

HISTORY OF NORTH WALES CROSS COUNTRY ASSOCIATION

When in 1974, the re-amalgamation of the Welsh counties meant North Wales AAA would be disbanded to be replaced by Clwyd AAA and Gwynedd AAA, the few genuine cross country runners who were around in North Wales at the time had a problem. The experience at the regular annual visit to the CAU Inter Counties Cross Country Championships told us that Clwyd and Gwynedd as separate counties would struggle in such fine competition and it was important that we should continue to travel under the banner of North Wales Counties. The CAU readily agreed and this was in order and the executive committees of the two new governing bodies in the area had no objection, so the North Wales Cross Country Association was formed.

A year earlier, sometime in 1973, the North Wales AAA cross country secretary Terry Bithell had decided that enough was enough and that he could no longer make regular journeys from Cheshire, where he was teaching, to undertake his duties. The general secretary of North Wales AAA, C E 'Charlie' Hughes MBE knew who exactly to turn to as his successor! David Alun Williams had been interested in cross country running ever since his Denbigh schooldays had been elected secretary and then captain of Bangor Normal College Harriers Club and was now three years into a teaching career and a running member of Wrexham AAC. David said he just happened to be in the wrong place at the wrong time and just couldn't say no to Mr Hughes when he phoned and at the relatively tender age of 24 he accepted his first position in athletics administration.

It was almost inevitable therefore, that when a year later the North Wales Cross Country Association was formed that David Alun Williams became its first and until April 2018, when after a period of illness David stood down and was replaced by Bernie Jones, its only secretary. Under its constitution the North Wales AAA was obliged to divide its money equally between Clwyd AAA and Gwynedd AAA with not a penny going to North Wales Cross Country Association. Happily, however, the North Wales AAA did have a stock of vests which were of no use to the two new county associations and everyone agreed that the new cross country body should inherit the remaining 36 vests, which at £2 each gave the North Wales Association assets of £72.

The North Wales Cross Country Association has from the beginning been very definitive in its boundaries – representing the old six counties of Anglesey, Caernarfon, Flint, Denbigh, Meirioneth and Montgomery. Anyone born within the boundaries of these counties, who is living within the area or are children of parents who were born in the old North Wales are eligible to take part in the North Wales Championships and to wear a North Wales vest. In the geography in place in the 1970's North Wales represented Clwyd and Gwynedd in their entirety and certain northern parts of Powys and this was generally accepted by the majority.

The North Wales AAA had first held a senior men's cross country championship at Horsley Hill, Marford, on 12 March 1955, with A F Bradford, a soldier at the Wrexham barracks representing the pioneer Corps, the first champion. After this, championships were held every year apart from 1968 when the foot and mouth epidemic played havoc with sport, restricting the use of agricultural land and forcing league races to be run within school playing fields. The records we have for junior men and youth title holders do not begin until 1972 and 1973 respectfully but there is a suspicion that championships for these age groups had been held previously. The main duty of the North Wales AAA Cross Country Secretary, and subsequently the secretary of the North Wales Cross Country Association in its early days, was to organise the North Wales Cross Country Championships on the first Saturday of January and then to ensure a North Wales team would be selected to run at the CAU Inter Counties Cross Country Championships three weeks later. Rather surprisingly the Association also took responsibility for organising the North Wales 10 miles road race championship and they did this on the last Saturday of April until 2018.

Saturday 12th February 1977 was an important day in North Wales cross country history as championships were held for colts (Under 13 Boys), boys (Under 15 boys) and senior women. Three young women from St. David's school Wrexham took part in the latter event with Karen Wright winning fairly comfortably over the Kelsterton College course at Connah's Quay. Competition for minors (Under 11 boys) was added 12 months later when the championships were held at Wepre Park, Connah's Quay on 11 February, whilst young girls (Under 11 girls) were first catered for at the same venue on 10 February 1979. It was also at Wepre Park on 7 March 1981, that intermediate ladies (Under 17 women) had the opportunity to run separately from the senior ladies whilst it wasn't until December 1989, back at Kelsterton College, that the first junior woman champion was acclaimed.

Since 1985 the Under 17 women and senior women had their championships on the same day and at the same venue as the Under 17 men, junior men and senior men but the six under 15 age group championships were held on another date.

By introducing cross country for all age groups the standard in North Wales improved. Good club athletes started to get the opportunity to run for Clwyd, Gwynedd or Powys in the Welsh Inter Counties but there was a feeling that there was a big jump from wearing a county vest to winning selection for Wales. Another rung was required on the representative ladder, so on Saturday 24 January 1989 a North Wales Counties boys and colts team ran at the CAU Cross Country Championships at Shrewsbury. A year later, January 1990, the North Wales senior women and Under 20 women made their debuts at Blaise Castle, Bristol and Under 15 girls and Under 13 girls were sent from the following year. It wasn't until 1995 that all of the championships, senior and all age groups down to under 11, came together, and that first all inclusive championship was hosted by Prestatyn Running Club.

In the Senior Men Colin Donnelly, Eryri Harriers has won a record 8 senior men's titles, two of which were as an M40. Colin's first victory was in 1987 when he beat his club mate G A Griffiths by 8 seconds and his last title was won 15 years later in 2002 when he beat Tim Davies, Newtown by 13 seconds. Tony Blackwell (Wrexham and Wolverhampton & Bilston) is the next most prolific winner with 5 victories in the late 1970's early 1980's. Four other men have won the title on three occasions: Terry Harper, Wirral (1970, 71, & 75); Tecwyn "Taff" Davies, Aldershot (1976, 77, 80); Iola Hughes, Menai (2015, 16 17) the second athlete to claim a hatrick after Colin Donnelley (2015, 16, 17); and Ricky Challinor, Liverpool (2010, 18, 19).

No athlete has won every age group from Under 11 to Senior Men but Ian Pierce, Wrexham & Tipton won titles from Under 13 Boys all the way through to his two senior victories. In the Masters scene Arthur Egan has won 14 Masters titles and it's great to see two time senior winner Roger Harrison-Jones, Prestatyn (1962 & 64) still winning Masters titles more than 56 years later as an M80.

In the Senior Women Lyn Maddison, Colwyn Bay and Sale Harriers, has won a record 7 titles starting with a double in 1986 and 1987, another title in 1990 and then four in a row from 1992 to 1995. She is followed by another Colwyn Bay athlete, Isobel Redfern who won 5 titles (1996, 1997, 2001,2002, 2013) and two athletes Ruth Schofield/Hetherington, Wrexham (2000, 03, 04 & 05) and Marilyn Kitching, Tattenhall (2008, 09, 10, 11) who have both won four titles.

One athlete, Cari Hughes, Menai, has won titles at every age group from Under 11 through to Senior Woman. It should be noted that she did win her only senior title to date as an Under 20, thereby achieving both titles on the same day. In the female Masters scene, Brenda Jones, Bro Dysynni, who won her first North Wales title as a W55 has won 15 titles. A special mention should go to Ali Whitelaw, Wrexham who in addition to winning 12 female masters titles finished in amongst the medals in the senior women's race on 10 occasions but never quite doing enough to win the title...

As a result of a telephone conversation with Andrew Fox, a member of the Isle of Man AAA Executive committee but formerly member of Colwyn Bay AAC and Deeside AAC, an annual triangular cross country fixture between North Wales, Shropshire and the Isle of Man was introduced on Saturday 5 March 1988. The inaugural meeting was held at Moss Valley, Wrexham, with competition for senior men, senior women and to their delight male veterans. From 3-5 March 1989 North Wales embarked on its first ever 'foreign' trip enjoying a wonderful weekend in Douglas before moving to Bridgenorth in 1990.

