

| Pos | Bib | Name | Time | Pos | Bib | Name | Time |
|--------------|-----|--------------------|---------|------------|-----|--------------------|---------|
| F Sen | | | | F35 | | | |
| 1. | 426 | Kerryn Girvan | 44:01 | 1. | 401 | Alexandra Harrison | 45:35 |
| 2. | 394 | Ella Heap | 44:37 | 2. | 143 | Andrea Newnes | 46:03 |
| 3. | 189 | Alex Mortlock | 45:24 | 3. | 241 | Sameera Westcott | 47:27 |
| 4. | 390 | Jenny Daly | 45:41 | 4. | 176 | Jay Friar | 48:39 |
| 5. | 391 | Emily Daly | 46:52 | 5. | 99 | Kirstie McCaffrey | 49:48 |
| 6. | 311 | Olivia Brown | 48:03 | 6. | 148 | Hannah Morrow | 50:37 |
| 7. | 323 | Sarah Lunt | 49:12 | 7. | 86 | Amy McCarthy | 52:59 |
| 8. | 403 | Danielle Kroin | 49:33 | 8. | 188 | Tania Sparks | 56:29 |
| 9. | 250 | Alice Nottingham | 49:50 | 9. | 104 | Kathryn Bayfield | 57:48 |
| 10. | 202 | Emily Conway | 50:38 | 10. | 365 | Rafaela Carmona | 57:49 |
| 11. | 259 | Hayley Forrester | 51:33 | 11. | 411 | Elizabeth Millward | 58:16 |
| 12. | 170 | Megan Carr | 51:51 | 12. | 196 | Tina Law | 58:19 |
| 13. | 173 | Victoria Kirkbride | 52:46 | 13. | 366 | Sophie Hunt | 59:06 |
| 14. | 147 | Rachel Waring | 52:49 | 14. | 290 | Laura MacLennan | 1:00:52 |
| 15. | 339 | Niamh Oconnor | 53:58 | 15. | 300 | Rachael Obyrne | 1:02:58 |
| 16. | 160 | Milla Norris | 54:41 | F40 | | | |
| 17. | 226 | Lauren O'Connor | 55:41 | 1. | 326 | Elaine Opara | 44:50 |
| 18. | 128 | Amy Parkinson | 56:51 | 2. | 97 | Rachael Parker | 50:43 |
| 19. | 93 | Ria Wilton | 57:11 | 3. | 320 | Helen Patterson | 51:27 |
| 20. | 238 | Niamh Mannion | 57:36 | 4. | 384 | Christine Webley | 51:31 |
| 21. | 171 | Louisa Bacon-Hall | 57:46 | 5. | 252 | Sarah Jones | 53:59 |
| 22. | 118 | Georgia Plunkett | 58:43 | 6. | 165 | Hilde Moe Hoiesen | 55:19 |
| 23. | 182 | Emily Hardman | 59:17 | 7. | 48 | Leeanne Evans | 55:21 |
| 24. | 194 | Ella Brown | 59:20 | 8. | 49 | Joanne Evans | 55:30 |
| 25. | 358 | Serena Wynter | 59:30 | 9. | 400 | Ruth Hollick | 56:10 |
| 26. | 164 | Katie Nicolson | 59:44 | 10. | 258 | Jo James | 56:17 |
| 27. | 90 | Leanne Irwin | 1:00:10 | 11. | 281 | Jenny Appleton | 57:39 |
| 28. | 235 | Megan Tinsley | 1:00:20 | 12. | 344 | Abigail Gibson | 58:05 |
| 29. | 37 | Erin Cavanagh | 1:00:57 | 13. | 79 | Debbie Hurst | 1:05:27 |
| 30. | 305 | Jenny Tomkinson | 1:01:09 | 14. | 82 | Julie MCGowan | 1:07:20 |
| 31. | 158 | Katherine Stanley | 1:01:09 | 15. | 77 | Michelle Witter | 1:07:51 |
| 32. | 101 | Molly Magee | 1:04:47 | 16. | 327 | Alison Boag-Munroe | 1:13:16 |
