

| OVERALL POSITION | FIRST NAME | SURNAME | CLUB | RACE NUMBER | GENDER | GENDER POSITION | CATEGORY | CATEGORY POSITION | GUN TIME |
|------------------|------------|------------|--------------------------------|-------------|--------|-----------------|----------|-------------------|----------|
| 1 | Tim | Lamont | Helm Hill | 466 | Male | 1 | MOPEN | 1 | 00:32:10 |
| 2 | Thomas | Hodgson | Oxenhope Project | 523 | Male | 2 | MOPEN | 2 | 00:32:24 |
| 3 | Luc | Burnip | Stadium Runners | 715 | Male | 3 | MOPEN | 3 | 00:34:29 |
| 4 | Sam | Burnstone | Helm Hill | 428 | Male | 4 | MOPEN | 4 | 00:35:06 |
| 5 | Marc | Sennett | Oxenhope Project | 224 | Male | 5 | MV40 | 1 | 00:35:12 |
| 6 | Ian | Holmes | Oxenhope Project | 809 | Male | 6 | MV55 | 1 | 00:35:25 |
| 7 | Sean | Warburton | Salford Harriers & AC | 166 | Male | 7 | MV45 | 1 | 00:35:38 |
| 8 | Michael | Malyon | Oxenhope Project | 528 | Male | 8 | MV40 | 2 | 00:36:05 |
| 9 | David | Hamilton | Southport Waterloo AC | 280 | Male | 9 | MV55 | 2 | 00:36:33 |
| 10 | Paul | Reilly | Helm Hill | 580 | Male | 10 | MV45 | 2 | 00:36:51 |
| 11 | Simon | Fawcett | | 496 | Male | 11 | MV40 | 3 | 00:37:03 |
| 12 | Martin | Fillingham | Saltaire Striders | 108 | Male | 12 | MV50 | 1 | 00:37:06 |
| 13 | Ben | Farrelly | Salford Met AC | 448 | Male | 13 | MV40 | 4 | 00:37:13 |
| 14 | Shandy | Torok | | 353 | Male | 14 | MV45 | 3 | 00:37:27 |
| 15 | Ben | Nutter | Border Harriers | 462 | Male | 15 | MU18 | 1 | 00:37:40 |
| 16 | Matthew | Athersmith | Oxenhope Project | 527 | Male | 16 | MOPEN | 5 | 00:37:56 |
| 17 | Daniel | Cook | Rugby & Northampton AC | 314 | Male | 17 | MOPEN | 6 | 00:37:59 |
| 18 | Caron | Prest | Queensbury Running Club | 176 | Male | 18 | MOPEN | 7 | 00:38:08 |
| 19 | Gary | Rowling | Queensbury Running Club | 158 | Male | 19 | MV40 | 5 | 00:38:11 |
| 20 | Matthew | Martin | | 129 | Male | 20 | MOPEN | 8 | 00:38:25 |
| 21 | Graeme | Sibson | Keswick AC | 561 | Male | 21 | MV50 | 2 | 00:38:32 |
| 22 | Andrew | Wallace | Kendal AC | 720 | Male | 22 | MV40 | 6 | 00:38:40 |
| 23 | Will | Smith | Oxenhope Project | 524 | Male | 23 | MV45 | 4 | 00:39:06 |
| 24 | Andrew | Dovernor | Queensbury Running Club | 346 | Male | 24 | MV50 | 3 | 00:39:08 |
| 25 | Conor | Rafferty | Blackpool Frontrunners | 613 | Male | 25 | MOPEN | 9 | 00:39:31 |
| 26 | Charlie | Batho | Stockport Harriers | 729 | Male | 26 | MV50 | 4 | 00:39:42 |
| 27 | Peter | Baxendale | | 671 | Male | 27 | MOPEN | 10 | 00:39:47 |
| 28 | Rosanna | Andrews | Rugby & Northampton AC | 312 | Female | 1 | FOPEN | 1 | 00:40:21 |
| 29 | Adam | Taylor | Kendal AC | 835 | Male | 28 | MOPEN | 11 | 00:40:27 |
| 30 | James | Grinbergs | Eden Runners | 819 | Male | 29 | MV45 | 5 | 00:40:31 |
| 31 | Mark | Lamb | Mornington Chasers | 696 | Male | 30 | MOPEN | 12 | 00:40:53 |
| 32 | Steven | Jones | | 429 | Male | 31 | MV45 | 6 | 00:41:03 |
| 33 | Robin | Simpson | | 753 | Male | 32 | MOPEN | 13 | 00:41:16 |
| 34 | Nick | Taylor | Skelmersdale Boundary Harriers | 183 | Male | 33 | MOPEN | 14 | 00:41:25 |
| 35 | Joanne | Horan | Queensbury Running Club | 164 | Female | 2 | FV40 | 1 | 00:41:28 |
| 36 | Christian | Holmes | Oxenhope Project | 588 | Male | 34 | MV45 | 7 | 00:41:48 |
| 37 | Adam | Malloy | Vegan Runners | 785 | Male | 35 | MV40 | 7 | 00:41:53 |

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| 38 | Mike | Simon | | 798 | Male | 36 | MV50 | 5 | 00:42:05 |
| 39 | Malcolm | Crosbie | Carlisle Tri Club | 689 | Male | 37 | MV40 | 8 | 00:42:07 |
| 40 | John | Williams | Eden Runners | 684 | Male | 38 | MV45 | 8 | 00:42:08 |
| 41 | Joe | Heap | Border Harriers | 687 | Male | 39 | MOPEN | 15 | 00:42:09 |
| 42 | Chris | Mitchell | | 834 | Male | 40 | MOPEN | 16 | 00:42:12 |
| 43 | Simon | Thompson | Keswick AC | 748 | Male | 41 | MV40 | 9 | 00:42:37 |
| 44 | Andy | Sudall | Queensbury Running Club | 341 | Male | 42 | MOPEN | 17 | 00:42:39 |
| 45 | Andrew | Poirrette | | 269 | Male | 43 | MV55 | 3 | 00:42:40 |
| 46 | Kester | Webb | | 438 | Male | 44 | MOPEN | 18 | 00:42:42 |
| 47 | Dan | Bell | Ambleside AC | 825 | Male | 45 | MOPEN | 19 | 00:42:45 |
| 48 | Kathleen | Aubrey | Helm Hill | 54 | Female | 3 | FV55 | 1 | 00:42:54 |
| 49 | Michael | Cummins | Roadhoggs Leicester | 752 | Male | 46 | MV50 | 6 | 00:42:58 |
| 50 | Carl | Heron | Queensbury Running Club | 778 | Male | 47 | MV60 | 1 | 00:43:00 |
| 51 | Jim | Andrews | Helm Hill | 668 | Male | 48 | MV55 | 4 | 00:43:01 |
| 52 | Mick | Cull | Glaxo Hoad Hill Harriers | 782 | Male | 49 | MV40 | 10 | 00:43:13 |
| 53 | Matt | Thornton | Queensbury Running Club | 171 | Male | 50 | MV40 | 11 | 00:43:20 |
| 54 | Richard | Brook | Queensbury Running Club | 161 | Male | 51 | MV45 | 9 | 00:43:23 |
| 55 | Jonathan | Hill | Helm Hill | 36 | Male | 52 | MV40 | 12 | 00:43:27 |
| 56 | Martin | Varley | | 745 | Male | 53 | MU18 | 2 | 00:43:31 |
| 57 | Michael | Peel | Queensbury Running Club | 160 | Male | 54 | MOPEN | 20 | 00:43:41 |
| 58 | Dennis | Jackson | | 7 | Male | 55 | MOPEN | 21 | 00:43:56 |
| 59 | Daniel | Wallace | Durham City Harriers | 222 | Male | 56 | MU18 | 3 | 00:44:04 |
| 60 | Matt | Dodds | | 172 | Male | 57 | MOPEN | 22 | 00:44:11 |
| 61 | Jonathan | Poirrette | Serpentine Runners | 33 | Male | 58 | MV60 | 2 | 00:44:17 |
| 62 | Michael | Coe | Queensbury Running Club | 174 | Male | 59 | MV55 | 5 | 00:44:29 |
| 63 | Neil | Ward | Ponteland Runners | 651 | Male | 60 | MV50 | 7 | 00:44:30 |
| 64 | Emily | Simpson | | 754 | Female | 4 | FOPEN | 2 | 00:44:44 |
| 65 | Andy | Wilson | Dewsbury Road Runners | 600 | Male | 61 | MV50 | 8 | 00:44:44 |
| 66 | John | Peaker | Chester Triathlon Club | 256 | Male | 62 | MV55 | 6 | 00:44:59 |
| 67 | Nicholas | Fletcher | Clapham Chasers | 379 | Male | 63 | MOPEN | 23 | 00:45:14 |
| 68 | Andrew | Young | Queensbury Running Club | 162 | Male | 64 | MV40 | 13 | 00:45:20 |
| 69 | Lindsay | Ogle | | 84 | Male | 65 | MV65 | 1 | 00:45:22 |
| 70 | Hayley | Smith | Skelmersdale Boundary Harriers | 184 | Female | 5 | FOPEN | 3 | 00:45:33 |
| 71 | Andrew | Gerrard | Billinge Running Club | 157 | Male | 66 | MOPEN | 24 | 00:45:34 |
| 72 | Gareth | Firth | | 716 | Male | 67 | MV40 | 14 | 00:46:13 |
| 73 | Alex | Hill | | 831 | Male | 68 | MOPEN | 25 | 00:46:15 |
| 74 | Jo | Sharp | Blackburn Roadrunners | 350 | Female | 6 | FV50 | 1 | 00:46:24 |
| 75 | Malcolm | Finlayson | Falkirk Victoria Harriers | 62 | Male | 69 | MV55 | 7 | 00:46:33 |
| 76 | Sam | Solomon | | 488 | Male | 70 | MV45 | 10 | 00:46:34 |

