



# MID LANC'S LEAGUE

## CROSS COUNTRY TEAM and INDIVIDUAL WINNERS

### MALE

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. Exceptionally, other reports 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 Men Division 1

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
2023 - 2024	Lancaster & Morecambe AC	Alasdair Russell	Kendal AAC
2022 - 2023	Preston Harriers	Ross McKelvie	Lytham St Annes RRC
2021 - 2022	Lancaster University R & AC	Matthew Briggs	Lancaster University R & AC
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Blackburn Harriers	Matthew Elkington	Glaxo Hoad Hill Harriers
2018 - 2019	Preston Harriers	Ross Campbell	Barrow & Furness Striders
2017 - 2018	Preston Harriers	James Douglas	Border Harriers
2016 - 2017	Barlick Fell Runners	Thomas Corrigan	Barlick Fell Runners
2015 - 2016	Blackburn Harriers	Alasdair Russell	Kendal AAC
2014 - 2015	Barrow & Furness Striders	James Douglas	Border Harriers
2013 - 2014	Horwich RMI Harriers	James Douglas	Border Harriers
2012 - 2013	Southport Waterloo AC	James Douglas	Border Harriers
2011 - 2012	Barrow & Furness Striders	James Douglas	Border Harriers
2010 - 2011	Southport Waterloo AC	James Douglas	Border Harriers
2009 - 2010	Southport Waterloo AC	Gary Priestley	Horwich RMI Harriers
2008 - 2009	Blackpool Wyre & Fylde	James Douglas	Border Harriers
2007 - 2008	Clayton le Moors Harriers	James Douglas	Border Harriers
2006 - 2007	Clayton le Moors Harriers	Rob Berry	Southport Waterloo AC
2005 - 2006	Preston Harriers	Adam Sutton	Preston Harriers
2004 - 2005	Preston Harriers	Jonathan Prowse	Blackpool & Fylde AC
2003 - 2004	Preston Harriers	Christopher Winward	Barrow & Furness Striders
2002 - 2003	Clayton le Moors Harriers	Neil Tattersall	Pendle AC
2001 - 2002	Clayton le Moors Harriers	Neil Tattersall	Pendle AC
2000 - 2001	Clayton le Moors Harriers	Bob Atkinson	Barrow & Furness Striders
1999 - 2000	Clayton le Moors Harriers	Tom Hart	Lancaster & Morecambe AC
1998 - 1999	Clayton le Moors Harriers	Gary Wilkinson	Clayton le Moors Harriers
1997 - 1998	Clayton le Moors Harriers	Bob Atkinson	Barrow & Furness Striders
1996 - 1997	Clayton le Moors Harriers	Martin Amor	Border Harriers
1995 - 1996	Barrow & Furness Striders	Philip Leybourne	North Fylde AC
1994 - 1995	Clayton le Moors Harriers	Steffan Lydka	Kendal AAC
1993 - 1994	Barrow & Furness Striders	Ian Postlethwaite	Barrow & Furness Striders
1992 - 1993	Clayton le Moors Harriers	Mark Croasdale	Lancaster & Morecambe AC
1991 - 1992	Clayton le Moors Harriers	Martin Amor	Copeland AC
1990 - 1991	Copeland AC	Martin Amor	Copeland AC
1989 - 1990	Copeland AC	Jason Lobo, Blackburn =	B Thompson, Copeland =
1988 - 1989	Copeland AC	Gary Wadsworth	Rosendale Harriers
1987 - 1988	Copeland AC	Martin Amor	Copeland AC
1986 - 1987	Copeland AC	Brian Thompson	Copeland AC
1985 - 1986	Kendal AAC	Craig Roberts	Kendal AAC
1984 - 1985	Copeland AC	Roger Brewster	Clayton le Moors Harriers
1983 - 1984	Blackburn Harriers	Roger Brewster	Clayton le Moors Harriers
1982 - 1983	Clayton le Moors Harriers	?	
1981 - 1982	Blackburn Harriers	Peter Banks	Blackburn Harriers
1980 - 1981	Blackburn Harriers	Robert Shorrock	Blackburn Harriers
1979 - 1980	Blackburn Harriers	?	
1978 - 1979	Blackburn Harriers	?	
1977 - 1978	Blackburn Harriers	?	
1976 - 1977	Blackburn Harriers	?	
1975 - 1976	Blackburn Harriers	?	
1974 - 1975	Blackburn Harriers	?	
1973 - 1974	Blackburn Harriers	?	
1972 - 1973	Blackburn Harriers	?	
1971 - 1972	Blackburn Harriers	John Calvert	Blackburn Harriers
1970 - 1971	Blackburn Harriers	John Calvert	Blackburn Harriers