Since the 1975-76 season, the North Wales Cross Country Association has been responsible for the North Wales Cross Country League which now provides competition on 5 Saturday afternoons every winter for youths, junior and senior women, senior men, and all male and female masters. Teams from all over North Wales area take part as well as clubs from Shropshire.

Below are list of champions, where known, from 1955 onwards. If you have any additions, or alterations, please let me know.

Bernie Jones

Bernie-jones@sky.com

SENIOR MEN		
Year	Individual	Team
1955	A F Bradford, Pioneer Corps	???
1956	I Roberts, Coventry Godiva	???
1957	A F Pumphrey, Coventry Godiva	???
1958	S Kippax, Rhyl	???
1959	M Palmer, RAF Valley	???
1960	A F Pumphrey, Coventry Godiva	???
1961	B Waters, Wrexham AAC	???
1962	R Harrison-Jones, Rhyl	???
1963	T R Billington, Birchfield Harriers	???
1964	R Harrison-Jones, Rhyl	???
1965	R Williams, Thames Valley Harriers	???
1966	A A Hodges, Newtown	???
1967	T R Billington, Thames Valley Harriers	???
1968	NOT HELD	
1969	R O Williams, Liverpool	???
1970	T Harper, Wirral AC	???
1971	T Harper, Wirral AC	???
1972	J Robertshaw, Cardiff Uni	???
1973	P Flatman, RAF Valley	???
1974	J Robertshaw, Sale AC	???
1975	T Harper, Wirral AC	???
1976	T Davies, 7 Para Regiment	???
1977	T Davies, 7 Para Regiment	???
1978	A Blackwell, Wrexham AAC	???
1979	A Blackwell, Wrexham AAC	???
1980	T Davies, Aldershot	???
1981	A Blackwell, Wrexham AAC	???
1982	A Blackwell, Wrexham AAC	???
1983	G Nixon, Wrexham AAC	???
1984	A Blackwell, Wrexham AAC	???
1985	D Messum, Wolverhampton	???
1986	D Messum, Wolverhampton	Wrexham AAC
1987	C Donnelly, Eryri Harriers	Wrexham AAC
1988	I Hanson, Wrexham AAC	Wrexham AAC
1989	E Roberts, Eryri Harriers	Wrexham AAC
1990	G Harvey, Wrexham AAC	Wrexham AAC
1991	C Donnelly, Eryri Harriers	Wrexham AAC
1992	C Boulton, Wrexham AAC	Wrexham AAC
1993	C Donnelly, Eryri Harriers	Eryri Harriers
1994	C Donnelly, Eryri Harriers	Wrexham AAC
1995	C Jones, Eryri Harriers	Eryri Harriers
1996	C Jones, Eryri Harriers	Eryri Harriers
1997	I Pierce, Tipton Harriers	Wrexham AAC
1998	C Donnelly, Eryri Harriers	Eryri Harriers
1999	C Donnelly, Eryri Harriers	Eryri Harriers

2000	C Donnelly , Eryri Harriers		Eryri Harriers
2001	I Pierce , Tipton Harriers		Eryri Harriers
2002	C Donnelly , Eryri Harriers		Wrexham AAC
2003	A Vaughan , Eryri Harriers		Eryri Harriers
2004	L Northall , Wrexham AAC		Wrexham AAC
2005	S Henshaw , Deeside AC		Wrexham AAC
2006	T Davies , Maldwyn		Wrexham AAC
2007	A Vaughan , Eryri Harriers		Wrexham AAC
2008	C West , Buckley RC		Abergele Harriers
2009	D Rowlands , Wrexham AAC		Eryri Harriers
2010	R Challinor , Liverpool		Prestatyn RC
2011	J Dixon , Abergele Harriers		Eryri Harriers
2012	J Mills , Cardiff AC		Eryri Harriers
2013	J Mills , Cardiff AC		Wrexham AAC
2014	N Jones , Eryri Harriers		Eryri Harriers
2015	I Hughes , Menai T&F		Eryri Harriers
2016	I Hughes , Menai T&F		Buckley RC
2017	I Hughes , Menai T&F		Buckley RC
2018	R Challinor , Liverpool		Buckley RC
2019	R Challinor , Liverpool		Buckley RC
2020	R Davis , Wrexham AAC		Buckley RC

SENIOR WOMEN		
Year	Individual	Team
1977	K Wright, St. David's School	???
1978	C Cole, Deeside AC	???
1979	P Jones, Deeside AC	???
1980	S Davies Deeside AC	???
1981	S Tooby Bangor Uni	???
1982	S Tooby Bangor Uni	???
1983	T Williams, Colwyn Bay AC	???
1984	K Adams, Wrexham AAC	???
1985	A Carson, Eryri Harriers	???
1986	L Maddison, Colwyn Bay AC	???
1987	L Maddison, Colwyn Bay AC	???
1988	P Yale, Eryri Harriers	???
1989	E Hughes, Aberystwyth AC	???
1990	L Maddison, Sale Harriers	???
1991	E Hughes, Aberystwyth AC	???
1992	L Maddison, Sale Harriers	???
1993	L Maddison, Sale Harriers	Wrexham AAC
1994	L Maddison, Colwyn Bay	Wrexham AAC
1995	L Maddison, Colwyn Bay	Wrexham AAC
1996	I Redfern, Colwyn Bay AC	Colwyn Bay AC
1997	I Redfern, Colwyn Bay AC	Wrexham AAC
1998	T Williams, Eryri Harriers	Wrexham AAC
1999	E Davies, Deeside AC	Wrexham AAC
2000	R Schofield, Wrexham AAC	Wrexham AAC
2001	I Redfern, Colwyn Bay AC	Wrexham AAC
2002	I Redfern, Colwyn Bay AC	Wrexham AAC
2003	R Schofield, Wrexham AAC	Eryri Harriers
2004	R Schofield, Wrexham AAC	Wrexham AAC
2005	R Hetherington, Wrexham	Prestatyn RC
2006	C Harney, Wrexham AAC	Wrexham AAC
2007	C Harney, Wrexham AAC	Wrexham AAC
2008	M Kitching, Tattenhall RC	Eryri Harriers
2009	M Kitching, Tattenhall RC	Eryri Harriers
2010	M Kitching, Tattenhall RC	Denbigh Harriers
2011	M Kitching, Tattenhall RC	Eryri Harriers
2012	K Parry, Leeds	Eryri Harriers
2013	I Redfern, Colwyn Bay AC	Denbigh Harriers
2014	G Outten Colwyn Bay AC	Colwyn Bay AC
2015	G Paletta, Wrexham AAC	Eryri Harriers
2016	C Hughes, Menai T&F	Denbigh Harriers
2017	A Rowlands, Eryri Harriers	Eryri Harriers
2018	A Bagnall, Prestatyn RC	Eryri Harriers
2019	A Bagnall, Prestatyn RC	Eryri Harriers
2020	M Owen, Deeside AC	Eryri Harriers
UNDER 20 MEN		

