

2022	18 May	Ellis Garamszegi Cardiff Uni (15:04)	Olivia Tsim Pontypridd R (16:38)
	22 June	Remi Adebisi Newport H (14:29) <b>Equalled CR</b>	Olivia Tsim Pontypridd R (16:27)
	27 July	Remi Adebisi Newport H (14:32)	<b>Olivia Tsim Pontypridd R (16:20) New CR</b>
	2021	Series cancelled due to pandemic	
	2020	Series cancelled due to pandemic	
2019	22 May	Luke Williams San Domenico (15:18)	Lauren Cooper Parc Bryn Bach (16:45)
	19 June	Luke Williams San Domenico (15:16)	Lauren Cooper Parc Bryn Bach (16:58)
	22 July	Daniel Hamilton San Domenico (14:55)	Lucy Marland Cardiff AC (17:11)
2018	23 May	Dan Dodman Aberdare (15:45)	Lucy Marland Cardiff AC (17:47)
	20 June	Paul Graham Pontypridd R (15:55)	Lucy Marland Cardiff AC (17:17)
	25 July	Sam Blake Cardiff AC (15:38)	Lucy Marland Cardiff AC (18:00)
2017	24 May	James Hunt Cardiff AC (15:20)	Caryl Jones Swansea H (17:03)
	21 June	Abed Teweldebrhan Newport H (15:39)	Clara Evans Cardiff AC (17:27)
	26 July	Carwyn Jones Cardiff AC (15:15)	Clara Evans Cardiff AC (17:15)
2016	18 May	Carwyn Jones Cardiff AC (15:12)	Megan McBrien Sutton Coldfield (17:57)
	22 June	Carwyn Jones Cardiff AC (15:02)	Abigail Howarth Leigh (17:02)
	20 July	Abed Teweldebrhan Newport H (15:02)	Clara Evans Pontypridd R (17:23)
2015	24 May	Carwyn Jones Cardiff AC (15:17)	Alaw Beynon-Thomas Swansea H (17:04)
	24 June	Peter Avent Bridgend AC (15:51)	Lucy Marland Cardiff AC (18:08)
	22 July	Tes Goitem Les Croupiers RC (15:50)	Lucy Marland Cardiff AC (17:53)
2014	21 May	Adam Davies Newport H (15:43)	Clare Evans Pontypridd R (18:50)
	25 June	Carwyn Jones Cardiff AC (15:53)	Clare Evans Pontypridd R (18:25)
	23 July	Tom Marshall Cardiff AC (15:29)	Clare Evans Pontypridd R (18:27)
2013	22 May	Jonathan Peters Cardiff AC (15:03)	Alaw Beynon-Thomas Swansea H (17:46)
	26 June	Carwyn Jones Cardiff AC (15:04)	Susannah Bulpin San Domenico (19:10)
	24 July	Jorome Edwards Les Croupiers (16:13)	Susannah Bulpin San Domenico (19:17)
2012	16 May	James Thie Cardiff AC (15:25)	Debbie Rees Cardiff AC (18:00)
	20 June	Elsidig Ibrahim Cardiff AC (16:12)	Nicola Knapp Swansea H (17:40)
	25 July	Stephen Davies Belgrave H (14:47)	Maria Zubizarreta Les Croupiers (19:53)
2011	18 May	Daniel Gurmin Swansea H (15:37)	Sally Wilder San Domenico (18:40)
	22 June	Jonathan Peters Cardiff AC (15:51)	Sally Wilder San Domenico (19:03)
	27 July	Michael Kershaw Cardiff AC (15:56)	Sally Wilder San Domenico (18:53)
2010	19 May	Darren Hiscox Bridgend (15:36)	Nicola Knapp Swansea H (17:34)
	23 June	Carwyn Jones Cardiff AC (14:55)	Jacqueline Brace Bridgend AC(20:21)
	21 July	Richard Gardiner Cardiff AC (15:10)	Katie Beecher Les Croupiers RC (18:43)
2009	20 May	Chris Moss Cardiff AC (14:53)	Angela Heeley San Domenico (17:49)
	24 June	Chris Moss Cardiff AC (14:52)	Angela Heely San Domenico (18:06)
	24 July	Michael Johnson Cardiff AC (14:45)	Angela Heeley San Domenico (18:28)
2008	21 May	Carwyn Jones Cardiff AC (14:55)	Angela Tyrell San Domenico (17:46)
	25 June	Daniel Gurmin Swansea H (15:14)	Gwenno Brown Cardiff AC (18:40)
	23 July	Daniel Gurmin Swansea H (15:02)	Leah Dixon Neath H (18:06)
2007	23 May	Mark Jennings Cardiff AC (15:17)	Angela Tyrell San Domenico (18:14)
	20 June	Michael Johnson Cardiff AC(15:14)	Leanne Fitzgerald Cardiff AC (18:36)
	25 July	Michael Johnson Cardiff AC (14:45)	Leanne Fitzgerald Cardiff AC (18:49)
2006	24 May	James Thie Cardiff AC (15:08)	Frances Gill Neath H (18:49)
	21 June	Alex Hains Cardiff AC (15:03)	Ruth Davies Les Croupiers RC (18:40)
	26 July	Richard Gardiner Cardiff AC (14:55)	Angela Tyrell San Domenico (18:13)
2005	25 May	Richard Gardener Cardiff AC (14:56)	Jo Pritchard Les Croupiers RC(19:19)
	22 June	Jonathan Phillips Cardiff AC (14:50)	Jo Pritchard Les Croupiers RC (19:15)
	20 July	Jorge Thomas Cardiff AC (15:24)	Jo Pritchard Les Croupiers RC (19:22)

