

| Team Awards for 2022/23 season |                                    |                                |
|--------------------------------|------------------------------------|--------------------------------|
| U23                            | Women                              | Men                            |
|                                | 1 Cardiff University AC            | University of Swansea          |
| Universities                   |                                    |                                |
|                                | 1 Cardiff University AC            | University of Swansea          |
|                                | 2 University of Swansea            | Cardiff University AC          |
| Senior                         |                                    |                                |
|                                | 1 Bristol and West Athletic Club   | Bristol and West Athletic Club |
| 35                             |                                    |                                |
|                                | 1 Westbury Harriers                | Parc Bryn Bach Running Club    |
|                                | 2 Les Croupiers Running Club       | Les Croupiers Running Club     |
| 45                             |                                    |                                |
|                                | 1 Westbury Harriers                | Aberdare Valley A.A.C          |
|                                | 2 Chepstow Harriers                | Parc Bryn Bach Running Club    |
| 55                             |                                    |                                |
|                                | 1 Taf Running & Orienteering Teams | Les Croupiers Running Club     |
|                                | 2 Les Croupiers Running Club       | Lliswerry Runners              |
| 65                             |                                    |                                |
|                                | 1 Westbury Harriers                | Les Croupiers Running Club     |
|                                |                                    |                                |
|                                |                                    |                                |
|                                |                                    |                                |

|                |                                             |                                           |
|----------------|---------------------------------------------|-------------------------------------------|
| <b>Div 1</b>   |                                             |                                           |
|                | <b>1 Bristol and West Athletic Club</b>     | <b>Bristol and West Athletic Club</b>     |
|                | <b>2 Westbury Harriers</b>                  | <b>Parc Bryn Bach Running Club</b>        |
|                | <b>3 Les Croupiers Running Club</b>         | <b>Neath Harriers</b>                     |
|                |                                             |                                           |
| <b>Div 2</b>   |                                             |                                           |
|                | <b>1 Pontypridd Roadents Athletic Club</b>  | <b>Wells City Harriers</b>                |
|                | <b>2 Llanelli Amateur Athletic Club</b>     | <b>University of Swansea</b>              |
|                |                                             |                                           |
| <b>Div 3</b>   |                                             |                                           |
|                | <b>1 Brecon Athletic Club</b>               | <b>North Somerset</b>                     |
|                | <b>2 University of Swansea</b>              | <b>Newport Harriers</b>                   |
|                |                                             |                                           |
| <b>Div 4</b>   |                                             |                                           |
|                | <b>1</b>                                    | <b>N/A</b>                                |
|                | <b>2</b>                                    | <b>N/A</b>                                |
|                |                                             |                                           |
| <b>Reserve</b> |                                             |                                           |
|                | <b>1 Bristol and West Athletic Club 'B'</b> | <b>Bristol and West Athletic Club 'C'</b> |
|                |                                             |                                           |
| <b>Div B</b>   |                                             |                                           |
|                | <b>1</b>                                    | <b>N/A</b>                                |
|                |                                             | <b>Bristol and West Athletic Club 'B'</b> |