



<b>Year</b>	<b>Name</b>	<b>Club</b>
1983	Chris Jacobs	Trostre
1984	Delphane Walters	Aberkenfig
1985	Carl Cook	Crindau Harlequins
1986	Aneurin Evans	Llanbradach
1987	Nicky Howard	Bargoed
1988	Kevin McCormack	Coed Eva
1989	Kevin McCormack	Coed Eva
1990	Kevin McCormack	Coed Eva
1991	Kevin McCormack	Coed Eva
1992	Kevin McCormack	Coed Eva
1993	Andy Griffiths	Trelewis
1994	Kevin McCormack	Coed Eva and Navy
1995	Kevin McCormack	Coed Eva and Navy
1996	Kevin McCormack	Navy
1997	Kevin McCormack	Navy
1998	Mark Flynn	Penyrheol
1999	Scott Gammer	Pembroke
2000	Lee Ali	Splott Adventure
2001	Scott Gammer	Pembroke
2002	Kevin Evans	Carmarthen
2003	Kevin Evans	Carmarthen
2004	Darren Morgan	Bonymaen
2005	Allan Kasongo	Splott Adventure
2006	Andrew Wyn Jones	Shotton
2007	Andrew Wyn Jones	Shotton
2008	Andrew Wyn Jones	Shotton
2009	Andrew Wyn Jones	Deva
2010	Andrew Wyn Jones	Deva
2011	Dorian Darch	Mountain Ash
2012	Craig Kennedy	Llanrumney
2013	Phil Davies	Prizefighter
2014	Kevin Evans	Prizefighter
2015	Darren Hughes	Heads of the Valleys
2016	James Brewer	Tylorstown
2017	Connor Wigfall	ANA
2018	Phil Davies	Prizefighter
2019	Giulio Galliana	Dyffryn
2020	No competition	
2021	Josh Taylor	Pontypool and Panteg
2022	Darren Hughes	Heads of the Valleys
2023	Alireza Maleki	Caerau Ely
2024		