1969 - 1970	Blackburn Harriers	?	
1968 - 1969	Blackpool & Fylde AC	?	
1967 - 1968	Blackpool & Fylde AC	?	
1966 - 1967	Barrow & Furness Striders	?	
1965 - 1966	Blackburn Harriers	?	
1964 - 1965	Blackpool & Fylde AC	Anthony Byrne	Blackpool & Fylde AC
1963 - 1964	Barrow AC	?	
1962 - 1963	?	John Procter	Preston AC
1961 - 1962	Barrow AC	Dave Spencer	Barrow AC
1960 - 1961	Lancaster Primrose Harriers & AC	Dave Spencer	Barrow AC
1959 - 1960	Lancaster Primrose Harriers & AC	Peter Hall	Barrow AC
1958 - 1959	Blackpool & Fylde AC	Dave Spencer	Barrow AC
1957 - 1958	Barrow AC	B Gill	Barrow AC
1956 - 1957	Barrow AC	?	
1955 - 1956	Lancaster Harriers & AC	?	
1954 - 1955	Lancaster Harriers & AC	?	
1953 - 1954	Lancaster Harriers & AC	Maurice Topham	Lancaster Harriers & AC
1952 - 1953	Lancaster Harriers & AC	Maurice Topham	Lancaster Harriers & AC
1951 - 1952	Lancaster Primrose Harriers & AC	?	
1950 - 1951	Lancaster Primrose Harriers & AC	?	
1949 - 1950	?	?	
1948 - 1949	Clayton Harriers	?	
1947 - 1948	Clayton Harriers	?	
1946 - 1947	War years - no competition	-	
1945 - 1946	War years - no competition	-	
1944 - 1945	War years - no competition	-	
1943 - 1944	War years - no competition	-	
1942 - 1943	War years - no competition	-	
1941 - 1942	War years - no competition	-	
1940 - 1941	War years - no competition	-	
1939 - 1940	Lancaster Primrose Harriers & AC	?	
1938 - 1939	Lancaster Primrose Harriers & AC	?	
1937 - 1938	Lancaster Primrose Harriers & AC	?	
1936 - 1937	Lancaster Primrose Harriers & AC	?	
1935 - 1936	Lancaster Primrose Harriers & AC	R Parker	Lancaster Primrose Harriers & AC
1934 - 1935	Lancaster Primrose Harriers & AC	R P Keay	Lancaster Harriers & AC
1933 - 1934	Lancaster Harriers & AC	?	
1932 - 1933	Lancaster Harriers & AC	E T Shepherd	Lancaster Harriers & AC
1931 - 1932	Clayton Harriers	?	

## Mid Lancs Cross Country League Senior Men Division 2

<b>SEASON</b>	<b>WINNING CLUB</b>
2023 - 2024	Clayton le Moors Harriers
2022 - 2023	Wigan & Dist Harriers
2021 - 2022	Southport Waterloo AC
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>
2019 - 2020	Wesham RR
2018 - 2019	Blackburn Harriers
2017 - 2018	Lytham St Annes RRC
2016 - 2017	Lancaster University Running Club
2015 - 2016	Barlick Fell Runners
2014 - 2015	Blackburn Harriers
2013 - 2014	Wigan & Dist Harriers
2012 - 2013	Border Harriers
2011 - 2012	Wigan Phoenix
2010 - 2011	Horwich RMI Harriers
2009 - 2010	Lancaster & Morecambe AC
2008 - 2009	Wigan Phoenix
2007 - 2008	Clayton le Moors 'B'
2006 - 2007	Lancaster & Morecambe AC
2005 - 2006	Glaxo Hoad Hill harriers
2004 - 2005	Blackpool & Fylde AC
2003 - 2004	Wigan Phoenix
2002 - 2003	Preston Harriers 'B'
2001 - 2002	Cumberland Fell Runners
2000 - 2001	Darwen Dashers
1999 - 2000	Preston Harriers

## Mid Lancs Cross Country League

### Senior Men Division 3

<b>SEASON</b>	<b>WINNING CLUB</b>
2023 - 2024	Rosendale Harriers & AC
2022 - 2023	Blackpool Wyre & Fylde AC
2021 - 2022	Preston Harriers 'B'
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>
2019 - 2020	Lancaster & Morecambe AC
2018 - 2019	Kirkby Milers
2017 - 2018	Preston Harriers 'B'
2016 - 2017	Lytham St Annes RRC
2015 - 2016	Lancaster University Running Club
2014 - 2015	Barlick Fell Runners
2013 - 2014	Blackburn Harriers
2012 - 2013	Wigan & Dist Harriers
2011 - 2012	Border Harriers
2010 - 2011	Southport Waterloo AC 'B'
2009 - 2010	Horwich RMI Harriers
2008 - 2009	Garstang RC
2007 - 2008	Chorley Harriers
2006 - 2007	Bowland Fell Runners
2005 - 2006	Blackburn Harriers
2004 - 2005	Southport Waterloo AC
2003 - 2004	Blackpool & Fylde AC
2002 - 2003	Wigan Phoenix
2001 - 2002	Preston Harriers 'B'
2000 - 2001	Wesham 'B'
1999 - 2000	Darwen Dashers

## Mid Lancs Cross Country League

### Senior Men Division 4

<b>SEASON</b>	<b>WINNING CLUB</b>
2023 - 2024	Trawden AC
2022 - 2023	Rossendale Harriers & AC
2021 - 2022	Blackpool Wyre & Fylde AC
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>
2019 - 2020	Lancaster & Morecambe AC
2018 - 2019	Lancaster & Morecambe AC 'B'
2017 - 2018	Kirkby Milers
2016 - 2017	Trawden AC
2015 - 2016	Barlick Fell Runners 'B'
2014 - 2015	Kendal AAC
2013 - 2014	Barlick Fell Runners
2012 - 2013	Kendal AAC
2011 - 2012	Wigan & Dist Harriers
2010 - 2011	Border Harriers
2009 - 2010	Barrow & Furness Striders 'B'
2008 - 2009	Horwich RMI Harriers
2007 - 2008	Chorley AC
2006 - 2007	Chorley Harriers
2005 - 2006	Bowland Fell Runners
2004 - 2005	Blackburn Harriers
2003 - 2004	Eden Runners
2002 - 2003	Blackpool & Fylde AC
2001 - 2002	Wigan Phoenix
2000 - 2001	Preston Harriers 'B'
1999 - 2000	Glaxo Hoad Hill Harriers