Year	Individual		Team
1972	M Russell, Wrexham AAC		NO COMPLETE TEAMS
1973	M Russell, Wrexham AAC		NO COMPLETE TEAMS
1974	M Russell, Wrexham AAC		NO COMPLETE TEAMS
1975	M Ligema, Aberystwyth Uni		NO COMPLETE TEAMS
1976	M Ligema, Aberystwyth Uni		NO COMPLETE TEAMS
1977	LI Roberts, Cardiff Uni		NO COMPLETE TEAMS
1978	D Carr, Army		NO COMPLETE TEAMS
1979	S Holliwell, Bangor Uni		NO COMPLETE TEAMS
1980	T Wilcock, Deeside AC		NO COMPLETE TEAMS
1981	T Wilcock, Deeside AC		NO COMPLETE TEAMS
1982	J Messum, Deeside AC		NO COMPLETE TEAMS
1983	GA Griffiths, Wrexham AAC		NO COMPLETE TEAMS
1984	C Kneale, Wrexham AAC		NO COMPLETE TEAMS
1985	N Glynn, Newtown AC		NO COMPLETE TEAMS
1986	S Shiels, Colwyn Bay AC		Colwyn Bay AC
1987	A Edge, Wrexham AAC		Wrexham AAC
1988	A Neal, Wrexham AAC		Wrexham AAC
1989	B Huws, Eryri Harriers		Wrexham AAC
1990	M Ward, Eryri Harriers		NO COMPLETE TEAMS
1991	N Emberton, Newtown AC		NO COMPLETE TEAMS
1992	C Jones, Eryri Harriers		Eryri Harriers
1993	N Emberton, Newtown AC		Newtown AC
1994	C Jones, Eryri Harriers		NO COMPLETE TEAMS
1995	I Pierce, Wrexham AAC		NO COMPLETE TEAMS
1996	C Bradshaw, Wrexham		NO COMPLETE TEAMS
1997	T Davies, Newtown AC		NO COMPLETE TEAMS
1998	G Clowes, Prestatyn RC		NO COMPLETE TEAMS
1999	A Vaughan, Eryri Harriers		NO COMPLETE TEAMS
2000	D Hughes, Wrexham AAC		NO COMPLETE TEAMS
2001	D Hughes, Wrexham AAC		NO COMPLETE TEAMS
2002	S Benson, Eryri Harriers		NO COMPLETE TEAMS
2003	D W Jones, Coleg Menai		NO COMPLETE TEAMS
2004	R Jones, Wrexham AAC		NO COMPLETE TEAMS
2005	D Cheshire, Maldwyn		NO COMPLETE TEAMS
2006	D Cheshire, Maldwyn		NO COMPLETE TEAMS
2007	S McCormick, Abergele Harriers		NO COMPLETE TEAMS
2008	R Challinor, Deeside AC		NO COMPLETE TEAMS
2009	D Mountford, Deeside AC		Deeside AC
2010	D Mountford, Deeside AC		NO COMPLETE TEAMS
2011	S Boyton, Deeside AC		NO COMPLETE TEAMS
2012	J Roberts, Wrexham AAC		NO COMPLETE TEAMS
2013	N Jones, Colwyn Bay AC		NO COMPLETE TEAMS
2014	I Hughes, Menai T&F		NO COMPLETE TEAMS
2015	O Roberts, Eryri Harriers		NO COMPLETE TEAMS
2016	B Harrison, Prestatyn RC		NO COMPLETE TEAMS
2017	S Johnson, Colwyn Bay AC		Prestatyn RC

2018	O Hibbert , Deeside AC		NO COMPLETE TEAMS
2019	I Oldfield , Wrexham AAC		NO COMPLETE TEAMS
2020	A Jones , Menai T&F		NO COMPLETE TEAMS

UNDER 20 WOMEN		
Year	Individual	Team
1990	M O'Brien, Bangor Uni	NO COMPLETE TEAMS
1991	E Davies, Deeside AC	NO COMPLETE TEAMS
1992	C Edwards, Wrexham AAC	NO COMPLETE TEAMS
1993	I Redfern, Colwyn Bay AC	NO COMPLETE TEAMS
1994	NO ENTRIES	NO ENTRIES
1995	NO ENTRIES	NO ENTRIES
1996	NO ENTRIES	NO ENTRIES
1997	C Wyn-Green, Ruthin School	NO COMPLETE TEAMS
1998	NO ENTRIES	NO ENTRIES
1999	S Williams, Wrexham AAC	NO COMPLETE TEAMS
2000	J Maundrill, Deeside AC	NO COMPLETE TEAMS
2001	R White, Bangor Uni	NO COMPLETE TEAMS
2002	NO ENTRIES	NO ENTRIES
2003	T Williams, Cowell S A	NO COMPLETE TEAMS
2004	S McRobie, Menai T&F	NO COMPLETE TEAMS
2005	NO ENTRIES	NO ENTRIES
2006	V Jones, Wrexham AAC	NO COMPLETE TEAMS
2007	NO ENTRIES	NO ENTRIES
2008	G Paletta, Wrexham AAC	NO COMPLETE TEAMS
2009	A Darlington, Colwyn Bay AC	NO COMPLETE TEAMS
2010	G Paletta, Wrexham AAC	NO COMPLETE TEAMS
2011	A Oliver, Deeside AC	NO COMPLETE TEAMS
2012	S Livett, Menai T&F	NO COMPLETE TEAMS
2013	G Outten, Colwyn Bay AC	NO COMPLETE TEAMS
2014	A Cheetham, Prestatyn RC	NO COMPLETE TEAMS
2015	B Jenkinson, Eryri Harriers	NO COMPLETE TEAMS
2016	C Hughes, Menai T&F	NO COMPLETE TEAMS
2017	R Kamink, Colwyn Bay AC	NO COMPLETE TEAMS
2018	R Kamink, Colwyn Bay AC	NO COMPLETE TEAMS
2019	H Roberts, Colwyn Bay AC	NO COMPLETE TEAMS
2020	M Owen, Deeside AC	NO COMPLETE TEAMS

UNDER 17 MEN		
Year	Individual	Team
1974	V Edwards, Wrexham AAC	???
1975	V Edwards, Wrexham AAC	???
1976	V Edwards, Wrexham AAC	Wrexham AAC
1977	A Blackwell, Wrexham AAC	Wrexham AAC
1978	D Tomlinson, Wrexham AAC	???
1979	J Messum, Deeside AC	???
1980	I Humphreys, Wrexham AAC	???
1981	GA Griffiths, Wrexham AAC	???
1982	A Ridgeway, Wrexham AAC	???
1983	C Kneale, Wrexham AAC	???
1984	N Glynn, Newtown AC	???
1985	A Edge, Wrexham AAC	???
1986	R Jones, Deeside AC	Colwyn Bay AC
1987	B Huws, Eryri Harriers	Eryri Harriers
1988	B Huws, Eryri Harriers	Wrexham AAC
1989	N Emberton, Newtown AC	NO COMPLETE TEAMS
1990	N Emberton, Newtown AC	NO COMPLETE TEAMS
1991	C Jones, Eryri Harriers	Colwyn Bay AC
1992	J Peters, Newtown AC	Wrexham AAC
1993	I Pierce, Wrexham AAC	Wrexham AAC
1994	I Williams, Wrexham AAC	NO COMPLETE TEAMS
1995	A Vaughan, Eryri Harriers	Deeside AC
1996	C Lundy, Wrexham AAC	Wrexham AAC
1997	A Davies, Newtown AC	NO COMPLETE TEAMS
1998	D Hughes, Wrexham AAC	NO COMPLETE TEAMS
1999	C Pierce, Eryri Harriers	NO COMPLETE TEAMS
2000	N Jones, Colwyn Bay AC	Eryri Harriers
2001	L Northall, Wrexham AAC	Eryri Harriers
2002	L Northall, Wrexham AAC	Wrexham AAC
2003	B Owen, John Bright School	Ysgol John Bright, Llandudno
2004	N Northall, Wrexham	Wrexham AAC
2005	J Mills, Wrexham AAC	NO COMPLETE TEAMS
2006	H Jones, Colwyn Bay	NO COMPLETE TEAMS
2007	R Challinor, Deeside AC	Deeside AC
2008	A Banks, Deeside AC	Menai T&F
2009	P Goggins, Deeside AC	NO COMPLETE TEAMS
2010	J Roberts, Wrexham AAC	NO COMPLETE TEAMS
2011	N Jones, Colwyn Bay AC	NO COMPLETE TEAMS
2012	N Jones, Colwyn Bay AC	NO COMPLETE TEAMS
2013	I Hughes, Menai T&F	NO COMPLETE TEAMS
2014	T Henry, Deeside AC	NO COMPLETE TEAMS
2015	C Smith, Wrexham AAC	Wrexham AAC
2016	J Crutchley, Maldwyn	Menai T&F
2017	O Barberesi, Menai T&F	NO COMPLETE TEAM
2018	C Owen, Maldwyn	NO COMPLETE TEAM