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|-----|-----------|-----------------|--------------------------|-----|--------|----|-------|----|----------|
| 77 | George | Lawton | Knutsford Tri Club | 607 | Male | 71 | MOPEN | 26 | 00:46:43 |
| 78 | Melanie | Mustafa | | 574 | Female | 7 | FV35 | 1 | 00:46:43 |
| 79 | Neil | Kitchen | | 604 | Male | 72 | MV60 | 3 | 00:46:45 |
| 80 | Catherine | Musetti | Ambleside AC | 525 | Female | 8 | FV55 | 2 | 00:46:49 |
| 81 | Mica | Lowthian | | 14 | Female | 9 | FOPEN | 4 | 00:46:51 |
| 82 | Andy | Dines | Knutsford Tri Club | 579 | Male | 73 | MV55 | 8 | 00:46:55 |
| 83 | Tim | Openshaw | | 49 | Male | 74 | MV50 | 9 | 00:46:57 |
| 84 | Stephanie | Dobbing | Quakers Running Club | 111 | Female | 10 | FOPEN | 5 | 00:46:59 |
| 85 | Thomas | Dobbing | Durham Fell Runners | 110 | Male | 75 | MOPEN | 27 | 00:47:00 |
| 86 | Paul | Mann | Kendal AC | 758 | Male | 76 | MV40 | 15 | 00:47:05 |
| 87 | Bethan | Bowers-Richards | | 738 | Female | 11 | FOPEN | 6 | 00:47:05 |
| 88 | Robin | Hill | Ambleside AC | 783 | Male | 77 | MV60 | 4 | 00:47:19 |
| 89 | Andrew | Holden | | 94 | Male | 78 | MOPEN | 28 | 00:47:29 |
| 90 | Kerry | Grinbergs | Eden Runners | 818 | Female | 12 | FV40 | 2 | 00:47:31 |
| 91 | Mark | Crabtree | Halifax Harriers | 531 | Male | 79 | MV60 | 5 | 00:47:55 |
| 92 | Mark | Chandler | Carlisle Tri Club | 722 | Male | 80 | MV40 | 16 | 00:48:17 |
| 93 | Simon | Thomas | Eden Runners | 427 | Male | 81 | MV40 | 17 | 00:48:20 |
| 94 | Taryn | Carradice | | 386 | Female | 13 | FV40 | 3 | 00:48:37 |
| 95 | Julia | Hughes | | 370 | Female | 14 | FV40 | 4 | 00:48:38 |
| 96 | Callum | Findlay | | 420 | Male | 82 | MOPEN | 29 | 00:48:44 |
| 97 | Andrea | Kelly | | 708 | Female | 15 | FV50 | 2 | 00:48:44 |
| 98 | Henrik | Szolnoki | | 422 | Male | 83 | MOPEN | 30 | 00:48:54 |
| 99 | Stuart | O'Brien | | 830 | Male | 84 | MV50 | 10 | 00:48:58 |
| 100 | Ben | Harper | Carlisle Tri Club | 763 | Male | 85 | MV40 | 18 | 00:49:01 |
| 101 | Colin | Browne | Carlisle Tri Club | 750 | Male | 86 | MV45 | 11 | 00:49:06 |
| 102 | Matthew | McLellan-Grant | | 751 | Male | 87 | MOPEN | 31 | 00:49:07 |
| 103 | Matthew | Harvey | | 306 | Male | 88 | MOPEN | 32 | 00:49:07 |
| 104 | Margaret | Duncan | Sheffield Triathlon Club | 119 | Female | 16 | FV50 | 3 | 00:49:13 |
| 105 | Lee | Denton | | 833 | Male | 89 | MOPEN | 33 | 00:49:21 |
| 106 | Bethany | Shaw | Queensbury Running Club | 218 | Female | 17 | FOPEN | 7 | 00:49:28 |
| 107 | Mairead | Brown | | 5 | Female | 18 | FV40 | 5 | 00:49:32 |
| 108 | Lewis | Robinson | Helm Hill | 772 | Male | 90 | MOPEN | 34 | 00:49:46 |
| 109 | Ross | Crosby | | 797 | Male | 91 | MOPEN | 35 | 00:49:56 |
| 110 | Julian | Whitaker | | 432 | Male | 92 | MV55 | 9 | 00:49:56 |
| 111 | Nathan | Varley | | 781 | Male | 93 | MV50 | 11 | 00:49:57 |
| 112 | Mark | Blundell | EPOTS | 16 | Male | 94 | MV60 | 6 | 00:49:59 |
| 113 | Vikki | Smith | Rochdale Triathlon Club | 356 | Female | 19 | FV50 | 4 | 00:50:01 |
| 114 | Susanne | Enhard | Eden Runners | 57 | Female | 20 | FV55 | 3 | 00:50:01 |
| 115 | Glenn | Storey | | 562 | Male | 95 | MV45 | 12 | 00:50:11 |

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| 116 | Thomas | Bestwick | | 552 | Male | 96 | MOPEN | 36 | 00:50:19 |
| 117 | Philip | Glennon | Ambleside AC | 480 | Male | 97 | MV60 | 7 | 00:50:23 |
| 118 | Nicholas | Cooper | | 87 | Male | 98 | MV60 | 8 | 00:50:24 |
| 119 | Matthew | Flinton | | 327 | Male | 99 | MV55 | 10 | 00:50:25 |
| 120 | Mark | Madle | | 56 | Male | 100 | MV55 | 11 | 00:50:27 |
| 121 | Sarah | Storey | | 288 | Female | 21 | FV40 | 6 | 00:50:31 |
| 122 | Paul | Lawton | Knutsford Tri Club | 606 | Male | 101 | MV55 | 12 | 00:50:33 |
| 123 | Mark | Girvan | Rebel Runners | 611 | Male | 102 | MV45 | 13 | 00:50:34 |
| 124 | Lara | Gilman | Mornington Chasers | 697 | Female | 22 | FV40 | 7 | 00:50:34 |
| 125 | Becky | Scott | Northern Fells Running Club | 823 | Female | 23 | FV40 | 8 | 00:50:35 |
| 126 | Tom | Murray | | 771 | Male | 103 | MOPEN | 37 | 00:50:37 |
| 127 | Dot | Kesterton | Steel City Striders Running Club | 117 | Female | 24 | FV70 | 1 | 00:50:40 |
| 128 | Richard | Frain | | 845 | Male | 104 | MOPEN | 38 | 00:50:40 |
| 129 | Chris | Clarke | | 793 | Male | 105 | MV45 | 14 | 00:50:44 |
| 130 | Andrew | Hamilton | | 292 | Male | 106 | MV55 | 13 | 00:50:52 |
| 131 | Greg | Burkitt | | 653 | Male | 107 | MV55 | 14 | 00:50:54 |
| 132 | Melita | Gordon | Helm Hill | 468 | Female | 25 | FV55 | 4 | 00:51:03 |
| 133 | Mark | Walsh | | 113 | Male | 108 | MV55 | 15 | 00:51:11 |
| 134 | Carole | Fearon | Carlisle Tri Club | 692 | Female | 26 | FV40 | 9 | 00:51:28 |
| 135 | John | Pyrah | | 148 | Male | 109 | MOPEN | 39 | 00:51:32 |
| 136 | Rudolf | Maciejkowicz | | 662 | Male | 110 | MV70 | 1 | 00:51:35 |
| 137 | Graham | Kenealy | Ambleside AC | 449 | Male | 111 | MV60 | 9 | 00:51:36 |
| 138 | Deborah | Yearnshire | Glaxo Hoad Hill Harriers | 366 | Female | 27 | FV40 | 10 | 00:51:43 |
| 139 | Cameron | Wright | Fetcheveryone | 382 | Male | 112 | MU18 | 4 | 00:51:44 |
| 140 | Ian | Wright | Fetcheveryone | 380 | Male | 113 | MV55 | 16 | 00:51:46 |
| 141 | Mark | Johns | Goole Viking Striders | 614 | Male | 114 | MV55 | 17 | 00:51:54 |
| 142 | Elaine | Fisher | Ambleside AC | 450 | Female | 28 | FV55 | 5 | 00:51:59 |
| 143 | Liz | White | Glaxo Hoad Hill Harriers | 583 | Female | 29 | FV40 | 11 | 00:52:02 |
| 144 | David | Turner | Swift Tees | 73 | Male | 115 | MV60 | 10 | 00:52:07 |
| 145 | John | Cloke | Helm Hill | 93 | Male | 116 | MV50 | 12 | 00:52:09 |
| 146 | Carmel | Bones | Carlisle Tri Club | 799 | Female | 30 | FV50 | 5 | 00:52:09 |
| 147 | Sally | Little | Carlisle Tri Club | 723 | Female | 31 | FV50 | 6 | 00:52:18 |
| 148 | Emma | Marshall | | 554 | Female | 32 | FV35 | 2 | 00:52:21 |
| 149 | Nicholas | Short | | 837 | Male | 117 | MV55 | 18 | 00:52:27 |
| 150 | Joanne | Andrews | Ambleside AC | 669 | Female | 33 | FV50 | 7 | 00:52:34 |
| 151 | Matthew | Willey | | 765 | Male | 118 | MV45 | 15 | 00:52:35 |
| 152 | Andrew | Quigley | | 585 | Male | 119 | MOPEN | 40 | 00:52:37 |
| 153 | Sam | Mackinnon | | 211 | Male | 120 | MOPEN | 41 | 00:52:41 |
| 154 | Christina | Mcguire | Lancaster & Morecambe AC | 666 | Female | 34 | FV60 | 1 | 00:52:54 |

