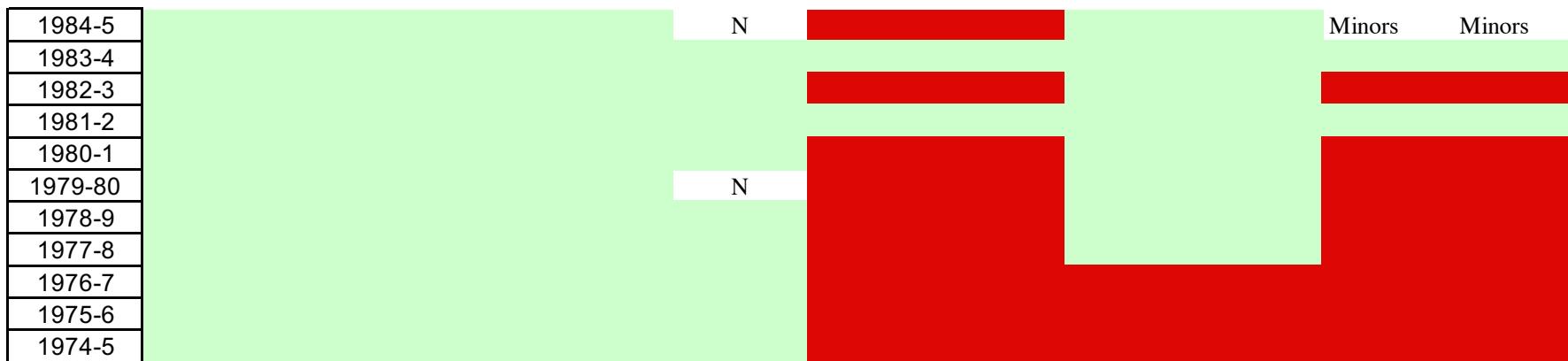


National 4/3 Stage XC Relay Championships

| | Senior Men | | Senior Women | | YAM | | YAF | |
|-----------|------------|--------------|--------------|----------|-----------|-------|--------------|-------|
| | Teams | Team Members | Venue & Date | Complete | Programme | Teams | Team Members | Teams |
| 2019-20 | | | | | | | | |
| 2018-9 | | | | | | | | |
| 2017-8 | | | | | | | | |
| 2016-7 | | | | | | | | |
| 2015-6 | | | | | | | | |
| 2014-5 | | | | | | | | |
| 2013-4 | | | | | | | | |
| 2012-3 | | | | | | | | |
| 2011-2 | | | | | | | | |
| 2010-1 | | | | | | | | |
| 2009-10 | | | | | | | | |
| 2008-9 | | | | | | | | |
| 2007-8 | | | | | | | | |
| 2006-7 | | | | | | | | |
| 2005-6 | | | | | | | | |
| 2004-5 | | | | | | | | |
| 2003-4 | | | | | | | | |
| 2002-3 | | | | | | | | |
| 2001-2 | | | | | | | | |
| 2000-1 | | | | | | | | |
| 1999-2000 | | | | | | | | |
| 1998-9 | | | | | | | | |
| 1997-8 | | | | | N | | | |
| 1996-7 | | | | | | | | |
| 1995-6 | | | | | N | | | |
| 1994-5 | | | | | | | | |
| 1993-4 | | | | | N | | | |
| 1992-3 | | | | | | | | |
| 1991-2 | | | | | N | | | |
| 1990-1 | | | | | | | | |
| 1989-90 | | | | | N | | | |
| 1988-9 | | | | | | | | |
| 1987-8 | | | | | N | T2T3 | | |
| 1986-7 | | | | | | | | |
| 1985-6 | | | | | N | | T2T3 | |



N Name

T Time

C Club

N

T

P

Name

Team

Place