2019	O Perrin, Menai T&F		NO COMPLETE TEAM
2020	J Davies, Derby		Deeside AC

UNDER 17 WOMEN		
Year	Individual	Team
1981	N Charlton, Sale Harriers	???
1982	K Adams, Wrexham AAC	???
1983	L Maddison, Colwyn Bay AC	???
1984	L Maddison, Colwyn Bay AC	???
1985	S McCall, Crewe	???
1986	D Samuels, Wrexham AAC	NO COMPLETE TEAM
1987	N Lucas, Deeside AC	NO COMPLETE TEAM
1988	K Barraclough, Colwyn Bay AC	NO COMPLETE TEAM
1989	I Redfern, Colwyn Bay AC	NO COMPLETE TEAM
1990	C Schofield, Wrexham AAC	Colwyn Bay AC
1991	C Schofield, Wrexham AAC	NO COMPLETE TEAM
1992	C Morgan, Wrexham AAC	Wrexham AAC
1993	C Morgan, Wrexham AAC	Wrexham AAC
1994	J Lang, Colwyn Bay	NO COMPLETE TEAM
1995	B Castle, Prestatyn RC	Prestatyn RC
1996	C Wynne-Green, Ruthin School	NO COMPLETE TEAM
1997	S Omed, Eryri Harriers	NO COMPLETE TEAM
1998	L Scott, Brecon	NO COMPLETE TEAM
1999	J Maundrill, Deeside AC	NO COMPLETE TEAM
2000	S Wallbank, Wrexham AAC	Wrexham AAC
2001	K Edmonson, Deeside AC	NO COMPLETE TEAM
2002	S McRobie, Menai T&F	NO COMPLETE TEAM
2003	S McRobie, Menai T&F	Wrexham AAC
2004	C Harris, Wrexham AAC	Wrexham AAC
2005	D Williams, Menai T&F	Wrexham AAC
2006	A Griffiths, Menai T& F	Wrexham AAC
2007	H Daly, Deeside AC	NO COMPLETE TEAM
2008	L Embleton, Colwyn Bay AC	NO COMPLETE TEAM
2009	D Darlington, Colwyn Bay AC	NO COMPLETE TEAM
2010	A Oliver, Colwyn Bay AC	NO COMPLETE TEAM
2011	S Livett, Menai T&F	NO COMPLETE TEAMS
2012	G Outten, Colwyn Bay AC	NO COMPLETE TEAMS
2013	A Cawthra, Maldwyn	NO COMPLETE TEAMS
2014	L Davis, Deeside AC	NO COMPLETE TEAMS
2015	C Hughes, Menai T&F	NO COMPLETE TEAMS
2016	E Roberts, Menai T&F	NO COMPLETE TEAMS
2017	M Owen, Deeside AC	NO COMPLETE TEAMS
2018	H Roberts, Colwyn Bay AC	Colwyn Bay AC
2019	M Roberts, Deeside AC	Deeside AC
2020	S Jones, Menai T&F	Deeside AC

UNDER 15 BOYS		
Year	Individual	Team
1977	J Messum, Deeside	???
1978	N C Jones, Deeside	???
1979	T Wylie North Powys	???
1980	S Evans, Wrexham	???
1981	A Ridgeway, Wrexham	???
1982	G Davies, Wrexham	???
1983	N Bebington, Colwyn Bay	???
1984	A Edge, Wrexham	???
1985	P Wells, Colwyn Bay	???
1986	P Grant, Eryri Harriers	???
1987	M Smith, Deeside	Deeside AC
1988	N Emberton, Newtown AC	Colwyn Bay AC
1989	C Jones, Eryri Harriers	Colwyn Bay AC
1990	R Brown, Newtown AC	Colwyn Bay AC
1991	I Pierce, Wrexham	Wrexham AAC
1992	A McClean, Eryri Harriers	Wrexham AAC
1993	A Vaughan, Eryri Harriers	Deeside AC
1994	A Vaughan, Eryri Harriers	Deeside AC
1995	A Davies, Newtown AC	Colwyn Bay AC
1996	D Hughes, Wrexham AAC	NO COMPLETE TEAM
1997	C Pierce, Eryri Harriers	NO COMPLETE TEAM
1998	C Pierce, Eryri Harriers	Ysgol Dinas Bran, Llangollen
1999	LI Pierce, Eryri Harriers	NO COMPLETE TEAM
2000	L Northall, Wrexham	Wrexham AAC
2001	M Vale, Wrexham	Wrexham AAC
2002	J Powell, Dinas Bran	Wrexham AAC
2003	N Northall, Wrexham	Ysgol John Bright, Llandudno
2004	H Jones, Colwyn Bay	Colwyn Bay AC
2005	S Roberts, Colwyn Bay	Menai T&F
2006	R Bennett, Wrexham AAC	Deeside AC
2007	C Hulson, Deeside AAC	Menai T&F
2008	J Wright, Deeside	Ysgol Dinas Bran, Llangollen
2009	T Earley, Colwyn Bay	NO COMPLETE TEAM
2010	T Earley, Colwyn Bay	Colwyn Bay AC
2011	I Hughes, Menai T&F	Deeside AC
2012	I Hughes, Menai T&F	Menai T&F
2013	C Smith, Wrexham	NO COMPLETE TEAMS
2014	M Willis, Wrexham	NO COMPLETE TEAMS
2015	O Barberesi, Menai T&F	Menai T&F
2016	E Ackroyd, Deeside	NO COMPLETE TEAM
2017	M Spill, Menai T&F	Menai T&F
2018	O Perrin, Menai T&F	Menai T&F
2019	O Jones, Maldwyn	Deeside AC
2020	M L Thomas, Menai T&F	Maldwyn Harriers
UNDER 15 GIRLS		

