| POS. | NAME | CATEGOR | CLUB | TIME |
|---|---|---|---|---|
| **1.** | Tom Simpson | MSEN | Ambleside | 43:18 |
| **2.** | Ross Spalding | MSEN | Howgill Harriers | 46:03 |
| **3.** | Peter Stock | MSEN | Helm Hill | 47:18 |
| **4.** | Jose Conche | MSEN | Helm Hill | 47:56 |
| **5.** | Robbie Driscoll | MSEN | Helm Hill | 49:40 |
| **6.** | Zak Knill | MSEN | Ambleside | 49:45 |
| **7.** | Jack Eyre | MSEN | Eden Runners | 50:30 |
| **8.** | Toby Gill | MU23 | Unattached | 50:33 |
| **9.** | Mike Barron | MSEN | Ambleside | 50:44 |
| **10.** | Robert Short | MSEN | Ambleside | 51:31 |
| **11.** | Philip Withnall | MSEN | Lonsdale Fell Runners | 51:42 |
| **12.** | Ben Grayson | MSEN | Eden Runners | 53:06 |
| **13.** | Xavier Sakedo | MU23 | Unattached | 53:57 |
| **14.** | Bill Stewart | M50 | Borrowdale | 54:03 |
| **15.** | Beth Pascall | FSEN | Unattached | 54:07 |
| **16.** | Ben Abdelnoor | M40 | Ambleside | 55:09 |
| **17.** | Mark Walker | MSEN | Unattached | 55:09 |
| **18.** | Daniel Miller | MSEN | Billinge RC | 56:26 |
| **19.** | Sophie Allen | FSEN | Ambleside | 56:43 |
| **20.** | Rob Harper | M50 | Ambleside | 57:14 |
| **21.** | Emily Strathdee | FSEN | Helm Hill | 57:31 |
| **22.** | Josh Jardine | MSEN | Ambleside | 58:20 |
| **23.** | Joe Dobson | MSEN | Ambleside | 59:59 |
| **24.** | Henrik Jones | MU23 | Unattached | 1:00:03 |
| **25** | Rowan Wood | M40 | Lonsdale Fell Runners | 1:00:12 |
| **26** | Joe Hobbs | MSEN | Lonsdale Fell Runners | 1:00:15 |
| **27** | Matt Neale | M50 | Unattached | 1:00:15 |
| **28** | David Blackshaw | M40 | Unattached | 1:00:16 |
| **29** | Matt Beresford | M50 | Ambleside | 1:00:41 |
| **30** | Tim Reid | MSEN | Ambleside | 1:01:22 |
| **31** | Chloe Lumsdon | FSEN | Helm Hill | 1:01:30 |
| **32** | Georgia Stevens | FSEN | Ambleside | 1:01:34 |
| **33** | Joe Blackett | M60 | Dark Peak FR | 1:01:59 |
| **34** | Catherine Mason | FSEN | Helm Hill | 1:02:27 |
| **35** | Grace Smith | FSEN | Northern Fells Running Club | 1:04:04 |
| **36** | Christopher Joyce | M40 | Unattached | 1:04:08 |
| **37** | Damien Horsley | M40 | Unattached | 1:04:09 |
| **38** | Andrew Maybury | M40 | Eden Runners | 1:04:10 |
| **39** | Kenneth Murphy | M60 | Lonsdale Fell Runners | 1:04:26 |
| **40** | James Findlay | MSEN | Unattached | 1:04:30 |
| **41** | Oliver Barker | MSEN | Unattached | 1:04:32 |
| **42** | Sarah Sigsworth | FSEN | Ambleside | 1:04:35 |
| **43** | Chloe Barron | FSEN | Ambleside | 1:04:51 |
| **44** | Nick Taylor | MSEN | Billinge RC | 1:04:54 |
| **45** | Jonathan Cade | MSEN | Unattached | 1:05:15 |
| **46** | Richard Lambert | M50 | Eden Runners | 1:06:00 |

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|---|---|---|---|---|
| **47** | Tim Slater | MSEN | Eden Runners | 1:06:33 |
| **48** | Paul Knowles | M50 | Ambleside | 1:07:04 |
| **49** | Adam Baird | M50 | Ambleside | 1:07:20 |
| **50** | Jenny Rice | FSEN | Helm Hill | 1:08:05 |
| **51** | Jonathan Lyon | M40 | Unattached | 1:08:22 |
| **52** | Katie Percival | FSEN | Ambleside | 1:09:09 |
| **53** | Jim Tyson | M50 | Ambleside | 1:09:37 |
| **54** | Tanya Lambert | F50 | Eden Runners | 1:09:42 |
| **55** | Zak Hopkins | MSEN | Ruislip RC | 1:10:00 |
| **56** | Emma Nielsen | F50 | Eden Runners | 1:10:08 |
| **57** | Wayne Westerman | M50 | Ambleside | 1:10:25 |
| **58** | Simon Theobald | M50 | Ambleside | 1:10:57 |
| **59** | Jane Reedy | F40 | Ambleside | 1:11:31 |
| **60** | Nicola Shorrock | FSEN | Ambleside | 1:11:41 |
| **61** | Ruth Bell | FSEN | Helm Hill | 1:12:53 |
| **62** | Will Spain | MSEN | Dark Peak FR | 1:13:08 |
| **63** | Daniel Stears | MSEN | Unattached | 1:13:25 |
| **64** | Mhairi Helme | F40 | Helm Hill | 1:15:07 |
| **65** | Nick Kitching | M50 | Unattached | 1:15:24 |
| **66** | Alice Fellbaum | FSEN | Ambleside | 1:15:33 |
| **67** | Richard Halstead | M40 | Unattached | 1:17:00 |
| **68** | Phoebe Bell | FSEN | Ambleside | 1:17:21 |
| **69** | Corrin Stock | FSEN | Helm Hill | 1:17:31 |
| **70** | Martyn Hodgson | M60 | Ambleside | 1:17:45 |
| **71** | Jon Tombs | M50 | Eden Runners | 1:18:19 |
| **72** | Christine Fritsch | F50 | Eden Runners | 1:18:56 |
| **73** | Sophie Owen | FSEN | Ambleside | 1:19:17 |
| **74** | Matthew Jones | M50 | Grane IL (Norway) | 1:19:23 |
| **75** | Matthew McCreadie | MU23 | West Cheshire AC | 1:20:05 |
| **76** | Samuel Cook | MU23 | Billinge RC | 1:21:14 |
| **77** | Allan Miller | M60 | Unattached | 1:21:27 |
| **78** | John Gomersall | M70 | Ambleside | 1:22:01 |
| **79** | Andrew Dickson | M60 | Ambleside | 1:24:16 |
| **80** | Xian Zhao | FSEN | Unattached | 1:25:05 |
| **81** | Jill Libby | F60 | Eden Runners | 1:26:36 |