| 33. | 298 | Laura Duncan | 1:06:31 | 17. | 58 | Moody Jo | 1:24:40 |
| 34. | 297 | Shannon Granleese | 1:08:07 | F45 | | | |
| 35. | 200 | Lucy Hoskins | 1:08:16 | 1. | 71 | Emma Fraser | 44:56 |
| 36. | 230 | Saffron Francis | 1:08:51 | 2. | 53 | Sharon Martin | 45:28 |
| 37. | 380 | Ciara Hickey | 1:10:57 | 3. | 52 | Jennifer Elliott | 45:31 |
| 38. | 193 | Amy Neill | 1:14:15 | 4. | 406 | Julia Kelly | 53:22 |
| 39. | 271 | Kaitlin Brown | 1:16:10 | 5. | 44 | Paula Watson | 54:28 |
| 40. | 429 | Amy Edwards | 1:45:51 | 6. | 213 | Deborah Hill | 57:39 |
| DNF | 277 | Olivia MacCormack | | 7. | 382 | Helen Roche | 58:09 |
| | | | | 8. | 294 | Natalie Matthews | 1:00:07 |

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| 9. | 431 | Jessica Garrigan | 1:01:45 | 2. | 67 | Rosemary Rogers | 1:03:19 |
| 10. | 192 | Sharon McGough | 1:04:38 | 3. | 276 | Carol Knowles | 1:14:50 |
| 11. | 116 | Claire Plunkett | 1:06:07 | F75 | | | |
| 12. | 177 | Denise Garrigan | 1:06:38 | 1. | 54 | Susan Stewart | 59:53 |
| 13. | 78 | Martha Hughes | 1:07:13 | 2. | 190 | Patricia Wright | 1:11:15 |
| 14. | 60 | Samantha Gothard | 1:13:34 | 3. | 43 | Elizabeth Simpson | 1:12:28 |
| F50 | | | | | | | |
| 1. | 273 | Ann Johnson | 47:20 | | | | |
| 2. | 221 | Denise Roche | 48:44 | 1. | 215 | Arron Payne | 50:44 |
| 3. | 181 | Sharron Ainslie | 50:43 | 2. | 51 | Jacob Lipton | 57:08 |
| 4. | 65 | Fleur Culshaw | 50:43 | 3. | 206 | James Dickinson | 1:11:22 |
| 5. | 393 | Anne Rosbottom | 52:25 | M Sen | | | |
| 6. | 325 | Catherine Kearney | 55:15 | 1. | 370 | Jack Poland | 34:25 |
| 7. | 129 | Lesley Cormack | 58:16 | 2. | 187 | David Fazakerley | 34:43 |
| 8. | 407 | Dawn Hignett | 58:32 | 3. | 191 | Ben Moorcroft | 35:04 |
| 9. | 284 | Carol Peters | 1:01:33 | 4. | 357 | Anthony Wilde | 36:40 |
| 10. | 245 | Alison Peachey | 1:02:14 | 5. | 222 | Kieran O'Brien | 37:12 |
| 11. | 267 | Ruth O'Brien | 1:04:43 | 6. | 421 | Joshua Kearney | 37:22 |
| 12. | 183 | Helen Beckett | 1:08:32 | 7. | 371 | Mike Jones | 37:23 |
| 13. | 161 | Alison Kay | 1:11:15 | 8. | 137 | Jonny Kilpatrick | 37:41 |
| F55 | | | | 9. | 42 | Marc Singer | 37:54 |
| 1. | 415 | Michelle Murphy | 49:25 | 10. | 228 | Alex Rigby | 38:16 |
| 2. | 18 | Ann-Marie McCarthy | 51:20 | 11. | 10 | Jonny Bland | 38:17 |
| 3. | 272 | Sandra Bentley | 55:21 | 12. | 91 | Robert Dietz | 38:18 |
| 4. | 264 | Ann Obyrne | 1:08:07 | 13. | 140 | Matthew Halsall | 38:24 |
| DNF | 348 | Samantha Bentall | | 14. | 412 | Harry Hignett | 38:31 |
| F60 | | | | 15. | 180 | Christopher Baldwin | 38:41 |