Year	Individual		Team
1977	S Davies, Deeside AC		???
1978	S Davies, Deeside AC		???
1979	C Davies, Deeside AC		???
1980	N Charlton, Deeside AC		???
1981	J Kirk, Hawardian HS		???
1982	S Key, Wrexham AAC		???
1983	P Yale, Eryri Harriers		???
1984	P Yale, Eryri Harriers		???
1985	C Jones, Eryri Harriers		???
1986	K Barraclough, Colwyn Bay AC		???
1987	V Jones, Wrexham AAC		Newtown AC
1988	C Schofield, Wrexham AAC		Colwyn Bay AC
1989	C Schofield, Wrexham AAC		Wrexham AAC
1990	C Edwards, Wrexham AAC		Wrexham AAC
1991	C Morgan, Newtown AC		Wrexham AAC
1992	A Jones, Wrexham		Wrexham AAC
1993	Z Parry, Colwyn Bay		Colwyn Bay AC
1994	S Omed, Eryri Harriers		St. David's School, Wrexham
1995	S Omed, Eryri Harriers		Deeside AC
1996	S Williams, Wrexham AAC		NO COMPLETE TEAM
1997	L Scott, Brecon		Wrexham AAC
1998	S Wallbank, Wrexham AAC		NO COMPLETE TEAM
1999	S Wallbank, Wrexham AAC		NO COMPLETE TEAM
2000	F Harding, Wrexham AAC		Wrexham AAC
2001	S Dallimore, Bro Dysynni		Wrexham AAC
2002	A Holloway, Menai T&F		Wrexham AAC
2003	L Brighthouse, Colwyn Bay AC		Menai T&F
2004	G Paletta, Wrexham		Wrexham AAC
2005	R Nuttall, Liverpool		Deeside AC
2006	E Wright, Wrexham AAC		NO COMPLETE TEAM
2007	A Oliver, Deeside AC		NO COMPLETE TEAM
2008	A Oliver, Colwyn Bay AC		Menai T&F
2009	L Owen, Maldwyn Harriers		NO COMPLETE TEAM
2010	K Roberts, Deeside AC		Deeside AC
2011	A Cawthra, Maldwyn Harriers		NO COMPLETE TEAM
2012	A Cawthra, Maldwyn Harriers		Maldwyn Harriers
2013	C Hughes, Menai T&F		Menai T&F
2014	C Hughes, Menai T&F		Menai T&F
2015	H Roberts, Colwyn Bay AC		Menai T&F
2016	M Roberts, Deeside AC		Menai T&F
2017	M Roberts, Deeside AC		Deeside AC
2018	S Cordiner, Wrexham AAC		Deeside AC
2019	S Jones, Menai T&F		Deeside AC
2020	M Griffiths, Maldwyn Harriers		Deeside AC
<u>UNDER 13 BOYS</u>			
Year	Individual		Team

1977	R Smith, Grove Park School	???
1978	C Jones, St David's School	???
1979	N Jones, Denbigh HS	???
1980	G Ellis, Eryri Harriers	???
1981	N Key, Wrexham AAC	???
1982	N Key, Wrexham AAC	???
1983	D Ll Roberts, Eryri Harriers	???
1984	P Prydderch, Eryri Harriers	???
1985	I Kneale, Wrexham AAC	???
1986	J Kidd, Deeside AC	???
1987	D Thomas, Colwyn Bay AC	Colwyn Bay AC
1988	I Oliver, Colwyn Bay AC	Newtown AC
1989	I Pierce, Wrexham AAC	Wrexham AAC
1990	P Wilshaw, Wrexham AAC	Wrexham AAC
1991	I Williams Wrexham AAC	Colwyn Bay AC
1992	M Russell, Colwyn Bay	Deeside AC
1993	A Davies, Newtown AC	Colwyn Bay AC
1994	M Bodden, Colwyn Bay	Colwyn Bay AC
1995	C Prior, Deeside AC	Prestatyn RC
1996	C Pierce, Eryri Harriers	Eryri Harriers
1997	N Jones, Eirias Park School	Dinas Bran School, Llangollen
1998	L Northall, Wrexham AAC	Wrexham AAC
1999	Ll Davies, Wrexham AAC	Ysgol Dinas Bran
2000	N Northall, Wrexham AAC	Colwyn Bay AC
2001	J Mills, Wrexham AAC	Ysgol Dinas Bran
2002	D Benson, Menai T&F	NO COMPLETE TEAM
2003	S J Roberts, John Bright School	Wrexham AAC
2004	D Bright, Ysgol Friars	Wrexham AAC
2005	O Roberts, Abergele	Wrexham AAC
2006	H Bennett, Wrexham AAC	Deeside AC
2007	J Wynne, Wrexham AAC	NO COMPLETE TEAM
2008	T Earley, Colwyn Bay AC	Deeside AC
2009	R Evans, Deeside AC	NO COMPLETE TEAM
2010	J Spill, Menai T&F	Deeside AC
2011	J Spill, Menai T&F	Menai T&F
2012	J Crutchley, Menai T&F	Colwyn Bay
2013	J Crutchley, Menai T&F	Menai T&F
2014	S Jones, Menai T&F	Menai T&F
2015	O Perrin, Menai T&F	Deeside AC
2016	O Perrin, Menai T&F	Menai T&F
2017	M Anthony, Deeside AC	Deeside AC
2018	T Harper Lloyd, Menai T&F	Menai T&F
2019	C Morgan, Maldwyn Harriers	Menai T&F
2020	J Welsh, Deeside AC	Deeside AC
<u>UNDER 13 GIRLS</u>		
Year	Individual	Team
1978	D McLean, Deeside AC	???

1979	E Smallman, Deeside AC	???
1980	S Key, Wrexham AAC	???
1981	J Traynor, Deeside AC	???
1982	D Samuels, Wrexham AAC	???
1983	A Wale, Wrexham AAC	???
1984	D Hoban, Newtown AC	???
1985	W Jones, Newtown AC	???
1986	J Bradley, Newtown AC	???
1987	C Edwards, Wrexham AAC	Wrexham AAC
1988	A Rowbotham, Colwyn Bay AC	Colwyn Bay AC
1989	A Rowbotham, Colwyn Bay AC	Wrexham AAC
1990	A Jones, Wrexham AAC	Wrexham AAC
1991	L Allun, Oswestry Olympians	Colwyn Bay AC
1992	S Omed, Eryri Harriers	Colwyn Bay AC
1993	S Omed, Eryri Harriers	Colwyn Bay AC
1994	L Jones, Wrexham AAC	Colwyn Bay AC
1995	L Jones, Wrexham AAC	Eryri Harriers
1996	S Wallbank, Wrexham AAC	Wrexham AAC
1997	S Wallbank, Wrexham AAC	Eryri Harriers
1998	F Harding, Wrexham AAC	Colwyn Bay AC
1999	F Harding, Wrexham AAC	Wrexham AAC
2000	L Lanini, Wrexham AAC	Wrexham AAC
2001	L Jones, Prestatyn RC	Newtown AAC
2002	R Nuttall, Deeside AC	Wrexham AAC
2003	A Morris, Wrexham AAC	Wrexham AAC
2004	L Holloway, Menai T&F	Ysgol Dinas Bran
2005	A Oliver, Deeside	Deeside AC
2006	A Oliver, Deeside	Deeside AC
2007	J Bailey, Wrexham AAC	Deeside AC
2008	J Lampkin, Deeside AC	Menai T&F
2009	A Backshall, Colwyn Bay AC	Deeside AC
2010	L Davies, Deeside AC	Deeside AC
2011	C Hughes, Menai T&F	Menai T&F
2012	C Hughes, Menai T&F	Wrexham AAC
2013	M Owen, Deeside AC	Dinas Bran School
2014	H Roberts, Colwyn Bay AC	Menai T&F
2015	M Roberts, Deeside AC	Menai T&F
2016	S Jones, Menai T&F	Deeside AC
2017	S Jones, Menai T&F	Menai T&F
2018	N Roberts, Bryn Hyfryd	Deeside AC
2019	M Griffiths, Maldwyn Harriers	Menai T&F
2020	B Haf Brown, Menai T&F	Menai T&F
<u>UNDER 11 BOYS</u>		
Year	Individual	Team
1977	R Jones, St Giles School	???
1978	G Billington, Wrexham AAC	???
1979	N Bennett, North Powys	???

