

| Position | Name | Club | Cat | Time |
|-------------|----------------------------|-----------------------|------|---------|
| 1 | Simon Harding | Macclesfield | M | 3:00:22 |
| 2 | Tom Brunt | Dark Peak | V40 | 3:01:08 |
| 3 | Joseph Crossfield | CVFR | U23 | 3:02:51 |
| 4 | Mark Ollerenshaw | Glossopdale Harriers | M | 3:15:03 |
| 5 | Ian Symington | CVFR | M | 3:15:52 |
| 6 | Johnny Helliwell | CVFR | M | 3:16:06 |
| 7 | Lee Knight | Unattached | M | 3:17:23 |
| 8 | Oliver Barnes | Unattached | M | 3:27:14 |
| 9 | Colin Walker | Pudsey & Bramley | V40 | 3:30:42 |
| 10 | David Lund | Dark Peak | M | 3:32:23 |
| 11 | Craig Stansfield | Todmorden Harriers | V40 | 3:32:25 |
| 12 | Ross Litherland | Unattached | M | 3:32:53 |
| 13 | John Lloyd | CVFR | M | 3:33:10 |
| 14 (lady 1) | Helen Fines | CVFR | LV40 | 3:34:57 |
| 15 | Dave Garner | Rochdale Harriers | V40 | 3:35:41 |
| 16 | Jason Craven | Rossendale | M | 3:36:38 |
| 17 | Will Buckton | Ilkley Harriers | M | 3:36:42 |
| 18 | Robert Paradise | Unattached | M | 3:38:01 |
| 19 | Andy Gibbons | Bingley Harriers | M | 3:38:15 |
| 20 | Paul Hesketh | Clayton | V40 | 3:38:35 |
| 21 (lady 2) | Nicky Spinks | Dark Peak | LV40 | 3:38:49 |
| 22 | Robert Crawford | Coniston Fell Runners | M | 3:39:40 |
| 23 | Mike Nelson | Macclesfield | V40 | 3:40:34 |
| 24 (lady 3) | Heather-Catherine Marshall | Dark Peak | L | 3:41:10 |
| 25 | Dave Stephenson | Bingley Harriers | V50 | 3:41:30 |
| 26 | Paul Evans | Elvet Striders | M | 3:44:00 |
| 27 | Bill Johnson | CVFR | V40 | 3:44:23 |
| 28 | Paul Hobbs | Todmorden Harriers | M | 3:45:11 |
| 29 | Andy McFie | Todmorden Harriers | V40 | 3:45:19 |
| 30 | Chris Beadle | Holmfirth Harriers | V40 | 3:46:49 |
| 31 (lady 4) | Amy Green | Keighley & Craven AC | L | 3:47:11 |
| 32 | Martin Terry | Clayton | V50 | 3:47:13 |
| 33 | Mick Loftus | Valley Striders | V40 | 3:48:26 |
| 34 | Ben Frechette | CVFR | M | 3:49:18 |
| 35 | John Firth | Unattached | M | 3:49:27 |
| 36 | Simon Vallance | Valley Striders | V40 | 3:50:30 |
| 37 | Peter Stobbs | Trawden AC | V50 | 3:50:50 |
| 38 | Ryan Wilkinson | Clayton | M | 3:51:30 |
| 39 | John Taylor | Mercia Fell Runners | V40 | 3:51:32 |
| 40 | Mark Grover | Unattached | V40 | 3:51:36 |
| 41 | Paul Brannigan | Todmorden Harriers | V40 | 3:51:59 |
| 42 | David Bagot | Clayton | U23 | 3:52:01 |
| 43 | Darren Fishwick | Chorley | V40 | 3:52:16 |
| 44 (lady 5) | Debbie Earnshaw | Trawden AC | LV40 | 3:52:31 |
| 45 | Brian Horrocks | Clayton | V50 | 3:53:30 |
| 46 | Paul Fauset | Dark Peak | V40 | 3:54:26 |
| 47 | David Harrison | Dark Peak | V50 | 3:56:52 |
| 48 | Simon Sarginson | Bowland Fellrunners | V50 | 3:57:01 |
| 49 | Digby Harris | Macclesfield | V40 | 3:57:35 |
| 50 | Willy Kitchen | Dark Peak | V40 | 3:58:07 |
| 51 | Tim Rippon | Dark Peak | V40 | 3:58:17 |
| 52 | Andy Thomson | Eden Runners | M | 3:58:30 |
| 53 | Giles Bailey | Meltham AC | V40 | 3:58:45 |
| 54 | Phil Scarf | CVFR | V50 | 3:58:54 |
| 55 (lady 6) | Carol Morgan | Nidd Valley | LV40 | 3:59:39 |
| 56 | John Allan | Todmorden Harriers | M | 4:00:21 |
| 57 | Joe Brown | Unattached | V40 | 4:01:18 |
| 58 | Alex Jones | Pudsey & Bramley | M | 4:02:19 |
| 59 | Mick Dobson | Clayton | V40 | 4:04:28 |
| 60 | Roy Gibson | Kendal AC | V50 | 4:04:40 |
| 61 | Brian Melia | Ilkley Harriers | V40 | 4:06:03 |

