

Sprint

| | | | Barrow | Fellfoot | total | leader |
|----|---------------------|-------|--------|----------|-------|---------|
| 1 | Matthew Rooke | LOC | M21 | 98 | 99 | 197 SM |
| 2 | Graham Patten | WAROC | M55 | 99 | 96 | 195 SVM |
| 2 | Dai Bedwell | DVO | M50 | 97 | 98 | 195 VM |
| 4 | Rebecca Rooke | SROC | W21 | 88 | 95 | 183 SW |
| 5 | Dan Parker | BL | M55 | 87 | 90 | 177 |
| 6 | Alex Matthew | SROC | M16 | 89 | 87 | 176 JM |
| 7 | Julia Laverack | WAROC | W55 | 79 | 83 | 162 SVW |
| 7 | Chris Heppenstall | LOC | M40 | 74 | 88 | 162 |
| 9 | Andrew Bell | BL | M65 | 71 | 89 | 160 UVM |
| 10 | Chris Roberts | SROC | M60 | 75 | 84 | 159 |
| 11 | Cate Matthew | SROC | W14 | 78 | 80 | 158 JW |
| 12 | Alison Hooper | LOC | W45 | 69 | 77 | 146 VW |
| 13 | Steve Brockbank | LOC | M70 | 65 | 74 | 139 |
| 14 | Jo Matthew | SROC | W45 | 66 | 71 | 137 |
| 15 | Finlay Johnson | SROC | M18 | 100 | | 100 |
| 15 | Rowan Capper | LOC | M21 | | 100 | 100 |
| 17 | Loz Colyer | LOC | M45 | | 97 | 97 |
| 18 | Robert Browne | LOC | M21 | 96 | | 96 |
| 19 | Mike Hooper | LOC | M45 | 95 | | 95 |
| 20 | Karen Parker | BL | W55 | 94 | | 94 |
| 20 | Iain Smith-Ward | LOC | M50 | | 94 | 94 |
| 22 | Lizzie Browne | LOC | W21 | 93 | | 93 |
| 22 | Graham Capper | LOC | M60 | | 93 | 93 |
| 24 | Heather Heppenstall | LOC | W35 | 92 | | 92 |
| 24 | Joseph Murphy | SROC | M50 | | 92 | 92 |
| 26 | Harry O'Donovan | LOC | M18 | 91 | | 91 |
| 26 | Alice Fellbaum | IND | W21 | | 91 | 91 |
| 28 | Dominic Wathey | MDOC | M14 | 90 | | 90 |

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|----------------------|------|-----|----|----|--------|
| 29 Jessica Bailey | LOC | W14 | 86 | | 86 |
| 29 Derek Fryer | LOC | M65 | | 86 | 86 |
| 31 Andy Robinson | LOC | M65 | 85 | | 85 |
| 31 Richard Towler | LOC | M70 | | 85 | 85 |
| 33 Peter Scott | LOC | M14 | 84 | | 84 |
| 34 Matthew Haddow | LOC | M18 | 83 | | 83 |
| 35 Matthew McCreadie | DEE | M14 | 82 | | 82 |
| 35 Lindsey Bayles | LOC | W55 | | 82 | 82 |
| 37 Elizabeth Bedwell | DVO | W21 | 81 | | 81 |
| 37 Rebekah Beadle | LOC | W55 | | 81 | 81 |
| 39 Dylan Kenny | LOC | M14 | 80 | | 80 |
| 40 Liz Heaton | LOC | W35 | | 79 | 79 |
| 41 Tania Milnes | SROC | W40 | | 78 | 78 |
| 42 Rebecca O'Donovan | LOC | W16 | 77 | | 77 |
| 43 Lois Jefferson | LOC | W21 | 76 | | 76 |
| 43 Fiona Newby | LOC | W20 | | 76 | 76 |
| 45 Judy Burge | LOC | W60 | | 75 | 75 |
| 46 Cecilia Fenerty | MDOC | W55 | 73 | | 73 |
| 46 Janet Nash | LOC | W65 | | 73 | 73 UVW |
| 48 Gillian Wells | LOC | W14 | 72 | | 72 |
| 48 Carol McNeill | LOC | W75 | | 72 | 72 |
| 50 Claire Boothroyd | WCOC | W50 | 70 | | 70 |
| 50 Ian Wilson | LOC | M45 | | 70 | 70 |
| 52 Judith Filmore | LOC | W60 | | 69 | 69 |
| 53 Marnie Lusardi | SROC | W14 | 68 | | 68 |
| 53 Kath Savage | IND | W40 | | 68 | 68 |
| 55 John Pullin | LOC | M70 | 67 | | 67 |
| 55 Rowan Purkis | LOC | W65 | | 67 | 67 |
| 57 Mark Williamson | IND | M50 | 64 | | 64 |

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|-----------------------|-----|-----|----|----|
| 58 Lizzie Hampshire | LOC | W16 | 63 | 63 |
| 59 Edward Singleton | IND | M12 | 62 | 62 |
| 60 Caroline Arnold | IND | W55 | 61 | 61 |
| 61 Stuart Arnold | IND | M55 | 60 | 60 |
| 62 Christine Robinson | LOC | W60 | 59 | 59 |
| 63 Erin Singleton | IND | W12 | 58 | 58 |
| 64 Eve Clarkson | IND | W10 | 57 | 57 |

Mini-Sprint

| | | | | | | |
|---------------------|---------|---|-----|-----|-----|------|
| 1 Quinn Thompson | LOC | M | 97 | 100 | 197 | M12- |
| 2 Ash Boothroyd | WCOC | M | 100 | 99 | 199 | |
| 3 Florrie Haddow | IND | W | 99 | | 99 | W12- |
| 4 John Williamson | IND | M | | 98 | 98 | |
| 4 James Heppenstall | IND | M | 98 | | 98 | |
| 6 Holly Nicol | CARTMEL | W | | 97 | 97 | |
| 7 Lucy Heppenstall | IND | W | 96 | | 96 | |
| 7 Emma Spibey | CARTMEL | W | | 96 | 96 | |
| 9 Sam Mallinson | CARTMEL | M | | 95 | 95 | |
| 10 Lewi Sharp | CARTMEL | M | | 94 | 94 | |
| 11 Callum Nicol | CARTMEL | M | | 93 | 93 | |
| 12 James Roy | CARTMEL | M | | 92 | 92 | |
| 13 Alice Wolmsley | CARTMEL | W | | 91 | 91 | |
| 14 Ava Walsh | CARTMEL | W | | 90 | 90 | |
| 15 George G-Evans | CARTMEL | M | | 89 | 89 | |
| 16 Erin Hathorn | CARTMEL | W | | 88 | 88 | |
| 17 Felix Alloway | IND | M | | 87 | 87 | |
| 18 Ella Scott | IND | W | | 86 | 86 | |
| 19 Matilda Alloway | IND | W | | 85 | 85 | |