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| 155 | Liam | Mcaleese | | 321 | Male | 121 | MV40 | 19 | 00:52:54 |
| 156 | Christopher | Ridgers | | 289 | Male | 122 | MOPEN | 42 | 00:52:55 |
| 157 | Jacob | Varley | | 744 | Male | 123 | MOPEN | 43 | 00:52:55 |
| 158 | Andrew | Sumner | Northern Fells Running Club | 615 | Male | 124 | MV50 | 13 | 00:52:58 |
| 159 | Andrew | Smith | Rochdale Triathlon Club | 357 | Female | 35 | FV50 | 8 | 00:53:01 |
| 160 | Sophie | Owen | Ambleside AC | 841 | Female | 36 | FOPEN | 8 | 00:53:01 |
| 161 | Pauline | Wellstead | | 13 | Female | 37 | FV40 | 12 | 00:53:05 |
| 162 | Mark | Oakes | Harrogate Harriers | 520 | Male | 125 | MOPEN | 44 | 00:53:09 |
| 163 | Alistair | Bell | Carlisle Tri Club | 618 | Male | 126 | MV45 | 16 | 00:53:10 |
| 164 | Lisanne | Whitaker | | 431 | Female | 38 | FV50 | 9 | 00:53:12 |
| 165 | Virginia | Short | | 838 | Female | 39 | FV50 | 10 | 00:53:12 |
| 166 | Michael | Burkitt | | 654 | Male | 127 | MV55 | 19 | 00:53:17 |
| 167 | James | Newsome | | 521 | Male | 128 | MV40 | 20 | 00:53:18 |
| 168 | Andrew | White | | 584 | Male | 129 | MOPEN | 45 | 00:53:19 |
| 169 | Andrew | Fletcher | North Bolton Runners | 465 | Male | 130 | MV65 | 2 | 00:53:20 |
| 170 | Richard | Crabtree | | 149 | Male | 131 | MV45 | 17 | 00:53:21 |
| 171 | Andy | Lee | | 187 | Male | 132 | MV40 | 21 | 00:53:31 |
| 172 | Geoff | Pettitt | Poynton Runners | 434 | Male | 133 | MOPEN | 46 | 00:53:33 |
| 173 | Sam | Hall | | 477 | Male | 134 | MOPEN | 47 | 00:53:37 |
| 174 | Julie | Hunter | Glaxo Hoad Hill Harriers | 368 | Female | 40 | FV50 | 11 | 00:53:38 |
| 175 | Emma | Fairley | | 661 | Female | 41 | FOPEN | 9 | 00:53:39 |
| 176 | Isabelle | Pound | | 120 | Female | 42 | FV60 | 2 | 00:53:39 |
| 177 | Graham | Dyson | | 2 | Male | 135 | MV50 | 14 | 00:53:43 |
| 178 | Robin | Naylor | Queensbury Running Club | 444 | Male | 136 | MV65 | 3 | 00:53:43 |
| 179 | Maria | Blakey | Walney Wind Cheetahs | 393 | Female | 43 | FV65 | 1 | 00:53:44 |
| 180 | Alice | Appleyard | | 216 | Female | 44 | FOPEN | 10 | 00:53:46 |
| 181 | Vivienne | Booth | | 471 | Female | 45 | FV50 | 12 | 00:53:51 |
| 182 | Samantha | Cook | Lonely Goat Running Club | 842 | Female | 46 | FV45 | 1 | 00:53:53 |
| 183 | Simon | Chapman | Millom Striders | 814 | Male | 137 | MOPEN | 48 | 00:53:54 |
| 184 | Claire | Miller | | 815 | Female | 47 | FV40 | 13 | 00:53:56 |
| 185 | Tom | Marvan | | 423 | Male | 138 | MV40 | 22 | 00:54:00 |
| 186 | Stephen | Braithwaite | | 518 | Male | 139 | MV50 | 15 | 00:54:00 |
| 187 | Paul | Edmondson | | 343 | Male | 140 | MOPEN | 49 | 00:54:02 |
| 188 | Howard | Peach | | 323 | Male | 141 | MV55 | 20 | 00:54:03 |
| 189 | Damien | Houseman | | 578 | Male | 142 | MV40 | 23 | 00:54:04 |
| 190 | Samantha | Sugden | | 145 | Female | 48 | FV40 | 14 | 00:54:04 |
| 191 | Monica | Anderson | Falkirk Victoria Harriers | 63 | Female | 49 | FV50 | 13 | 00:54:05 |
| 192 | Suzanne | Spedding | Keswick AC | 560 | Female | 50 | FV50 | 14 | 00:54:10 |
| 193 | Sarah | Weinberg | Chorlton Runners | 645 | Female | 51 | FOPEN | 11 | 00:54:10 |

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| 194 | Leslie | Pateloup | | 704 | Female | 52 | FOPEN | 12 | 00:54:10 |
| 195 | Michelle | Sinsheimer | Glasgow South Road Runners | 705 | Female | 53 | FV35 | 3 | 00:54:14 |
| 196 | Petra | Bateman | | 497 | Female | 54 | FOPEN | 13 | 00:54:18 |
| 197 | Craig | Houghton | | 630 | Male | 143 | MV50 | 16 | 00:54:22 |
| 198 | James | Gregory-Campeau | | 268 | Male | 144 | MOPEN | 50 | 00:54:25 |
| 199 | Mandy | Dye | York Knavesmire Harriers | 453 | Female | 55 | FV50 | 15 | 00:54:30 |
| 200 | Mark | Simmill | Lancaster & Morecambe AC | 154 | Male | 145 | MV60 | 11 | 00:54:33 |
| 201 | Stuart | Lowthian | Eden Runners | 4 | Male | 146 | MV60 | 12 | 00:54:35 |
| 202 | Alex | Mcdonald | | 641 | Male | 147 | MV40 | 24 | 00:54:39 |
| 203 | Sean | Mcgleenan | Dumfries Running Club | 263 | Male | 148 | MV65 | 4 | 00:54:39 |
| 204 | Julia | Lyons | | 436 | Female | 56 | FV35 | 4 | 00:54:40 |
| 205 | Matty | Lyons | | 435 | Male | 149 | MOPEN | 51 | 00:54:41 |
| 206 | Nicholas | Schaffer | Millom Striders | 40 | Male | 150 | MV60 | 13 | 00:54:43 |
| 207 | Ade | John | | 185 | Male | 151 | MV60 | 14 | 00:54:51 |
| 208 | David | Bossom | | 695 | Male | 152 | MOPEN | 52 | 00:54:58 |
| 209 | Penny | Andrews | Rugby & Northampton AC | 313 | Female | 57 | FV55 | 6 | 00:55:01 |
| 210 | Jack | Akister | | 775 | Male | 153 | MOPEN | 53 | 00:55:04 |
| 211 | Stephen | Brook | Queensbury Running Club | 165 | Male | 154 | MV75 | 1 | 00:55:05 |
| 212 | Sarah | Nicholds | | 774 | Female | 58 | FV35 | 5 | 00:55:08 |
| 213 | Helen | Tasker | | 472 | Female | 59 | FV55 | 7 | 00:55:16 |
| 214 | Anna | Williams | Skelmersdale Boundary Harriers | 10 | Female | 60 | FV40 | 15 | 00:55:22 |
| 215 | Carl | Foster | | 718 | Male | 155 | MOPEN | 54 | 00:55:29 |
| 216 | Karen | Clark | | 717 | Female | 61 | FV40 | 16 | 00:55:30 |
| 217 | Neil | Lauderdale | | 546 | Male | 156 | MV45 | 18 | 00:55:31 |
| 218 | Kevin | Chaplow | | 824 | Male | 157 | MV55 | 21 | 00:55:31 |
| 219 | Adam | Pattinson | Eden Runners | 627 | Male | 158 | MV40 | 25 | 00:55:33 |
| 220 | Ian | Turner | | 460 | Male | 159 | MV60 | 15 | 00:55:33 |
| 221 | Kate | Sutton | | 676 | Female | 62 | FV40 | 17 | 00:55:35 |
| 222 | Lou | Keenan | | 691 | Female | 63 | FV50 | 16 | 00:55:36 |
| 223 | James | Dodwell | | 335 | Male | 160 | MOPEN | 55 | 00:55:37 |
| 224 | Mark | Robertson | Blackpool Fronrunners | 612 | Male | 161 | MV50 | 17 | 00:55:41 |
| 225 | Frans | Strydom | Furness Fell Runners | 792 | Male | 162 | MV40 | 26 | 00:55:41 |
| 226 | Terri | Aldred | | 461 | Female | 64 | FV45 | 2 | 00:55:45 |
| 227 | Phillipa | Burns | | 713 | Female | 65 | FV50 | 17 | 00:55:45 |
| 228 | Michael | Stones | | 126 | Male | 163 | MV40 | 27 | 00:55:53 |
| 229 | Lucy | Stones | | 127 | Female | 66 | FV40 | 18 | 00:55:56 |
| 230 | Bernice | Blundell | EPOTS | 15 | Female | 67 | FV55 | 8 | 00:56:08 |
| 231 | Lynn | Lyon | EPOTS | 75 | Female | 68 | FV65 | 2 | 00:56:16 |
| 232 | Hannah | Latimer | Wigton Road Runners | 672 | Female | 69 | FOPEN | 14 | 00:56:20 |