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| 62 | John Minta | Manchester YMCA Harriers | V40 | 4:06:38 |
| 63 | Ben Wolstenholme | Saddleworth Runners | M | 4:06:52 |
| 64 | Ivan Whigham | Clayton | V50 | 4:07:12 |
| 65 | Oliver Cheyne | Valley Striders | M | 4:07:13 |
| 66 | Martin Mason | CVFR | V40 | 4:07:39 |
| 67 | Paul Calverley | Accrington Road Runners | V40 | 4:11:18 |
| 68 | Nick Goddard | Unattached | M | 4:11:33 |
| 69 | Keith Holmes | Dark Peak | V50 | 4:11:52 |
| 70 | Robert Tyson | Todmorden Harriers | M | 4:12:53 |
| 71 | Scott Baistow | Barlick Fell Runners | U23 | 4:13:10 |
| 72 | Craig Neville | Unattached | V40 | 4:13:34 |
| 73 | Ian Wood | CVFR | V40 | 4:14:45 |
| 74 | Andy Pooler | Achille Ratti | V40 | 4:14:45 |
| 75 | Paul Smith | Valley Striders | V40 | 4:15:45 |
| 76 | David Phillips | Vale Royal | M | 4:16:36 |
| 77 | Roy Gardner | Saddleworth | V40 | 4:18:19 |
| 78 | Nick Kelly | Horwich Harriers | V40 | 4:20:05 |
| 79 | Benjamin Beckwith | Todmorden Harriers | M | 4:20:11 |
| 80 | Phil Hodgson | Todmorden Harriers | V50 | 4:21:03 |
| 81 | Andy Smith | Unattached | V40 | 4:21:18 |
| 82 (lady 7) | Jackie Scarf | CVFR | LV50 | 4:21:21 |
| 83 | John Levick | Holmfirth Harriers | V50 | 4:22:27 |
| 84 | Michael Cooper | Unattached | V40 | 4:23:56 |
| 85 | Neil Worswick | FRA | V40 | 4:23:56 |
| 86 | James Pierce | Penistone Footpath Runners | M | 4:25:10 |
| 87 (lady 8) | Helen Buchan | CVFR | L | 4:25:14 |
| 88 | Steve Boom | Pudsey Pacers | V40 | 4:26:41 |
| 89 | Martyn Price | Harrogate Harriers | V50 | 4:31:48 |
| 90 (lady 9) | Catherine Litherland | Unattached | L | 4:32:07 |
| 91 (lady 10) | Helen Price | Harrogate Harriers | LV40 | 4:32:24 |
| 92 | Richard Sample | Saddleworth Runners | M | 4:32:45 |
| 93 (lady 11) | Julie Field | Stainland Lions | LV40 | 4:32:48 |
| 94 (lady 12) | Catriona Purdy | Abbey Runners | LV40 | 4:33:21 |
| 95 | Richard Jarvis | Dallam Running Club | V40 | 4:33:28 |
| 96 | Max Howard | Retford AC | V50 | 4:34:08 |
| 97 | Jim Paxman | Dark Peak | V50 | 4:34:20 |
| 98 | Graeme Tiffany | Pudsey Pacers | V50 | 4:34:41 |
| 99 | Danny Walls | Scarborough Athletic | M | 4:34:44 |
| 100 (lady 13) | Lindsay Palmer | Glossopdale Harriers | LV40 | 4:35:00 |
| 101 | Steve Dixon | Valley Striders | V60 | 4:35:56 |
| 102 (lady 14) | Emma David | Nidd Valley | L | 4:37:08 |
| 103 | David Clancy | Dewsbury Road Runners | V40 | 4:37:36 |
| 104 | Richard Bellaries | Clayton | V50 | 4:38:05 |
| 105 | John Telfer | Northumberland Fell Runners | V50 | 4:39:33 |
| 106 | David Anderson | Altrincham AC | V40 | 4:39:57 |
| 107 | Lee Dunn | Manchester YMCA Harriers | V40 | 4:40:09 |
| 108 | Andy Thorpe 1 | CVFR | V40 | 4:41:56 |
| 109 | Colin Hughes | Stainland Lions | V50 | 4:42:26 |
| 110 (lady 15) | Jean Powell | Wharfedale Harriers | LV40 | 4:46:18 |
| 111 | Geoff Read | Todmorden Harriers | V50 | 4:46:53 |
| 112 | Gareth Evans | Saddleworth Runners | M | 4:48:14 |
| 113 | Bernard Corfe | Unattached | V40 | 4:48:36 |
| 114 | Dean Ralphson | Trawden AC | V40 | 4:48:56 |
| 115 | Neil Woods | East Cheshire Harriers & Tameside AC | V40 | 4:49:13 |
| 116 (lady 16) | Leanne Hague | Abbey Runners | LV40 | 4:50:11 |
| 117 (lady 17) | Sharon Hague | Pudsey Pacers | LV40 | 4:50:11 |
| 118 (lady 18) | Kerrie Bretherton | Trawden AC | L | 4:50:37 |
| 119 | Matt Renshaw | Trawden AC | M | 4:50:37 |
| 120 | Mike Symons | Unattached | V40 | 4:51:04 |
| 121 | Iain Ralphson | PB Fitness | M | 4:51:19 |
| 122 | Richard Leonard | Todmorden Harriers | V50 | 4:52:09 |
| 123 | Will Meredith | Pennine | V40 | 4:52:18 |

