

NSRRA Champions

Year	Male Champion	Club	Female Champion	Club
1975	Alan Adams	City of Stoke AC		
1976	Larry Austin	City of Stoke AC		
1977	Alan Mills	Newcastle (Staffs) AC		
1978	Alan Mills	Newcastle (Staffs) AC		
1979	Alan Mills	Newcastle (Staffs) AC	Christine Readdy	Cannock & Stafford
1980	Mike Bishop	Staffs Moorlands	Christine Readdy	Cannock & Stafford
1981	Malcolm Mountford	Stafford AC	Christine Readdy	Cannock & Stafford
1982	Martin Bishop	Staffs Moorlands	Christine Kilkenny nee Readdy	Cannock & Stafford
1983	Malcolm Mountford	Stafford AC	Celia Hargrave	Stone Master Marathoners
1984	Lionel Gowland	ICL AC	Celia Hargrave	Stone Master Marathoners
1985	Lionel Gowland	Staffs Moorlands	Christine Kilkenny	Cannock & Stafford
1986	Lionel Gowland, Dave Griffin	Staffs Moorlands	Dot Fellows, Elaine Statham	Cannock and Stafford, Stone MM
1987	Lionel Gowland	Staffs Moorlands	Christine Kilkenny	Cannock & Stafford
1988	Andy Heathcote	Macclesfield Harriers	Christine Kilkenny	Cannock & Stafford
1989	Andy Heathcote	Macclesfield Harriers	Christine Kilkenny	Cannock & Stafford
1990	Andy Heathcote	Macclesfield Harriers	Christine Kilkenny	Cannock & Stafford
1991	Andrew Geen	Congleton Harriers	Christine Kilkenny	Cannock & Stafford
1992	Mark Roberts	City of Stoke AC	Christine Kilkenny	Cannock & Stafford
1993	Brian Smith	PMAC	Christine Kilkenny	Cannock & Stafford
1994	Alan Thompson	PMAC	Christine Kilkenny	Cannock & Stafford
1995	Mark Gregory	Silverdale RC	Christine Kilkenny	Cannock & Stafford
1996	Richard Washington	Creda RC	Christine Kilkenny	Cannock & Stafford
1997	Malcolm Eustace	Aldridge RC	Christine Kilkenny	Cannock & Stafford
1998	Eddie Whittaker	Uttoxeter RR	Christine Kilkenny	Cannock & Stafford
1999	Andrew Williams	City of Stoke AC	Christine Kilkenny	Cannock & Stafford
2000	Mike Clarke	Chase Harriers	Christine Kilkenny	Cannock & Stafford
2001	Maurice Oldham	Manchester Harriers	Ruth Watchorn-Rice	Cheadle RC
2002	Maurice Oldham	Manchester Harriers	Julia Myatt	Newcastle (Staffs) AC
2003	Ray Plant	Newcastle (Staffs) AC	Julia Myatt	Newcastle (Staffs) AC

2004	Ray Plant	Newcastle (Staffs) AC	Julia Myatt	Newcastle (Staffs) AC
2005	Ashley Grey	Shrewsbury AC	Julia Myatt	Newcastle (Staffs) AC
2006	Ben Gamble	Tipton Harriers	Ruth Watchorn-Rice	Cheadle RC
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2009	Ben Gamble	Tipton Harriers	Ruth Watchorn-Rice	Cheadle RC
2010	Mark Neeld	Stone Master Marathoners	Michelle Buckle	Newcastle (Staffs) AC
2011	Carl Moulton	Boalloy RC	Mandy Vernon	Trentham AC
2012	Carl Moulton	Boalloy RC	Mandy Vernon	Trentham AC
2013	Carl Moulton	Boalloy RC	Michelle Buckle	Newcastle (Staffs) AC
2014	Ben Gamble	Tipton Harriers	Michelle Buckle	Newcastle (Staffs) AC
2015	Carl Moulton	Boalloy RC	Wendy Mullineux	Trentham AC
2016	Carl Moulton	Boalloy RC	Michelle Buckle	Newcastle (Staffs) AC
2017	Simon Myatt	Newcastle (Staffs) AC	Kristina Defries	Trentham AC
2018	Carl Moulton	Boalloy RC	Sophie Goodfellow	Newcastle (Staffs) AC
2019	Carl Moulton	Boalloy RC	Nia Nokes	Stone Master Marathoners
2020	Ross Connor	City of Stoke AC	Kelly Butler	Birchfield Harriers
2021	Andrew Lamont	Unatt	Michelle Buckle	Silverdale RC
2022	Carl Moulton	Boalloy RC	Kelly Butler	City of Stoke AC
2023	Carl Moulton, Sam Crozier	Boalloy RC, Newcastle (Staffs) AC	Izzy Shaw	Trentham AC