

Junior Ladies Section: (Inaugurated 1971) (1988 Girls) (1993 Under 15 Girls)

Season	Team	Athlete	
1971-72	Champions	Bristol AC	A. Morris (Bridgend)
	Runners-up	Cardiff AAC	S. Tolan (Cwmbran)
1972-73	Champions	Bristol AC	J. Hulbert (Swansea)
	Runners-up	Cardiff AAC	S. Lode (Brecon)
1973-74	Champions	Westbury Harriers	J. Hulbert (Swansea)
	Runners-up	Bristol AC	S. Nuttall (Westbury)
1974-75	Champions	Cardiff AAC	K. White (Westbury)
	Runners-up	Westbury Harriers	M. Bone (Westbury)
1975-76	Champions	Bristol AC	J. Parker (Bristol)
	Runners-up	Cardiff AAC	S. Guinnell (Bristol)
1976-77	Champions	Bristol AC	S. Guinnell (Bristol)
	Runners-up	Cardiff AAC	C. Francis (Newport)
1977-78	Champions	Cardiff AAC	K. Williams (Port Talbot)
	Runners-up	Bristol AC	B. Thomas (Bridgend YMCA)
1978-79	Champions	Cardiff AAC	K. Williams (Port Talbot)
	Runners-up	Bristol AC	T. Kenward (Cardiff)
1979-80	Champions	Bristol AC	K. Roderick (Cardiff)
	Runners-up	Cardiff AAC	P. Harwood (Bryn Celynnog)
1980-81	Champions	Cardiff AAC	D. Crowley (Port Talbot)
	Runners-up	Bristol AC	P. Harwood (Cardiff)
1981-82	Champions	Bristol AC	D. Crowley (Port Talbot)
	Runners-up	Port Talbot Harriers AC	S. Hawkey (Plymouth)
1982-83	Champions	Bristol AC 'A'	S. Hodge (Stroud)
	Runners-up	Bristol AC 'B'	N. Shaw (Bristol)
1983-84	Champions	Westbury Harriers	C. Pugh (Newport)
	Runners-up	Cardiff AAC	W. Everett (Bristol)
1984-85	Champions	Cardiff AAC	L. Carthew (Swansea)
	Runners-up	Exeter Harriers	J. Mason (Exeter)
1985-86	Champions	Exeter Harriers	J. Crowley (Port Talbot)
	Runners-up	Cardiff AAC	W. McNamara (Cardiff)

Junior Ladies Section: (Cont'd)

<i>Season</i>		<i>Team</i>	<i>Athlete</i>	
1986-87	Champions	Swansea Harriers AC	J. Garrett	(Cardiff)
	Runners-up	City of Plymouth AC	J. Parsons	(Cardiff)
1987-88	Champions	Bristol AC	S. Swaby	(Bristol) = 1st
	Runners-up	City of Plymouth AC	C. Barnett	(Cardiff) = 1st
1988-89	Champions	Bristol AC	J. Monks	(Bristol)
	Runners-up	Westbury Harriers	K. Britton	(Bristol)
1989-90	Champions	Westbury Harriers	J. Williams	(Penair)
	Runners-up	Penair School	L. Gallagher	(Westbury)
1990-91	Champions	Westbury Harriers	B. Davis	(Westbury)
	Runners-up	Neath Harriers AC	E. Parry	(Swansea)
1991-92	Champions	Westbury Harriers	P. Gowing	(Bristol)
	Runners-up	Yate & District AC	B. Davis	(Westbury)
1992-93	Champions	Penair School	C. McNulty	(Yate)
	Runners-up	Cardiff AAC	P. Gowing	(Bristol)
1993-94	Champions	Bristol AC	G. Salmon	(Bristol)
	Runners-up	Carmarthen & Distr Harriers	H. Gruffudd	(Carmarthen)
1994-95	Champions	Westbury Harriers	C. Wensley	(Newport)
	Runners-up	Carmarthen & Distr Harriers	C. Coffey	(Westbury)
1995-96	Champions	Swansea Harriers AC	K. Doyle	(Barry)
	Runners-up	Carmarthen & Distr Harriers	T. Penhorwood	(Swansea)
1996-97	Champions	Bristol AC	K. Doyle	(Barry)
	Runners-up	Neath Harriers AC	G. Parnell	(Newport)
1997-98	Champions			
	Runners-up			