



Year	Name	Club
1910	Arthur Gingell	Caerau
1911	Fred Jones	Newport Boys' Brigade Old Boys
1912	Harry Davies	Caerau
1913	Harry Davies	Caerau
1914	PC Will Cummins	Glamorgan Police
1915	No competition	
1916	No competition	
1917	No competition	
1918	No competition	
1919	No competition	
1920	No entries	
1921	Walt Waters	Cwmbran
1922	Sgt Fred Eames	Cardiff
1923	Rhys Howells	Roath and Llandaff
1924	Rhys Howells	Roath
1925	Rhys Howells	Roath and Glamorgan Police
1926	Frank Hatto	Grange YMCA
1927	Frank Hatto	Grange YMCA
1928	Frank Hatto	Grange YMCA
1929	Frank Hatto	Grange YMCA
1930	Albert Donovan	Gabalfa
1931	Albert Donovan	Gabalfa
1932	Albert Donovan	Singleton
1933	L Bendon	Penarth Ex-Servicemen
1934	Alf Ford	Pontnewynydd
1935	Alf Ford	Pontnewynydd
1936	Frank Taylor	Risca
1937	Denis Reardon	Melingriffith
1938	Len Arnold	Welsh Harp, Pontypridd
1939	Denis Reardon	Melingriffith
1940	No competition	
1941	No competition	
1942	No competition	
1943	No competition	
1944	No competition	
1945	Joe Williams	Penarth
1946	A Stagg	Bath*
1947	Roy Agland	Tiryberth
1948	Tommy George	Cardiff Amateurs
1949	Tommy George	Cardiff Amateurs
1950	Terry Gooding	Guest Keen, Cardiff
1951	Derek Jones	Empire, Swansea
1952	Beau Griffiths	Pencoed
1953	Terry Gooding	Cardiff Gas
1954	Gwynfor Jones	Treharris
1955	Rufus Price	Pullman's, Ammanford
1956	Rufus Price	Amman Valley
1957	Colin Waters	Newport SC
1958	Glyn Waters	Newport SC
1959	Colin Waters	Newport SC
1960	Colin Waters	Newport SC
1961	Stuart Price	Cymmer Afan
1962	Derek Richards	Rootes, Coventry
1963	Colin Waters	Richmond
1964	Clive Cook	Bynea
1965	Allan Ball	Bargoed
1966	Clive Cook	Bynea
1967	Allan Ball	Bargoed
1968	Pat Mahoney	Roath Youth
1969	R Thomas	Thomastown
1970	Billy May	Newport SC
1971	Vaughan Innocent	Llandaff
1972	Vaughan Innocent	Llandaff
1973	Billy Allen	Rhyl
1974	John Pritchard	Gwalchmai
1975	Chris Lawson	Narberth
1976	Chris Lawson	Pembroke
1977	Mike Shone	Llay

1978	Richard Mogford	Trostre
1979	Doug James	Swansea RAOB
1980	Adrian Edwards	Trostre
1981	Tony Feal	Prince of Wales
1982	Paul Lewis	Maindee
1983	Robert Mora	Prince of Wales
1984	Denys Cronin	Llanbradach
1985	Denys Cronin	Llanbradach
1986	Paul Lewis	Maindee
1987	Nicky Piper	Penarth
1988	Nicky Piper	Penarth
1989	Jimmy Farrell	Channel View
1990	Darron Griffiths	Rhondda
1991	Steve Thomas	Merthyr
1992	Carl Winstone	Pontypool and Panteg
1993	Joe Calzaghe	Newbridge
1994	Grant Briggs	Pontypridd
1995	Grant Briggs	Pontypridd
1996	Grant Briggs	Pontypridd
1997	Sean Pepperall	Vale
1998	Sean Pepperall	Vale
1999	Nathan King	Kyber Colts
2000	Mark Phillips	Carmarthen
2001	Francisco Borg	Prince of Wales
2002	Mike Allen	Palace
2003	Francisco Borg	Prince of Wales
2004	Leon Owen	Portmead and Blaenymaes
2005	Wayne O'Sullivan	Merlins Bridge
2006	Harry Miles	All Saints, Llanbradach
2007	Wayne O'Sullivan	Merlins Bridge
2008	Damian Smith	Pontypool and Panteg
2009	Tom Doran	Shotton
2010	Keiron Harding	Penarth
2011	Liam Williams	Church Place
2012	Daniel Richards	Heads of the Valleys
2013	Jamie Evans	Dowlais
2014	Jamie Evans	Dowlais
2015	Jamie 'JJ' Evans	Splott Adventure
2016	Phillip Evans	Prizefighter
2017	Kyran Jones	Gelligaer
2018	Jamie Evans	Dowlais
2019	Kyran Jones	Gelligaer
2020	No competition	
2021	Garan Croft	Cardigan
2022	Levi Griffiths	Cwmavon Hornets
2023	Lewys Parfitt	Maerdy
2024		