

| Position | Time | Number | Name | Club | Category | Gender Pos | Cat Pos |
|----------|-------|--------|--------------------|-------------------------|----------|------------|---------|
| 1 | 23:12 | 115 | Phil Winskill | Keswick AC | M | 1 | 1 |
| 2 | 23:42 | 110 | Sam Stead | Keswick AC | M | 2 | 2 |
| 3 | 24:00 | 116 | Tom Durcan | Derwent AC | M | 3 | 3 |
| 4 | 25:06 | 132 | Mark Lamb | Keswick AC | M | 4 | 4 |
| 5 | 25:20 | 142 | Michael Cunningham | Borrowdale Fell Runners | M | 5 | 5 |
| 6 | 25:38 | 106 | Howard Seal | Derwent AC | MV40-50 | 6 | 1 |
| 7 | 26:00 | 127 | David McKabe | Trawden AC | MV40-50 | 7 | 2 |
| 8 | 26:01 | 133 | Hannah Horsburgh | Keswick AC | F | 1 | 1 |
| 9 | 26:14 | 69 | Tony Mounsey | Cumberland AC | MV40-50 | 8 | 3 |
| 10 | 26:19 | 111 | Tom Howe | Derwent AC | M | 9 | 6 |
| 11 | 26:26 | 128 | Lee Newton | Keswick AC | M | 10 | 7 |
| 12 | 26:47 | 92 | Shaun Atkinson | Ellenborough AC | M | 11 | 8 |
| 13 | 26:47 | 112 | Marc Penn | St Bees Triers | M | 12 | 9 |
| 14 | 27:00 | 102 | Mike Anderson | Tri lakeland | MV50-60 | 13 | 1 |
| 15 | 27:58 | 141 | Robert Morris | Derwent AC | M | 14 | 10 |
| 16 | 28:07 | 77 | Stephen Hackley | Derwent AC | M | 15 | 11 |
| 17 | 28:13 | 138 | Amanda Ingram | Tri Lakeland | FV35-45 | 2 | 1 |
| 18 | 28:20 | 119 | Paul Todd | Cumberland AC | MV40-50 | 16 | 4 |
| 19 | 28:25 | 72 | Stephen Brown | Ellenborough AC | MV40-50 | 17 | 5 |
| 20 | 28:25 | 129 | Lucy Stobbart | Cumberland AC | F | 3 | 2 |
| 21 | 28:40 | 123 | Nick Lancaster | Derwent AC | MV60+ | 18 | 1 |
| 22 | 28:46 | 130 | Graeme Fox | Ellenborough AC | M | 19 | 12 |
| 23 | 28:54 | 71 | Tony Briscoe | Cumberland AC | MV50-60 | 20 | 2 |
| 24 | 29:08 | 136 | Stephen Douglas | Ellenborough AC | M | 21 | 13 |
| 25 | 29:26 | 107 | Tony Holliday | Cumberland AC | MV40-50 | 22 | 6 |
| 26 | 29:30 | 135 | Andy Rodger | Unattached | MV40-50 | 23 | 7 |
| 27 | 29:59 | 131 | Tom Loan | Kewsick AC | M | 24 | 14 |
| 28 | 30:15 | 113 | Andrew Eland | Tri Lakeland | MV40-50 | 25 | 8 |
| 29 | 30:30 | 75 | David Burton | Keswick AC | MV50-60 | 26 | 3 |
| 30 | 30:30 | 76 | Peter Milligan | Cumberland AC | M | 27 | 15 |
| 31 | 30:43 | 89 | Andrew Reid | Ellenborough AC | MV50-60 | 28 | 4 |
| 32 | 30:45 | 140 | David Atkinson | Blengdale AC | MV40-50 | 29 | 9 |
| 33 | 30:54 | 99 | Debbie Walker | Derwent AC | FV35-45 | 4 | 2 |
| 34 | 31:19 | 104 | Dominic Davis | Derwent AC | M | 30 | 16 |
| 35 | 31:37 | 88 | Richard Williams | Unattached | M | 31 | 17 |
| 36 | 31:39 | 122 | Emma Graham | St Bees Triers | FV35-45 | 5 | 3 |
| 37 | 31:42 | 73 | Errick Hannah | Cumberland AC | MV50-60 | 32 | 5 |
| 38 | 32:05 | 87 | Michael Southam | Unattached | M | 33 | 18 |
| 39 | 32:40 | 68 | Susan Cain | Penny Lane Striders | FV55+ | 6 | 1 |
| 40 | 32:50 | 114 | Leanne Jackson | Unattached | F | 7 | 3 |