2004	26 May	Johnathan Phillips Cardiff AC (14:59)	Rachel Goddard Swansea H (17:41)
	23 June	Simon Jones Cardiff AC (15:06)	Rachel Goddard Swansea H (17:51)
	21 July	Simon Jones Cardiff AC (14:54)	Rachel Goddard Swansea H (17:51)
2003	21 May	Mark Jennings Cardiff AC (14:59)	Annmarie Hutchinson Neath H (16:55)
	18 June	Mark Jennings Cardiff AC (15:01)	Annmarie Hutchinson Neath H (16:43)
	23 July	Alex Hains Cardiff AC (14:50)	Annmarie Hutchinson Neath H (16:34)
2002	22 May	Christian Stephenson Cardiff AC (14:42)	Wendy Edwards Les Croupiers RC(19:20)
	19 June	Darren Hiscox Swansea H (15:12)	Annmarie Hutchinson Neath H (17:02)
	24 July	<b>Ben Noad Bristol AC (14: 29) CR</b>	Rachel Goddard Swansea H (17:41)
2001	23 May	Martin Rees Swansea H (14:51)	Louise Copp Cardiff AC (17:10)
	20 June	Andrew Hunt Cardiff AC (14:57)	Louise Copp Cardiff AC (17:23)
	25 July	Andres Jones Cardiff AC (14:49)	Annmarie Hutchinson Neath H (16:58)
2000	25 May	Marc Jenkins Bridgend (15:23)	Jaqueline Brace Bridgend AC (19:14)
	22 June	Shaun Tobin Swansea H (15:10)	Frances Gill Neath H (17:30)
	27 July	Darren Hiscox Bridgend AC (15:09)	Zara Hyde-Peters Havant <b>(16:25) Former CR</b>
1999	20 May	Steve Brace Bridgend AC (15:06)	Ceri Grech Cardiff AC (18:22)
	24 June	Darren Hiscox Bridgend AC (15:02)	Frances Gill Neath H (17:51)
	22 July	Darren Hiscox Bridgend AC (14:43)	Frances Gill Neath H (17:25)

Most individual wins	Carwyn Jones 8	Angela Heeley (formerly Tyrell), Clara Evans and Lucy Marland 6
Course Records	Ben Noad 14:29 (2002) & Remi Adebisi 14:29 (2022)	Olivia Tsim 16:20 (2022)
3 World Age Best times	Martin Rees 15:00 M50 (2003), 15:38 M55 (2008) and 16:17 M60 (2013)	

