

	Competitor	Club	Races	Points
1	Janine Jordan	Middleton Harriers	5	238
2	Stephanie Harrison	Rochdale Harriers	4	195
3	Rachel Haslam	Astley & Tyldsley	4	187
4	Kate Perceval	Radcliffe AC	3	150
5	Claire Matchwick	Astley & Tyldsley	3	142
6	Abigail Thompson	Rossendale 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