

	2003	2004	2005	2006	2007
1st	Blomidon Athletics	Blomidon Athletics	Blomidon Athletics	Bay St. George Bullets	Blomidon Athletics
2nd	Bay St. George Bullets	Bay St. George Bullets	Bay St. George Bullets	Blomidon Athletics	Bay St. George Bullets
3rd	Corner Brook Sluggers	Warren Out Runners	Coast to Coast Runners	Hutching's Hopefuls	Exploits Valley Roadrunners
4th	Speedbumps	Credit Union Tyros	The Warren Out Runners	Exploits Valley Roadrunners	Corner Brook Tigers
5th	Running on Empty	Corner Brook Runners	Speedbumps	The Valley Rockets	Dean's Team
6th	Gateway Gals	Speedbumps	Corner Brook Runners	Credit Union Tyros	Valley Rockets
7th	Warran Out Runners	Calico Café Runners	Valley Rockets	The Screechin' Orangutans	Western Beacons
8th	Corner Brook Blister Sisters	Baddeck Runners Club	Credit Union Tyros	Western Beacons	Speedbumps
9th		Half Baked Runners	Astros	Speedbumps	Warran Out Runners
10th		Gateway Gals	Corner Brook Blister Sisters	CB Contenders	Meanders
11th		Corner Brook Blister Sisters	Gateway Gals	The Run-A-Bouts	Blister Sisters
12th				The Warren Out Runners	
13th				Astros	
14th				Corner Brook Blister Sisters	
15th				Char's Angels	

	2008	2009	2010	2011	2012
1st	Bay St. George Bullets	Bay St. George Bullets	Bay St. George Bullets	Bay St. George Bullets	Blomidon Athletics
2nd	Blomidon Athletics	Blomidon Athletics	Blomidon Athletics	Over the Hill Guys	Bay St. George Bullets
3rd	Exploits Valley Roadrunners	Over the Hill Gang	Exploits Valley Road Runners	Blomidon Athletics	Scotian Skippers
4th	Valley Rockets	Team TCH	Credit Union Tyros	Credit Union Tyros	Pirate Cruisers
5th	Menders	Credit Union Tyros	Over the Hill Gang	Twin Peaks	Run Right Ragged
6th	Credit Union Tyros	Team BMO	Twin Peaks	Corner Brook Plaid Plodders	MA Runners
7th	Crusing N Amusing	College of the North Atlantic	Marine Atlantic Meanders	Over the Hill Gals	Townie Trotters
8th	CB Blister Sisters	The Meanders	Warren Out Runners	MA Runner	Cruisin' N Amusin
9th	Subway	Crusin N Amusing	Cruisin' & Amusin'	Creepy Crawlers	Fundulators
10th	Warren Out Runners	Warren Out Runners	Corner Brook Blister Sisters	Cruisin N Amusin	Chicks with Kicks
11th	Flying Nanuks	CB Blister Sister	The Slackers	Blister Sisters	Olympic B's
12th		Down Hill Runners		Warren Out Runners	Blister Sisters
13th	Titi N Stef (Not in Standing)			Sole Sisters	Credit Union Tyros
14th					All in the Family
15th					Warren Out Runners

	2013	2014	2015	2016	2017
1st	Blomidon Athletics	Blomidon Athletics	Blomidon Athletics	Blomidon Athletics	Blomidon Athletics
2nd	Credit Union Tyros	Scotian Skippers	BSG Bullets	BSG Bullets	Bay St.George Bullets
3rd	Adam's Old Family	BSG Bullets	Crusin N Amusin	Harmon Hustlers	Harmon Hustlers
4th	Pirate Cruisers	Runners in the Buff	Heart Starters	Heart Starters	Credit Union Tyros
5th	Cruisin N Amusin	Bachelorettes	Marine Atlantic Voyagers	Credit Union Tyros	Super Soakers
6th	Run Right Ragged	Marine Atlantic Voyagers	Nut 'N But Smiles	All in the Family	Heart Starters
7th	MA Runners	Crusin N Amusin	Credit Union Tyros	Pirate Cruisers	The Cooperative Recruits
8th	Burgeo Rookies	Warren Out_Coast Busters	All in the Family	Blister Sisters	Blister Sisters
9th	Blister Sisters	Blister Sisters	Wreckhouse Roadkillerz	Road Warriors	Warren Out Coast Busters
10th	Fit to be Dyed	Heart Starters	Warren Out_Coast Busters	Super Soakers	The Shin Splints
11th	Warren Out Runners	Credit Union Tyros	Stephenville Turtles	Warren Out Coast Busters	All in the Family
12th	Coast Busters	Lighthouse Lighfoots		Road Runners	Lifesavers
13th	All in the Family	All in the Family	Malison (Not in standing)		The Halfway Hustlers
14th		Stephenville Turtles			
15th					

	2018	2019	2020	2021	2022
1st					
2nd					
3rd					
4th					
5th					
6th					
7th					
8th					
9th					
10th					
11th					
12th					
13th					
14th					
15th					