

**Senior Mens Section: (Inaugurated 1963)**

<b>Season</b>	<b>Team</b>	<b>Athlete</b>	
1963-64	Champions	Gilwern & District Harriers	A. Aylett (Gilwern)
	Runners-up	Newport Harriers AC	T. Edmunds (Gilwern)
1964-65	Champions	Gilwern & District Harriers	A. Aylett (Gilwern)
	Runners-up	Newport Harriers AC	G. Matthuidis (Newport)
1965-66	Champions	Newport Harriers AC	G. Williams (Hereford)
	Runners-up	Birchgrove Harriers	P. Darney (Birchgrove)
1966-67	Champions	Bristol AC	A. Aylett (Gilwern)
	Runners-up	Gilwern & District Harriers	W. Bradley (Gilwern)
1967-68	Champions	Roath Harriers	J. Kirby (Roath)
	Runners-up	Birchgrove Harriers	P. Darney (Birchgrove)
1968-69	Champions	Cardiff AAC	R. Evans (Cardiff)
	Runners-up	Bristol AC	W. Stitfall (Cardiff)
1969-70	Champions	Cardiff AAC	B. Griffiths (Cardiff)
	Runners-up	Gilwern & District Harriers	M. Lane (Gilwern)
1970-71	Champions	Cardiff AAC	R. Evans (Cardiff)
	Runners-up	Gilwern & District Harriers	M. Lane (Gilwern)
1971-72	Champions	Cardiff AAC	J. Kirby (Cardiff)
	Runners-up	Swansea Harriers AC	D. Jennings (Bristol)
1972-73	Champions	Cardiff AAC	J. Theophilus (Swansea)
	Runners-up	Swansea Harriers AC	D. Roberts (Swansea)
1973-74	Champions	Westbury Harriers	D. Robbins (Swansea)
	Runners-up	Cardiff AAC	P. Ratcliffe (Cardiff)
1974-75	Champions	Westbury Harriers	D. Francis (Westbury)
	Runners-up	Swansea Harriers AC	G. Blackburn (Westbury)
1975-76	Champions	Westbury Harriers	S. Gibbons (Swansea)
	Runners-up	Cardiff AAC	D. Hopkins (Newport)
1976-77	Champions	Westbury Harriers	A. Cole (Swansea)
	Runners-up	Cardiff AC	G. Blackburn (Westbury)
1977-78	Champions	Westbury Harriers	D. Francis (Westbury)
	Runners-up	Swansea Harriers AC	M. Cowman (Westbury)

## Senior Mens Section: (Cont'd)

Season	Team	Athlete	
1978-79	Champions	Westbury Harriers	A. Cole (Swansea)
	Runners-up	Swansea Harriers AC	M. Cowman (Westbury)
1979-80	Champions	Westbury Harriers	M. Cowman (Westbury)
	Runners-up	Swansea Harriers AC	S. Seaman (Swansea)
1980-81	Champions	Westbury Harriers 'A'	M. Cowman (Westbury)
	Runners-up	Westbury Harriers 'B'	J. Ellis (Newport)
1981-82	Champions	Westbury Harriers	M. Cowman (Westbury)
	Runners-up	Cardiff AAC	K. Parker (Westbury)
1982-83	Champions	Westbury Harriers	P. Wheeler (Les Croupiers)
	Runners-up	Swansea Harriers AC	R. Nash (Westbury)
1983-84	Champions	Swansea Harriers AC	A.C. Smith (Swansea)
	Runners-up	Cardiff AAC	D. Roberts (Cardiff)
1984-85	Champions	Swansea Harriers AC	P. Wheeler (Les Croupiers)
	Runners-up	Cardiff AAC	A. Williams (Rhondda)
1985-86	Champions	Newport Harriers AC	P. Wheeler (Les Croupiers)
	Runners-up	Swansea Harriers AC	G. Newhams (Bridgend)
1986-87	Champions	Westbury Harriers	G. Newhams (Bridgend)
	Runners-up	Cardiff AAC	A. Crane (Westbury)
1987-88	Champions	Swansea Harriers AC	G. Newhams (Bridgend)
	Runners-up	Cardiff AAC	K. Miles (Westbury)
1988-89	Champions	Les Croupiers RC	B. Matthews (Barry)
	Runners-up	Cardiff AAC	J. Hooper (Cardiff)
1989-90	Champions	Cardiff AAC	J. Hooper (Cardiff)
	Runners-up	Les Croupiers RC	S. Rhind (Les Croupiers)
1990-91	Champions	Cardiff AAC	J. Hooper (Cardiff)
	Runners-up	Les Croupiers RC	P. Cook (Barry)
1991-92	Champions	Westbury Harriers	K. Palmer (Preseli)
	Runners-up	Cardiff AAC	P. Cook (Barry)
1992-93	Champions	Cardiff AAC	A. Davies (Brecon)
	Runners-up	Swansea Harriers AC	K. Palmer (Preseli)

*Senior Mens Section: (Cont'd)*

<i>Season</i>		<i>Team</i>	<i>Athlete</i>	
1993-94	Champions	Swansea Harriers AC	J. Hooper	(Bridgend)
	Runners-up	Exeter Harriers	P. Cook	(Barry)
1994-95	Champions	Bridgend AC	J. Manners	(Swansea)
	Runners-up	Westbury Harriers	P. Cook	(Barry)
1995-96	Champions	Bridgend AC	D. Bainton	(Abertillery)
	Runners-up	Les Croupiers	D. Mattock	(Exeter)
1996-97	Champions	Swansea Harriers AC	K. Tobin	(Swansea)
	Runners-up	Les Croupiers RC	A. Bristow	(Erme)
1997-98	Champions			