# Mid Lancs Cross Country League

## Senior Men V40 Division 1

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
2023 - 2024	Southport Waterloo AC	Jonathan Cleaver	Rossendale Harriers & AC
2022 - 2023	Southport Waterloo AC	Andrew Grenfell	Rossendale Harriers & AC
2021 - 2022	Southport Waterloo AC	Lee Partington	Lancaster & Morecambe AC
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Preston Harriers	Christopher Davies	Blackburn Harriers
2018 - 2019	Glaxo Hoad Hill Harriers	Christopher Davies	Blackburn Harriers
2017 - 2018	Glaxo Hoad Hill Harriers	Steve Swarbrick	Wesham RR
2016 - 2017	Preston Harriers	Gary Shaw	Burnley AC
2015 - 2016	Clayton le Moors Harriers	Matt Thompson	Southport Waterloo AC
2014 - 2015	Southport Waterloo AC	Matt Thompson	Southport Waterloo AC
2013 - 2014	Preston Harriers	Matt Thompson	Southport Waterloo AC
2012 - 2013	Southport Waterloo AC	Matt Thompson	Southport Waterloo AC
2011 - 2012	Southport Waterloo AC	Gareth Booth	Horwich RMI
2010 - 2011	Southport Waterloo AC	Bob Atkinson	Barrow & Furness Striders
2009 - 2010	Clayton le Moors Harriers	Bob Atkinson	Barrow & Furness Striders
2008 - 2009	Clayton le Moors Harriers	Matthew Nuttall	Blackburn Harriers
2007 - 2008	Clayton le Moors Harriers	Phil Leybourne	Blackpool Wyre & Fylde AC
2006 - 2007	Clayton le Moors Harriers	Mike Whyatt	Garstang RC
2005 - 2006	Preston Harriers	Mark Aspinall	Clayton le Moors Harriers
2004 - 2005	Clayton le Moors Harriers	Mark Aspinall	Clayton le Moors Harriers
2003 - 2004	Preston Harriers	Mark Aspinall	Clayton le Moors Harriers
2002 - 2003	Clayton le Moors Harriers	Mark Aspinall	Clayton le Moors Harriers
2001 - 2002	Clayton le Moors Harriers	Bob Atkinson	Barrow & Furness Striders
2000 - 2001	Preston Harriers	Bob Atkinson	Barrow & Furness Striders
1999 - 2000	Clayton le Moors Harriers	Bob Atkinson	Barrow & Furness Striders
1998 - 1999	Clayton le Moors Harriers	Alex Rowe	Wesham RR
1997 - 1998	Barrow & Furness Striders	Alex Rowe	Wesham RR
1996 - 1997	Clayton le Moors Harriers	Ian MacDonald	Preston Harriers
1995 - 1996	Clayton le Moors Harriers	Ian Clinch, Preston =	Dave Rawlings, Barrow =
1994 - 1995	Kendal AAC	Steffan Lydka	Kendal AAC
1993 - 1994	Clayton le Moors Harriers	Rob Lees	Clayton le Moors Harriers
1992 - 1993	Clayton le Moors Harriers	George Woodburn	Blackburn Harriers
1991 - 1992	Clayton le Moors Harriers	?	
1990 - 1991	Clayton le Moors Harriers	L Hutchinson	Clayton le Moors Harriers
1989 - 1990	Clayton le Moors Harriers	Rob Winward	Barrow & Furness Striders
1988 - 1989	Clayton le Moors Harriers	Roger Hargreaves	Clayton le Moors Harriers
1987 - 1988	Clayton le Moors Harriers	Steve James	Southport Waterloo AC
1986 - 1987	Clayton le Moors Harriers	Steve James	Southport Waterloo AC
1985 - 1986	Clayton le Moors Harriers	Steve James	Southport Waterloo AC
1984 - 1985	Clayton le Moors Harriers	-	
1983 - 1984	Clayton le Moors Harriers	Alan Gaffney	Blackburn Harriers
1982 - 1983	Clayton le Moors Harriers	?	
1981 - 1982	Barrow & Furness Striders	J Etchells	Barrow & Furness Striders
1980 - 1981	Clayton le Moors Harriers	Keith Windle	Clayton le Moors Harriers
1979 - 1980	Clayton le Moors Harriers	?	
1978 - 1979	Clayton le Moors Harriers	?	

## Mid Lancs Cross Country League

### Senior Men V40 Division 2

<b>SEASON</b>	<b>WINNING CLUB</b>
2023 - 2024	Wesham Road Runners
2022 - 2023	Blackpool Wyre & Fylde AC
2021 - 2022	Kendal AAC
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>
2019 - 2020	Lancaster & Morecambe AC
2018 - 2019	Kendal AAC
2017 - 2018	Blackburn Harriers
2016 - 2017	Glaxo Hoad Hill Harriers
2015 - 2016	Preston Harriers
2014 - 2015	Blackburn Harriers
2013 - 2014	Barrow & Furness Striders
2012 - 2013	Wigan & Dist Harriers
2011 - 2012	Accrington RR
2010 - 2011	Glaxo Hoad Hill harriers
2009 - 2010	Wigan Phoenix
2008 - 2009	Barrow & Furness Striders
2007 - 2008	Chorley Harriers
2006 - 2007	Lytham St Annes RRC
2005 - 2006	Lancaster & Morecambe AC
2004 - 2005	Southport Waterloo AC
2003 - 2004	Kendal AAC
2002 - 2003	-
2001 - 2002	Cumberland Fell Runners
2000 - 2001	Lancaster & Morecambe AC
1999 - 2000	Cumberland Fell Runners