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| 233 | John | Matthews | Ambleside AC | 301 | Male | 164 | MV55 | 22 | 00:56:31 |
| 234 | Claire | Ives | | 735 | Female | 70 | FOPEN | 15 | 00:56:33 |
| 235 | Joanna | Rolls | Keswick AC | 537 | Female | 71 | FV45 | 3 | 00:56:40 |
| 236 | Lauren | Durrell | | 8 | Female | 72 | FOPEN | 16 | 00:56:42 |
| 237 | Kathleen | Proctor | Keswick AC | 701 | Female | 73 | FV65 | 3 | 00:56:47 |
| 238 | Harry | Gordon | | 567 | Male | 165 | MOPEN | 56 | 00:56:50 |
| 239 | Cath | Hempsall | | 770 | Female | 74 | FV40 | 19 | 00:56:51 |
| 240 | John | Chapple | | 180 | Male | 166 | MV55 | 23 | 00:56:52 |
| 241 | Mike | Gudgeon | | 629 | Male | 167 | MV60 | 16 | 00:56:54 |
| 242 | Stewart | Smillie | | 221 | Male | 168 | MOPEN | 57 | 00:56:54 |
| 243 | Andy | Speck | | 55 | Male | 169 | MV55 | 24 | 00:57:01 |
| 244 | Colin | Harris | | 731 | Male | 170 | MV50 | 18 | 00:57:01 |
| 245 | Darren | Hammond | | 285 | Male | 171 | MV55 | 25 | 00:57:01 |
| 246 | Dorothy | Pelly | Ambleside AC | 557 | Female | 75 | FV60 | 3 | 00:57:01 |
| 247 | John Harvey | Watson | | 250 | Male | 172 | MV60 | 17 | 00:57:03 |
| 248 | Matt | Davies | | 229 | Male | 173 | MV50 | 19 | 00:57:03 |
| 249 | Annabel | Stainer | | 505 | Female | 76 | FOPEN | 17 | 00:57:04 |
| 250 | Samantha | Varley | | 780 | Female | 77 | FV50 | 18 | 00:57:06 |
| 251 | Timothy | Knowles | | 664 | Male | 174 | MV55 | 26 | 00:57:08 |
| 252 | Steven | Clark | | 702 | Male | 175 | MV45 | 19 | 00:57:10 |
| 253 | Graham | Concannon | EPOTS | 21 | Male | 176 | MV60 | 18 | 00:57:12 |
| 254 | David | Barnett | | 804 | Male | 177 | MV60 | 19 | 00:57:30 |
| 255 | Ruth | Lamont | Helm Hill | 467 | Female | 78 | FOPEN | 18 | 00:57:34 |
| 256 | Annette | O Donoghue | Allithwaite Running Club | 847 | Female | 79 | FV50 | 19 | 00:57:37 |
| 257 | Helen | Moffat | | 67 | Female | 80 | FV55 | 9 | 00:57:42 |
| 258 | Glenn | Thornton | Queensbury Running Club | 173 | Male | 178 | MV70 | 2 | 00:57:42 |
| 259 | Lucy | Jane Gillbanks | | 644 | Female | 81 | FOPEN | 19 | 00:57:44 |
| 260 | Duncan | Mcintyre | | 681 | Male | 179 | MV60 | 20 | 00:57:46 |
| 261 | Paul | Hewitt | | 86 | Male | 180 | MV60 | 21 | 00:57:49 |
| 262 | Rachel | Harris | | 732 | Female | 82 | FOPEN | 20 | 00:57:50 |
| 263 | Paula | Bowen | Ambleside AC | 656 | Female | 83 | FV50 | 20 | 00:57:54 |
| 264 | Libby | Dixon | Ambleside AC | 457 | Female | 84 | FV45 | 4 | 00:57:59 |
| 265 | Leann | Canavan | | 540 | Female | 85 | FV35 | 6 | 00:58:02 |
| 266 | Suzy | Hankin | | 58 | Female | 86 | FV40 | 20 | 00:58:13 |
| 267 | Nicola | Latimer | Wigton Road Runners | 673 | Female | 87 | FV50 | 21 | 00:58:17 |
| 268 | Emma | Burdon | | 19 | Female | 88 | FV40 | 21 | 00:58:19 |
| 269 | Liam | Kelly | | 112 | Male | 181 | MV55 | 27 | 00:58:19 |
| 270 | Neil | Midgley | Holmfirth Harriers | 134 | Male | 182 | MV70 | 3 | 00:58:24 |
| 271 | Jenny | Mcintyre | Warrington Road Runners | 680 | Female | 89 | FV60 | 4 | 00:58:26 |

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|-----|-----------|-------------|----------------------------------|-----|--------|-----|-------|----|----------|
| 272 | Michael | Bond | | 399 | Male | 183 | MV60 | 22 | 00:58:37 |
| 273 | Alistair | Gage | | 464 | Male | 184 | MV55 | 28 | 00:58:37 |
| 274 | Nicholas | Leevers | | 304 | Male | 185 | MV50 | 20 | 00:58:38 |
| 275 | Leigh | Curran | | 756 | Male | 186 | MOPEN | 58 | 00:58:38 |
| 276 | Gary | Middlebrook | | 500 | Male | 187 | MV65 | 5 | 00:58:42 |
| 277 | Stephen | Mckeown | | 698 | Male | 188 | MV60 | 23 | 00:58:42 |
| 278 | Emma | Breay | Kendal AC | 504 | Female | 90 | FV40 | 22 | 00:58:45 |
| 279 | Rachel | Mann | Kendal AC | 757 | Female | 91 | FV40 | 23 | 00:58:45 |
| 280 | Julie | Gate | Eden Runners | 322 | Female | 92 | FV50 | 22 | 00:58:48 |
| 281 | Fiona | Ferguson | Eden Runners | 351 | Female | 93 | FV50 | 23 | 00:58:49 |
| 282 | Sally | Ford | Kendal AC | 506 | Female | 94 | FV45 | 5 | 00:58:51 |
| 283 | Rebecca | Noblett | | 596 | Female | 95 | FV45 | 6 | 00:58:52 |
| 284 | Hazel | Clark | Kendal AC | 247 | Female | 96 | FV40 | 24 | 00:58:53 |
| 285 | Steve | Rolls | | 536 | Male | 189 | MV50 | 21 | 00:58:55 |
| 286 | Elizabeth | Bailey | Garstang Running Club | 635 | Female | 97 | FV45 | 7 | 00:58:56 |
| 287 | Claire | Horner | Garstang Running Club | 598 | Female | 98 | FV45 | 8 | 00:58:57 |
| 288 | Lisa | Scullion | | 219 | Female | 99 | FV40 | 25 | 00:58:58 |
| 289 | Paul | Scullion | | 220 | Male | 190 | MV40 | 28 | 00:58:59 |
| 290 | Ian | Hamilton | | 441 | Male | 191 | MV60 | 24 | 00:59:04 |
| 291 | Lucas | Higginson | | 711 | Male | 192 | MOPEN | 59 | 00:59:10 |
| 292 | Andrew | Wallace | | 189 | Male | 193 | MV50 | 22 | 00:59:14 |
| 293 | Catherine | Jarvis | Durham City Harriers | 188 | Female | 100 | FV40 | 26 | 00:59:15 |
| 294 | Eleanor | Cuff | | 530 | Female | 101 | FOPEN | 21 | 00:59:20 |
| 295 | Fiona | Hamor | Rosendale Harriers | 426 | Female | 102 | FV55 | 10 | 00:59:22 |
| 296 | Joanne | Battersby | Steel City Striders Running Club | 114 | Female | 103 | FV60 | 5 | 00:59:26 |
| 297 | Ross | Kirby | | 182 | Male | 194 | MOPEN | 60 | 00:59:27 |
| 298 | Isobel | Williamson | | 646 | Female | 104 | FV70 | 2 | 00:59:32 |
| 299 | John | Middleton | | 490 | Male | 195 | MV55 | 29 | 00:59:34 |
| 300 | Lucas | Introna | | 396 | Male | 196 | MV60 | 25 | 00:59:35 |
| 301 | Karen | Butterworth | | 601 | Female | 105 | FV40 | 27 | 00:59:37 |
| 302 | Elizabeth | Dyson | | 1 | Female | 106 | FV45 | 9 | 00:59:38 |
| 303 | Carrie | Newsome | | 522 | Female | 107 | FV35 | 7 | 00:59:39 |
| 304 | Hilary | Pontefract | | 138 | Female | 108 | FV45 | 10 | 00:59:40 |
| 305 | Madeleine | Sidi | | 568 | Female | 109 | FOPEN | 22 | 00:59:41 |
| 306 | Dawn | Corlett | EPOTS | 97 | Female | 110 | FV50 | 24 | 00:59:41 |
| 307 | Stephen | Harrison | | 602 | Male | 197 | MV45 | 20 | 00:59:42 |
| 308 | Joseph | Webb | Eden Runners | 425 | Male | 198 | MV40 | 29 | 00:59:43 |
| 309 | David | Pontefract | | 137 | Male | 199 | MV45 | 21 | 00:59:46 |
| 310 | Simon | Coppack | | 209 | Male | 200 | MV45 | 22 | 00:59:47 |

