



MID LANC'S LEAGUE

CROSS COUNTRY TEAM and INDIVIDUAL WINNERS

FEMALE

The lists of winners here is drawn from published Results of overall standings for each cross country season. Full published results are preferred but, where not available, results published in press reports, such as Athletics Weekly where the information has been provided by the League, have been used.

First names were only reported from 1999. Earlier first names here are as advised. Many gaps remain. Additions, corrections etc should be notified to the League.

Mid Lancs Cross Country League

Senior Women Division 1

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
2023 - 2024	Blackburn Harriers & AC	Emma McColm	Preston Harriers
2022 - 2023	Blackburn Harriers & AC	Amy-Nicola Davies	Blackburn Harriers & AC
2021 - 2022	Lancaster University R & AC	Carla Davies	Preston Harriers
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Blackburn Harriers & AC	Emily Japp	Blackpool Wyre & Fylde AC
NEW TROPHY – A 'SILVER' CUP			
2018 - 2019	Preston Harriers	Clare McKeown	Border Harriers
TROPHY LOST – LIGHT WOOD SHIELD			
2017 - 2018	Blackpool Wyre & Fylde AC	Emily Japp	Blackpool Wyre & Fylde AC
2016 - 2017	Blackpool Wyre & Fylde AC	Emily Japp	Blackpool Wyre & Fylde AC
2015 - 2016	Blackpool Wyre & Fylde AC	Emily Japp	Blackpool Wyre & Fylde AC
2014 - 2015	Lancaster & Morecambe AC	Clare McKeown	Border Harriers
2013 - 2014	Blackpool Wyre & Fylde AC	Kirsty Longley	Liverpool Pembroke & Sefton H&AC
2012 - 2013	Preston Harriers	Stephanie Roe	Preston Harriers
2011 - 2012	Lancaster & Morecambe AC	Susan Samme	Lytham St Annes RRC
2010 - 2011	Accrington RR	Clare McKeown	Border Harriers
2009 - 2010	Wigan Phoenix	Sarah Ridehalgh	Accrington RR
2008 - 2009	Blackpool Wyre & Fylde AC	Katie Ingram	Horwich RMI
2007 - 2008	Blackpool Wyre & Fylde AC	Kirsty Longley	Liverpool Pembroke & Sefton H&AC
2006 - 2007	Blackpool Wyre & Fylde AC	Caroline Betmead	Blackpool Wyre & Fylde AC
2005 - 2006	Clayton le Moors Harriers	Rebecca Robinson	Kendal AAC
2004 - 2005	Southport Waterloo AC	Louise Gardner	Lancaster & Morecambe AC
2003 - 2004	Preston Harriers	Louise Gardner	Lancaster & Morecambe AC
2002 - 2003	Preston Harriers	Caroline Betmead	North Fylde AC
2001 - 2002	Preston Harriers	Caroline Betmead	North Fylde AC
2000 - 2001	North Fylde AC	Caroline Betmead	North Fylde AC
1999 - 2000	Clayton le Moors Harriers	Philippa Walsh	Preston Harriers
1998 - 1999	Clayton le Moors Harriers	Caroline Betmead	North Fylde AC
1997 - 1998	Kendal AAC	?	
1996 - 1997	Border Harriers	Jackie Hargreaves	Border Harriers
1995 - 1996	Border Harriers	Kath Musson	Border Harriers
1994 - 1995	Kendal AC	Lynne Quigley	Red Rose Runners
1993 - 1994	Border Harriers	D Whelan	Hyndburn AC
1992 - 1993	Border Harriers	Cheryl Cook	Clayton le Moors Harriers
1991 - 1992	Clayton le Moors Harriers	Maureen Laney	Clayton le Moors Harriers
1990 - 1991	Clayton le Moors Harriers	Pauline Powell	Preston Harriers
1989 - 1990	Kendal AC	Anna Kostilek	Burnley AC
1988 - 1989	Wigan Harriers	Anna Kostilek	Burnley AC
1987 - 1988	Kendal AC	Anna Kostilek	Burnley AC
1986 - 1987	Kendal AC	Anna Kostilek	Burnley AC
1985 - 1986	Kendal AC	Margaret Belk	Kendal AC
1984 - 1985	Clayton le Moors Harriers	Anna Kostilek	Burnley AC
1983 - 1984	Chorley AC	D Copley	Barrow AC
1982 - 1983	Blackpool & Fylde AC	?	
1981 - 1982	Blackpool & Fylde AC	Sharon Astley	Blackpool & Fylde AC
1980 - 1981	Blackburn Harriers	Louise Parker	Lakeland AC
1979 - 1980	?	?	
1978 - 1979	?	?	
1977 - 1978	?	?	
1976 - 1977	?	?	
1975 - 1976	?	?	
1974 - 1975	?	?	
1973 - 1973	?	?	
1972 - 1973	?	?	

