

Senior Ladies Section: (Inaugurated 1971)

<i>Season</i>	<i>Team</i>	<i>Athlete</i>	
1971-72	Champions Newport Harriers AC	D. Davies	(Cardiff)
	Runners-up Cardiff AAC	A. Disley	(Newport)
1972-73	Champions Cardiff AAC	D. Davies	(Cardiff)
	Runners-up Newport Harriers AC	A. Disley	(Newport)
1973-74	Champions Cardiff AAC	D. Davies	(Cardiff)
	Runners-up Westbury Harriers	A. Pursgloue	(Westbury)
1974-75	Champions Cardiff AAC	S. Smith	(Bristol)
	Runners-up Bristol AC	A. Morris	(Cardiff)
1975-76	Champions Cardiff AAC	A. Morris	(Cardiff)
	Runners-up Bristol AC	S. Smith	(Bristol)
1976-77	Champions Cardiff AAC	L. Huntbach	(Cwmbran)
	Runners-up Cwmbran Olympiad AC	A. Notman	(Cardiff)
1977-78	Champions Westbury Harriers	A. Notman	(Cardiff)
	Runners-up Cardiff AAC	C. Morgan	(Cleddau)
1978-79	Champions Cardiff AAC	K. Lock	(Cardiff)
	Runners-up Westbury Harriers	A. Notman	(Cardiff)
1979-80	Champions Cardiff AAC	A. Blake	(Aldershot)
	Runners-up Westbury Harriers	M. Palmer	(Westbury)
1980-81	Champions Cardiff AAC	C. Bradford	(Clevedon)
	Runners-up City of Plymouth AC	C. Morgan	(Cleddau)
1981-82	Champions Cardiff AAC	L.M. Gibson	(Clevedon)
	Runners-up City of Plymouth AC	B. Thomas	(Cardiff)
1982-83	Champions Westbury Harriers	L.M. Gibson	(Clevedon)
	Runners-up Cardiff AAC	P. Gallagher	(Westbury)
1983-84	Champions Cardiff AAC	M. Witts	(Aldershot)
	Runners-up Westbury Harriers	S. Graham	(Torfaen)
1984-85	Champions Cardiff AAC	W.E. Ore	(Bridgend)
	Runners-up Swansea Harriers AC	R. Powell	(Swansea)
1985-86	Champions Cardiff AAC	P. Gallagher	(Westbury)
	Runners-up Swansea Harriers AC	R. Powell	(Swansea)

Senior Ladies Section: (Cont'd)

<i>Season</i>	<i>Team</i>	<i>Athlete</i>	
1986-87	Champions Swansea Harriers AC	W.E. Ore	(Bridgend)
	Runners-up Cardiff AAC	C. Pugh	(Newport)
1987-88	Champions Westbury Harriers	M. Witts	(Aldeshot)
	Runners-up Cardiff AAC	H. Williams	(Llanelli)
1988-89	Champions Westbury Harriers	E. Sobell	(Exeter)
	Runners-up Cardiff AAC	H. Williams	(Llanelli)
1989-90	Champions Westbury Harriers AC	B. Richardson	(Les Croupiers)
	Runners-up Les Croupiers RC	S. Daniels	(Westbury)
1990-91	Champions Les Croupiers RC	N. Haines	(Newport)
	Runners-up Westbury Harriers	P. Gallagher	(Westbury)
1991-92	Champions Cardiff AAC	M. Lauercombe	(Exeter)
	Runners-up Les Croupiers RC	K. Britten	(Bristol)
1992-93	Champions Westbury Harriers	B. Walters	(Cardiff)
	Runners-up Cardiff AAC	H. Williams	(Swansea)
1993-94	Champions Les Croupiers RC	N. Haines-Jones	(Newport)
	Runners-up Westbury Harriers	L. Slater	(Brecon)
1994-95	Champions Swansea Harriers AC	N. Brookland	(Westbury)
	Runners-up Les Croupiers RC	N. Mittelberger	(Abertillery)
1995-96	Champions Cardiff AAC	C. Knox	(San Domenico)
	Runners-up Les Croupiers RC	E. Evans	(Bridgend)
1996-97	Champions Les Croupiers RC	W. Edwards	(Les Croupiers)
	Runners-up Great Western Runners	H. Mittelberger	(Abertillery)
1997-98	Champions		
	Runners-up		