**HISTORY OF NORTH WALES CROSS COUNTRY ASSOCIATION**

Prior to the formation of the Welsh AAA in 1948, athletics and clubs in North Wales were affiliated to the Northern Counties AA of England. In the main, this was recognition of the practicalities of travel whereby journeys across the border and back were so much easier than the long trek south and return.

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

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| **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 |
| **2021** | **NO CHAMPIONSHIPS DUE TO COVID** |  |  |
| **2022** | **D Weston,** Wrexham AAC |  | Buckley RC |
| **2023** | **E Ackroyd,** Liverpool Harriers |  | Eryri Harriers |
| **2024** | **M Willis,** Wrexham AAC |  | Eryri Harriers |
| **2025** |  |  |  |
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| **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 |
| **2021** | **NO CHAMPIONSHIPS DUE TO COVID** |  |  |
| **2022** | **E O’Dea,** Deeside AC |  | Deeside AC |
| **2023** | **A Smith (nee Bagnall),** Cheshire Dragons |  | Denbigh Harriers |
| **2024** | **M Owen**, Deeside AC |  | Eryri Harriers |
| **2025** |  |  |  |

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| **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** | **Ll 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,** Prestayn 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 |
| **2021** | **NO CHAMPIONSHIPS DUE TO COVID** |  |  |
| **2022** | **Ed Woodhead**, Deeside AC |  | NO COMPLETE TEAMS |
| **2023** | **D Griffith,** Menai T&F |  | NO COMPLETE TEAMS |
| **2024** | **A Breeze,** Maldwyn H |  | NO COMPLETE TEAMS |

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| **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 |
| **2021** | **NO CHAMPIONSHIPS DUE TO COVID** |  |  |
| **2022** | **E O’Dea,** Deeside AC |  | Deeside AC |
| **2023** | **N Roberts,** Deeside AC |  | NO COMPLETE TEAMS |
| **2024** | **A Hockley,** Eryri Harriers |  | Eryri Harriers |
| **2025** |  |  |  |

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| **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 |
| **2021** | **NO CHAMPIONSHIPS DUE TO COVID** |  |  |
| **2022** | **N Vaughan,** Eryri Harriers |  | NO COMPLETE TEAM |
| **2023** | **A Breeze,** Maldwyn H |  | Maldwyn Harriers |
| **2024** | **F Cullen,** Shrewsbury School |  | Menai T&F |
| **2025** |  |  |  |

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| **UNDER 17 WOMEN** |  |  |
| **Year** | **Individual** |  | **Team** |
| **1980** | **S Davies,** Deeside AC |  | Deeside AC |
| **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 |
| **2021** | **NO CHAMPIONSHIPS DUE TO COVID** |  |  |
| **2022** | **A Hockley,** Eryri Harriers |  | NO COMPLETE TEAM |
| **2023** | **B Bown,** Menai T&F |  | Menai T&F |
| **2024** | **B Bown,** Menai T&F |  | Menai T&F |
| **2025** |  |  |  |

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| **UNDER 15 BOYS** |  |  |
| **Year** | **Individual** |  | **Team** |
| **1977** | **J Messum**, Deeside |  | ??? |
| **1978** | **N C Jones,** Deeside |  | ??? |
| **1979** | **T Wylie** North Powys |  | ??? |
| **1980** | **S Evans,** Wrexham |  | Elfed School |
| **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** | **Ll 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 |
| **2021** | **NO CHAMPIONSHIPS DUE TO COVID** |  |  |
| **2022** | **J Welsh**, Deeside AC |  | Deeside AC |
| **2023** | **M Jenkins,** Menai T&F |  | Deeside AC |
| **2024** | **L Davies,** Deeside AC |  | Deeside AC |
| **2025** |  |  |  |

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| **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 |  | 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 Brighouse**, 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 |
| **2021** | **NO CHAMPIONSHIPS DUE TO COVID** |  |  |
| **2022** | **B Bown,** Menai T&F |  | Menai T&F |
| **2023** | **M Hughes,** Maldwyn H |  | Deeside AC |
| **2024** | **H Watson,** Deeside AC |  | Deeside AC |
| **2025** |  |  |  |

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| **UNDER 13 BOYS** |  |  |
| **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 |  | Elfed School |
| **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 |
| **2021** | **NO CHAMPIONSHIPS DUE TO COVID** |  |  |
| **2022** | **A Shiland,** Colwyn Bay |  | Deeside AC |
| **2023** | **A Evans,** Deeside AC |  | Deeside AC |
| **2024** | **E Rowe,** Deeside AC |  | Deeside AC |
| **2025** |  |  |  |

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| **UNDER 13 GIRLS** |  |  |
| **Year** | **Individual** |  | **Team** |
| **1978** | **D McLean**, Deeside AC |  | ??? |
| **1979** | **E Smallman,** Deeside AC |  | ??? |
| **1980** | **S Key,** Wrexham AAC |  | Deeside AC |
| **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 |

