

| | Competitor | Club | Races | Points |
|---|-------------------|---------------------|--------------|---------------|
| 1 | Hilary Farren | Rossendale Harriers | 6 | 248 |
| 2 | Catherine Murphy | Middleton Harriers | 4 | 193 |
| 3 | Nicky Snook | Saddleworth Runners | 3 | 149 |
| 4 | Diane Winterburn | Rochdale Harriers | 2 | 100 |
| 5 | Natalie Murphy | Rossendale Harriers | 1 | 50 |
| 5 | Jenny Yates | Radcliffe AC | 1 | 50 |
| 7 | Fiona Hamor | Rossendale Harriers | 1 | 49 |
| 8 | Catherine Unwin | Rochdale Harriers | 1 | 47 |