

| | Competitor | Club | Races | Points |
|----|----------------------|---------------------|--------------|---------------|
| 1 | Catherine Murphy | Middleton Harriers | 7 | 246 |
| 2 | Catherine Unwin | Rochdale Harriers | 5 | 238 |
| 3 | Shirley Tuersley | Saddleworth Runners | 4 | 198 |
| 4 | Sissel Lundberg-Bury | Rosendale Harriers | 3 | 147 |
| 5 | Gill Simpson | Rosendale Harriers | 1 | 50 |
| 5 | Diane Winterburn | Rochdale Harriers | 1 | 50 |
| 7 | Karen Goldswain | Rosendale Harriers | 1 | 49 |
| 7 | Jane Hughes | Rosendale Harriers | 1 | 49 |
| 7 | Tracy Loughrey | Astley & Tyldsley | 1 | 49 |
| 10 | Joanne Walsh | Rochdale Harriers | 1 | 47 |