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| 124 | Dave Deason | Dallam Running Club | V40 | 4:52:43 |
| 125 | Michael Dean | CVFR | V40 | 4:53:13 |
| 126 | Andrew Petrie | Stadium Runners | V40 | 4:53:27 |
| 127 | Neil Hankinson | Warrington Road Runners | M | 4:53:34 |
| 128 (lady 19) | Allison Skillicorn | Abbey Runners | L | 4:55:42 |
| 129 (lady 20) | Jane Leonard | Todmorden Harriers | LV50 | 4:57:02 |
| 130 | Tony Steward | CVFR | V60 | 4:57:51 |
| 131 | Malcolm Coles | Valley Striders | V70 | 4:58:09 |
| 132 | Paul Hunt | Goyt Valley Striders | V50 | 4:59:08 |
| 133 | Raj Madhas | Wharfedale Harriers | MV40 | 4:59:20 |
| 134 (lady 21) | Jennifer Garside | Trawden AC | LV40 | 4:59:32 |
| 135 (lady 22) | Fiona Hall | Trawden AC | L | 4:59:33 |
| 136 | Nigel Crompton | Pensby Runners | V50 | 5:03:41 |
| 137 (lady 23) | Pat Peers | Pensby Runners | LV50 | 5:03:42 |
| 138 | Mark Checkley | Lostock AC | V50 | 5:04:38 |
| 139 (lady 24) | Sandra Kelly | Horwich Harriers | LV40 | 5:06:39 |
| 140 (lady 25) | Adela Reperecki | Ilkley Harriers | LV50 | 5:16:10 |
| 141 (lady 26) | Aileen Baldwin | Stainland Lions | LV60 | 5:16:10 |
| 142 (lady 27) | Sarah Smith | Valley Striders | LV40 | 5:16:13 |
| 143 | Richard Corney | Halifax Harriers | V40 | 5:16:17 |
| 144 (lady 28) | Mandy Goth | Todmorden Harriers | LV50 | 5:17:27 |
| 145 | Robin Barlett | Dallam Running Club | V50 | 5:17:37 |
| 146 | John Nunn | CVFR | V50 | 5:17:48 |
| 147 | Jim Goddard | Baildon | V50 | 5:18:38 |
| 148 (lady 29) | Helen Wilson | Todmorden Harriers | LV40 | 5:19:38 |
| 149 | Michael Pearcy | Dallam Running Club | V40 | 5:21:41 |
| 150 | Philip Gray | Unattached | V50 | 5:22:31 |
| 151 | Richard Smith | Unattached | V40 | 5:23:31 |
| 152 (lady 30) | Anna Smith | Queensbury RC | LV50 | 5:27:11 |
| 153 (lady 31) | Jane Hamp | Scarborough Athletic | LV50 | 5:31:19 |
| 154 (lady 32) | Julie Clayton | Scarborough Athletic | LV40 | 5:31:20 |
| 155 (lady 33) | Lisa Parkinson | Unattached | L | 5:33:23 |
| 156 (lady 34) | Beverly Holmes | Todmorden Harriers | LV40 | 5:33:23 |
| 157 (lady 35) | Linda Hayles | CVFR | LV60 | 5:36:18 |
| 158 (lady 36) | Lucy Makinson | Calder Tri | LV40 | 5:36:55 |
| | Jim Scott | Eden Runners | M | DNF |
| | Sonja Vietoris | Unattached | LV50 | DNF |
| | Mick Fowler | Unattached | V50 | DNF |
| | David Cummings | Trawden AC | V50 | DNF |
| | David Danbury | Unattached | V60 | DNF |
| | Reg Czudek | Todmorden Harriers | V60 | DNF |
| | Matthew Hulley | Dark Peak | M | DNF |
| | Robert Pritchard | FRA | V50 | DNF |
| | Dave Collins | Todmorden Harriers | V50 | DNF |
| | Elise Milnes | Todmorden Harriers | LV50 | DNF |
| | David Wilson | Todmorden Harriers | V50 | DNF |
| | Peter Jackson | Barlick Fell Runners | V50 | DNF |
| | Jon Wright | Todmorden Harriers | V40 | DNF |
| | Neil Gascoyne | Bingley Harriers | V40 | DNF |
| | Jim Mosley | CVFR | V40 | DNF |