1980	N Key, Wrexham AAC	???
1981	M Hodgson, Colwyn Bay AC	???
1982	D Halliday Eryri Harriers	???
1983	I Kneale, Wrexham AAC	???
1984	R Davey, Colwyn Bay AC	???
1985	D Thomas, Colwyn Bay AC	???
1986	J Owen, Deeside AC	???
1987	G Owen, Eryri Harriers	Eryri Harriers
1988	T Hildige, Eryri Harriers	Wrexham AAC
1989	I Williams, Wrexham AAC	Wrexham AAC
1990	J Brown, Deeside AC	Eryri Harriers
1991	R Powell, Colwyn Bay AC	Wrexham AAC
1992	D Hughes, Wrexham AAC	Colwyn Bay AC
1993	C Prior, Deeside AC	Wrexham AAC
1994	C Roberts, Prestatyn RC	Acton Park School, Wrexham
1995	C Roberts, Frongoch School	Ysgol Frongoch, Denbigh
1996	LI Pierce, Eryri Harriers	Sandycroft School
1997	P Tickner, Colwyn Bay AC	Sandycroft School
1998	M Emberton, Brynhafren Sch	Borras Park School, Wrexham
1999	J Mills, Wrexham AAC	Wrexham AAC
2000	R Davies, Sandycroft School	Sandycroft School
2001	S J Roberts, Colwyn Bay AC	Sandycroft School
2002	S J Roberts, Colwyn Bay AC	Frongoch Junior School, Denbigh
2003	T Csizmadia, Borras Pk School	Wrexham AAC
2004	J Wynne, Wrexham	Ysgol Bryn Coch, Mold
2005	T Earley, Colwyn Bay	Ysgol Bryn Coch, Mold
2006	T Earley, Penybryn School	Ysgol Bryn Coch, Mold
2007	R James, Menai T&F	Ysgol Emmanuel
2008	A Jones, Menai T&F	Menai T&F
2009	M McNee, Wrexham AAC	Ysgol Bryn Coch, Mold
2010	J Daly, Menai T&F	Ysgol Bryn Coch, Mold
2011	T Evans, Acton Park School	Acton Park School, Wrexham
2012	K Forrest, Menai T&F	Menai T&F
2013	O Perrin, Menai T&F	Penmorfa School
2014	O Perrin, Menai T&F	Menai T&F
2015	I H Oldfield, Bryn Coch School	Bryn Coch School
2016	I H Oldfield, Wrexham AAC	Menai T&F
2017	C Morgan, Maldwyn Harriers	Menai T&F
2018	B Gwilym, Menai T&F	Deeside AC
2019	D Bradley, Maldwyn Harriers	Deeside AC
2020	A Evans, Deeside AC	Deeside AC
<u>UNDER 11 GIRLS</u>		
Year	Individual	Team
1979	C Edwards, North Powys	???
1980	S Haskins, Colwyn Bay AC	???
1981	C Harris, Deeside AC	???
1982	A Wale, Wrexham AAC	???

1983	R Wood, Mynydd Isa School	???
1984	K Rothwell, Newtown AC	???
1985	D Shepherd, Newtown AC	???
1986	C Williams, Newtown AC	???
1987	G Hulme, Wrexham AAC	Wrexham AAC
1988	C Williams, Colwyn Bay AC	Mynydd Isa School
1989	A Jones, Wrexham AAC	Wrexham AAC
1990	C Samuel, Colwyn Bay AC	Colwyn Bay AC
1991	L Jones, Wrexham AAC	Wrexham AAC
1992	L Jones, Acton Park School	Colwyn Bay AC
1993	L Jones, Acton Park School	Eryri Harriers
1994	E Harding, Eryri Harriers	Wrexham AAC
1995	S Bennell, Eryri Harriers	Eryri Harriers
1996	N Davies, Eryri Harriers	Acton Park School
1997	L Ruggeri, Brecon	Ysgol Frongoch, Denbigh
1998	L Lanini, Wrexham AAC	Ysgol Frongoch, Denbigh
1999	L Lanini, Wrexham AAC	Ysgol Ceiriog, Chirk
2000	G Paletta, Wrexham AAC	Borras Park School, Wrexham
2001	L Jones, Wrexham AAC	Wrexham AAC
2002	J Simmons, Acton Park School	Acton Park School
2003	R Johncock, Colwyn Bay AC	Ysgol Bryn Coch, Mold
2004	R Johncock, Colwyn Bay AC	Acton Park School
2005	R Johncock, Colwyn Bay AC	NO COMPLETE TEAMS
2006	J Lampkin, Deeside AC	Ysgol Bryn Coch, Mold
2007	G Bates, Penmorfa School	Ysgol Bryn Coch, Mold
2008	E Tilley, Oswestry Olympians	Maldwyn Harriers
2009	C Hughes, Menai T&F	Maldwyn Harriers
2010	C Jones, Menai T&F	Maldwyn Harriers
2011	E Russell, Wrexham AAC	Menai T&F
2012	H Roberts, Colwyn Bay AC	Oswestry Olympians
2013	E Scott, Penmorfa Schhol	Penmorfa School
2014	E Hughes, Oswestry Olympians	Menai T&F
2015	E Scott, Penmorfa School	Menai T&F
2016	N Roberts, Deeside AC	Deeside AC
2017	M Griffiths, Maldwyn Harriers	Deeside AC
2018	M Parry, Deeside AC	Deeside AC
2019	J Hurst, Deeside AC	Deeside AC
2020	O Kissane, Deeside AC	Deeside AC

MASTERS MEN

Year	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	Teams
1986		B Yale, Eryri	D Gardner NWRRC	R Billington Wrexham							M40+ Wrexham AAC
1987		R Elliott, NWRRC	B Yale, Eryri	R Williams, Wrexham							M40+ Wrexham AAC
1988		G Owens, Prestatyn	B Taylor, Wrexham	R Williams Wrexham	D Morris, Oswestry						M40+ Prestatyn RC
1989		R Bell, Wrexham	D Williams, Eryri	R Williams Wrexham	D Morris, Oswestry						M40+ Wrexham AAC
1990		P Walker, Wrexham	A Egan, Wrexham	D Gardner NWRRC	D Morris, Oswestry	R Jones, Wrexham					M40+ Wrexham AAC
1991		P Walker, Wrexham	A Egan, Wrexham	R Harrison Jones Prestatyn	D Morris, Oswestry	R Jones, Wrexham					M40+ Wrexham AAC
1992		P Walker, Wrexham	A Egan, Wrexham	K Peers, C Bay	G Gatrell, Wrexham	R Jones, Wrexham					M40+ Wrexham AAC
1993		P Walker, Wrexham	A Egan, Wrexham	M Pollard, C Bay	P Norman, Wrexham	D Morris, Oswestry					M40+ Wrexham AAC
1994		I Selvey, Wrexham	B Davies, Colwyn Bay	D Williams Eryri	P Norman, Wrexham	D Morris, Oswestry					M40+ Wrexham AAC
1995		K Brown, Eryri	R Carr, Wrexham	A Egan, Wrexham	T Harper, Wirral	D Morris, Oswestry	E Naisby, Prestatyn				M40+ Wrexham AAC
1996		SP Jones, Eryri	R Skinner, Colwyn Bay	A Egan, Wrexham	P Norman, Wrexham	E Faure, Prestatyn	R Jarvis, Wrexham				M40+ Wrexham AAC
1997		I Selvey, Wrexham	P Walker, Wrexham	A Egan, Wrexham	P Norman, Wrexham	D McCaffrey, Bro Dysynni	D Morris, Oswestry O				M40+ - Wrexham AAC
1998		K Mills, Wrexham	M Blake, Eryri	A Egan, Wrexham	D Williams, Eryri	P Norman, Wrexham	D Morris, Oswestry O				M40 > M59 - Wrexham AAC / M60+ Wrexham AAC
1999		B Jones, Wrexham	H Richards, Swansea	D Evans, Newtown	D Williams, Eryri	P Norman, Wrexham	T Partridge, Wrexham				M40+ - Wrexham AAC
2000		C Donnelly, Eryri	L Coathup, Wirral	P Walker, Wrexham	D Williams, Eryri	B Jackson, Bro Dysynni	D Morris, Oswestry O				M40 > M59 - Eryri Harriers / M60+ Wrexham AAC
2001		C Donnelly, Eryri	L Coathup, Wirral	D Evans, Newtown	D Williams, Eryri	P Norman, Wrexham	T Partridge, Wrexham	R Jones, Wrexham			M40 > M59 - Eryri Harriers / M60+ Wrexham AAC
2002		C Donnelly, Eryri	I Selvey, Wrexham	I Carson, Wrexham	D Williams, Eryri	P Norman, Wrexham	T Pugh, Newtown	D Morris, Oswestry			M40 > 59 - Wrexham AAC / M60+ Wrexham AAC
2003		C Donnelly, Eryri	S Bellis, Wrexham	I Carson, Wrexham	A Egan, Wrexham	D Williams, Eryri	G Jones, Wrexham	D Morris, Oswestry			M40 > M59 Colwyn Bay / M60+ Wrexham AAC

