

SEGRARE DAG-DM/Lång DM **H21**

| År | Segrare | Klubb | År | Segrare | Klubb |
|-----------|-------------------|------------------|-----------|--------------------|------------------|
| 1924 | Joel Johansson | Mjönäs | 1977 | Rune Nyman | Kristinehamns OK |
| 1925 | V Nordström | I2 IF | 1978 | Göran Eriksson | Säffle OK |
| 1926 | Ragnar Mattsson | Gunnarskogs IF | 1979 | Bengt Levin | OK Tyr |
| 1927 | David Jäger | IK Viking | 1980 | Bengt Levin | OK Tyr |
| 1928 | Evert Ek | Skoghalls IF | 1981 | Sixten Westlund | OK Tyr |
| 1929 | Nils Persson | IFK Kristinehamn | 1982 | Sixten Westlund | OK Tyr |
| 1930 | Tore Bergkvist | IK Viking | 1983 | Benny Larsson | Kristinehamns OK |
| 1931 | Karl Johansson | IK Viking | 1984 | Yngve Gottfridsson | OK Tyr |
| 1932 | Melker Karlsson | IF Göta | 1985 | Lars Johansson | OK Mängen |
| 1933 | Nils Persson | IFK Kristinehamn | 1986 | Sixten Westlund | OK Tyr |
| 1934 | Ture Björkman | IFK Sunne | 1987 | Bengt Levin | OK Tyr |
| 1935 | Stig Hammar | Karlskoga IF | 1988 | Jens Andersson | OK Tyr |
| 1936 | Ralph Newborg | Arvika IS | 1989 | Jens Andersson | OK Tyr |
| 1937 | Ralph Newborg | Gunnarskoga IK | 1990 | Joakim Mellqvist | OK Jösse |
| 1938 | Nils Ahlenius | OK Tyr | 1991 | Per-Anders Bergman | OK Tyr |
| 1939 | Nils Ahlenius | OK Tyr | 1992 | Per-Anders Bergman | OK Tyr |
| 1940 | John Nersjö | Arvika IS | 1993 | Bengt Levin | OK Tyr |
| 1941 | David Persson | IFK Kristinehamn | 1994 | Steven Hale | OK Tyr |
| 1942 | Olle Wicklund | Filipstads IF | 1995 | Erik Forsgren | OK Tyr |
| 1943 | Ronald Johansson | OK Tyr | 1996 | Eriks Forsgren | OK Tyr |
| 1944 | Gottfrid Berglöf | Åmotfors IF | 1997 | Steven Hale | OK Tyr |
| 1945 | Nils Axelsson | OK Djerf | 1998 | Fredrik Barrulf | OK Tyr |
| 1946 | Henry Styf | Kroppa IF | 1999 | Steven Hale | OK Tyr |
| 1947 | Ronald Johansson | Säffle OK | 2000 | Bengt Levin | OK Tyr |
| 1948 | Magnus Eriksson | I2 IF | 2001 | Jan Olm | Kils OK |
| 1949 | Ronald Johansson | OK Grane | 2002 | Henric Brohede | Kils OK |
| 1950 | Ragnar Hedlund | Kroppa IF | 2003 | Martin Ivarsson | Kils OK |
| 1951 | Åke Pettersson | IFK Kristinehamn | 2004 | Jan Olm | Kils OK |
| 1952 | Bengt Westerlund | IK Brattfors | 2005 | Jan Olm | Kils OK |
| 1953 | Ragnar Hedlund | Kroppa IF | 2006 | Mårten Martinsson | Kils OK |
| 1954 | Ragnar Hedlund | Kroppa IF | 2007 | Jan Olm | Kils OK |
| 1955 | Hans Westman | Kroppa IF | 2008 | Jan Olm | Kils OK |
| 1956 | Nils Bergström | IK Fryken | 2009 | Jonas Leandersson | OK Tyr |
| 1957 | Hans Westman | OK Mängen | 2010 | Jan Olm | Kils OK |
| 1958 | Göte Gustavsson | Kristinehamns OK | 2011 | Jan Olm | Kils OK |
| 1959 | Arne Spetz | Kroppa IF | 2012 | Jan Olm | Kils OK |
| 1960 | Bertil Dahl | Kristinehamns OK | 2013 | Henric Brohede | OK Tyr |
| 1961 | Nils Bergström | IK Viking | 2014 | Jan Olm | Kils OK |
| 1962 | Lennart Larsson | Kristinehamns OK | 2015 | Filip Jacobsson | Degerfors OK |
| 1963 | Lennart Larsson | Kristinehamns OK | 2016 | Andreas Uller | OK Tyr |
| 1964 | Lennart Larsson | Kristinehamns OK | 2017 | Jan Olm | Kils OK |
| 1965 | John Guttke | Gunnarskogs IK | 2018 | Johan Söderlund | OK Tyr |
| 1966 | Benny Fredriksson | OK Djerf | 2019 | Johan Söderlund | OK Tyr |
| 1967 | Benny Fredriksson | OK Djerf | 2020 | Johan Söderlund | OK Tyr |
| 1968 | Per Ivar Möllberg | IK Viking | 2021 | Tobias Öström | OK Tyr |
| 1969 | Benny Fredriksson | OK Djerf | 2022 | Viktor Skoog | Kils OK |
| 1970 | Gösta Lundqvist | OK Tyr | 2023 | Viktor Skoog | Kils OK |
| 1971 | Börje Råberg | OK Tyr | | | |
| 1972 | Göran Fredberg | OK Bjur | | | |
| 1973 | Roland Grönlund | OK Djerf | | | |
| 1974 | Folke Björkman | OK Tyr | | | |
| 1975 | Jonny Jonsson | OK Tyr | | | |
| 1976 | Jonny Jonsson | OK Tyr | | | |