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| **2021** | **NO CHAMPIONSHIPS DUE TO COVID** |  |  |
| **2022** | **M Hughes**, Maldwyn Harriers |  | Deeside AC |
| **2023** | **H Watson,** Deeside AC |  | Deeside AC |
| **2024** | **M Bown,** Menai T&F |  | Menai T&F |
| **2025** |  |  |  |

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| **UNDER 11 BOYS** |  |  |
| **Year** | **Individual** |  | **Team** |
| **1977** | **R Jones,** St Giles School |  | ??? |
| **1978** | **G Billington,** Wrexham AAC |  | ??? |
| **1979** | **N Bennett**, North Powys |  | ??? |
| **1980** | **N Key,** Wrexham AAC |  | Colwyn Bay |
| **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** | **Ll 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 |
| **2021** | **NO CHAMPIONSHIPS DUE TO COVID** |  |  |
| **2022** | **J White,** Oswestry Olympians |  | Deeside AC |
| **2023** | **F Potter,** Deeside AC |  | Deeside AC |
| **2024** | **I Martin,** Deeside AC |  | Menai T&F |
| **2025** |  |  |  |

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| **UNDER 11 GIRLS** |  |  |
| **Year** | **Individual** |  | **Team** |
| **1979** | **C Edwards,** North Powys |  | ??? |
| **1980** | **S Haskins,** Colwyn Bay AC |  | None |
| **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 |
| **2021** | **NO CHAMPIONSHIPS DUE TO COVID** |  |  |
| **2022** | **T Seguin,** MenaI T&F |  | Menai T&F |
| **2023** | **G Hayes,** Deeside AC |  | Deeside AC |
| **2024** | **G Hayes,** Deeside AC |  | Deeside AC |
| **2025** |  |  |  |

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| **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 AC** |
| **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** | **M85+** | **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,** Aberegele | **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,** Eyri | **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,** Meirionnydd | **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** |
| **2021** |  | **NO CHAMPIONSHIPS DUE TO COVID** |

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| **Year** | **M35** | **M40** | **M45** | **M50** | **M55** | **M60** | **M65** | **M70** | **M75** | **M80** | **M85+** | **Teams** |
| **2022** | **L Northall,** Wrexham | **D Weston,** Wrexham  | **N Brook,** Eryri | **L Jones,** Deeside | **G Hughes,** GOG Tri | **G Jones,** Prestatyn | **G Jones,** Shrewsbury | **M Cortvriend,** Prestatyn | **E Davies,** Hebog | **R Harrison-Jones** Prestatyn |  | M35>59 –**Buckley RC**/ M65+ **Eryri H** |
| **2023** | **L Northall,** Wrexham | **S Skates,** Prestatyn | **M Green,** NWRRC | **J Brown,** Buckley | **M Robbins,** Wrexham | **R Owen,** Eryri  | **G Jones,** Shrewsbury | **D Passe,** Denbigh H | **A Pepper,** Oswestry  | **E Davies,** Hebog | **R Harrison-Jones** Prestatyn | M35>59 –**Wrexham AC**/ M65+ **Denbigh H** |
| **2024** | **D Bus Hughes,** Eryri | **R Bentley,** Meirionnydd | **L Bailey,** Prestatyn | **S Roberts,**Buckley | **E Davies,**Buckley | **M Whyatt,** Eryri | **R Owen,** Eryri | **N Owen**Run Free Fell | **G Hughes,**Prestatyn  | **E Davies,** Hebog | **R Harrison-Jones** Prestatyn | M35>59 –**Eryri Harriers** M65+ **Eryri Harriers** |
| **2025** |  |  |  |  |  |  |  |  |  |  |  |  |