## Mid Lancs Cross Country League

### Senior Men V40 Division 3

<b>SEASON</b>	<b>WINNING CLUB</b>
2023 - 2024	Rossendale Harriers
2022 - 2023	Walney Wind Cheetahs
2021 - 2022	Kirkby Milers
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>
2019 - 2020	Leven Valley AC
2018 - 2019	Lancaster & Morecambe AC
2017 - 2018	Lytham St Annes RRC
2016 - 2017	Trawden AC
2015 - 2016	Kendal AAC
2014 - 2015	Thornton Cleveleys RC
2013 - 2014	Blackburn Harriers
2012 - 2013	-
2011 - 2012	Horwich RMI Harriers
2010 - 2011	Chorley Harriers
2009 - 2010	Astley & Tyldesley RR
2008 - 2009	Horwich RMI Harriers
2007 - 2008	Wigan Phoenix
2006 - 2007	Chorley Harriers
2005 - 2006	Bowland Fell Runners
2004 - 2005	-
2003 - 2004	Blackpool & Fylde AC
2002 - 2003	Southport Waterloo AC
2001 - 2002	Wigan Phoenix
2000 - 2001	West Pennine Runners
1999 - 2000	Darwen Dashers

## Mid Lancs Cross Country League

### Senior Men V50

<b>SEASON</b>	<b>WINNING CLUB</b>	<b>WINNING INDIVIDUAL</b>	
2023 - 2024	Southport Waterloo AC	Francois Rafferty	Southport Waterloo AC
2022 - 2023	Southport Waterloo AC	Francois Rafferty	Southport Waterloo AC
2021 - 2022	Southport Waterloo AC	David Hamilton	Southport Waterloo AC
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Southport Waterloo AC	David Hamilton	Southport Waterloo AC
2018 - 2019	Southport Waterloo AC	Mark Chippendale	Blackburn Harriers
2017 - 2018	Southport Waterloo AC	David Hamilton	Southport Waterloo AC
2016 - 2017	Southport Waterloo AC	John Sprackland	Southport Waterloo AC
2015 - 2016	Southport Waterloo AC	John Wright	Blackpool Wyre & Fylde AC
2014 - 2015	Red Rose Runners	Bob Atkinson	Barrow & Furness Striders
2013 - 2014	Preston Harriers	Bob Atkinson	Barrow & Furness Striders
2012 - 2013	Wesham RR	Alex Rowe	Wesham RR
2011 - 2012	Southport Waterloo AC	Bob Atkinson	Barrow & Furness Striders
2010 - 2011	Clayton le Moors Harriers	Bob Atkinson	Barrow & Furness Striders
2009 - 2010	Barrow & Furness Striders	Bob Atkinson	Barrow & Furness Striders
2008 - 2009	Wesham RR	Bob Atkinson	Barrow & Furness Striders
2007 - 2008	Wesham RR	Gary Pendlebury	Wesham RR
2006 - 2007	Blackpool Wyre & Fylde AC	Steve Duxbury	Rosendale Harriers
2005 - 2006	Preston Harriers	Steve Duxbury	Rosendale Harriers
2004 - 2005	Wesham RR	Steve Duxbury	Rosendale Harriers
2003 - 2004	Kendal AAC	Steve Duxbury	Rosendale Harriers
2002 - 2003	Clayton le Moors Harriers	Stuart Calderbank	North Fylde AC
2001 - 2002	North Fylde AC	Glynn Carradice	North Fylde AC
2000 - 2001	North Fylde AC	?	
1999 - 2000	Clayton le Moors Harriers	Steve Sharp	Cumberland Fell Runners
1998 - 1999	Clayton le Moors Harriers	Barry Mitchell	Clayton le Moors Harriers
1997 - 1998	Clayton le Moors Harriers	?	
1996 - 1997	Clayton le Moors Harriers	Steve James	Southport Waterloo AC
1995 - 1996	Clayton le Moors Harriers	Barry Mitchell	Clayton le Moors Harriers
1994 - 1995	Clayton le Moors Harriers	David Scott	Clayton le Moors Harriers
1993 - 1994	Clayton le Moors Harriers	David Scott	Clayton le Moors Harriers
1992 - 1993	Clayton le Moors Harriers	Mick Edge	North Fylde AC
1991 - 1992	Clayton le Moors Harriers	?	
1990 - 1991	Chorley AC	R Bell, Ambleside =	John Cunningham, Blackpool =
1989 - 1990	Clayton le Moors Harriers	Ted Orrell	Chorley AC