| 1. | 309 | Lesley-Anne Cucksey | 55:28 | 16. | 261 | Matt Smith | 38:42 |
| 2. | 28 | Jayne Mclvor | 55:30 | 17. | 419 | Fran Bell | 38:45 |
| 3. | 130 | Jacqueline Jones | 55:57 | 18. | 199 | Kyle Harrison | 39:00 |
| 4. | 408 | Jan Swales | 56:00 | 19. | 234 | Sam Jones | 39:21 |
| 5. | 338 | Sharon Lamont | 58:51 | 20. | 257 | Konrad Latek | 39:26 |
| 6. | 162 | Linda Bannister | 59:06 | 21. | 218 | Jack Cotton | 39:41 |
| 7. | 409 | Lisbeth Owens | 1:14:09 | 22. | 436 | Steven Southern | 39:47 |
| DNF | 349 | Marie Motley | | 23. | 232 | Carl Kierman | 40:12 |
| F65 | | | | 24. | 251 | Liam Clark | 41:04 |
| 1. | 239 | Susan Cain | 51:50 | 25. | 420 | Criostai Hayden-Callen | 41:11 |
| 2. | 156 | Brenda Cahill | 52:17 | 26. | 63 | Owen Quirk | 41:14 |
| 3. | 47 | Rachel Rick | 1:00:04 | 27. | 225 | Joshua Hughes | 41:27 |
| 4. | 410 | Karen Fulton | 1:13:34 | 28. | 254 | Kieran Lucas | 41:36 |
| F70 | | | | 29. | 167 | James Lee | 41:45 |
| 1. | 331 | Christine Bonnar | 56:18 | 30. | 405 | Oliver Dodd | 42:10 |
| | | | | 31. | 388 | Arran Roberts | 42:30 |
| | | | | 32. | 139 | Adam Fitzsimmons | 42:41 |

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| Pos | Bib | Name | Time | Pos | Bib | Name | Time |
|-----|-----|------------------------|-------|------------|-----|-------------------|---------|
| 33. | 153 | Jordan Wilson | 42:42 | 78. | 174 | Michael Palmer | 59:20 |
| 34. | 423 | Jonathon Hull | 43:23 | 79. | 126 | Jack Mckeown | 59:35 |
| 35. | 352 | Lewis Hinton | 43:40 | 80. | 39 | Carl Moore | 59:52 |
| 36. | 379 | Ethan Burns | 44:04 | 81. | 12 | Liam Taylor | 1:10:01 |
| 37. | 418 | Billy Smart | 44:15 | 82. | 427 | Elliott Murphy | 1:14:16 |
| 38. | 376 | Tom Linnell | 44:33 | M35 | | | |
| 39. | 197 | Lewys Herman | 44:52 | 1. | 107 | Adam Hampson | 36:27 |
| 40. | 36 | Regan Wilford | 45:00 | 2. | 362 | Adam Simpkin | 38:08 |
| 41. | 87 | Stephen Nand-Lal | 45:02 | 3. | 236 | Stephen Tomlinson | 38:11 |
| 42. | 163 | Jack Buckton | 45:09 | 4. | 256 | Stuart Robertson | 38:46 |
| 43. | 373 | Kieran Horne | 45:10 | 5. | 109 | Dan Thomas | 38:51 |
| 44. | 142 | Darren Michael Linnell | 45:14 | 6. | 210 | David Knowles | 39:06 |
| 45. | 395 | Euan McIntyre | 45:15 | 7. | 301 | Kyle Dove | 40:01 |
| 46. | 329 | Ste Rothwell | 45:24 | 8. | 214 | Simon Magill | 41:16 |
| 47. | 209 | Jack Wells | 45:24 | 9. | 124 | James Manger | 41:31 |
| 48. | 385 | Jonas Schlautmann | 45:29 | 10. | 248 | David Rea | 41:40 |
| 49. | 361 | Andrew Fletcher | 45:55 | 11. | 291 | Adam Flynn | 41:40 |
| 50. | 102 | Liam Gouldson | 46:16 | 12. | 399 | John Clegg | 42:25 |