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|-----|----------|-------------|------------------------------|-----|--------|-----|-------|----|----------|
| 311 | Graham | Burns | Skipton AC | 32 | Male | 201 | MOPEN | 61 | 00:59:47 |
| 312 | Emma | Lindblom | | 846 | Female | 111 | FOPEN | 23 | 00:59:48 |
| 313 | Ian | Mitchell | | 829 | Male | 202 | MV60 | 26 | 00:59:48 |
| 314 | Jacob | Turner | Swift-Tees | 60 | Male | 203 | MOPEN | 62 | 00:59:53 |
| 315 | Bryan | Websdale | | 494 | Male | 204 | MV50 | 23 | 00:59:53 |
| 316 | Doug | Kleppen | | 686 | Male | 205 | MV50 | 24 | 00:59:53 |
| 317 | Victoria | Coppack | | 208 | Female | 112 | FV40 | 28 | 01:00:01 |
| 318 | Jeanie | Starkie | | 538 | Female | 113 | FV50 | 25 | 01:00:12 |
| 319 | Abby | Alexander | | 227 | Female | 114 | FV45 | 11 | 01:00:14 |
| 320 | Ellen | Dicicco | | 226 | Female | 115 | FV40 | 29 | 01:00:15 |
| 321 | Sam | Dixon | | 261 | Female | 116 | FV55 | 11 | 01:00:16 |
| 322 | Richard | Corlett | EPOTS | 98 | Male | 206 | MV55 | 30 | 01:00:16 |
| 323 | Sarah | Harrison | Skipton AC | 3 | Female | 117 | FV40 | 30 | 01:00:18 |
| 324 | Rachel | Clark | | 367 | Female | 118 | FV45 | 12 | 01:00:21 |
| 325 | Tim | Oscroft | | 456 | Male | 207 | MV50 | 25 | 01:00:22 |
| 326 | John | Kingsnorth | | 340 | Male | 208 | MV60 | 27 | 01:00:38 |
| 327 | Pippa | Burgess | | 486 | Female | 119 | FV50 | 26 | 01:00:42 |
| 328 | Laura | Nield | Allithwaite Running Club | 595 | Female | 120 | FV40 | 31 | 01:00:51 |
| 329 | Sarah | Douthwaite | | 25 | Female | 121 | FV45 | 13 | 01:00:52 |
| 330 | Will | Douthwaite | Helm Hill | 24 | Male | 209 | MOPEN | 63 | 01:00:53 |
| 331 | Kathrin | Meyrick | Serpentine Runners | 34 | Male | 210 | MV55 | 31 | 01:01:00 |
| 332 | Jonathan | Prager | | 215 | Male | 211 | MV55 | 32 | 01:01:07 |
| 333 | Beth | Kelly | | 828 | Female | 122 | FOPEN | 24 | 01:01:09 |
| 334 | Libby | John | | 282 | Female | 123 | FV60 | 6 | 01:01:09 |
| 335 | Vhairi | Potts | | 295 | Female | 124 | FOPEN | 25 | 01:01:10 |
| 336 | Sharon | Dawson | Eden Runners | 603 | Female | 125 | FV55 | 12 | 01:01:17 |
| 337 | Sally | Metcalfe | Eden Runners | 648 | Female | 126 | FV45 | 14 | 01:01:17 |
| 338 | Liz | Farthing | Eden Runners | 582 | Female | 127 | FV50 | 27 | 01:01:17 |
| 339 | Sarah | Crowther | | 320 | Female | 128 | FV40 | 32 | 01:01:18 |
| 340 | Martin | Varley | | 743 | Male | 212 | MV55 | 33 | 01:01:21 |
| 341 | Davina | Solomon | | 487 | Female | 129 | FV45 | 15 | 01:01:23 |
| 342 | Gordon | Mackintosh | | 225 | Male | 213 | MV60 | 28 | 01:01:32 |
| 343 | Sam | Williams | Gainsborough & Morton Stride | 315 | Female | 130 | FV40 | 33 | 01:01:37 |
| 344 | Pete | Lees | | 826 | Male | 214 | MV55 | 34 | 01:01:38 |
| 345 | David | Beuzeval | | 179 | Male | 215 | MV50 | 26 | 01:01:46 |
| 346 | Stephen | Blatcher | | 90 | Male | 216 | MOPEN | 64 | 01:01:47 |
| 347 | Chris | Artingstall | | 674 | Male | 217 | MV50 | 27 | 01:01:52 |
| 348 | Alex | Christian | | 242 | Female | 131 | FOPEN | 26 | 01:02:00 |
| 349 | Jerome | Barton | | 485 | Male | 218 | MV50 | 28 | 01:02:10 |

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|-----|----------|----------------|--------------------------|-----|--------|-----|-------|----|----------|
| 350 | Sarah | Millington | Skipton AC | 409 | Female | 132 | FV50 | 28 | 01:02:10 |
| 351 | Ruth | Jacobs | | 116 | Female | 133 | FV55 | 13 | 01:02:16 |
| 352 | Bernard | Conlon | | 678 | Male | 219 | MV60 | 29 | 01:02:16 |
| 353 | John | Boon | | 360 | Male | 220 | MV40 | 30 | 01:02:19 |
| 354 | John | Gilligan | | 721 | Male | 221 | MV50 | 29 | 01:02:25 |
| 355 | Val | Houghton | | 336 | Female | 134 | FV55 | 14 | 01:02:34 |
| 356 | Jane | Davies | | 337 | Male | 222 | MV55 | 35 | 01:02:35 |
| 357 | Andrea | Wright | Allithwaite Running Club | 597 | Female | 135 | FV55 | 15 | 01:02:42 |
| 358 | Ruby | Wade | | 734 | Female | 136 | FOPEN | 27 | 01:02:44 |
| 359 | Elaine | Simmill | Lancaster & Morecambe | 153 | Female | 137 | FV60 | 7 | 01:02:47 |
| 360 | Jessica | Hartley | | 576 | Female | 138 | FV35 | 8 | 01:02:52 |
| 361 | Colette | Mcgrory | | 102 | Female | 139 | FV35 | 9 | 01:02:55 |
| 362 | Roy | Bell | | 670 | Male | 223 | MV60 | 30 | 01:02:58 |
| 363 | Mark | Tyrer | | 212 | Male | 224 | MV45 | 23 | 01:03:02 |
| 364 | Poppy | Tyrer | | 239 | Female | 140 | FU18 | 1 | 01:03:03 |
| 365 | Richard | Eardley | | 652 | Male | 225 | MOPEN | 65 | 01:03:03 |
| 366 | Lisa | Tyrer | | 124 | Female | 141 | FV45 | 16 | 01:03:04 |
| 367 | Simon | Cook | Lonely Goat Running Club | 840 | Male | 226 | MV45 | 24 | 01:03:09 |
| 368 | Tara | Hilton | | 733 | Female | 142 | FOPEN | 28 | 01:03:10 |
| 369 | Jane | Staff | | 741 | Female | 143 | FV65 | 4 | 01:03:14 |
| 370 | Jo | Hedley | | 413 | Female | 144 | FV40 | 34 | 01:03:17 |
| 371 | Michael | Roberts | Penny Lane Striders | 254 | Male | 227 | MV60 | 31 | 01:03:24 |
| 372 | Naomi | Morrison | | 118 | Female | 145 | FV50 | 29 | 01:03:26 |
| 373 | Jesus | Marquez | | 573 | Male | 228 | MV40 | 31 | 01:03:28 |
| 374 | Stu | Taylor | | 784 | Male | 229 | MV45 | 25 | 01:03:30 |
| 375 | Sarah | Simpson | | 737 | Female | 146 | FV35 | 10 | 01:03:31 |
| 376 | Anne | Greenney | | 541 | Female | 147 | FV45 | 17 | 01:03:31 |
| 377 | Wolfgang | Altenau | | 556 | Male | 230 | MV70 | 4 | 01:03:31 |
| 378 | Richard | Bastille | | 415 | Male | 231 | MV45 | 26 | 01:03:34 |
| 379 | Marianne | Bastille | | 416 | Female | 148 | FV45 | 18 | 01:03:34 |
| 380 | Simon | Byron-Keeler | | 726 | Male | 232 | MV45 | 27 | 01:03:38 |
| 381 | Matt | Dunn | Kendal AC | 659 | Male | 233 | MV45 | 28 | 01:03:39 |
| 382 | Steve | Keating | | 66 | Male | 234 | MV55 | 36 | 01:03:45 |
| 383 | Audrey | O'Kelly | Carlisle Tri Club | 728 | Female | 149 | FV55 | 16 | 01:03:49 |
| 384 | James | Patrickson | | 235 | Male | 235 | MV55 | 37 | 01:03:50 |
| 385 | Laura | Stringer | | 89 | Female | 150 | FOPEN | 29 | 01:03:53 |
| 386 | Sam | Nicholson | Border Reiver Runners | 682 | Female | 151 | FV50 | 30 | 01:03:57 |
| 387 | Karen | Thistlethwaite | | 181 | Female | 152 | FV35 | 11 | 01:03:58 |
| 388 | Helen | Shepherd | | 739 | Female | 153 | FV45 | 19 | 01:04:04 |