**MASTERS WOMEN**

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| **Year** | **W35** | **W40** | **W45** | **W50** | **W55** | **W60** | **W65** | **W70** | **W75** | **W80** | **Teams** |
| **1986** | **M Docking,** Wrexham |  | **M Gartrell**, Wrexham |  |  |  |  |  |  |  | NO COMPLETE VETERAN TEAMS |
| **1987** | **C Bell,** Wrexham |  |  |  |  |  |  |  |  |  | W35+ **Wrexham AAC** |
| **1988** | **M Docking,** Wrexham | **J Hallard,** Colwyn Bay |  | **M Gartrell**, Wrexham |  |  |  |  |  |  | NO COMPLETE VETERAN TEAMS |
| **1989** | **M Docking,** Wrexham | **C Bell,** Wrexham | **S Arnold,** Abergele | **M Gartrell**, Wrexham |  |  |  |  |  |  | NO COMPLETE VETERAN TEAMS |
| **1990** | **L Hardley,** Wrexham | **J Hallard,** Colwyn Bay | **N Lloyd,** Wrexham | **M Gartrell**, Wrexham |  |  |  |  |  |  | W35+ **Eryri Harriers** |
| **1991** | **M Docking,** Wrexham | **L Clarke,** Colwyn Bay | **N Lloyd,** Wrexham | **M Gartrell**, Wrexham |  |  |  |  |  |  | W35+ **Wrexham AAC** |
| **1992** | **A Cartwright,** Wrexham | **M Docking,** Wrexham | **N Lloyd,** Wrexham | **C Bebbington** Colwyn Bay | **M Gartrell**, Wrexham |  |  |  |  |  | W35+ **Wrexham AAC** |
| **1993** | **A Cartwright,** Wrexham | **L Bradley,** Wrexham | **J Hallard,** Colwyn Bay | **S Arnold,** Abergele | **M Gartrell**, Wrexham |  |  |  |  |  | W35+ **Wrexham AAC** |
| **1994** | **A Cartwright,** Wrexham | **P Hopkins,** Wrexham | **J Hallard,** Colwyn Bay | **J Glass,** Eryri |  |  |  |  |  |  | W35+ **Wrexham AAC** |
| **1995** | **A Whitelaw,** Wrexham | **L Hardley,** Wrexham | **J Hallard,** Colwyn Bay | **S Arnold,** Abergele |  |  |  |  |  |  | W35+ **Wrexham AAC** |
| **1996** | **V Musgrove,** Wrexham | **M Tomos,** Eryri  | **J Hallard,** Colwyn Bay |  | **S Arnold,** Abergele |  |  |  |  |  | W35+ **Colwyn Bay AC** |
| **1997** | **A Whitelaw,** Wrexham | **V Musgrove,** Wrexham  | **M Docking,** Wrexham | **M Meredith**, Prestatyn |  |  |  |  |  |  | W35+ **Wrexham AAC** |
| **1998** |  | **A Whitelaw,** Wrexham | **M Docking,** Wrexham | **J Hallard,** Colwyn Bay | **B Jones,** Bro Dysynni |  |  |  |  |  | W35+ **Wrexham AAC** |
| **1999** | **J Williams,** Orion | **A Whitelaw,** Wrexham | **P Hopkins,** Wrexham | **M Griffiths**, Bro Dysynni | **B Jones,** Bro Dysynni | **M Gartrell**, Wrexham |  |  |  |  | W35+ **Wrexham AAC** |
| **2000** |  **J Lloyd,** Eryri | **A Whitelaw,** Wrexham | **M Docking,** Wrexham | **M Edwards,** Wrexham |  | **M Gartrell**, Wrexham |  |  |  |  | W35+ **Wrexham AAC** |
| **2001** | **J Williams,** Orion | **V Musgrove,** Wrexham | **S Hughes,** Eryri | **M Docking,** Wrexham | **B Jones,** Bro Dysynni |  |  |  |  |  | W35+ **Wrexham AAC** |
| **2002** | **V Ronald,** Colwyn Bay | **A Whitelaw,** Wrexham | **V Musgrove,** Wrexham | **M Docking,** Wrexham | **M Griffiths**, Bro Dysynni | **B Jones,** Bro Dysynni |  |  |  |  | W35+ **Wrexham AAC** |
| **2003** | **J Mountford,** Buckley | **A Williams,** Colwyn Bay | **G Waring,** Prestatyn | **S Bennell,** Eryri  | **M Oliver,** Eryri  |  |  |  |  |  | W35+ **Eryri Harriers** |
| **2004** | **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** | **W80** | **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 Alburquerque** 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 Alburquerque** 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** |
| **2021** |  | **NO CHAMPIONSHIPS DUE TO COVID** |
| **2022** | **J Rambaldi,** Buckley | **D Welsh,** Deeside AC | **A Rowlands,** Eryri | **J Heming,** Eryri | **E Collins,** Denbigh | **M Ludden,** Buckley | **V Edwards,** Eryri | **A Alburquerque** GOG Tri |  | **M Singleton,**Colwyn Bay | W35+ **Eryri Harriers** |
| **2023** | **S Richards,** Eryri | **G Henstock,** Buckley | **N McKluskey,** Maldwyn | **M Morris,** Denbigh  | **H Davies, Wrecsam Tri** | **E Collins,** Denbigh | **V Edwards,** Eryri | **A Alburquerque** GOG Tri | **M Oliver,** Eryri  |  | W35+ **Denbigh Harriers** |
| **2024** | **E Haf-Roberts,** Eryri | **G Moore,** Eryri | **J Henderson,**Denbigh  | **M Morris,**Denbigh  | **D Cattermole,** Meirionnydd | **E Collins,** Denbigh | **K Butler,** NWRRC | **E Evans,** GOG Tri Club | **A Alburquerque** GOG Tri |  | W35+ **Eryri Harriers** |

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| **Year** | **W35** | **W40** | **W45** | **W50** | **W55** | **W60** | **W65** | **W70** | **W75** | **W80** | **Teams** |
| **2025** |  |  |  |  |  |  |  |  |  |  |  |