| 51. | 374 | Tony Marsh | 46:52 | 13. | 314 | Paul Mccormck | 43:00 |
| 52. | 434 | Josh Rawlins-Williams | 47:02 | 14. | 201 | Mike Leyland | 43:25 |
| 53. | 184 | Michael McGrath | 47:30 | 15. | 351 | Brian Seal | 43:57 |
| 54. | 229 | Jonathan Fields | 47:41 | 16. | 282 | Joe Ballinger | 44:33 |
| 55. | 123 | Ben Marsh | 47:43 | 17. | 353 | Matthew M Lowry | 45:06 |
| 56. | 324 | Sam Humphriss | 48:30 | 18. | 389 | Andy Robertson | 45:09 |
| 57. | 216 | Sean Martin | 48:37 | 19. | 425 | Dene Ashton | 45:47 |
| 58. | 268 | Mark Fennell | 48:39 | 20. | 69 | Mark Dambrosio | 45:51 |
| 59. | 288 | John Charnock | 48:55 | 21. | 280 | Ben Sweeney | 47:16 |
| 60. | 340 | Joshua Taylor | 48:59 | 22. | 341 | Adam Sikorski | 47:24 |
| 61. | 155 | Luke Hodgson | 49:17 | 23. | 231 | Paul Modern | 47:40 |
| 62. | 322 | Newmn James | 49:43 | 24. | 372 | James Wilson | 49:36 |
| 63. | 387 | Paul McAuley | 51:02 | 25. | 34 | Roy Caine | 54:30 |
| 64. | 378 | Haydn Pidcock | 51:11 | 26. | 152 | Ben Cross | 55:44 |
| 65. | 144 | Alex Garner | 51:20 | M40 | | | |
| 66. | 113 | Josh Hampshire | 51:36 | 1. | 432 | James Williams | 36:44 |
| 67. | 336 | Danny Lloyd | 52:49 | 2. | 296 | Andrew Veevers | 36:50 |
| 68. | 422 | Jason Rawlins-Williams | 52:56 | 3. | 285 | Jure Cebasek | 37:11 |
| 69. | 377 | Daniel Leonard | 53:25 | 4. | 310 | Alan Alan | 37:29 |
| 70. | 396 | Paul Roskell | 54:05 | 5. | 92 | Colin Walsh | 37:44 |
| 71. | 168 | Alex Rae | 55:25 | 6. | 253 | Will Kozer | 38:22 |
| 72. | 237 | Sean Triggs | 55:46 | 7. | 29 | John McLaren | 38:44 |
| 73. | 247 | Mark Ewing | 55:58 | 8. | 354 | Andy Murphy | 38:51 |
| 74. | 316 | Michael Bird | 56:39 | 9. | 333 | Michael Robson | 38:58 |
| 75. | 363 | Wellington Franzao | 57:53 | 10. | 416 | Brendan Burns | 39:04 |
| 76. | 111 | Ellis Crowsley | 57:54 | | | | |
| 77. | 117 | James Plunkett | 57:58 | | | | |

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| Pos | Bib | Name | Time | Pos | Bib | Name | Time |
|------------|-----|---------------------|-------|------------|-----|----------------------|---------|
| 11. | 383 | Scott Eves | 39:30 | 18. | 293 | Greg Stephens | 49:00 |
| 12. | 59 | Philip Taylor | 39:38 | 19. | 212 | Phil Elliott | 51:06 |
| 13. | 178 | Paul Hughes | 39:53 | 20. | 195 | Simon Heron | 52:07 |
| 14. | 381 | Paul Lamb | 40:31 | 21. | 94 | James Tunstead | 56:14 |
| 15. | 346 | Andrew Williams | 40:54 | 22. | 355 | Dominic King | 57:05 |
| 16. | 292 | Daniel Garner | 40:54 | 23. | 9 | Joel Williams | 1:01:07 |