1971 - 1972 ?
1970 - 1971 ?
1969 - 1970 ?

?
?
?

Mid Lancs Cross Country League Senior Women Division 2

SEASON	WINNING CLUB
2023 - 2024	Preston Harriers
2022 - 2023	Clayton le Moors Harriers
2021 - 2022	Southport Waterloo AC
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>
2019 - 2020	Lancaster University Running Club
2018 - 2019	Blackburn Harriers
2017 - 2018	Clayton le Moors Harriers
2016 - 2017	Barlick Fell Runners
2015 - 2016	Clayton le Moors Harriers
2014 - 2015	Barrow & Furness Striders
2013 - 2014	Wigan & Dist Harriers
2012 - 2013	Southport Waterloo AC
2011 - 2012	Wesham RR
2010 - 2011	Preston Harriers
2009 - 2010	Accrington RR
2008 - 2009	Southport Waterloo AC
2007 - 2008	Kendal AAA
2006 - 2007	Lancaster & Morecambe AC
2005 - 2006	Blackpool & Fylde AC
2004 - 2005	Clayton le Moors Harriers
2003 - 2004	Chorley Harriers
2002 - 2003	Wigan Phoenix
2001 - 2002	Blackpool & Fylde AC
2000 - 2001	Preston Harriers
1999 - 2000	Garstang RC

Mid Lancs Cross Country League

Senior Women Division 3

SEASON	WINNING CLUB
2023 - 2024	Skelmersdale Boundary Harriers
2022 - 2023	Chorley Athletic & Tri
2021 - 2022	Walney Wind Cheetahs
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>
2019 - 2020	Sedbergh School Running Club
2018 - 2019	Lancaster University RC
2017 - 2018	Blackburn Harriers
2016 - 2017	Riversway Road Runners
2015 - 2016	Barlick Fell Runners
2014 - 2015	Preston Harriers B
2013 - 2014	Barrow & Furness Striders
2012 - 2013	Astley & Tyldesley RR
2011 - 2012	Liverpool Pembroke & Sefton H&AC
2010 - 2011	Border Harriers
2009 - 2010	Barrow & Furness Striders
2008 - 2009	Accrington RR
2007 - 2008	Liverpool Harriers
2006 - 2007	Liverpool Pembroke & Sefton H&AC
2005 - 2006	Glaxo Hoad Hill Harriers
2004 - 2005	Lancaster & Morecambe AC
2003 - 2004	Cumberland Fell Runners
2002 - 2003	-
2001 - 2002	Wigan Phoenix
2000 - 2001	Blackpool & Fylde AC
1999 - 2000	Lytham St Annes RRC

