

Girls Section: (Inaugurated 1971) (1988 Minor Girls) (1993 Under 13 Girls)

Season	Team	Athlete	
1971-72	Champions Cwmbran Olympiads AC	J. Hulbert	(Swansea)
	Runners-up Cardiff AAC	M. Shipper	(Cardiff)
1972-73	Champions Cwmbran Olympiads AC	P. Pike	(Cwmbran)
	Runners-up Cardiff AAC	C. Aggopardi	(Cantonian)
1973-74	Champions Bristol AC	S. Backwell	(Bristol)
	Runners-up Cardiff AAC	D. Lewis	(Cardiff)
1974-75	Champions Bristol AC	T. Walker	(Cwmbran)
	Runners-up Cardiff AAC	S. Quinnell	(Bristol)
1975-76	Champions Bristol AC	J. Stokes	(Bristol)
	Runners-up Westbury Harriers	B. Miller	(Bristol)
1976-77	Champions Westbury Harriers	M. Sharpe	(Westbury)
	Runners-up Cardiff AAC	B. Miller	(Bristol)
1977-78	Champions Bristol AC	T. Blanford	(Bristol)
	Runners-up Cardiff AAC	C. Roderick	(Cardiff)
1978-79	Champions Bristol AC	J. Thomas	(Carmarthen)
	Runners-up Cardiff AAC	A. Presley	(Bristol)
1979-80	Champions Bristol AC	D. Crowley	(Port Talbot)
	Runners-up Cardiff AAC	A. Parry	(Cleddau)
1980-81	Champions Bristol AC 'A'	N. Mounty	(Bristol)
	Runners-up Bristol AC 'B'	J. Jones	(Cardiff)
1981-82	Champions Bristol AC	C. Pugh	(Newport)
	Runners-up Westbury Harriers	N. Wood	(Barry)
1982-83	Champions Cardiff AAC	C. Burnell	(Cardiff)
	Runners-up Aberdare Valley AAC	J. Finlayson	(Barry)
1983-84	Champions Cardiff AAC	J. Crowley	(Port Talbot)
	Runners-up Westbury Harriers	L. Carthew	(Swansea)
1984-85	Champions Swansea Harriers AC	N. Plummer	(Bristol)
	Runners-up Cardiff AAC	J.C. Parsons	(Cardiff)
1985-86	Champions Swansea Harriers AC	J. Garrett	(Cardiff)
	Runners-up Cardiff AAC	L. Carthew	(Swansea)

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<i>Season</i>	<i>Team</i>	<i>Athlete</i>	
1986-87	Champions Cardiff AAC	M. Jones	(Carmarthen)
	Runners-up Westbury Harriers	C. Jones	(Carmarthen)
1987-88	Champions Bristol AC	S. Versey	(Dursley)
	Runners-up City of Plymouth AC	E. Davies	(Barry)
1988-89	Champions Westbury Harriers	S. Swift-Smith	(Westbury)
	Runners-up Swansea Harriers AC	R. Golding	(Westbury)
1989-90	Champions Carmarthen & Distr Harriers	A. Howells	(Carmarthen)
	Runners-up Penair School	S. Webb	(Penair)
1990-91	Champions Carmarthen & Distr Harriers	H. Curnock	(Yate)
	Runners-up Yate & District AC	C. McNulty	(Yate)
1991-92	Champions Carmarthen & Distr Harriers	H. Gruffudd	(Carmarthen)
	Runners-up Penair School	E. Ackland	(Penair)
1992-93	Champions Penair School	G. Salmon	(Weston)
	Runners-up Swansea Harriers AC	F. Yearsley	(Dursley)
1993-94	Champions Swansea Harriers AC	R. Fry	(Llanelli)
	Runners-up Carmarthen & Distr Harriers	G. Mounsey	(Carmarthen)
1994-95	Champions Westbury Harriers	T. Penhorwood	(Swansea)
	Runners-up Carmarthen & Distr Harriers	J. Cadogan	(Preseli)
1995-96	Champions Aberystwyth AC	F. Morgan	(Aberystwyth)
	Runners-up Yate & District AC	G. Thomas	(Carmarthen)
1996-97	Champions Swansea Harriers AC	F. Harrison	(Preseli)
	Runners-up Bristol AC	J. Evans	(Cardiff)
1997-98	Champions		
	Runners-up		