| 17. | 315 | Gary Thompson | 41:06 | 24. | 205 | Steven Wright | 1:04:29 |
| 18. | 306 | Kevin Eves | 43:01 | 25. | 7 | Allan Gibbs-Monaghan | 1:09:19 |
| 19. | 402 | Graham Lee | 43:56 | 26. | 269 | Allan McDonough | 1:14:15 |
| 20. | 255 | Jonathan Farnetano | 44:01 | M50 | | | |
| 21. | 260 | Andrew Carey | 44:19 | 1. | 208 | David McDonough | 37:01 |
| 22. | 262 | James Pleasance | 44:26 | 2. | 356 | Patrick Reilly | 37:05 |
| 23. | 359 | Paul Crombleholme | 44:52 | 3. | 249 | John Monaghan | 37:21 |
| 24. | 80 | Mark Hurst | 45:04 | 4. | 342 | Rob Pearse | 38:06 |
| 25. | 433 | Ian Glover | 46:18 | 5. | 105 | Anthony Cassidy | 39:01 |
| 26. | 11 | Nicolas Webb | 46:23 | 6. | 108 | Keith Lunt | 42:05 |
| 27. | 435 | Chris Lydon | 48:35 | 7. | 125 | Neil Burdett | 43:24 |
| 28. | 166 | Dan Skinner | 48:58 | 8. | 263 | Mark Ingarfield | 43:40 |
| 29. | 88 | Mike Begley | 49:39 | 9. | 242 | Paul Busow | 44:54 |
| 30. | 313 | Graham Pye | 51:01 | 10. | 302 | Steve Minshull | 45:03 |
| 31. | 386 | Christopher Buckley | 52:03 | 11. | 219 | Syd Omar | 45:05 |
| 32. | 14 | Stephen Cruces | 52:32 | 12. | 74 | Bill Leslie | 45:36 |
| 33. | 318 | Kevin Pennington | 54:49 | 13. | 270 | Jamie Pleavin | 45:52 |
| 34. | 50 | Paul Lipton | 57:08 | 14. | 33 | James de Turberville | 47:49 |
| 35. | 392 | Stephen McCann | 58:18 | 15. | 26 | Bruce Martin | 49:32 |
| 36. | 343 | Jon Gibson | 58:56 | 16. | 120 | Jon Reynolds | 50:46 |
| M45 | | | | 17. | 27 | Brad Ehlen | 51:19 |
| 1. | 70 | John Myers | 36:48 | 18. | 368 | Graham Davis | 51:24 |
| 2. | 122 | Scott Waugh | 37:25 | 19. | 16 | Tony Hunter | 52:20 |
| 3. | 119 | Francis Hourigan | 38:47 | 20. | 278 | Nicholas McCole | 52:41 |
| 4. | 157 | Brian Kieilty | 40:14 | 21. | 5 | Mike Jones | 52:58 |
| 5. | 81 | Kieron McKenna | 40:52 | 22. | 437 | David Dagleish | 53:48 |
| 6. | 138 | Gary Wilton | 41:41 | 23. | 15 | Colin Bridger | 55:04 |
| 7. | 96 | David Matthews | 42:11 | 24. | 404 | Gary Jones | 59:00 |
| 8. | 337 | Graham Cushion | 43:02 | M55 | | | |
| 9. | 154 | James Stanley | 43:06 | 1. | 304 | Francois Rafferty | 35:44 |
| 10. | 2 | Billy Dean | 43:14 | 2. | 204 | Vittorio Bini | 44:43 |
| 11. | 20 | Keith Swift | 43:47 | 3. | 283 | Danny Fegan | 46:00 |
| 12. | 398 | Stuart Aitken | 46:02 | 4. | 299 | Tony Wade | 48:07 |
| 13. | 286 | Stephen Perry-Byrne | 46:04 | 5. | 134 | David Hemmings | 48:20 |
| 14. | 146 | Mark Bennett | 46:21 | 6. | 25 | Paul McDonald | 49:01 |
| 15. | 66 | Simon Leonard | 46:31 | 7. | 31 | David Craddock | 49:29 |
| 16. | 23 | Simon Turton | 48:00 | 8. | 24 | Shaun Geoghan | 50:49 |
