallam | |
| 7 | 786 | Grace | Jeffery | Lady | 43:51 | Settle | |
| 8 | 506 | Caroline | Holden | LV40 | 44:39 | Helm Hill | |
| 9 | 833 | Amy | Whelan | Lady | 44:49 | Ambleside | |
| 10 | 730 | Jill | Eccleston | LV40 | 45:08 | Settle | |
| 11 | 692 | Emma | Gill | LV40 | 45:16 | Helm Hill | |
| 12 | 508 | Jo | Wilcox | LV40 | 45:17 | Helm Hill | |
| 13 | 585 | Mo | Kelly | Lady | 45:48 | Howgill Harrier | |
| 14 | 593 | Alice | Steele | Lady | 46:15 | Dallam | |
| 15 | 619 | Grace | Leedham | LV40 | 46:25 | Dallam | |
| 16 | 544 | Bianca | Dyer | LV40 | 46:37 | Kendal Tri | |
| 17 | 555 | Ann-Marie | Swallow | LV40 | 46:43 | UA | |
| 18 | 520 | Eleanor | Knowles | LV40 | 46:53 | Ambleside | |
| 19 | 532 | Jayne | Rigby | LV40 | 47:04 | Helm Hill | |
| 20 | 884 | Katie | Hacknex | Lady | 47:20 | Helm Hill | |
| 21 | 502 | Amanda | Burrows | LV40 | 47:30 | Helm Hill | |
| 22 | 684 | Marie | Robson | LV40 | 47:41 | Helm Hill | |
| 23 | 815 | Carmel | Ramwell | LV40 | 47:54 | Settle | |
| 24 | 577 | Debs | Greaves | LV40 | 47:55 | Howgill Harrier | |
| 25 | 668 | Wendy | Dodds | LV60 | 48:40 | Clayton | 1st LV60 |
| 26 | 673 | Victoria | Upton | Lady | 49:05 | Helm Hill | |
| 27 | 510 | Lynn | Whittaker | LV50 | 49:13 | Wharfedale | |
| 28 | 500 | Georgia | Stevens | Lady | 49:24 | Helm Hill | |
| 29 | 515 | Niki | Rylance | LV40 | 49:29 | Ambleside | |
| 30 | 888 | Jenna | Wood | Lady | 49:44 | Howgill Harrier | |
| 31 | 692 | Emma | Gill | LV40 | 49:51 | Helm Hill | |
| 32 | 820 | Judith | Marshall | LV40 | 50:14 | Settle | |
| 33 | 807 | Julia | Hargreaves | LV40 | 51:08 | Settle | |
| 34 | 521 | Paula | Bowen | LV40 | 51:27 | Ambleside | |
| 35 | 900 | Miranda | taylor | LV40 | 52:11 | Knutsford Tri | |
| 36 | 649 | Jo | Taylor | LV50 | 52:18 | Bowland | |
| 37 | 891 | Gill | Ramsay | LV50 | 52:33 | UA | |
| 38 | 781 | Rosie | Dutson | Lady | 53:13 | UA | |
| 39 | 568 | Rebecca | Hodgson | Lady | 53:16 | UA | |
| 40 | 638 | Elizabeth | Adams | LV40 | 53:42 | Helm Hill | |
| 41 | 712 | Elizabeth | Hindle | LV60 | 53:45 | Dallam | |
| 42 | 882 | Lynda | Bigmore | LV40 | 54:26 | UA | |
| 43 | 521 | Paula | Bowen | LV40 | 55:20 | Ambleside | |
| 44 | 618 | Penny | Attwood | LV50 | 56:03 | Dallam | |
| 45 | 501 | Anna | Stevens | LV40 | 57:16 | Helm Hill | |
| 46 | 718 | Lindsay | Harrod | LV40 | 57:52 | Helm Hill | |
| 47 | 872 | Tracey | Strong | Lady | 59:31 | Wharfedale | |
| 48 | 848 | Maddy | Bell | Lady | 59:55 | Dallam | |
| 49 | 894 | Victoria | McGarry | LV40 | 1:01:25 | Kendal Tri | |
| 50 | 590 | Lorna | Hewitt | LV40 | 1:02:01 | Dallam | |
| 51 | 534 | Jo | Matthew | LV40 | 1:02:21 | UA | |