## Mid Lancs Cross Country League

### Senior Men V60

<b>SEASON</b>	<b>WINNING CLUB</b>	<b>WINNING INDIVIDUAL</b>	
2023 - 2024	Southport Waterloo AC	John Sprackland	Southport Waterloo AC
2022 - 2023	Southport Waterloo AC	Robert Atkinson	Barrow & Furness Striders
2021 - 2022	Preston Harriers	John Rainford	Preston Harriers
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Wesham RR	Kevin Hesketh	Preston Harriers
2018 - 2019	Wesham RR	Colin Shuttleworth	Preston Harriers
2017 - 2018	Southport Waterloo AC	Thornton Taylor	Rosendale Harriers
2016 - 2017	Glaxo Hoad Hill Harriers	Kenneth Addison	Red Rose Runners
2015 - 2016	-	John Collier	Wesham RR
2014 - 2015	Clayton le Moors Harriers	John Collier	Wesham RR
2013 - 2014	Wesham RR	John Collier	Wesham RR
2012 - 2013	Clayton le Moors Harriers	Graham Webster	Lytham St Annes RRC
2011 - 2012	Clayton le Moors Harriers	Mike Walsh	Kendal AAC
2010 - 2011	Clayton le Moors Harriers	Peter Booth	Clayton le Moors Harriers
2009 - 2010	Barrow & Furness Striders	Peter Hall	Barrow & Furness Striders
2008 - 2009	Clayton le Moors Harriers	David Scott	Clayton le Moors Harriers
2007 - 2008	Clayton le Moors Harriers	Barry Mitchell	Clayton le Moors Harriers
2006 - 2007	Clayton le Moors Harriers	Dave Waywell	Wesham RR
2005 - 2006	Clayton le Moors Harriers	Graham Murray	Clayton le Moors Harriers
2004 - 2005	Clayton le Moors Harriers	Dave Waywell	Wesham RR

## Mid Lancs Cross Country League Senior Men V70

<b>SEASON</b>	<b>WINNING CLUB</b>	<b>WINNING INDIVIDUAL</b>	
2023 - 2024	Preston Harriers	Graham Webster	Lytham St Annes RRC
2022 - 2023	Walney Wind Cheetahs	Graham Webster	Lytham St Annes RRC
2021 - 2022	Clayton le Moors Harriers	Ray Taylor	Red Rose Runners
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Wesham RR	Dave Howie	Walney Wind Cheetahs
2018 - 2019	Wesham RR	Alan Appleby	Preston Harriers
2017 - 2018	-	Kenneth Taylor	Rosendale Harriers
2016 - 2017	-	Dave Waywell	Wesham RR
2015 - 2016	-	Dave Waywell	Wesham RR
2014 - 2015	-	Peter Hall	Barrow & Furness Striders

# Mid Lancs Cross Country League

## Senior Men 'B' Team

<b>SEASON</b>	<b>WINNING CLUB</b>
2023 - 2024	Wigan & Dist H & AC 'B'
2022 - 2023	Southport Waterloo AC 'B'
2021 - 2022	Southport Waterloo AC 'B'
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>
2019 - 2020	Lancaster & Morecambe AC 'B'
2018 - 2019	Preston Harriers 'B'
2017 - 2018	Preston Harriers 'B'
2016 - 2017	Red Rose Road Runners 'B'
2015 - 2016	Barlick Fell Runners 'B'
2014 - 2015	Clayton le Moors Harriers 'B'
2013 - 2014	Southport Waterloo AC 'B'
2012 - 2013	Southport Waterloo AC 'B'
2011 - 2012	Southport Waterloo AC 'B'
2010 - 2011	Southport Waterloo AC 'B'
2009 - 2010	Barrow & Furness Striders 'B'
2008 - 2009	Clayton le Moors Harriers 'B'
2007 - 2008	Clayton le Moors Harriers 'B'
2006 - 2007	Clayton le Moors Harriers 'B'
2005 - 2006	Clayton le Moors Harriers 'B'
2004 - 2005	Preston Harriers 'B'
2003 - 2004	Preston Harriers 'B'
2002 - 2003	Preston Harriers 'B'
2001 - 2002	Clayton le Moors Harriers 'B'
2000 - 2001	?
1999 - 2000	?
1998 - 1999	Clayton le Moors Harriers 'B'
1997 - 1998	Clayton le Moors Harriers 'B'
1996 - 1997	Clayton le Moors Harriers 'B'
1995 - 1996	Clayton le Moors Harriers 'B'
1994 - 1995	Clayton le Moors Harriers 'B'
1993 - 1994	Clayton le Moors Harriers 'B'
1992 - 1993	Clayton le Moors Harriers 'B'
1991 - 1992	Clayton le Moors Harriers 'B'
1990 - 1991	Clayton le Moors Harriers 'B'
1989 - 1990	Kendal AC 'B'
1988 - 1989	Clayton le Moors Harriers 'B'
1987 - 1988	Clayton le Moors Harriers 'B'
1986 - 1987	Clayton le Moors Harriers 'B'
1985 - 1986	Clayton le Moors Harriers 'B'
1984 - 1985	Clayton le Moors Harriers 'B'