Mid Lancs Cross Country League

Senior Women V35

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
2023 - 2024	Lancaster & Morecambe AC	Rebecca Robinson	Kendal AAC
2022 - 2023	Chorley Athletic & Tri	Lynne Clough	Chorley Athletic & Tri
2021 - 2022	Lytham St Annes RRC	Carla Davies	Preston Harriers
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Lytham St Annes RRC	Joanna Goorney	Lytham St Annes RRC
2018 - 2019	Lytham St Annes RRC	Clare McKeown	Border Harriers
2017 - 2018	Barlick Fell Runners	Sarah Jarvis	Barlick Fell Runners
2016 - 2017	Barlick Fell Runners	Kirsty Longley	L'pool Pembroke & Sefton H & AC
2015 - 2016	Wigan & Dist Harriers	Caroline Betmead	Blackpool Wyre & Fylde AC
2014 - 2015	Barrow & Furness Striders	Clare McKeown	Border Harriers
2013 - 2014	Blackpool Wyre & Fylde AC	Kirsty Longley	L'pool Pembroke Sefton
2012 - 2013	Wesham RR	Kirsty Longley	L'pool Pembroke Sefton
2011 - 2012	Accrington RR	Susan Samme	Lytham St Annes RRC
2010 - 2011	Chorley Harriers	Clare McKeown	Border Harriers
2009 - 2010	Wesham RR	Karen Bridge	Eden Runners
2008 - 2009	Blackpool Wyre & Fylde AC	Caroline Betmead	Blackpool Wyre & Fylde AC
2007 - 2008	Blackpool Wyre & Fylde AC	Caroline Betmead	Blackpool Wyre & Fylde AC
2006 - 2007	Blackpool Wyre & Fylde AC	Caroline Betmead	Blackpool Wyre & Fylde AC
2005 - 2006	Clayton le Moors Harriers	Anna Kelly	Clayton le Moors Harriers
2004 - 2005	Preston Harriers	Philippa Walsh	Preston Harriers
2003 - 2004	Preston Harriers	Jackie Hargreaves	Cumberland Fell Runners
2002 - 2003	Clayton le Moors Harriers	Philippa Walsh	Preston Harriers
2001 - 2002	North Fylde AC	Philippa Walsh	Preston Harriers
2000 - 2001	Clayton le Moors Harriers	?	
1999 - 2000	Clayton le Moors Harriers	Philippa Walsh	Preston Harriers
1998 - 1999	Clayton le Moors Harriers	Jane Hodgkinson	Preston Harriers
1997 - 1998	Kendal AC	?	
1996 - 1997	North Fylde AC	Eleanor Robinson	Border Harriers
1995 - 1996	Border Harriers	Kath Musson	Border Harriers
1994 - 1995	Kendal AC	Kath Musson	Border Harriers
1993 - 1994	Clayton le Moors Harriers	Eleanor Robinson	Border Harriers
1992 - 1993	Kendal AC	Cheryl Cook	Clayton le Moors Harriers
1991 - 1992	Kendal AC	Maureen Laney	Clayton le Moors Harriers
1990 - 1991	Kendal AC	Kath Musson	Border Harriers
1989 - 1990	Kendal AC	S Clark	Kendal AC
1888 - 1989	-	S Clark	Kendal AC
1987 - 1988	-	S Clark	Kendal AC

