

5K male Championships

2010	Lee Portingale	Hitchin
2011	Aydin Berki	Hatfield
2012	Aydin Berki	Hatfield
2013	James Dougal	Hitchin
2014	No competitors	
2015	Louis Hines	Watford
2016	Harrison Lees	Watford
2017	Nathan Hughes	Hatfield
2018	Harrison Lees	Watford
2019	Ben Harrison	Potters Bar
2023	George Lovelock	Hitchin

5K open Championships

2024	Oliver Tom	Ware
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5K male Junior Championships

2010	No competitors	
2011	No competitors	
2012	Callum Chivers	Hitchin
2013	Callum Chivers	Hitchin
2014	No competitors	
2015	Harrison Lees	Watford
2016	Harrison Lees	Watford
2017	Max Jelfs	Hatfield
2018	Ethan Sutton	Watford
2019	Saric Lewington	Hatfield
2023	William Harris	Watford

5K open Junior Championships

2024	Filipe Irvine	Watford
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5K female Championships

2010	Lucy Charles	Hoddesdon
2011	No competitors	
2012	No competitors	
2013	No competitors	
2014	No competitors	
2015	Victoria Pope	Watford
2016	Abby Smith	Harpenden
2017	Pippa Shuttleworth	Hatfield
2018	Billie Grant	Hatfield
2019	Billie Grant	Hatfield
2023	Shannon Stott	Hatfield
2024	Jess Keogh	Hatfield

5K female Junior Championships

2010	No competitors	
2011	No competitors	

2012	Charlotte Longden	Hoddesdon
2013	No competitors	
2014	No competitors	
2015	Victoria Pope	Watford
2016	Victoria Pope	Watford
2017	Shannon Nichols	Watford
2018	Billie Grant	Hatfield
2019	Eleanor Mason	Bishops Stortford
2023	Prisha Tapre	Watford
2024	Tara Shah	Bushey