| 41 | 33:06 | 118 | Trudy Beetham | Keswick AC | FV35-45 | 8 | 4 |
| 42 | 33:15 | 146 | Rachel Jeff | Cumberland AC | FV35-45 | 9 | 5 |
| 43 | 33:17 | 95 | Dawn Pritchard | Tri Lakeland | FV35-45 | 10 | 6 |
| 44 | 33:30 | 82 | John Bamforth | Unattached | MV40-50 | 34 | 10 |
| 45 | 33:31 | 84 | Rhiannon Jones | Cumberland AC | FV35-45 | 11 | 7 |
| 46 | 33:44 | 100 | Graham Legget | Cumberland AC | MV40-50 | 35 | 11 |
| 47 | 34:03 | 98 | Joe Ritson | Derwent AC | MV50-60 | 36 | 6 |
| 48 | 34:08 | 121 | Stuart Buchanan | Cumberland AC | MV50-60 | 37 | 7 |

| | | | | | | | |
|----|-------|-----|---------------------|-------------------------|---------|----|----|
| 49 | 34:15 | 145 | Caroline Cunningham | Borrowdale Fell Runners | FV35-45 | 12 | 8 |
| 50 | 34:18 | 126 | Daniel Dutton | Derwent AC | M | 38 | 19 |
| 51 | 34:26 | 125 | Martin Dutton | Derwent AC | MV40-50 | 39 | 12 |
| 52 | 34:54 | 93 | Amanda Denyer | Unattached | FV35-45 | 13 | 9 |
| 53 | 34:59 | 101 | Dave Wilson | Derwent AC | MV50-60 | 40 | 8 |
| 54 | 35:08 | 109 | Kim Clark | Keswick AC | FV55+ | 14 | 2 |
| 55 | 35:28 | 137 | William Cunningham | Cumberland AC | MV40-50 | 41 | 13 |
| 56 | 35:38 | 103 | Piers Tupman | Unattached | MV40-50 | 42 | 14 |
| 57 | 35:52 | 139 | Gary park | Unattached | M | 43 | 20 |
| 58 | 36:10 | 80 | Tony Jewell | CFR | MV60+ | 44 | 2 |
| 59 | 36:30 | 105 | Chris Clark | Keswick AC | MV60+ | 45 | 3 |
| 60 | 36:40 | 108 | Emma McKinney | Keswick AC | JF | 15 | 1 |
| 61 | 36:46 | 120 | Bev Faulder | Seaton AC | FV35-45 | 16 | 10 |
| 62 | 37:17 | 97 | Joanne Percival | Cumberland AC | FV35-45 | 17 | 11 |
| 63 | 37:21 | 144 | Margaret Hawley | Cumberland AC | FV55+ | 18 | 3 |
| 64 | 37:40 | 94 | Paul Denyer | St Bees Triers | MV40-50 | 46 | 15 |
| 65 | 38:04 | 78 | Sue Ashley | Keswick AC | FV55+ | 19 | 4 |
| 66 | 38:15 | 143 | Philip Hawley | Cumberland AC | MV60+ | 47 | 4 |
| 67 | 39:08 | 117 | Peter Jackson | Unattached | MV60+ | 48 | 5 |
| 68 | 39:23 | 86 | Lindsay Buck | CFR | FV45-55 | 20 | 1 |
| 69 | 39:25 | 90 | Alison Andrew | Cumberland AC | FV45-55 | 21 | 2 |
| 70 | 39:45 | 91 | Andrea Fell | Cumberland AC | FV35-45 | 22 | 12 |
| 71 | 40:52 | 74 | David Hackley | Unattached | MV60+ | 49 | 6 |
| 72 | 41:43 | 147 | Stuart Pyne | Cumberland AC | M | 50 | 21 |
| 73 | 42:15 | 79 | Richard Jewell | Unattached | MV40-50 | 51 | 16 |
| 74 | 42:18 | 83 | David Morgan | CFR | MV60+ | 52 | 7 |
| 75 | 42:42 | 148 | Tracey Owen | Cumberland AC | FV35-45 | 23 | 13 |
| 76 | 43:13 | 96 | Catherine Keevil | Derwent AC | F | 24 | 4 |
| 77 | 44:58 | 81 | Stephen Watson | CFR | MV60+ | 53 | 8 |
| 78 | 45:47 | 85 | Mike Bell | Unattached | MV60+ | 54 | 9 |
| 79 | 45:48 | 134 | Geoff Harrington | Cumberland AC | MV60+ | 55 | 10 |
| 80 | 46:23 | 70 | George Greenwood | Unattached | MV60+ | 56 | 11 |
| 81 | 48:12 | 124 | Heidi Martin | Unattached | F | 25 | 5 |