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| 389 | Dan | Visser | | 803 | Male | 236 | MV50 | 30 | 01:04:11 |
| 390 | Andrew | Lane | | 710 | Male | 237 | MV50 | 31 | 01:04:13 |
| 391 | Cass | Chisholm | Calder Valley Fell Runners | 191 | Female | 154 | FV40 | 35 | 01:04:17 |
| 392 | Rosie | Eagles | | 458 | Female | 155 | FOPEN | 30 | 01:04:17 |
| 393 | Alison | Pearson | | 566 | Female | 156 | FV60 | 8 | 01:04:28 |
| 394 | Richard | Stone | BarraCuda | 511 | Male | 238 | MV50 | 32 | 01:04:40 |
| 395 | Brenda | Shacklady | EPOTS | 41 | Female | 157 | FV60 | 9 | 01:04:49 |
| 396 | Moira | Farrelly | Salford Met AC | 447 | Female | 158 | FV65 | 5 | 01:04:52 |
| 397 | Lynne | Midgley-Ward | Ponteland Runners | 650 | Female | 159 | FV50 | 31 | 01:04:52 |
| 398 | Sarah | Dodwell | | 334 | Female | 160 | FOPEN | 31 | 01:04:59 |
| 399 | Juliette | Sidi | | 638 | Female | 161 | FOPEN | 32 | 01:05:02 |
| 400 | Gillian | Hughes | | 508 | Female | 162 | FV45 | 20 | 01:05:03 |
| 401 | Yasmin | Blamire | | 283 | Female | 163 | FOPEN | 33 | 01:05:04 |
| 402 | Sarah | Harris | | 296 | Female | 164 | FOPEN | 34 | 01:05:06 |
| 403 | Ryan | Harris | | 297 | Male | 239 | MOPEN | 66 | 01:05:07 |
| 404 | Dale | Young | | 463 | Male | 240 | MV50 | 33 | 01:05:07 |
| 405 | Tim | Parsons | | 639 | Male | 241 | MOPEN | 67 | 01:05:08 |
| 406 | Gail | Harrison | Bolton United Harriers & AC | 714 | Female | 165 | FV45 | 21 | 01:05:16 |
| 407 | Kath | Pollard | | 788 | Female | 166 | FV55 | 17 | 01:05:28 |
| 408 | Julia | Wilson | | 72 | Female | 167 | FU18 | 2 | 01:05:29 |
| 409 | Jeffrey | Wilson | | 70 | Male | 242 | MV55 | 38 | 01:05:29 |
| 410 | Helen | Honeyman | | 237 | Female | 168 | FV60 | 10 | 01:05:36 |
| 411 | Andrew | Pringle | | 311 | Male | 243 | MV60 | 32 | 01:05:37 |
| 412 | Susan | Patrickson | | 236 | Female | 169 | FV55 | 18 | 01:05:38 |
| 413 | Selina | Priestley | | 338 | Female | 170 | FV40 | 36 | 01:05:41 |
| 414 | Carolyn | Shelley | | 330 | Female | 171 | FV40 | 37 | 01:05:41 |
| 415 | Emma | Fleming | | 331 | Female | 172 | FV35 | 12 | 01:05:41 |
| 416 | Danny | Fearns | | 155 | Male | 244 | MV60 | 33 | 01:05:42 |
| 417 | Sean | Read | | 789 | Male | 245 | MV55 | 39 | 01:05:44 |
| 418 | Sarah | Wray | Wimbledon Windmilers | 305 | Female | 173 | FV50 | 32 | 01:05:44 |
| 419 | Elizabeth | Bunney | Blaydon Harriers | 565 | Female | 174 | FV60 | 11 | 01:05:46 |
| 420 | Rosanna | Bunney | Blaydon Harriers | 564 | Female | 175 | FOPEN | 35 | 01:05:47 |
| 421 | John | Bailey | | 663 | Male | 246 | MV60 | 34 | 01:05:52 |
| 422 | Colin | Hilton | | 223 | Male | 247 | MOPEN | 68 | 01:05:55 |
| 423 | Graham | Melling | | 175 | Male | 248 | MV55 | 40 | 01:05:56 |
| 424 | Carol | Tidgwell | EPOTS | 17 | Female | 176 | FV65 | 6 | 01:06:00 |
| 425 | Ian | Bates | | 742 | Male | 249 | MV50 | 34 | 01:06:01 |
| 426 | Elizabeth | Quinn | | 572 | Female | 177 | FV35 | 13 | 01:06:02 |
| 427 | Janice | Sheel | EPOTS | 80 | Female | 178 | FV65 | 7 | 01:06:03 |

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| 428 | Louise | Lawton | | 575 | Female | 179 | FV40 | 38 | 01:06:12 |
| 429 | Lesley | Harris | | 730 | Female | 180 | FV50 | 33 | 01:06:15 |
| 430 | Sam | Ashdown | | 759 | Female | 181 | FV50 | 34 | 01:06:21 |
| 431 | Catherine | Mcnamee | Newburgh Nomads | 197 | Female | 182 | FV35 | 14 | 01:06:22 |
| 432 | Peter | Mcnamee | Newburgh Nomads | 196 | Male | 250 | MOPEN | 69 | 01:06:23 |
| 433 | Laura | Knowles | | 507 | Female | 183 | FV35 | 15 | 01:06:31 |
| 434 | Sally | Miles | | 186 | Female | 184 | FV55 | 19 | 01:06:33 |
| 435 | Phil | Roe | | 400 | Male | 251 | MV55 | 41 | 01:06:42 |
| 436 | Michelle | Roe | | 401 | Female | 185 | FV50 | 35 | 01:06:43 |
| 437 | Aldona | Wandzel | | 755 | Female | 186 | FV45 | 22 | 01:06:46 |
| 438 | Jo | Rotheram | EPOTS | 18 | Female | 187 | FV70 | 3 | 01:06:59 |
| 439 | Andrea | Concannon | EPOTS | 20 | Female | 188 | FV60 | 12 | 01:06:59 |
| 440 | Sally | Gardner | | 808 | Female | 189 | FV55 | 20 | 01:07:04 |
| 441 | Richard | King | | 764 | Male | 252 | MV60 | 35 | 01:07:05 |
| 442 | Helen | Westmorland-Nicholson | | 502 | Female | 190 | FV45 | 23 | 01:07:09 |
| 443 | Cecilia | Facchi | | 807 | Female | 191 | FOPEN | 36 | 01:07:09 |
| 444 | Simon | Hey | | 279 | Male | 253 | MOPEN | 70 | 01:07:10 |
| 445 | Lucie | Kelly | Achilli Ratti | 820 | Female | 192 | FV40 | 39 | 01:07:11 |
| 446 | Izabela | Borysiewicz | | 821 | Female | 193 | FV35 | 16 | 01:07:12 |
| 447 | Emma | Brierley | | 688 | Female | 194 | FV50 | 36 | 01:07:14 |
| 448 | Ryan | Coleman | | 278 | Male | 254 | MOPEN | 71 | 01:07:17 |
| 449 | Sarah | Salisbury | | 277 | Female | 195 | FOPEN | 37 | 01:07:17 |
| 450 | Michael | Coletta | | 749 | Male | 255 | MV50 | 35 | 01:07:28 |
| 451 | Bridie | Hamilton | | 439 | Female | 196 | FOPEN | 38 | 01:07:32 |
| 452 | Jonathan | Mills | | 339 | Male | 256 | MV60 | 36 | 01:07:34 |
| 453 | Joseph | Kime | | 440 | Male | 257 | MOPEN | 72 | 01:07:34 |
| 454 | Lesley | Middlebrook | | 499 | Female | 197 | FV60 | 13 | 01:07:36 |
| 455 | Patty | Davies | Helm Hill | 767 | Female | 198 | FV55 | 21 | 01:07:36 |
| 456 | Bridie | Marr | | 616 | Female | 199 | FV40 | 40 | 01:07:37 |
| 457 | Karen | Greene | | 795 | Female | 200 | FV55 | 22 | 01:07:38 |
| 458 | Jacky | Godfrey | | 553 | Female | 201 | FV60 | 14 | 01:07:39 |
| 459 | Jane | King | | 501 | Female | 202 | FV55 | 23 | 01:07:41 |
| 460 | Caroline | Wade | Helm Hill | 23 | Female | 203 | FV40 | 41 | 01:07:43 |
| 461 | Tessa | Shipton | | 810 | Female | 204 | FOPEN | 39 | 01:07:48 |
| 462 | Beth | Casson | Tri Lakeland | 412 | Female | 205 | FV35 | 17 | 01:07:50 |
| 463 | Michael | Greene | | 794 | Male | 258 | MV60 | 37 | 01:08:01 |
| 464 | Kirsti | Samson | | 286 | Female | 206 | FV50 | 37 | 01:08:04 |
| 465 | Robin | Dean | | 817 | Male | 259 | MV50 | 36 | 01:08:04 |
| 466 | Helen | Openshaw | | 50 | Female | 207 | FV50 | 38 | 01:08:08 |