LADIES

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|-------------|------|-------|-----------------|----------|
| 1 | 892 | Fiona | Hughes | Lady | 39:24 | UA | 1st Lady |
| 2 | 552 | Nina | Walkingshaw | Lady | 40:59 | Howgill Harrier | |
| 3 | 724 | Steph | Jones | Lady | 42:19 | Ambleside | |
| 4 | 786 | Grace | Jeffery | Lady | 43:51 | Settle | |
| 5 | 833 | Amy | Whelan | Lady | 44:49 | Ambleside | |
| 6 | 585 | Mo | Kelly | Lady | 45:48 | Howgill Harrier | |
| 7 | 593 | Alice | Steele | Lady | 46:15 | Dallam | |
| 8 | 884 | Katie | Hacknex | Lady | 47:20 | Helm Hill | |
| 9 | 673 | Victoria | Upton | Lady | 49:05 | Helm Hill | |
| 10 | 500 | Georgia | Stevens | Lady | 49:24 | Helm Hill | |
| 11 | 888 | Jenna | Wood | Lady | 49:44 | Howgill Harrier | |
| 12 | 781 | Rosie | Dutson | Lady | 53:13 | UA | |
| 13 | 568 | Rebecca | Hodgson | Lady | 53:16 | UA | |
| 14 | 872 | Tracey | Strong | Lady | 59:31 | Wharfedale | |
| 15 | 848 | Maddy | Bell | Lady | 59:55 | Dallam | |

LADIES - VET 40

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|------------|------|---------|-----------------|-------------------|
| 1 | 898 | Lou | Roberts | LV40 | 39:47 | Ambleside | 2nd Lady/1st LV40 |
| 2 | 506 | Caroline | Holden | LV40 | 44:39 | Helm Hill | |
| 3 | 730 | Jill | Eccleston | LV40 | 45:08 | Settle | |
| 4 | 692 | Emma | Gill | LV40 | 45:16 | Helm Hill | |
| 5 | 508 | Jo | Wilcox | LV40 | 45:17 | Helm Hill | |
| 6 | 619 | Grace | Leedham | LV40 | 46:25 | Dallam | |
| 7 | 544 | Bianca | Dyer | LV40 | 46:37 | Kendal Tri | |
| 8 | 555 | Ann-Marie | Swallow | LV40 | 46:43 | UA | |
| 9 | 520 | Eleanor | Knowles | LV40 | 46:53 | Ambleside | |
| 10 | 532 | Jayne | Rigby | LV40 | 47:04 | Helm Hill | |
| 11 | 502 | Amanda | Burrows | LV40 | 47:30 | Helm Hill | |
| 12 | 684 | Marie | Robson | LV40 | 47:41 | Helm Hill | |
| 13 | 815 | Carmel | Ramwell | LV40 | 47:54 | Settle | |
| 14 | 577 | Debs | Greaves | LV40 | 47:55 | Howgill Harrier | |
| 15 | 515 | Niki | Rylance | LV40 | 49:29 | Ambleside | |
| 16 | 692 | Emma | Gill | LV40 | 49:51 | Helm Hill | |
| 17 | 820 | Judith | Marshall | LV40 | 50:14 | Settle | |
| 18 | 807 | Julia | Hargreaves | LV40 | 51:08 | Settle | |
| 19 | 521 | Paula | Bowen | LV40 | 51:27 | Ambleside | |
| 20 | 900 | Miranda | taylor | LV40 | 52:11 | Knutsford Tri | |
| 21 | 638 | Elizabeth | Adams | LV40 | 53:42 | Helm Hill | |
| 22 | 882 | Lynda | Bigmore | LV40 | 54:26 | UA | |
| 23 | 521 | Paula | Bowen | LV40 | 55:20 | Ambleside | |
| 24 | 501 | Anna | Stevens | LV40 | 57:16 | Helm Hill | |
| 25 | 718 | Lindsay | Harrod | LV40 | 57:52 | Helm Hill | |
| 26 | 894 | Victoria | Mcgarry | LV40 | 1:01:25 | Kendal Tri | |
| 27 | 590 | Lorna | Hewitt | LV40 | 1:02:01 | Dallam | |
| 28 | 534 | Jo | Matthew | LV40 | 1:02:21 | UA | |

LADIES - VET 50

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|-----------|------|-------|------------|-------------------|
| 1 | 518 | Carol | Evans | LV50 | 40:47 | Settle | 3rd Lady/1st LV50 |
| 2 | 537 | Debbie | Copley | LV50 | 43:20 | Dallam | |
| 3 | 510 | Lynn | Whittaker | LV50 | 49:13 | Wharfedale | |
| 4 | 649 | Jo | Taylor | LV50 | 52:18 | Bowland | |
| 5 | 891 | Gill | Ramsay | LV50 | 52:33 | UA | |
| 6 | 618 | Penny | Attwood | LV50 | 56:03 | Dallam | |

LADIES - VET 60

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|---------|------|-------|---------|----------|
| 1 | 668 | Wendy | Dodds | LV60 | 48:40 | Clayton | 1st LV60 |
| 2 | 712 | Elizabeth | Hindle | LV60 | 53:45 | Dallam | |

