

	Competitor	Club	Races	Points
1	Stephanie Harrison	Rochdale Harriers	4	195
2	Rachel Haslam	Astley & Tyldsley	4	187
3	Kate Perceval	Radcliffe AC	3	150
4	Claire Matchwick	Astley & Tyldsley	3	142
5	Janine Jordan	Middleton Harriers	3	138
6	Abigail Thompson	Rosendale Harriers	2	94
7	Bridget Lancashire	Saddleworth Runners	1	50
7	Kay Welsby	Rochdale Harriers	1	50
9	Fiona Williams	Rochdale Harriers	1	49
10	Laura Fitten	Rochdale Harriers	1	48