Mid Lancs Cross Country League

Senior Women V45

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
2023 - 2024	Trawden AC	Rachel Yates	L'pool Pembroke & Sefton H & AC
2022 - 2023	Clayton le Moors Harriers	Lynne Clough	Chorley Athletic & Tri
2021 - 2022	Lytham St Annes RRC	Joanna Goorney	Lytham St Annes RRC
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Lytham St Annes RRC	Joanna Goorney	Lytham St Annes RRC
2018 - 2019	Lytham St Annes RRC	Clare McKeown	Border Harriers
2017 - 2018	Glaxo Hoad Hill Harriers	Joanne Nelson	Blackburn Harriers
2016 - 2017	Wigan & Dist Harriers	Clare McKeown	Border Harriers
2015 - 2016	Wigan & Dist Harriers	Jayne Taylor	Wigan & Dist Harriers
2014 - 2015	Lytham St Annes RRC	Joanna Goorney	Lytham St Annes RRC
2013 - 2014	Wesham RR	Jayne Taylor	Wigan & Dist Harriers
2012 - 2013	Blackpool Wyre & Fylde AC	Suzanne Budgett	Horwich RMI
2011 - 2012	Lytham St Annes RRC	Susan Samme	Lytham St Annes RRC
2010 - 2011	Southport Waterloo AC	Susan Samme	Lytham St Annes RRC
2009 - 2010	Southport Waterloo AC	Sue Sharp	Barrow & Furness Striders
2008 - 2009	Clayton le Moors Harriers	Susan Samme	Lytham St Annes RRC
2007 - 2008	Preston Harriers	Philippa Walsh	Preston Harriers
2006 - 2007	Preston Harriers	Philippa Walsh	Preston Harriers
2005 - 2006	Clayton le Moors Harriers	Carolyn Robbins	Blackpool & Fylde AC
2004 - 2005	North Fylde AC	Carolyn Robbins	Blackpool & Fylde AC
2003 - 2004	Kendal AAC	Sue Cooper	Southport Waterloo AC

Mid Lancs Cross Country League

Senior Women V55

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
2023 - 2024	Clayton le Moors Harriers	Cathy Flitcroft	Preston Harriers
2022 - 2023	Clayton le Moors Harriers	Joanne McLeod	Glaxo Hoad Hill Harriers
2021 - 2022	Lytham St Annes RRC	Barbara Holmes	Lytham St Annes RRC
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Clayton le Moors Harriers	Barbara Holmes	Lytham St Annes RRC
2018 - 2019	Glaxo Hoad Hill Harriers	Alison Cooke	Glaxo Hoad Hill Harriers
2017 - 2018	Kendal AAC	Jayne Taylor	Wigan & Dist Harriers
2016 - 2017	Kendal AAC	Bev Wright	Blackpool Wyre & Fylde AC
2015 - 2016	Red Rose Road Runners	Irene Roche	Clayton le Moors Harriers
2014 - 2015	Red Rose Road Runners	Marian Hesketh	Preston Harriers
2013 - 2014	Clayton le Moors Harriers	Marian Hesketh	Preston Harriers
2012 - 2013	Southport Waterloo AC	Marian Hesketh	Preston Harriers
2011 - 2012	Southport Waterloo AC	Sue Cooper	Southport Waterloo AC
2010 - 2011	-	Sue Cooper	Southport Waterloo AC
2009 - 2010	-	Lou Lyness	Barrow & Furness Striders
2008 - 2009	Kendal AAC	Maureen Laney	Clayton le Moors Harriers

Mid Lancs Cross Country League Senior Women V65

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
2023 - 2024	Clayton le Moors Harriers	Irene Roche	Clayton le Moors Harriers
2022 - 2023	-	Diane Priestley	Kendal AAC
2021 - 2022	-	Diane Priestley	Kendal AAC
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	-	Diane Priestley	Kendal AAC
2018 - 2019	-	Diane Priestley	Kendal AAC
2017 - 2018	-	Diane Priestley	Kendal AAC
2016 - 2017	-	Joan Gouldthorpe	Red Rose Runners
2015 - 2016	-	Sue Stewart	Southport Waterloo AC
2014 - 2015	-	Lou Lyness	Barrow & Furness Striders