2004		T Partridge, Wrexham	M Weedall, Wrexham	M Pickering Eryri	A Egan, Wrexham	D Williams, Eryri	P Norman, Wrexham	D Morris, Oswestry			M40 > 59 - Wrexham AAC / M60+ Wrexham
Year	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	Teams
2005		T Partridge Wrexham	B Jones, Wrexham	G Nixon, Prestatyn	P Walker, Wrexham	A Egan, Wrexham	D Williams, Eryri	D Morris, Oswestry	R Jones, Wrexham		M40 > 59 - Wrexham AAC / M60+ Wrexham
2006		G Williams, Eryri	M Weedall, Wrexham	E Davies, Maldwyn	I Carson, Wrexham	E Davies, Eryri	B Jackson, Bro Dysynni	D Morris, Oswestry	R Jones, Wrexham		M40 > M59 Wrexham AAC / M60+ No Complete Team
2007	I Houston, Wrexham	M Robbins, Wrexham	C Davies, Buckley	S Bellis, Buckley	G Shone, Abergele	D Williams, Eryri	B Jackson, Bro Dysynni	R Billington, Wrexham	D Morris, Oswestry		M40 > M59 Wrexham AAC / M60+ Prestatyn RC
2008	G Nicholls, Prestatyn	C West, Buckley	C Davies, Buckley	S Bellis, Buckley	M Cortvriend Denbigh	A Egan, Wrexham	D Williams, Eryri	P Norman, Wrexham			M40 > 59 Abergele Harriers / M60+ Wrexham AC
2009	L Jones, Deeside	D Rowlands Wrexham	M Robbins, Wrexham	R Owen, Eryri	G Nixon, Prestatyn	A Egan, Wrexham	D Williams, Eryri	P Norman, Wrexham			M40 > 59 Abergele Harriers / M60+ No Complete Team
2010	I Jones, Coventry	L Jones, Deeside	M Robbins, Wrexham	R Owen, Eryri	J Woodcock, Eryri	G Owens, Prestatyn	E Davies, Eryri	R Harrison- Jones Prestatyn			M40 > 59 Eryri Harriers / M60 > M69 Eryri Harriers / M70+ Wrexham AC
2011	A Walling, Menai	G Norgrove Wrecsam Tri	M Robbins, Wrexham	S Davies, Mansfield	N Owen, Prestatyn	G Richards, Wrexham	D Williams, Eryri	D Hughes, Prestatyn			M40 > M59 Prestatyn RC / M60 > M69 Wrexham AAC
2012	A Campbell, Wrecsam Tri	G Norgrove Wrecsam Tri	R Jones, Maldwyn	A Lewis, Eryri	G Jones, Shrewsbury	M Cortvriend Denbigh	P Roberts, Buckley	R Harrison- Jones Prestatyn	R Billington, Wrexham		M40 > M64 - Eryri Harriers / M65 > M69 - Buckley RC
2013	A Walling, Menai	L Jones, Deeside	R Jones, Maldwyn	T Partridge, Wrexham	C Edginton, Meirionnydd	G Nixon, Prestatyn	A Egan, Wrexham	D Hughes, Prestatyn	R Harrison- Jones Prestatyn		M35 > M64 Wrexham / M65+ Prestatyn RC
2014	N Jones, Eryri	A Walling, Menai	G Norgrove Wrecsam T	M Robbins, Wrexham	G Jones, Prestatyn	M Cortvriend Denbigh	R Mackey, Buckley	J Morris, Buckley	D Hughes, Prestatyn		m35 > M59 - Eryri Harriers / M60+ Denbigh Harriers
2015	D Weston, Wrexham	I Jones, Coventry	D Rowlands, Wrexham	R Jones, Shrewsbury	A Lewis, Eryri	SP Jones, Eryri	P Walker, Wrexham	D Williams, Eryri	D Hughes, Prestatyn		M35 > M59 - Eryri Harriers / M60 > M69 Prestatyn / M70+ Prestatyn
2016	J Salt, Abergele	J Brown, Buckley	L Jones, Deeside	E Campbell, Buckley	R Owen, Eryri	S Roberts, Oswestry O	N Williams, Wrexham	D Williams, Eryri	R Harrison- Jones Prestatyn		M35 > 59 - Eryri Harriers / M60 > 69 - Denbigh Harriers / M70+ Prestatyn RC
2017	R Bentley, Kent	I Jones, Coventry	S Roberts, Buckley	E Campbell, Buckley	R Owen, Eryri	C Edginton, Meirionnydd	M Cortvriend Denbigh	I Jones, Wrecsam Tri	R Harrison- Jones Prestatyn		M35 > 49 - Buckley RC / M50 > 59 - Buckley RC / M60 > 69 - Denbigh / M70+ Prestatyn RC
2018	S Skates, Prestatyn	T Davies, Maldwyn	J Brown, Buckley	G Hughes, GOG Tri	S Toogood, Buckley	E Davies, Maldwyn	G Nixon, Prestatyn	I Jones, Wrecsam Tri	J Hickman, Prestatyn	P Norman, Wrexham	M35 > 49 - Buckley RC / M50 > 59 - Buckley RC / M60+ Maldwyn Harriers / M70+ Prestatyn RC
2019	A Williams, Meirionnyd	S Skates, Prestatyn	L Jones, Deeside	G Williams, Vale Royal	V Belshaw, Denbigh	S Butler, Shrewsbury	G Nixon, Prestatyn	M Davis, Prestatyn	J Morris, Buckley	P Norman, Wrexham	M35 > 59 - Buckley RC

2020	R Fox, Shrewsbury	C Morgan, Maldwyn	M Green, NWRRC	L Jones, Deeside	D Williams, Guildford	R Owen, Eryri	F Jones, Denbigh	P Walker, Wrexham	E Davies, Hebog	R Harrison- Jones Prestatyn	M35 > 59 - Buckley RC / M65+ - Denbigh Harriers
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MASTERS WOMEN

