



<b>Year</b>	<b>Name</b>	<b>Club</b>
2012	Rachael Pritchard	St Joseph's, Newport
2013	Lynsey Holdaway	Llantrisant
2014	Ashley Brace	Torfaen Warriors
2015	Lynsey Holdaway	Merthyr Ex-Servicemen
2016	Lynsey Holdaway	Merthyr Ex-Servicemen
2017	Lynsey Holdaway	Merthyr Ex-Servicemen
2018	Helen Jones	Premier
2019	No entries	
2020	No competition	
2021	Helen Jones	Premier
2022	No entries	
2023	Leah Regan	Llanrumney Phoenix
2024		