Mid Lancs Cross Country League Under 20 Women

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
2023 - 2024	-	Alicia Wadeson	Skelmersdale Boundary Harriers
2022 - 2023	-	Amy-Nicola Davies	Blackburn Harriers
2021 - 2022	Lancaster University R & AC	Lucy Milling	Southport Waterloo AC
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	-	Finty Royle	Chorley Athletic & Tri
2018 - 2019	Lancaster University RC	Jessica Rogers	Blackpool Wyre & Fylde AC
2017 - 2018	-	Tiffany Penfold	Liverpool Pembroke & Sefton H&AC
2016 - 2017	-	Jessica Rogers	Blackpool Wyre & Fylde AC
2015 - 2016	-	Shan Preece	Lancaster University RC
2014 - 2015	-	Alisha Johnson	Blackpool Wyre & Fylde AC
2013 - 2014	-	Laura Sullivan	Preston Harriers
2012 - 2013	-	Scarlett Collins	Liverpool Pembroke & Sefton H&AC
2011 - 2012	-	Melanie Hyder	Helm Hill Runners
2010 - 2011	-	Emma Flanagan	Rosendale Harriers
2009 - 2010	-	Annika Jarman	Lancaster & Morecambe AC
2008 - 2009	-	Katie Ireland	Rosendale Harriers
2007 - 2008	Liverpool Harriers	Sophie Whiteside	Liverpool Harriers
2006 - 2007	-	Katie Morris	Blackburn Harriers
2005 - 2006	-	Katie Savage	Barrow & Furness Striders
2004 - 2005	-	Katie Savage	Barrow & Furness Striders
2003 - 2004	-	Laura Finucane	Pendle AC
2002 - 2003	-	Helen Booth	Lancaster & Morecambe AC
2001 - 2002	Lancaster & Morecambe AC	Rebecca Robinson	Kendal AAC
2000 - 2001	Lancaster & Morecambe AC	Victoria Rusius	Pendle AC
1999 - 2000	Lancaster & Morecambe AC	Sarah Willmott	Blackburn Harriers
1998 - 1999	Pendle AC	Victoria Rusius	Pendle AC
1997 - 1998	?	?	
1996 - 1997	Blackpool & Fylde AC	M Leck	Lancaster & Morecambe AC
1995 - 1996	Lancaster & Morecambe AC	S Corlett	Derwent AC
1994 - 1995	Lancaster & Morecambe AC	Michelle Mann	Preston Harriers
1993 - 1994	Kendal AC	Louise Powell	Blackburn Harriers
1992 - 1993	-	Pauline Powell	Clayton le Moors Harriers
1991 - 1992	Preston Harriers	Angela Strachan	Blackpool & Fylde AC

Mid Lancs Cross Country League Under 17 Women

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
2023 - 2024	Leven Valley AC	Isabelle Murphy	Lancaster & Morecambe AC
2022 - 2023	Chorley Athletic & Tri	Georgia Bell	Leven Valley AC
2021 - 2022	Blackburn Harriers	Abigail Stratton	Blackburn Harriers
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Blackburn Harriers	Phoebe Hayashi	Lancaster & Morecambe AC
2018 - 2019	Liverpool Pembroke & Sefton H&AC	Charlotte Edwards	Wigan & Dist Harriers
2017 - 2018	-	Finty Royle	Chorley Athletic & Tri
2016 - 2017	-	Lydia Wilcock	Chorley Athletic & Tri
2015 - 2016	Liverpool Pembroke & Sefton H&AC	Elizabeth Greenwood	Blackburn Harriers
2014 - 2015	-	Georgia Hannam	Lancaster & Morecambe AC
2013 - 2014	Blackburn Harriers	Georgia Hannam	Lancaster & Morecambe AC
2012 - 2013	Preston Harriers	Rebecca Flanagan	Rosendale Harriers
2011 - 2012	-	Lauren Gowland	Blackpool Wyre & Fylde AC
2010 - 2011	-	Lauren Gowland	Blackpool Wyre & Fylde AC
2009 - 2010	Blackburn Harriers	Laura Riches	Leigh Harriers
2008 - 2009	-	Laura Riches	Leigh Harriers
2007 - 2008	Lancaster & Morecambe AC	Annika Jarman	Lancaster & Morecambe AC
2006 - 2007	Blackburn Harriers	Hannah Bateson	Lancaster & Morecambe AC
2005 - 2006	Preston Harriers	Kathryn Maunder	Blackpool & Fylde AC
2004 - 2005	-	Stephanie Rowe	Preston Harriers
2003 - 2004	Blackburn Harriers	Emma Graham	Blackburn Harriers
2002 - 2003	-	Victoria Snape	Chorley Harriers
2001 - 2002	Southport Waterloo AC	Katie Ingram	Chorley Harriers