Men's Teams

| | | | Points |
|---|-------------------|--------------------|---------------|
| 1 | Joseph Crossfield | CVFR | 3 |
| | Ian Symington | | 5 |
| | Johnny Helliwell | | 6 |
| 2 | Tom Brunt | Dark Peak | 2 |
| | David Lund | | 10 |
| | Paul Fauset | | 46 |
| 3 | Craig Stansfield | Todmorden Harriers | 11 |
| | | | 68 |

Wadsworth Trog

8th Feb 2014

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|----|------------------|---------------------|-----|-----|
| | Paul Hobbs | | 28 | |
| | Andy McFie | | 29 | |
| 4 | Simon Harding | Macclesfield | 1 | 73 |
| | Mike Nelson | | 23 | |
| | Digby Harris | | 49 | |
| 5 | Paul Hesketh | Clayton | 20 | 90 |
| | Martin Terry | | 32 | |
| | Ryan Wilkinson | | 38 | |
| 6 | Mick Loftus | Valley Striders | 33 | 134 |
| | Simon Vallance | | 36 | |
| | Oliver Cheyne | | 65 | |
| 7 | Andy Gibbons | Bingley Harriers | 19 | 216 |
| | Dave Stephenson | | 25 | |
| | Neil Gascoyne | | 172 | |
| 8 | Ben Wolstenholme | Saddleworth Runners | 63 | 267 |
| | Richard Sample | | 92 | |
| | Gareth Evans | | 112 | |
| 9 | Peter Stobbs | Trawden AC | 37 | 270 |
| | Dean Ralphson | | 114 | |
| | Matt Renshaw | | 119 | |
| 10 | Richard Jarvis | Dallam Running Club | 95 | 364 |
| | Dave Deason | | 124 | |
| | Robin Barlett | | 145 | |

Ladies Teams

| | | | | Points |
|---|--------------------|--------------------|----|---------------|
| 1 | Helen Fines | CVFR | 1 | 16 |
| | Jackie Scarf | | 7 | |
| | Helen Buchan | | 8 | |
| 2 | Debbie Earnshaw | Trawden AC | 5 | 44 |
| | Kerrie Bretherton | | 18 | |
| | Jennifer Garside | | 21 | |
| 3 | Catriona Purdy | Abbey Runners | 12 | 47 |
| | Leanne Hague | | 16 | |
| | Allison Skillicorn | | 19 | |
| 4 | Jane Leonard | Todmorden Harriers | 20 | 77 |
| | Mandy Goth | | 28 | |
| | Helen Wilson | | 29 | |