# Mid Lancs Cross Country League

## Under 20 Men

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
2023 - 2024	-	William Walker	Clayton le Moors Harriers
2022 - 2023	-	Oliver Sutcliffe	Liverpool Pembroke & Sefton H&AC
2021 - 2022	Lancaster University R & AC	Benjamin Kirkman	Rossendale Harriers
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Lancaster University RC	Jacob Cann	Lancaster University RC
2018 - 2019	Lancaster University RC	Joe Gebbie	Blackburn Harriers
2017 - 2018	Lancaster University RC	Jack Turner	Lancaster University RC
2016 - 2017	Lancaster University RC	Ben Sache	Lancaster University RC
2015 - 2016	-	Ross Campbell	Barrow & Furness Striders
2014 - 2015	-	Ross Campbell	Barrow & Furness Striders
2013 - 2014	-	Daniel Bebbington	Preston Harriers
2012 - 2013	Lancaster University RC	Phil Robertson	Lancaster University RC
2011 - 2012	-	Joe Vis	Southport Waterloo AC
2010 - 2011	-	Joe Vis	Southport Waterloo AC
2009 - 2010	-	Peter Huck	Barrow & Furness Striders
2008 - 2009	-	-	
2007 - 2008	Barrow & Furness Striders	David Hook	Barrow & Furness Striders
2006 - 2007	Preston Harriers	Alasdair Russell	Kendal AAC
2005 - 2006	Barrow & Furness Striders	Alasdair Russell	Kendal AAC
2004 - 2005	-	Philip Waite	Barrow & Furness Striders
2003 - 2004	Liverpool Pembroke & Sefton H&AC	Stephen Donegan	Liverpool Pembroke & Sefton H&AC
2002 - 2003	Liverpool Pembroke & Sefton H&AC	James Douglas	Border Harriers
2001 - 2002	Liverpool Pembroke & Sefton H&AC	Ian Rawlinson	Lancaster & Morecambe AC
2000 - 2001	?	?	
1999 - 2000	-	Lee Siemaszko	Kendal AAC
1998 - 1999	-	Scott Monk	Hyndburn AC
1997 - 1998	-	?	
1996 - 1997	-	?	
1995 - 1996	-	Jonathan Prowse	Blackpool & Fylde AC
1994 - 1995	-	Chris Winward	Barrow AC
1993 - 1994	-	Chris Winward	Barrow AC
1992 - 1993	-	Richard Brook, Chorley H =	Andy Ward, Wigan =
1990 - 1991	-	M Powell	Wigan Harriers
1989 - 1990	-	Jason Lobo	Blackburn Harriers
1988 - 1989	-	Martin Amor	Copeland AC
1987 - 1988	-	Martin Amor	Copeland AC

## Mid Lancs Cross Country League Under 17 Men

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
2023 - 2024	Lancaster & Morecambe AC	James Brassington	Lancaster & Morecambe AC
2022 - 2023	Lancaster & Morecambe AC	Tom Bowman	Lancaster & Morecambe AC
2021 - 2022	Blackburn Harriers	David Holman	Blackburn Harriers
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Blackburn Harriers	Matthew Ramsden	Blackburn Harriers
2018 - 2019	Blackburn Harriers	Matthew Ramsden	Blackburn Harriers
2017 - 2018	Blackpool Wyre & Fylfe AC	Jake Dudley	Blackpool Wyre & Fylde AC
2016 - 2017	Liverpool Pembroke & Sefton H&AC	Thomas Bowe	Lancaster & Morecambe AC
2015 - 2016	Pendle AC	Matthew Barnes	Pendle AC
2014 - 2015	Pendle AC	Thomas Marchant	Pendle AC
2013 - 2014	Blackburn Harriers	Ciaran Campbell	Border Harriers
2012 - 2013	Preston Harriers	Jamaine Coleman	Preston Harriers
2011 - 2012	Liverpool Pembroke & Sefton H&AC	Dominic Mahoney	Blackburn Harriers
2010 - 2011	Lancaster & Morecambe AC	Robert Warner	Blackburn Harriers
2009 - 2010	Liverpool Pembroke & Sefton H&AC	Patrick Vicary	Kendal AAC
2008 - 2009	Liverpool Pembroke & Sefton H&AC	Richard Morrell	Preston Harriers
2007 - 2008	Southport Waterloo AC	Carl Billington	Blackburn Harriers
2006 - 2007	Preston Harriers	Peter Huck	Barrow & Furness Striders
2005 - 2006	Preston Harriers	Andrew Bowen	Liverpool Pembroke & Sefton H&AC
2004 - 2005	Liverpool Pembroke & Sefton H&AC	Ben Lindsay	Pendle AC
2003 - 2004	Liverpool Pembroke & Sefton H&AC	Philip Waite	Barrow & Furness Striders
2002 - 2003	-	Robert Stocks	Liverpool Pembroke & Sefton H&AC
2001 - 2002	Liverpool Pembroke & Sefton H&AC	Alan Stewart	Liverpool Pembroke & Sefton H&AC
2000 - 2001	Liverpool Pembroke & Sefton H&AC	Raymond Stewart	Lancaster & Morecambe AC
1999 - 2000	Blackburn Harriers	Anthony Ford	Blackpool & Fylde AC
1998 - 1999	Blackburn Harriers	Lee Siemaszko	Kendal AAC
1997 - 1998	?	?	
1996 - 1997	Chorley AC	Tom Adams	North Fylde AC
1995 - 1996	Southport Waterloo AC	Chris Livesey	Preston Harriers
1994 - 1995	Wigan Harriers	Aaron Hargreaves	Pendle AC
1993 - 1994	Preston Harriers	Ben Fuller	Preston Harriers
1992 - 1993	Blackpool & Fylde AC	Matthew Winter, Blackpool =	Jonathan Prowse, Blackpool =

## Boys / Youths (Under 16)

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
1991 - 1992	Blackpool & Fylde AC	Craig Watson	Clayton le Moors Harriers
1990 - 1991	Wigan Harriers	R Walker	Barrow & Furness Striders
1989 - 1990	Blackpool & Fylde AC	Steve Hallas, Preston =	M Powell, Wigan =
1988 - 1989	Blackburn Harriers	Ian Bond	Blackburn Harriers
1987 - 1988	Copeland AC	D Moore	Copeland AC
1986 - 1987	-	Aiden Walpole	Preston Harriers
1985 - 1986	Blackburn Harriers	Martin Amor	Copeland AC
1984 - 1985	Blackburn Harriers	Eddie Simpson	Lancaster & Morecambe AC
1983 - 1984	Blackburn Harriers	Michael Isherwood	Blackburn Harriers
1982 - 1983	Blackburn Harriers	?	
1981 - 1982	Blackburn Harriers	Richard Higgins	Preston Harriers
1980 - 1981	Burnley AC	M Crocken	Burnley AC
1979 - 1980	?	?	
1978 - 1979	?	?	
1977 - 1978	?	?	
1976 - 1977	?	?	
1975 - 1976	?	?	