Although the Under 17 age group was introduced in 1992, the Women had to wait until the 2001/02 season to have their own race. Until then, they ran as Under 20s.

Inters / Inter Ladies (Under 16)

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
1991 - 1992	Preston Harriers	Angela Strachan	Blackpool & Fylde AC
1990 - 1991	-	Mellisa Garnett	Blackpool & Fylde AC
1989 - 1990	-	Michelle Friend	Wigan Harriers
1988 - 1989	Blackpool & Fylde AC	Caroline Wilkinson	Blackpool & Fylde AC
1987 - 1988	Blackpool & Fylde AC	Nadine Truran, Chorley AC =	Amanda Thorpe, Hyndburn AC =
1986 - 1987	Blackpool & Fylde AC	Amanda Thorpe	Hyndburn AC
1985 - 1986	Rosendale AC	Alison Forrest	Blackburn Harriers
1984 - 1985	Blackpool & Fylde AC	Susan Eccles	Blackpool & Fylde AC
1983 - 1984	Blackpool & Fylde AC	Y Atkinson	Cumberland Fell Runners
1982 - 1983	Wigan Harriers	?	
1981 - 1982	-	R Medd	Lancaster & Morecambe AC
1980 - 1981	Wigan Harriers	Hillary Gaskell	Wigan Harriers
1979 - 1980	?	?	
1978 - 1979	?	?	
1977 - 1978	?	?	
1976 - 1977	?	?	
1975 - 1976	?	?	
1974 - 1975	?	?	
1973 - 1974	?	?	
1972 - 1973	?	?	
1971 - 1972	?	?	
1970 - 1971	?	?	

Mid Lancs Cross Country League Under 15 Girls

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
2023 - 2024	Blackpool, Wyre & Fylde AC	Holly Cross	Liverpool Harriers & AC
2022 - 2023	Kendal-Helm Composite	Jessica Hodgkinson	Leigh Harriers
2021 - 2022	Liverpool Pembroke & Sefton H&AC	Sophie Cowin	Kendal-Helm Composite
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Trawden AC	Jessica Bailey	Leven Valley AC
2018 - 2019	Chorley Athletic & Tri	Olivia Logan	Southport Waterloo AC
2017 - 2018	Preston Harriers	Olivia Logan	Southport Waterloo AC
2016 - 2017	Clayton le Moors Harriers	Amy Davies	Blackburn Harriers
2015 - 2016	Blackpool Wyre & Fylde AC	Samantha Bland	Kendal-Helm
2014 - 2015	Kendal-Helm Composite	Ella Moulding	Lytham St Annes RRC
2013 - 2014	Blackburn Harriers	Elizabeth Greenwood	Blackburn Harriers
2012 - 2013	Liverpool Pembroke & Sefton H&AC	Rosie Johnson	Liverpool Pembroke & Sefton H&AC
2011 - 2012	-	Molly Betmead	Blackpool Wyre & Fylde AC
2010 - 2011	Blackpool & Fylde AC	Jodie Ferguson	Blackpool Wyre & Fylde AC
2009 - 2010	Liverpool Harriers	Florie McLeish	Preston Harriers
2008 - 2009	Pendle AC	Lauren Gowland	Blackpool Wyre & Fylde AC
2007 - 2008	Blackburn Harriers	Ellie Wilson	Barrow & Furness Striders
2006 - 2007	Preston Harriers	Kristie Leybourne	Blackpool Wyre & Fylde AC
2005 - 2006	Blackburn Harriers	Rhea Ellis	Southport Waterloo AC
2004 - 2005	Preston Harriers	Rhea Ellis	Southport Waterloo AC
2003 - 2004	Preston Harriers	Danielle Walker	Burnley AC
2002 - 2003	Blackburn Harriers	Emma Graham	Blackburn Harriers
2001 - 2002	Blackpool & Fylde AC	Amanda Pyrah	Lancaster & Morecambe AC
2000 - 2001	Pendle AC	Amanda Pyrah	Lancaster & Morecambe AC
1999 - 2000	-	Anne Smith	Park High School
1998 - 1999	Wigan Harriers	Lisa Richardson	Chorley AC
1997 - 1998	Blackpool & Fylde AC	?	
1996 - 1997	Southport Waterloo AC	Catherine Terry	Southport Waterloo AC
1995 - 1996	Southport Waterloo AC	Emma Rutland	Blackpool & Fylde AC
1994 - 1995	Wigan Harriers	Emma Deakin	Preston Harriers
1993 - 1994	Lancaster & Morecambe AC	J Hodgson	Blackpool & Fylde AC
1992 - 1993	Lancaster & Morecambe AC	J Potter	Barrow & Furness Striders