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| 467 | Anne | Mcfarlane | Dumfries Running Club | 264 | Female | 208 | FV55 | 24 | 01:08:15 |
| 468 | Janet | Nash | Lakeland Orienteering Club | 747 | Female | 209 | FV70 | 4 | 01:08:22 |
| 469 | Joanna | Webb | | 437 | Female | 210 | FV55 | 25 | 01:08:23 |
| 470 | Gemma | Gordon | | 213 | Female | 211 | FV35 | 18 | 01:08:27 |
| 471 | Beccy | Onians | BarraCuda | 512 | Female | 212 | FV55 | 26 | 01:08:30 |
| 472 | Claire | Heggie | Border Reiver Runners | 245 | Female | 213 | FV40 | 42 | 01:08:32 |
| 473 | Sandra | Zamojska | | 476 | Female | 214 | FOPEN | 40 | 01:08:38 |
| 474 | Jessica | Jeffrey | | 474 | Female | 215 | FOPEN | 41 | 01:08:39 |
| 475 | Simon | Boygle | | 762 | Male | 260 | MV55 | 42 | 01:08:39 |
| 476 | Hannah | Forsgardh | | 475 | Female | 216 | FOPEN | 42 | 01:08:40 |
| 477 | Kirstin | Prager | | 214 | Female | 217 | FV50 | 39 | 01:09:01 |
| 478 | Pam | Anderson | York Knavesmire Harriers | 533 | Female | 218 | FV60 | 15 | 01:09:23 |
| 479 | Amanda | Ley | | 539 | Female | 219 | FV55 | 27 | 01:09:27 |
| 480 | Alison | Lansbury | | 203 | Female | 220 | FV50 | 40 | 01:09:31 |
| 481 | Caron | Parkes | | 135 | Female | 221 | FV50 | 41 | 01:09:47 |
| 482 | Eoin | Tonge | | 326 | Male | 261 | MV50 | 37 | 01:09:48 |
| 483 | Elizabeth | Peach | | 324 | Female | 222 | FV55 | 28 | 01:09:48 |
| 484 | Jennifer | Hamilton | | 328 | Female | 223 | FV50 | 42 | 01:09:48 |
| 485 | Andy | Potts | | 294 | Male | 262 | MV60 | 38 | 01:09:56 |
| 486 | Justine | Bairstow | | 48 | Female | 224 | FV50 | 43 | 01:10:09 |
| 487 | Michael | Fenwick | Bad Boy Running Club | 125 | Male | 263 | MV40 | 32 | 01:10:10 |
| 488 | Rachel | Flentje | | 694 | Female | 225 | FV40 | 43 | 01:10:13 |
| 489 | Abigail | Jardine | Eden Runners | 700 | Female | 226 | FV40 | 44 | 01:10:13 |
| 490 | Lola | Parker | | 628 | Female | 227 | FU18 | 3 | 01:10:14 |
| 491 | Jenny | Fenwick | | 128 | Female | 228 | FV40 | 45 | 01:10:20 |
| 492 | Garry | Bower | Eden Runners | 392 | Male | 264 | MV50 | 38 | 01:10:21 |
| 493 | John | Christian | | 526 | Male | 265 | MV60 | 39 | 01:10:23 |
| 494 | Katy | Drewette | Eden Runners | 816 | Female | 229 | FV40 | 46 | 01:10:24 |
| 495 | Andy | Woods | Millom Striders | 693 | Male | 266 | MV65 | 6 | 01:10:28 |
| 496 | James | Jardine | Eden Runners | 699 | Male | 267 | MV40 | 33 | 01:10:33 |
| 497 | Anna | Denby | | 594 | Female | 230 | FV45 | 24 | 01:10:34 |
| 498 | Pauline | O'Hara | | 642 | Female | 231 | FV55 | 29 | 01:10:36 |
| 499 | Denise | O'Hagan | | 643 | Female | 232 | FV45 | 25 | 01:10:36 |
| 500 | Leo | Pyrah | | 146 | Male | 268 | MOPEN | 73 | 01:10:43 |
| 501 | Hazel | Fyffe | Smiley Paces | 133 | Female | 233 | FV55 | 30 | 01:10:44 |
| 502 | Thomas | Shacklady | EPOTS | 42 | Male | 269 | MV65 | 7 | 01:10:54 |
| 503 | Mark | Doyle | EPOTS | 22 | Male | 270 | MV45 | 29 | 01:10:56 |
| 504 | Paul | Haddon | | 709 | Male | 271 | MV55 | 43 | 01:11:07 |
| 505 | Cerys | Williams | | 625 | Female | 234 | FV50 | 44 | 01:11:09 |

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| 506 | Charlotte | Main | | 624 | Female | 235 | FV45 | 26 | 01:11:10 |
| 507 | Evan | Shanks | | 657 | Male | 272 | MV45 | 30 | 01:11:28 |
| 508 | Hannah | Dabinett | | 11 | Female | 236 | FV35 | 19 | 01:11:28 |
| 509 | Jennifer | Webster | EPOTS | 37 | Female | 237 | FV40 | 47 | 01:11:28 |
| 510 | Isobel | Gabanski | | 44 | Female | 238 | FV50 | 45 | 01:11:31 |
| 511 | Sarah | Patterson | | 623 | Female | 239 | FV60 | 16 | 01:11:44 |
| 512 | Niamh | Crabtree | | 151 | Female | 240 | FOPEN | 43 | 01:11:57 |
| 513 | Louise | Walsh | Red Rose Road Runners | 74 | Female | 241 | FV50 | 46 | 01:12:03 |
| 514 | Keith | Burlison | Ambleside AC | 547 | Male | 273 | MV55 | 44 | 01:12:06 |
| 515 | Joe | Beaumont | | 706 | Male | 274 | FV45 | 27 | 01:12:08 |
| 516 | Stephanie | Coxon | | 259 | Female | 242 | FOPEN | 44 | 01:12:09 |
| 517 | Danny | Thompson | | 727 | Male | 275 | MV60 | 40 | 01:12:11 |
| 518 | Lizzy | Fawcett | | 273 | Female | 243 | FOPEN | 45 | 01:12:13 |
| 519 | Helen | Bennett | | 378 | Female | 244 | FV40 | 48 | 01:12:14 |
| 520 | Selina | Sweetman | | 274 | Female | 245 | FV40 | 49 | 01:12:15 |
| 521 | Cheryl | O'Neill | | 377 | Female | 246 | FV40 | 50 | 01:12:19 |
| 522 | Georgie | Introna | | 395 | Female | 247 | FV55 | 31 | 01:13:01 |
| 523 | Cheryl | Hood | | 632 | Female | 248 | FV50 | 47 | 01:13:08 |
| 524 | Susan | Boygle | | 761 | Female | 249 | FV55 | 32 | 01:13:09 |
| 525 | Nick | Hood | | 631 | Male | 276 | MV50 | 39 | 01:13:14 |
| 526 | Eloise | Kent | | 832 | Male | 277 | MOPEN | 74 | 01:13:17 |
| 527 | Jane | Nicholson | | 244 | Female | 250 | FV60 | 17 | 01:13:20 |
| 528 | Abi | Kwiatkowski | | 238 | Female | 251 | FV50 | 48 | 01:13:20 |
| 529 | Kathryn | Murphy | | 640 | Female | 252 | FOPEN | 46 | 01:13:21 |
| 530 | Philip | Mckay | | 683 | Male | 278 | MV60 | 41 | 01:13:40 |
| 531 | Val | Braybrooks | Halmer Harriers | 503 | Female | 253 | FV60 | 18 | 01:13:44 |
| 532 | Denise | Forster | | 46 | Female | 254 | FV60 | 19 | 01:13:54 |
| 533 | Victoria | Bromley | | 177 | Female | 255 | FV50 | 49 | 01:13:56 |
| 534 | Simon | Bromley | | 178 | Male | 279 | MV50 | 40 | 01:14:04 |
| 535 | Lizzy | Barlow | | 365 | Female | 256 | FU18 | 4 | 01:14:09 |
| 536 | Margaret | Ellams | EPOTS | 35 | Female | 257 | FV75 | 1 | 01:14:31 |
| 537 | Kathryn | Sinsheimer | | 543 | Female | 258 | FV65 | 8 | 01:14:47 |
| 538 | Dylan | Henry | | 152 | Male | 280 | MOPEN | 75 | 01:14:52 |
| 539 | Jane | Baines | | 30 | Female | 259 | FV55 | 33 | 01:15:12 |
| 540 | Jemma | Moorby | Jogging Pals | 28 | Female | 260 | FV40 | 51 | 01:15:12 |
| 541 | Lynne | Chapman | | 442 | Female | 261 | FV60 | 20 | 01:15:17 |
| 542 | Stuart | Braithwaite | | 563 | Male | 281 | MOPEN | 76 | 01:15:49 |
| 543 | Andrew | Miller | | 144 | Male | 282 | MV50 | 41 | 01:15:54 |
| 544 | Alice | Oconner | | 109 | Female | 262 | FOPEN | 47 | 01:16:34 |