Year	W35	W40	W45	W50	W55	W60	W65	W70	W75	Teams
198 6	M Docking, Wrexham		M Gartrell, Wrexham							NO COMPLETE VETERAN TEAMS
198 7	C Bell, Wrexham									W35+ Wrexham AAC
198 8	M Docking, Wrexham	J Hallard, Colwyn Bay		M Gartrell, Wrexham						NO COMPLETE VETERAN TEAMS
198 9	M Docking, Wrexham	C Bell, Wrexham	S Arnold, Abergele	M Gartrell, Wrexham						NO COMPLETE VETERAN TEAMS
199 0	L Hardley, Wrexham	J Hallard, Colwyn Bay	N Lloyd, Wrexham	M Gartrell, Wrexham						W35+ Eryri Harriers
199 1	M Docking, Wrexham	L Clarke, Colwyn Bay	N Lloyd, Wrexham	M Gartrell, Wrexham						W35+ Wrexham AAC
199 2	A Cartwright, Wrexham	M Docking, Wrexham	N Lloyd, Wrexham	C Bebbington Colwyn Bay	M Gartrell, Wrexham					W35+ Wrexham AAC
199 3	A Cartwright, Wrexham	L Bradley, Wrexham	J Hallard, Colwyn Bay	S Arnold, Abergele	M Gartrell, Wrexham					W35+ Wrexham AAC
199 4	A Cartwright, Wrexham	P Hopkins, Wrexham	J Hallard, Colwyn Bay	J Glass, Eryri						W35+ Wrexham AAC
199 5	A Whitelaw, Wrexham	L Hardley, Wrexham	J Hallard, Colwyn Bay	S Arnold, Abergele						W35+ Wrexham AAC
199 6	V Musgrove, Wrexham	M Tomos, Eryri	J Hallard, Colwyn Bay		S Arnold, Abergele					W35+ Colwyn Bay AC
199 7	A Whitelaw, Wrexham	V Musgrove, Wrexham	M Docking, Wrexham	M Meredith, Prestatyn						W35+ Wrexham AAC
199 8		A Whitelaw, Wrexham	M Docking, Wrexham	J Hallard, Colwyn Bay	B Jones, Bro Dysynni					W35+ Wrexham AAC
199 9	J Williams, Orion	A Whitelaw, Wrexham	P Hopkins, Wrexham	M Griffiths, Bro Dysynni	B Jones, Bro Dysynni	M Gartrell, Wrexham				W35+ Wrexham AAC
200 0	J Lloyd, Eryri	A Whitelaw, Wrexham	M Docking, Wrexham	M Edwards, Wrexham		M Gartrell, Wrexham				W35+ Wrexham AAC
200 1	J Williams, Orion	V Musgrove, Wrexham	S Hughes, Eryri	M Docking, Wrexham	B Jones, Bro Dysynni					W35+ Wrexham AAC
200 2	V Ronald, Colwyn Bay	A Whitelaw, Wrexham	V Musgrove, Wrexham	M Docking, Wrexham	M Griffiths, Bro Dysynni	B Jones, Bro Dysynni				W35+ Wrexham AAC
200 3	J Mountford, Buckley	A Williams, Colwyn Bay	G Waring, Prestatyn	S Bennell, Eryri	M Oliver, Eryri					W35+ Eryri Harriers
200 4	H Davies, Wrexham	J Williams, Orion	A Whitelaw, Wrexham	S Hughes, Eryri	M Oliver, Eryri	B Jones, Bro Dysynni				W35+ Wrexham AAC
Year	W35	W40	W45	W50	W55	W60	W65	W70	W75	Teams

2005	J Mountford, Buckley	E Salisbury, Eryri	A Whitelaw, Wrexham	S Hughes, Eryri	H Dirskin, Buckley					W35+ Eryri Harriers
2006	H Davies, Wrexham	J Lindley, Buckley	A Whitelaw, Wrexham	H Jacques, Abergele	M Oliver, Eryri	B Jones, Bro Dysynni				W35+ Wrexham AAC
2007	M Kitching, Tattenhall	J Lindley, Buckley	B English, Denbigh		M Oliver, Eryri	M Griffiths, Bro Dysynni				W35+ Denbigh Harriers
2008	M Kitching, Tattenhall	J Lindley, Buckley	E Salisbury, Eryri	A Whitelaw, Wrexham	M Docking, Wrexham	M Oliver, Eryri	B Jones, Bro Dysynni			W35+ Eryri Harriers
2009	L Morley, Wrexham	M Kitching, Tattenhall	E Collins, Denbigh	M Baugh, Denbigh		M Oliver, Eryri	B Jones, Bro Dysynni			W35+ Eryri Harriers
2010	T Lewis-Jones, Eryri	M Kitching, Tattenhall	A Williams, Eryri	B English, Denbigh	V Cortvriend, Denbigh	M Oliver, Eryri	B Jones, Bro Dysynni			W35+ Eryri Harriers
2011	M Kitching, Tattenhall	M Kitching, Tattenhall	T Williams, Denbigh	B Jones, Bro Dysynni	V Cortvriend, Denbigh	C Birch, Abergele	B Jones, Bro Dysynni			W35+ Eryri Harriers
2012	I Redfern, Colwyn Bay	M Kitching, Tattenhall	J Richards, Abergele	A Williams, Eryri	V Edwards, Menai T&F	C Birch, Abergele		B Jones, Bro Dysynni		W35+ Eryri Harriers
2013	I Redfern, Colwyn Bay	L Morley, Wrexham	T Williams, Denbigh	A Jones, Prestatyn	G Waring, Prestatyn		C Birch, Abergele	B Jones, Bro Dysynni		W35+ Denbigh Harriers
2014	A Rowlands, Eryri	I Redfern, Colwyn Bay	H McCarthur, Colwyn Bay	E Collins, Denbigh	A Whitelaw, Wrexham		M Oliver, Eryri			W35+ Eryri Harriers
2015	H Evans, Buckley	A Rowlands, Eryri	L Wright, Unnattached	T Williams, Denbigh	G Waring, Prestatyn		C Birch, Abergele	B Jones, Bro Dysynni		W35+ Eryri Harriers
2016	S Heppenstall Buckley	V Whitehead Denbigh	T Lewis-Jones, Eryri	T Williams, Denbigh	A Whitelaw, Wrexham		C Birch, Abergele	B Jones, Bro Dysynni		W35+ Eryri Harriers
2017	A Muller, W Cheshire	A Rowlands, Eryri	T Lewis-Jones, Eryri	C Diss, Denbigh	M Ludden, Buckley	V Edwards, Menai T&F			B Jones, Bro Dysynni	W35+ Eryri Harriers
2018	M Grant, Eryri	S Beck, Prestatyn	V Whitehead, Denbigh	C Cook, Buckley	E Collins, Denbigh		A Albuquerque GOG Tri	C Birch, Abergele		W35+ Eryri Harriers
2019	M Grant, Eryri	A Rowlands, Eryri	T Lewis-Jones, Eryri	C Cook, Buckley	A Mynott, Colwyn Bay	M Baugh, Denbigh		A Albuquerque GOG Tri		W35+ Eryri Harriers
2020	G Moore, Eryri	J Owens, Abergele	A Rowlands, Eryri	C Cook, Buckley	A Mynott, Colwyn Bay	M Baugh, Denbigh		M Oliver, Eryri		W35+ Eryri Harriers