Girls / Junior Girls (Under 14)

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
1991 - 1992	-	Kathryn Prescott, Chorley H = Michelle Mann, Preston =	
1990 - 1991	Hyndburn AC	J Smith	Hyndburn AC
1989 - 1990	Hyndburn AC	A Burton	Lancaster & Morecambe AC
1988 - 1989	Rosendale Harriers	Michelle Friend	Wigan Harriers
1987 - 1988	Hyndburn AC	D Whelan	Hyndburn AC
1986 - 1987	Blackpool & Fylde AC	N Tait	Copeland AC
1985 - 1986	Blackpool & Fylde AC	Karen Allinson	Blackpool & Fylde AC
1984 - 1985	Blackburn Harriers	Amanda Thorpe	Hyndburn AC
1983 - 1984	Copeland AC	Rachel Jones	Blackpool & Fylde AC
1982 - 1983	Blackburn Harriers	?	
1981 - 1982	Blackburn Harriers	A Bateman	Cockermouth AC
1980 - 1981	Blackburn Harriers	R Medd	Lancaster & Morecambe AC
1973 - 1974	Blackburn Harriers	Sylvia Kerambrum	Preston Harriers
1972 - 1973	?	?	
1971 - 1972	?	?	
1970 - 1971	?	?	

Mid Lancs Cross Country League Under 13 Girls

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
2023 - 2024	Liverpool Harriers & AC	Evie Worrall	Liverpool Harriers & AC
2022 - 2023	Blackpool Wyre & Fylde AC	Kristy Leitch	Blackpool Wyre & Fylde AC
2021 - 2022	Clayton le Moors Harriers	Agatha Taylor	Blackburn Harriers
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Kendal-Helm Composite	Georgia Bell	Leven Valley AC
2018 - 2019	Chorley Athletic & Tri	Helana White	Clayton le Moors Harriers
2017 - 2018	Kendal-Helm Composite	Olesia Winder	Leven Valley AC
2016 - 2017	Preston Harriers	Olesia Winder	Leven Valley AC
2015 - 2016	Blackpool Wyre & Fylde AC	Amy Davies	Blackburn Harriers
2014 - 2015	Preston Harriers	Jasmine Jolly	Preston Harriers
2013 - 2014	Preston Harriers	Jasmine Jolly	Preston Harriers
2012 - 2013	Rossendale Harriers	Blythe Fourie	Hyndburn AC
2011 - 2012	Rossendale Harriers	Grace Handley	Blackburn Harriers
2010 - 2011	Liverpool Harriers & AC	Elizabeth Greenwood	Blackburn Harriers
2009 - 2010	Blackpool Wyre & Fylde AC	Molly Betmead	Blackpool Wyre & Fylde AC
2008 - 2009	Blackpool Wyre & Fylde AC	Florie McLeish	Preston Harriers
2007 - 2008	Liverpool Harriers	Lauren Gowland	Blackpool Wyre & Fylde AC
2006 - 2007	Blackburn Harriers	Beckie Taylor	Blackburn Harriers
2005 - 2006	Preston Harriers	Ellen Buckley	Preston Harriers
2004 - 2005	Blackpool & Fylde AC	Laura Riches	Wigan Harriers
