

<i>Most Improved Runner</i>	<i>Summer Grand Prix</i> <i>(up to 2004)</i>	<i>Winter League</i> <i>(up to 2004)</i>
1997 -	Chris Robinson	-
1998 Carl Greenwood	Chris Robinson	-
1999 Helen Wilkinson	Andy Clarke	Dave Hyde
2000 Andy Carnochan	Andy Clarke	Steve Houghton
2001 Jon Underwood	No Champs – foot and mouth year	Andy Clarke
2002 Karl Gray	Andy Clarke	Andy Clarke
2003 Lee Shimwell	Karl Gray	Dave Culpan
2004 Dave Culpan	Graham Hill	Rob Sharratt
2005 Neil Croasdell	-	-
2006 Robert Gray	-	-
2007 Claire Hanson	-	-
2008 Martin Whitehead	-	-
2009 Lee Shimwell	-	-
2010 Jimmy Oldfield	-	-
2011 Toby Sydes	-	-
2012 Rob White	-	-
2013 Iain Glendinning	-	-
2014 Martin Millard	-	-
2015 Dan Biggs	-	-
2016 Tamsin Cooke	-	-
2017 Steve Smithies	-	-
2018 Phil Wells	-	-
2019 Rob Rawlinson	-	-
2020		
2021		
2022		
2023		
2024		
2025		