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| 545 | Noel | Oconnor | | 45 | Male | 283 | MV55 | 45 | 01:16:41 |
| 546 | Abby | Wilson | | 473 | Female | 263 | FV35 | 20 | 01:17:06 |
| 547 | Vicki | Farrington | | 542 | Female | 264 | FV35 | 21 | 01:17:07 |
| 548 | Georgia | Crabtree | | 484 | Female | 265 | FU18 | 5 | 01:17:08 |
| 549 | Molly | Maire | | 452 | Female | 266 | FOPEN | 48 | 01:17:24 |
| 550 | Gigha | Gibson | | 69 | Female | 267 | FOPEN | 49 | 01:17:30 |
| 551 | Victoria | McGawley | | 132 | Female | 268 | FV35 | 22 | 01:17:32 |
| 552 | Jennifer | Miller | | 143 | Female | 269 | FV50 | 50 | 01:17:36 |
| 553 | Gordon | Beverley | | 332 | Male | 284 | MV50 | 42 | 01:18:05 |
| 554 | Jess | Dimes | | 417 | Female | 270 | FV40 | 52 | 01:18:07 |
| 555 | Julie | Firth | | 418 | Female | 271 | FV35 | 23 | 01:18:09 |
| 556 | Catherine | Dunham | | 443 | Female | 272 | FV35 | 24 | 01:18:09 |
| 557 | Andrea | Ridehalgh | | 626 | Female | 273 | FV55 | 34 | 01:18:45 |
| 558 | Earl | Martin | | 130 | Male | 285 | MV60 | 42 | 01:18:51 |
| 559 | Janie | Pyrah | | 352 | Female | 274 | FV35 | 25 | 01:19:01 |
| 560 | Christian | Velasquez | | 776 | Male | 286 | MV45 | 31 | 01:19:03 |
| 561 | Rhina | Villalon | | 777 | Female | 275 | FV45 | 28 | 01:19:04 |
| 562 | Stewart | Pyrah | | 147 | Male | 287 | MV65 | 8 | 01:19:08 |
| 563 | Emma | Teggart | Lonely Goat Running Club | 91 | Female | 276 | FV40 | 53 | 01:19:17 |
| 564 | Claire | Logan | Lonely Goat Running Club | 92 | Female | 277 | FV40 | 54 | 01:19:26 |
| 565 | Joanne | Dann | | 514 | Female | 278 | FV50 | 51 | 01:19:33 |
| 566 | Lily | Dann | | 516 | Female | 279 | FU18 | 6 | 01:19:36 |
| 567 | Ursula | Brendling | | 515 | Female | 280 | FV55 | 35 | 01:19:42 |
| 568 | Val | Parry | EPOTS | 12 | Female | 281 | FV65 | 9 | 01:19:48 |
| 569 | Alison | Creamer | EPOTS | 38 | Female | 282 | FV60 | 21 | 01:19:59 |
| 570 | Vincent | Creamer | EPOTS | 39 | Male | 288 | MV60 | 43 | 01:20:00 |
| 571 | Melanie | Crabtree | | 483 | Female | 283 | FV45 | 29 | 01:20:11 |
| 572 | Angela | Crabtree | | 150 | Female | 284 | FV50 | 52 | 01:20:13 |
| 573 | Rachel | Mackinnon | | 690 | Female | 285 | FV40 | 55 | 01:20:32 |
| 574 | Grace | Naylor | | 806 | Male | 289 | MOPEN | 77 | 01:20:34 |
| 575 | Karen | Goffe | | 383 | Female | 286 | FV40 | 56 | 01:20:38 |
| 576 | Nic | Crompton | | 387 | Female | 287 | FV40 | 57 | 01:20:39 |
| 577 | Andrew | Harris | | 805 | Male | 290 | MOPEN | 78 | 01:20:41 |
| 578 | Richard | Macfarlane | | 6 | Male | 291 | MOPEN | 79 | 01:21:13 |
| 579 | Becky | Flight | | 293 | Female | 288 | FV40 | 58 | 01:22:23 |
| 580 | Laura | Whittaker | | 200 | Female | 289 | FV40 | 59 | 01:22:23 |
| 581 | Helen | Field | | 103 | Female | 290 | FV40 | 60 | 01:22:24 |
| 582 | Elizabeth | Hardaker | | 217 | Female | 291 | FV65 | 10 | 01:22:25 |
| 583 | Vicky | Stainton | | 812 | Female | 292 | FV40 | 61 | 01:22:35 |

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| 584 | Abigail | Wilson | | 419 | Female | 293 | FOPEN | 50 | 01:22:41 |
| 585 | Daniela | Wilson | | 71 | Female | 294 | FV50 | 53 | 01:22:58 |
| 586 | Audrey | Russell | EPOTS | 141 | Female | 295 | FV60 | 22 | 01:23:23 |
| 587 | Tim | Edwards | | 495 | Male | 292 | MV60 | 44 | 01:23:26 |
| 588 | Graeme | Russell | EPOTS | 142 | Male | 293 | MV60 | 45 | 01:23:29 |
| 589 | Sarah | Ives | | 786 | Female | 296 | FV55 | 36 | 01:23:44 |
| 590 | Julie | Wright | Fetcheveryone | 381 | Female | 297 | FV50 | 54 | 01:24:20 |
| 591 | Rosa | Elliott | Mileshyclub | 59 | Female | 298 | FV60 | 23 | 01:24:21 |
| 592 | Helene | Coelho | | 318 | Female | 299 | FOPEN | 51 | 01:25:19 |
| 593 | Becky | Willoughby | Helm Hill | 101 | Female | 300 | FV50 | 55 | 01:25:48 |
| 594 | Richard | Anderson | York Knavesmire Harriers | 534 | Male | 294 | MV65 | 9 | 01:26:50 |
| 595 | Caroline | Hendra | | 123 | Female | 301 | FV65 | 11 | 01:27:14 |
| 596 | Mags | Jones | | 736 | Female | 302 | FV50 | 56 | 01:28:01 |
| 597 | Ruth | Wood | | 655 | Female | 303 | FV35 | 26 | 01:28:18 |
| 598 | Thomas | Matthews | | 319 | Male | 295 | MOPEN | 80 | 01:28:57 |
| 599 | Helen | Matthews | Ambleside AC | 302 | Female | 304 | FV50 | 57 | 01:29:06 |
| 600 | Lynne | Martin | | 131 | Female | 305 | FV60 | 24 | 01:31:01 |
| 601 | Laurie | Aspden | | 848 | Female | 306 | FOPEN | 52 | 01:36:51 |
| 602 | Kayleigh | Ovington | | 492 | Female | 307 | FV35 | 27 | 01:36:52 |
| DNF | Finn | Lawton | Knutsford Tri Club | 608 | Male | DNF | MOPEN | DNF | DNF |
| DNF | Fen | Mclean | | 811 | Female | DNF | FOPEN | DNF | DNF |
| DNF | Laura | Harvey | | 307 | Female | DNF | FV35 | DNF | DNF |