

| | Competitor | Club | Races | Points |
|----|----------------------|---------------------|--------------|---------------|
| 1 | Jill Butterworth | Rochdale Harriers | 4 | 198 |
| 2 | Stephanie Harrison | Rochdale Harriers | 4 | 181 |
| 3 | Lisa Carter | Radcliffe AC | 4 | 167 |
| 4 | Susanne Andrew | Radcliffe AC | 5 | 165 |
| 5 | Rachel Haslam | Astley & Tyldsley | 4 | 159 |
| 6 | Karen Conduit | Rochdale Harriers | 5 | 158 |
| 7 | Janet Haworth | Rosendale Harriers | 4 | 155 |
| 8 | Sheila McNulty | Radcliffe AC | 4 | 145 |
| 8 | Rose Rowson | Middleton Harriers | 4 | 145 |
| 10 | Kate Perceval | Radcliffe AC | 3 | 144 |
| 11 | Fiona Lynch | Radcliffe AC | 3 | 141 |
| 12 | Shirley Tuersley | Saddleworth Runners | 3 | 121 |
| 13 | Claire Matchwick | Astley & Tyldsley | 3 | 120 |
| 14 | Catherine Unwin | Rochdale Harriers | 4 | 117 |
| 15 | Jane Hodgson | Saddleworth Runners | 3 | 113 |
| 16 | Karen Hallett | Middleton Harriers | 3 | 109 |
| 16 | Nicola Smith | Rochdale Harriers | 4 | 109 |
| 18 | Sissel Lundberg-Bury | Rosendale Harriers | 3 | 107 |
| 19 | Monica Boland | Saddleworth Runners | 3 | 102 |
| 20 | Joanna Adamson | Middleton Harriers | 2 | 95 |
| 21 | Emma Bail | Middleton Harriers | 2 | 93 |
| 21 | Claire Cobby | Saddleworth Runners | 2 | 93 |
| 23 | Catherine Murphy | Middleton Harriers | 3 | 91 |
| 24 | Ruth Hutchison | Saddleworth Runners | 2 | 88 |
| 25 | Anna Blomfield | Rochdale Harriers | 2 | 84 |
| 26 | Brenda Roberts | Saddleworth Runners | 3 | 83 |
| 26 | Abigail Thompson | Rosendale Harriers | 2 | 83 |
| 28 | Janine Jordan | Middleton Harriers | 3 | 82 |
| 29 | Jan Needham | Rochdale Harriers | 2 | 81 |
| 30 | Kathryn Saville | Saddleworth Runners | 2 | 70 |
| 31 | Lorna Holt | Rosendale Harriers | 2 | 64 |
| 32 | Kay Campbell | Astley & Tyldsley | 2 | 60 |
| 33 | Jillian Heywood | Royton RR | 2 | 51 |
| 34 | Bridget Lancashire | Saddleworth Runners | 1 | 50 |
| 34 | Kay Welsby | Rochdale Harriers | 1 | 50 |
| 36 | Donna Cartwright | Radcliffe AC | 1 | 49 |

| | Competitor | Club | Races | Points |
|----|------------------------|---------------------|--------------|---------------|
| 36 | Gaynor Keane | Saddleworth Runners | 1 | 49 |
| 36 | Fiona Williams | Rochdale Harriers | 1 | 49 |
| 39 | Christobel Heginbotham | Saddleworth Runners | 1 | 45 |
| 39 | Kate Holden | Radcliffe AC | 1 | 45 |
| 41 | Nicky Snook | Saddleworth Runners | 1 | 44 |
| 42 | Diane Winterburn | Rochdale Harriers | 1 | 43 |
| 43 | Susie Hirst | Rochdale Harriers | 1 | 42 |
| 43 | Caroline Smith | Rossendale Harriers | 1 | 42 |
| 45 | Suzanne Darke | Saddleworth Runners | 1 | 41 |
| 46 | Kate Ealing | Rossendale Harriers | 1 | 38 |
| 47 | Tracy Loughrey | Astley & Tyldsley | 1 | 37 |
| 48 | Chloe Hirst | Rochdale Harriers | 1 | 36 |
| 49 | Laura Fitten | Rochdale Harriers | 1 | 31 |
| 50 | Jill Boustead | Saddleworth Runners | 1 | 30 |
| 51 | Joan Cooke | Astley & Tyldsley | 1 | 29 |
| 52 | Hilary Farren | Rossendale Harriers | 1 | 27 |
| 53 | Joanne Walsh | Rochdale Harriers | 1 | 25 |
| 54 | Ruth Hare | Middleton Harriers | 1 | 20 |