UNDER 17 BOYS

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|------------|-----|-------|------------|----------|
| 1 | 13 | Joe | Edmondson | Boy | 19:30 | Ambleside | 1st Boy |
| 2 | 134 | Reuben | Fox Copley | Boy | 19:48 | Dallam | 2nd Boy |
| 3 | 69 | Thomas | Nelson | Boy | 20:19 | Wharfedale | 3rd Boy |
| 4 | 43 | Luke | Bowen | Boy | 20:38 | Ambleside | |
| 5 | 84 | Martin | Askew | Boy | 21:06 | Helm Hill | |
| 6 | 150 | Michael | Dugdale | Boy | 21:33 | Helm Hill | |
| 7 | 139 | Jacob | Aubrey | Boy | 21:38 | Helm Hill | |
| 8 | 140 | George | Attwood | Boy | 21:43 | Dallam | |
| 9 | 223 | Robert | Albion | Boy | 22:40 | Broughton | |
| 10 | 143 | Lewis | Bowness | Boy | 22:53 | Helm Hill | |
| 11 | 128 | Jamie | Macleod | Boy | 23:55 | Dallam | |

UNDER 17 GIRLS

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|---------|------|-------|--------------------|----------|
| 1 | 2 | Imogen | Burrow | Girl | 23:02 | Helm Hill | 1st Girl |
| 2 | 158 | Hannah | Durkin | Girl | 26:04 | Ambleside | 2nd Girl |
| 3 | 8 | Jodie | Ritchie | Girl | 29:59 | Hoad Hill Harriers | 3rd Girl |
| 4 | 222 | Leah | Albion | Girl | 30:20 | Broughton | |
| DNF | 151 | Katie | Thurlow | Girl | DNF | Helm Hill | |

UNDER 14 BOYS

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|---------------|-----|-------|--------------------|----------|
| 1 | 185 | Samuel | Almond | Boy | 14:34 | Eden Runners | 1st Boy |
| 2 | 61 | Jacob | Smith | Boy | 15:28 | Kendal | 2nd Boy |
| 3 | 221 | Thomas | Marshall | Boy | 15:56 | Settle | 3rd Boy |
| 4 | 12 | Ben | Edmondson | Boy | 16:56 | Ambleside | |
| 5 | 21 | Sebastian | Segger-Stavel | Boy | 16:57 | Settle | |
| 6 | 31 | Bob | Evans | Boy | 17:26 | Settle | |
| 7 | 88 | Daniel | Sanderson | Boy | 17:28 | Ambleside | |
| 8 | 162 | John | Egner | Boy | 17:32 | Settle | |
| 9 | 18 | Vaughan | Samson | Boy | 18:32 | Helm Hill | |
| 10 | 133 | Alfie | Thorpe | Boy | 19:05 | Broughton | |
| 11 | 49 | Brodie | Weymouth | Boy | 19:08 | Aragons Junior Tri | |
| 12 | 87 | Harry | Sanderson | Boy | 19:11 | Ambleside | |

UNDER 14 GIRLS

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|----------|------|-------|---------------------|----------|
| 1 | 23 | Chloe | Rylance | Girl | 16:33 | Ambleside | 1st Girl |
| 2 | 228 | Lilli | Carr | Girl | 16:36 | Keighley and Craven | 2nd Girl |
| 3 | 229 | Briony | Holt | Girl | 16:44 | Clayton | 3rd Girl |
| 4 | 168 | Rosie | Woodhams | Girl | 17:48 | Dallam | |
| 5 | 33 | Maia | Doherty | Girl | 19:22 | Helm Hill | |
| 6 | 252 | Liberty | Thompson | Girl | 19:30 | Clayton | |
| 7 | 76 | Erin | Bagge | Girl | 20:14 | Helm Hill | |
| 8 | 130 | Charlotte | Barrett | Girl | 20:22 | Wharfedale | |
| 9 | 125 | Beckie | Dyer | Girl | 22:31 | Helm Hill | |

