Welsh Cross Country Championships - Medal Winners

	Senior Men	Senior Women
1985	Bronze	
1986	Bronze	
1987		
1988		Gold
1989	Bronze	Bronze
1990		Bronze
1991		
1992		
1993		Bronze
1994		Bronze
1995		Bronze
1996		
1997		Bronze
1998		Silver
1999	Bronze	Gold
2000	Bronze	
2001	Bronze	Bronze
2002		
2003	Bronze	Bronze
2004	Bronze	Silver
2005		Bronze
2006	Bronze	Silver
2007	Silver	
2008	Bronze	Bronze
2009	Silver	Silver
2010		Silver
2011		Silver
2012	Bronze	Silver & Bronze
2013		
2014		
2015		