

	Competitor	Club	Races	Points
1	Nicola Smith	Rochdale Harriers	4	186
2	Fiona Lynch	Radcliffe AC	3	147
3	Joanna Adamson	Middleton Harriers	2	99
4	Claire Coble	Saddleworth Runners	2	98
5	Ruth Hutchison	Saddleworth Runners	2	96
6	Kay Campbell	Astley & Tyldsley	2	94
6	Lorna Holt	Rosendale Harriers	2	94
8	Donna Cartwright	Radcliffe AC	1	50
8	Gaynor Keane	Saddleworth Runners	1	50
10	Kate Holden	Radcliffe AC	1	49
11	Joan Cooke	Astley & Tyldsley	1	45