UNDER 12 BOYS

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|---------------|-----|-------|-------------------------|----------|
| 1 | 41 | Sam | Smith | Boy | 08:48 | Wharfedale | 1st Boy |
| 2 | 46 | Harry | Bowen | Boy | 09:08 | Ambleside | 2nd Boy |
| 3 | 6 | Henry | Hunter | Boy | 09:13 | Helm Hill | 3rd Boy |
| 4 | 253 | Dexta | Thompson | Boy | 09:17 | Clayton | |
| 5 | 72 | Scott | Fisher | Boy | 10:01 | Hoad Hill Harriers | |
| 6 | 195 | Cameron | Coates | Boy | 10:02 | Ambleside | |
| 7 | 58 | Ben | Smith | Boy | 10:09 | Kendal | |
| 8 | 66 | Warren | Flemming | Boy | 10:11 | Hoad Hill Harriers | |
| 9 | 56 | Charlie | Barry | Boy | 10:29 | Settle | |
| 10 | 60 | Oliver | Smith | Boy | 10:31 | Kendal | |
| 11 | 157 | William | Durkin | Boy | 10:38 | Ambleside | |
| 12 | 20 | Douglas | Segger-Stavel | Boy | 10:42 | Settle | |
| 13 | 7 | Nathan | Richie | Boy | 10:47 | Hoad Hill Harriers | |
| 14 | 205 | Jake | Tilburn | Boy | 10:52 | Settle | |
| 15 | 85 | Joseph | Rigby | Boy | 10:59 | Helm Hill | |
| 16 | 81 | Alex | Graham | Boy | 11:06 | Ambleside | |
| 17 | 177 | Jack | Benson | Boy | 11:16 | Ambleside | |
| 18 | 93 | Alex | Matthew | Boy | 11:33 | Lancaster and Morecambe | |
| 19 | 71 | Jamie | Harris | Boy | 11:35 | Hoad Hill Harriers | |
| 20 | 196 | Theo | Coates | Boy | 11:39 | Ambleside | |
| 21 | 128 | Jamie | Macleod | Boy | 11:40 | Dallam | |
| 22 | 132 | Rowan | Ashworth | Boy | 11:56 | Ambleside | |
| 23 | 100 | Alfie | Wilkin | Boy | 11:57 | UA | |
| 24 | 63 | Marvin | Gibbs | Boy | 11:59 | Helm Hill | |
| 25 | 182 | Jamie | Waller | Boy | 12:03 | Dallam | |
| 26 | 163 | Rio | Egner | Boy | 12:07 | Settle | |
| 27 | 124 | Reuben | Dyer | Boy | 12:11 | UA | |
| 28 | 54 | Oliver | Willoghby | Boy | 12:19 | Helm Hill | |
| 29 | 74 | Theo | Robinson | Boy | 12:45 | Howgill Harrier | |
| 30 | 106 | Oscar | Wulf | Boy | 12:58 | Settle | |
| 31 | 200 | Ned | Whittaker | Boy | 13:05 | Settle | |
| 32 | 48 | Oliver | Oldham | Boy | 13:07 | Hoad Hill Harriers | |
| 33 | 38 | Matthew | Wright | Boy | 14:55 | Helm Hill | |
| DNF | 135 | Johnny | Swallow | Boy | DNF | UA | |
| DNF | 164 | Charlie | Blackburn | Boy | DNF | Ambleside | |

UNDER 12 GIRLS

| Position | Vest no. | First Name | Surname | Cat | Time | Club | Comments |
|----------|----------|------------|-------------|------|-------|-------------------------|----------|
| 1 | 35 | Olesia | Winder | Girl | 09:51 | Hoad Hill Harriers | 1st Girl |
| 2 | 4 | Emily | Swarbrick | Girl | 09:58 | Broughton | 2nd Girl |
| 3 | 24 | Sophie | Rylance | Girl | 10:10 | Ambleside | 3rd Girl |
| 4 | 19 | Clara | Samson | Girl | 10:34 | Helm Hill | |
| 5 | 29 | Bethan | Saunders | Girl | 11:18 | Hoad Hill Harriers | |
| 6 | 104 | Ella | Park | Girl | 11:24 | Helm Hill | |
| 7 | 11 | Jessica | Edmondson | Girl | 11:27 | Ambleside | |
| 8 | 3 | Olivia | Swarbrick | Girl | 11:36 | Broughton | |
| 9 | 119 | Grace | Wells | Girl | 12:04 | Howgill Harrier | |
| 10 | 254 | Helena | White | Girl | 12:12 | Clayton | |
| 11 | 165 | Megan | Bascombe | Girl | 12:14 | UA | |
| 12 | 123 | Esme | Walkingshaw | Girl | 12:18 | Eden Runners | |
| 13 | 250 | Hannah | Nicholson | Girl | 12:23 | Ambleside | |
| 14 | 248 | Ella | Martindale | Girl | 12:25 | UA | |
| 15 | 249 | Emma | Duxbury | Girl | 12:40 | Ambleside | |
| 16 | 251 | Kady | Thompson | Girl | 12:43 | Clayton | |
| 17 | 114 | Maesie | Evans | Girl | 12:44 | Ambleside | |
| 18 | 194 | Edie | Eccleston | Girl | 13:03 | Settle | |
| 19 | 212 | Daisy | Pilkington | Girl | 13:16 | Settle | |
| 20 | 92 | Cate | Matthew | Girl | 13:27 | Lancaster and Morecambe | |
| 21 | 115 | Joss | Evans | Girl | 13:54 | Ambleside | |
| 22 | 40 | Mollie | Smith | Girl | 15:00 | Wharfedale | |
| 23 | 193 | Connie | Eccleston | Girl | 15:04 | Settle | |
| 24 | 30 | Lauren | Evans | Girl | 15:06 | Settle | |