1974 - 1975	?	?	
1973 - 1974	?	?	
1972 - 1973	?	?	
1971 - 1972	Kendal AAC	J Greenwood	Blackpool & Fylde AC
1970 - 1971	Barrow AC	?	
1969 - 1970	?	?	
1968 - 1969	?	?	
1967 - 1968	?	?	
1966 - 1967	?	?	
1965 - 1966	?	?	
1964 - 1965	Preston Harriers	Andy Holden	Preston Harriers
1963 - 1964	Preston Harriers	?	
1962 - 1963	?	?	
1961 - 1962	Preston AC	D Franklin	Lancaster Primrose Harriers & AC
1960 - 1961	Preston AC	Raymond Butler	Preston AC
1959 - 1960	Lunesdale AC	J R Maxfield	Lancaster Harriers & AC
1958 - 1959	Lancaster Harriers & AC	R Wilde	Lancaster Harriers & AC
1957 - 1958	Barrow AC	R Blezard	Lancaster Harriers & AC



## Mid Lancs Cross Country League

### Under 15 Boys

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
2023 - 2024	Blackburn Harriers & AC	William Delamere	Southport Waterloo AC
2022 - 2023	Kendal-Helm Composite	Alfie Addison	Kendal-Helm Composite
2021 - 2022	Southport Waterloo AC	Matthew Clark	Preston Harriers
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Blackburn Harriers	Luke Radcliffe	Blackpool Wyre & Fylde AC
2018 - 2019	Kendal-Helm Composite	Rhys Ashton	Lancaster & Morecambe AC
2017 - 2018	Blackburn Harriers	Matthew Ramsden	Blackburn Harriers
2016 - 2017	Blackburn Harriers	Matthew Mackay	Rosendale Harriers
2015 - 2016	Liverpool Pembroke & Sefton H&AC	Kai Atkins	Pendle AC
2014 - 2015	Liverpool Pembroke & Sefton H&AC	Kai Atkins	Pendle AC
2013 - 2014	Pendle AC	Matthew Barnes	Pendle AC
2012 - 2013	Preston Harriers	Chris Durney	Preston Harriers
2011 - 2012	Preston Harriers	Robert Wong	Blackburn Harriers
2010 - 2011	Southport Waterloo AC	James Knox	Kendal AAC
2009 - 2010	Liverpool Pembroke & Sefton H&AC	James Knox	Hellm Hill Runners
2008 - 2009	Lancaster & Morecambe AC	Alan McKeown	Blackburn Harriers
2007 - 2008	Liverpool Pembroke & Sefton H&AC	Toby Loveridge	Liverpool Pembroke & Sefton H&AC
2006 - 2007	Southport Waterloo AC	Jake Helm	Liverpool Pembroke & Sefton H&AC
2005 - 2006	Preston Harriers	Harry Boyd	Southport Waterloo AC
2004 - 2005	Preston Harriers	Robert Jackson	Preston Harriers
2003 - 2004	Preston Harriers	Nathan Bibby	Preston Harriers
2002 - 2003	Liverpool Pembroke & Sefton H&AC	Nick Bradley	Border Harriers
2001 - 2002	Liverpool Pembroke & Sefton H&AC	Ben Rusius	Pendle AC
2000 - 2001	Liverpool Pembroke & Sefton H&AC	Chris Hart	Burnley AC
1999 - 2000	Eden Runners AC	Guy Thompson	Border Harriers
1998 - 1999	Lancaster & Morecambe AC	Raymond Edgar	Lancaster & Morecambe AC
1997 - 1998	Southport Waterloo AC	?	
1996 - 1997	Lancaster & Morecambe AC	G Nichol	Border Harriers
1995 - 1996	Lancaster & Morecambe AC	Gareth Melvin	Border Harriers
1994 - 1995	Chorley Harriers	Keith Grant	Pendle AC
1993 - 1994	Chorley AC	M Dixon	Hyndburn AC
1992 - 1993	Blackpool & Fylde AC	C Steele	Copeland AC

### Boys / Junior Boys (Under 14)

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
1991 - 1992	Southport Waterloo AC	Stuart Bailey	Wigan Harriers
1990 - 1991	Blackpool & Fylde AC	John Calver	Lancaster & Morecambe AC
1989 - 1990	Blackburn Harriers	Andrew Farnworth	Blackburn Harriers
1988 - 1989	Rosendale Harriers	John Pegg, Rosendale =	A Doxey, Wigan =
1987 - 1988	Blackburn Harriers	A Watson	Lancaster & Morecambe AC
1986 - 1987	Southport Waterloo AC	D Beech	Hyndburn AC
1985 - 1986	Blackburn Harriers	Steve Annand	Preston Harriers
1984 - 1985	Blackburn Harriers	Jason Lobo	Blackburn Harriers
1983 - 1984	Wigan Harriers	Timothy Butler	Wigan Harriers
1982 - 1983	Blackburn Harriers	?	
1981 - 1982	Blackburn Harriers	Michael Isherwood	Blackburn Harriers
1980 - 1981	Blackburn Harriers	G Smith	Lancaster & Morecambe AC
1979 - 1980	Lancaster & Morecambe AC	?	