2003 - 2004	Blackpool & Fylde AC	Rhea Ellis	Southport Waterloo AC
2002 - 2003	Wigan Harriers & AC	Samantha Murray	Hyndburn AC
2001 - 2002	Blackpool & Fylde AC	Danielle Walker	Burnley AC
2000 - 2001	Burnley AC	Danielle Walker	Burnley AC
1999 - 2000	Blackpool & Fylde AC	Anna Brooks	Blackburn Harriers
1998 - 1999	Hyndburn AC	C Devlin	Lancaster & Morecambe AC
1997 - 1998	Southport Waterloo AC	?	
1996 - 1997	Hyndburn AC	Lisa Richardson	Chorley AC
1995 - 1996	Southport Waterloo AC	Catherine Terry	Southport Waterloo AC
1994 - 1995	Southport Waterloo AC	Emma Rutland	Blackpool & Fylde AC
1993 - 1994	Southport Waterloo AC	Emma Rutland	Blackpool & Fylde AC
1992 - 1993	Blackpool & Fylde AC	Emma Deakin	Preston Harriers

Fillies / Minor Girls (Under 12)

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
1991 - 1992	Lancaster & Morecambe AC	Tracey Gobin	Wigan Harriers
1990 - 1991	Lancaster & Morecambe AC	Louise Powell	Blackburn Harriers
1989 - 1990	Wigan Harriers	Kimberley Robinson	Blackburn Harriers
1988 - 1989	Hyndburn AC	S Sharples	Hyndburn AC
1987 - 1988	Hyndburn AC	Lynsey Allen	Southport Waterloo AC
1986 - 1987	Rossendale Harriers	Ellen Hickey	Southport Waterloo AC
1985 - 1986	Burnley AC	D Whelan	Hyndburn AC
1984 - 1985	Hyndburn AC	D Whelan	Hyndburn AC
1983 - 1984	Blackburn Harriers	Amanda Thorpe	Hyndburn AC
1982 - 1983	Blackburn Harriers	?	
1981 - 1982	Blackburn Harriers	Heather Dewhurst	Blackburn Harriers
1980 - 1981	Blackburn Harriers	A Haddow	Barrow AC
1973 - 1974	Lancaster Harriers & AC	S Barnett	Lancaster Harriers & AC
1972 - 1973	?	?	
1971 - 1972	?	?	
1970 - 1971	?	?	

Mid Lancs Cross Country League

Under 11 Girls

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
2023 - 2024	Chorley Athletic & Tri	Mila Barron	Kendal - Helm
2022 - 2023	Liverpool Harriers & AC	Lucy Delamere	Southport Waterloo AC
2021 - 2022	Chorley Athletic & Tri	Polly Kershaw	Blackpool Wyre & Fylde AC
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Trawden AC	Anna Nicholson	Lancaster & Morecambe AC
2018 - 2019	Blackburn Harriers	Kate Collins	Kendal - Helm
2017 - 2018	Blackpool Wyre & Fylde AC	Georgia Bell	Barrow & Furness Striders
2016 - 2017	Chorley Athletic & Tri	Maddie Hutton	Lancaster & Morecambe AC
2015 - 2016	Blackpool Wyre & Fylde AC	Olesia Winder	Glaxo Hoad Hill Harriers