| 17. | 141 | Neil Brailsford | 48:18 | | | | |

| Pos | Bib | Name | Time | Pos | Bib | Name | Time |
|------------|-----|-------------------|---------|------------------------|-----|----------------|---------|
| 9. | 62 | John Skyner | 51:32 | 11. | 360 | Andy McDougall | 58:54 |
| 10. | 133 | Simon Emery | 52:06 | 12. | 364 | Stephen Morley | 1:01:04 |
| 11. | 145 | Simon Clarke | 52:08 | 13. | 413 | Mo Gharooni | 1:01:51 |
| 12. | 40 | Dave Foulkes | 52:31 | 14. | 397 | David Howard | 1:06:42 |
| 13. | 223 | Andrew Evans | 53:54 | 15. | 150 | Steve Conway | 1:06:48 |
| 14. | 369 | Martin Hirrell | 54:33 | 16. | 332 | Nick Rae | 1:15:27 |
| 15. | 135 | Mark Scott | 56:09 | M70 | | | |
| 16. | 149 | Andy John Simpson | 56:50 | 1. | 68 | Tony Ovenell | 52:05 |
| 17. | 287 | Gary Burcher | 59:05 | 2. | 367 | Geoff Burrows | 53:09 |
| 18. | 319 | Ken Connor | 59:27 | 3. | 55 | Mike Evans | 58:48 |
| 19. | 103 | Mark Povey | 1:04:55 | 4. | 345 | Ken Stocker | 1:08:31 |
| M60 | | | | 5. | 121 | Paul Blaney | 1:24:40 |
| 1. | 430 | David Edwards | 41:45 | M75 | | | |
| 2. | 19 | Ian McCarthy | 43:33 | 1. | 64 | Stan Cottier | 57:06 |
| 3. | 335 | Rab Whitworth | 45:17 | 2. | 279 | Robert Scholey | 59:49 |
| 4. | 347 | David Williams | 45:21 | 3. | 317 | Tom Knowles | 1:00:14 |
| 5. | 414 | Alan McDermott | 46:34 | 4. | 289 | Colin Laycock | 1:01:33 |
| 6. | 89 | Steven Irwin | 46:41 | M80+ | | | |
| 7. | 45 | Simon Booth | 48:00 | 1. | 22 | Ron Thornton | 1:45:50 |
| 8. | 98 | Alan Spencer | 50:40 | Number of records: 385 | | | |
| 9. | 198 | Paul Thorpe | 51:04 | | | | |
| 10. | 110 | Nigel Jones | 51:59 | | | | |
| 11. | 179 | Nick Taylor | 53:30 | | | | |
| 12. | 132 | A Holmes | 55:56 | | | | |
| 13. | 136 | Matt Helme | 56:09 | | | | |
| 14. | 127 | Paul Parkinson | 56:51 | | | | |
| 15. | 246 | Clive Morrison | 56:51 | | | | |
| 16. | 115 | Richard Plunkett | 58:27 | | | | |
| 17. | 334 | Paul Wilson | 1:00:28 | | | | |
| 18. | 151 | Jon Court | 1:05:23 | | | | |
| 19. | 41 | Peter Jones | 1:05:51 | | | | |
| 20. | 350 | David Limbrick | 1:08:21 | | | | |
| M65 | | | | | | | |
| 1. | 131 | Joe McGrath | 43:20 | | | | |
| 2. | 56 | Alan Joyce | 44:24 | | | | |
| 3. | 186 | Brian Shenton | 47:33 | | | | |
| 4. | 307 | Anthony Beyga | 51:54 | | | | |
| 5. | 240 | David Cain | 52:53 | | | | |
| 6. | 61 | John Houghton | 55:12 | | | | |
| 7. | 308 | David McAlister | 55:25 | | | | |
| 8. | 30 | David Rigby | 55:36 | | | | |
| 9. | 330 | Brian Sweeney | 58:16 | | | | |
| 10. | 112 | David Barrow | 58:21 | | | | |