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| År | Segrare | Klubb | År | Segrare | Klubb |
|-----------|---------------------|------------------|-----------|-------------------------|------------------|
| 1937 | Britta Wallin | OK Djerf | 1990 | Marianne Larsson | Säfte OK |
| 1938 | Asta Sjökvist | OK Djerf | 1991 | Anna-Karin Öhgren | OK Tyr |
| 1939 | Marianne Bernersson | OK Djerf | 1992 | Lotta Ransjö | OK Tyr |
| 1940 | Marianne Bernersson | OK Djerf | 1993 | Heléne Lindblad | OK Tyr |
| 1941 | Maja Julin | IK Viking | 1994 | Ann-Charlotte Carlsson | OK Tyr |
| 1942 | Ellen Jansson | Filipstads IF | 1995 | Linda Fahlén | OK Tyr |
| 1943 | Ellen Jansson | Filipstads IF | 1996 | Ann-Charlotte Carlsson | OK Tyr |
| 1944 | Ingrid Dalsson | Arvika IS | 1997 | Ann-Charlotte Carlsson | Kils OK |
| 1945 | Sylvia Dahlkild | OK Djerf | 1998 | Ann-Charlotte Carlsson | Kils OK |
| 1946 | Irma Olsson | Brunskogs SK | 1999 | Linda Fahlén | OK Tyr |
| 1947 | Elsa Nilsson | OK Tyr | 2000 | Linda Fahlén | OK Djerf |
| 1948 | Naemi Bergkvist | IK Viking | 2001 | Sofia Holmgård | Kils OK |
| 1949 | Anna Ellsberg | Mangskogs SK | 2002 | Stina Granefelt | OK Tyr |
| 1950 | Anne-Maj Persson | Mangskogs SK | 2003 | Sofia Holmgård | Kils OK |
| 1951 | Anna Ellsberg | Mangskogs SK | 2004 | Emma Johansson | Kristinehamns OK |
| 1952 | Naemi Bergkvist | IK Viking | 2005 | Linda Take | OK Djerf |
| 1953 | Britta Bäcklin | Sälboda Golf | 2006 | Sofia Holmgård | Kils OK |
| 1954 | Gun Dybeck | IK Viking | 2007 | Linn Nilsson | OK Tyr |
| 1955 | Gun Dybeck | IK Viking | 2008 | Eva Albinsson | OK Tyr |
| 1956 | Britta Östlund | Sälboda Golf | 2009 | Eva Albinsson | OK Tyr |
| 1957 | Britta Östlund | Sälboda Golf | 2010 | Sofia Holmgård | Kils OK |
| 1958 | Britta Östlund | Sälboda Golf | 2011 | Linda Take | OK Tyr |
| 1959 | Gunvor Gustavsson | IK Viking | 2012 | Linda Take | OK Tyr |
| 1960 | Gunborg Åhling | Filipstads OK | 2013 | Johanna Kindlund | OK Tyr |
| 1961 | Gun Sjögren | IK Viking | 2014 | Malin Leandersson | OK Tyr |
| 1962 | Gunvor Johansson | IK Viking | 2015 | Marie Pettersson | OK Djerf |
| 1963 | Gunborg Åhling | Filipstads OK | 2016 | Marie Pettersson | OK Djerf |
| 1964 | Britta Malmberg | Kroppa IF | 2017 | Linnea Martinsson | OK Tyr |
| 1965 | Gunborg Åhling | Filipstads OK | 2018 | Stina Granefelt | OK Tyr |
| 1966 | Gunborg Åhling | Filipstads OK | 2019 | Elsa Holmgård | Kils OK |
| 1967 | Mariann Gustås | Filipstads OK | 2020 | Stina Granefelt | OK Tyr |
| 1968 | Asta Sjöberg | Filipstads OK | 2021 | Åsa Zetterberg Eriksson | OK Djerf |
| 1969 | Mariann Gustås | Kristinehamns OK | 2022 | Helena Andersson | OK Tyr |
| 1970 | Birgitta Johansson | Kristinehamns OK | 2023 | Ella Nordström | Kils OK |
| 1971 | Gunborg Åhling | Filipstads OK | | | |
| 1972 | Gunborg Åhling | Filipstads OK | | | |
| 1973 | Birgitta Johansson | Kristinehamns OK | | | |
| 1974 | Birgitta Johansson | Kristinehamns OK | | | |
| 1975 | Anna-Lena Olsson | IK Viking | | | |
| 1976 | Eva Eriksson | OK Tyr | | | |
| 1977 | Anna-Lena Axelsson | OK Djerf | | | |
| 1978 | Anna-Lena Axelsson | OK Djerf | | | |
| 1979 | Sonja Eide | OK Älgen | | | |
| 1980 | Birgitta Johansson | Kristinehamns OK | | | |
| 1981 | Inger Bengtsson | OK Fryksdalen | | | |
| 1982 | Anna-Lena Andersson | OK Djerf | | | |
| 1983 | Katarina Holm | OK Fryksdalen | | | |
| 1984 | Maria Berglund | Säfte OK | | | |
| 1985 | Marianne Larsson | Säfte OK | | | |
| 1986 | Marianne Larsson | Säfte Ok | | | |
| 1987 | Lotta Ransjö | Säfte OK | | | |
| 1988 | Lotta Ransjö | Säfte OK | | | |
| 1989 | Lotta Ransjö | Säfte OK | | | |