## Mid Lancs Cross Country League

### Under 13 Boys

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
2023 - 2024	Preston Harriers	Billy Kershaw	Blackpool Wyre & Fylde AC
2022 - 2023	Blackpool Wyre & Fylde AC	William Delamere	Southport Waterloo AC
2021 - 2022	Blackburn Harriers	Samuel Asprey	Blackburn Harriers
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Trawden AC	Monty Barr	Southport Waterloo AC
2018 - 2019	Blackburn Harriers	Isaac Butler	Blackburn Harriers
2017 - 2018	Kendal-Helm Composite	Tobias Swarbrick	Lancaster & Morecambe AC
2016 - 2017	Kendal-Helm Composite	Fraser Sproul	Kendal-Helm
2015 - 2016	Blackburn Harriers	Matthew Ramsden	Blackburn Harriers
2014 - 2015	Horwich RMI Harriers	Benjamin Preddy	Blackpool Wyre & Fylde AC
2013 - 2014	Leigh Harriers	Kai Atkins	Pendle AC
2012 - 2013	Preston Harriers	Dean Tierney	Preston Harriers
2011 - 2012	Pendle AC	Dean Tierney	Preston Harriers
2010 - 2011	Pendle AC	Fabrice Kisela	Preston Harriers
2009 - 2010	Preston Harriers	Matthew Dutton	Pendle AC
2008 - 2009	Southport Waterloo AC	James Knox	Helm Hill Runners
2007 - 2008	Blackpool Wyre & Fylde AC	Luke Towers	Liverpool Harriers
2006 - 2007	Blackpool Wyre & Fylde AC	Joseph Gigli	Blackpool Wyre & Fylde AC
2005 - 2006	Rosendale Harriers	Daniel Westgate	Burnley AC
2004 - 2005	Southport Waterloo AC	James Bowness	Cumberland Fell Runners
2003 - 2004	Preston Harriers	Matthew Davison	Preston Harriers
2002 - 2003	Liverpool Pembroke & Sefton H&AC	Nathan Bibby	Preston Harriers
2001 - 2002	Liverpool Pembroke & Sefton H&AC	Adam McKell	Blackpool & Fylde AC
2000 - 2001	Blackpool & Fylde AC	David Mason	Blackpool & Fylde AC
1999 - 2000	Blackpool & Fylde AC	Richard Newton	Preston Harriers
1998 - 1999	Southport Waterloo AC	Michael Rimmer	Southport Waterloo AC
1997 - 1998	Southport Waterloo AC	?	
1996 - 1997	Southport Waterloo AC	Raymond Edgar	Lancaster & Morecambe AC
1995 - 1996	Southport Waterloo AC	Anthony Ford	Blackpool & Fylde AC
1994 - 1995	Preston Harriers	J Heath	Lancaster & Morecambe AC
1993 - 1994	Lancaster & Morecambe AC	J Heath, Lancaster =	Gareth Melvin, Border =
1992 - 1993	Lancaster & Morecambe AC	Mark McElhone	Pendle AC

### Colts (Under 12)

SEASON	WINNING CLUB	WINNING INDIVIDUAL	
1991 - 1992	Lancaster & Morecambe AC	M Dixon	Hyndburn AC
1990 - 1991	Hyndburn AC	Neil Tattersall	Hyndburn AC
1989 - 1990	Hyndburn AC	D Smith	Wigan Harriers
1988 - 1989	Blackpool & Fylde AC	Chris Fell	Rosendale Harriers
1987 - 1988	Kendal AC	Stuart Woodhouse	Blackburn Harriers
1986 - 1987	Kendal AC	J Thorpe	Hyndburn AC
1985 - 1986	Lancaster & Morecambe AC	D Beech	Hyndburn AC
1984 - 1985	Blackburn Harriers	J Wild	Pendle AC
1983 - 1984	Burnley AC	Andrew Preedy	Burnley AC
1982 - 1983	Burnley AC	?	
1981 - 1982	Wigan Harriers	Ian Haslam	Blackburn Harriers
1980 - 1981	Wigan Harriers	Paul Causey	Wigan Harriers

## Mid Lancs Cross Country League

### Under 11 Boys

<b>SEASON</b>	<b>WINNING CLUB</b>	<b>WINNING INDIVIDUAL</b>	
2023 - 2024	Kenda - Helm	Tom Craker	Kenda - Helm
2022 - 2023	Kirkby Milers AC	Harri Tancrel	Kenda - Helm
2021 - 2022	Kirkby Milers AC	Harri Tancrel	Kenda - Helm
2020 - 2021	<i>No League competition due to Covid-19 pandemic restrictions</i>		
2019 - 2020	Blackburn Harriers	Samuel Aspey	Blackburn Harriers
2018 - 2019	Trawden AC	Stanley Stephenson	Trawden AC
2017 - 2018	Trawden AC	Sammy Pickerill	Southport Waterloo AC
2016 - 2017	Clayton le Moors Harriers	Dexta Thompson	Clayton le Moors Harriers
2015 - 2016	Clayton le Moors Harriers	Dexta Thompson	Clayton le Moors Harriers