

SUFFOLK COUNTY ATHLETIC ASSOCIATION

Senior Men Cross Country Champions

Year	Individual	Club	Time	Team Winners
1928	P.Cattermole	Ipswich Harriers		Ipswich Harriers
1929	W.Tym	RAF Martlesham		Ipswich Harriers
1930	P.Cattermole	Ipswich Harriers		Ipswich Harriers
1931	P.Cattermole	Ipswich Harriers		Ipswich Harriers
1932	P.Cattermole	Ipswich Harriers		Ipswich Harriers
1933	P.Cattermole	Ipswich Harriers		Ipswich Harriers
1934	F.G.Leek	Ipswich Harriers	31.30	Ipswich Harriers
1935	E.W.Harrison	RAF Martlesham	42.06	Ipswich Harriers
1936	E.W.Harrison	RAF Martlesham	30.49	Ipswich Harriers
1937				
1938				
1939				
1946				
1947				
1948				
1949	T.G.Dent	Ipswich Harriers		
1950				
1951	E.G.Page	Ipswich Harriers		
1952	M.Saunders	Ipswich Harriers		
1953	L.A.C.T.Pearce	RAF Martlesham		
1954	Flt/Lt P.Haw	RAF Martlesham		
1955	Flt/Lt P.Haw	RAF Martlesham		
1956	Race Void			
1957	T.Smith	Ipswich Harriers	33.46	
1958	N.F.Kent	Ipswich Harriers	42.08	Newmarket Harriers
1959	T.Smith	Ipswich Harriers	42.19	
1960	T.Smith	Ipswich Harriers	43.39	
1961	T.Smith	Ipswich Harriers	42.49	
1962	T.Smith	Ipswich Harriers	46.21	Ipswich Harriers 'B'
1963				
1964	A.Butcher	Ipswich Harriers	44.12	Ipswich Harriers 'A'
1965				
1966	T.Smith	Ipswich Harriers	45.27	
1967	T.Smith	Ipswich Harriers	45.44	
1968	V.Blackwell	RAF Wattisham	38.53	Ipswich Harriers 'A'
1969	B.Balls	Ipswich Harriers	37.19	Ipswich Harriers 'A'
1970	C.Burt	Lowestoft AC	37.45	Lowestoft AC
1971	B.Balls	RAF Wattisham	37.58	Ipswich Harriers 'A'
1972	C.Burt	Lowestoft AC	39.47	Ipswich Harriers 'A'
1973	B.Balls	Cambridge & Coleridge	39.09	Lowestoft AC
1974	J.Horner	Ipswich Harriers	39.59	Ipswich Harriers 'A'
1975	E.Turner	Aldershot & Farnham	39.24	Ipswich Harriers 'A'
1976	M.Hurd	RAF Wattisham	40.02	Lowestoft AC
1977	M.Hurd	RAF Wattisham	38.27	Ipswich Harriers 'A'
1978	M.Hurd	RAF Wattisham	38.46	Ipswich Harriers 'A'
1979	P.Whymark	Colchester AC	39.21	Ipswich Harriers 'A'
1980	P.Lushington	Ipswich Harriers	40.33	Ipswich Harriers
1981	A.Girling	Colchester AC	35.18	Ipswich Harriers 'A'
1982	A.Girling	Colchester AC	40.35	Ipswich Harriers 'A'
1983	N.Allison	Ipswich Harriers	35.21	Ipswich Harriers 'A'
1984	A.Girling	Colchester AC	40.22	Ipswich Harriers 'A'
1985	A.Girling	Colchester AC	42.55	Ipswich Harriers 'A'
1986	A.Girling	Invicta Kent	38.49	Ipswich Harriers 'A'
1987	R.Barrie	Ipswich Harriers	38.15	RAF Wattisham
1988	P.Evans	Lowestoft AC	40.51	Lowestoft AC
1989	R.Barrie	Ipswich Harriers	43.36	Ipswich Harriers
1990	R.Barrie	Ipswich Harriers	39.51	Ipswich Harriers
1991	G.Thomas	Colchester & Tendring AC	43.47	Ipswich Jaffa
1992	G.Thomas	Colchester & Tendring AC	38.47	St.Edmund Pacers
1993	K.Predergast	West Suffolk AC	36.29	Ipswich Harriers 'A'
1994	N.Powley	Colchester Joggers	44.47	Ipswich Jaffa
1995	K.Predergast	West Suffolk AC	39.21	Ipswich Jaffa

SUFFOLK COUNTY ATHLETIC ASSOCIATION

Senior Men Cross Country Champions

Year	Individual	Club	Time	Team Winners
1996	K.Kyereme	Roehampton College	42.09	Ipswich Jaffa
1997	N.Powley	Belgrave Harriers	36.36	Ipswich Jaffa
1998	T.Morrell	Brandon Fern Hoppers	41.12	Ipswich Jaffa
1999	C.Ling	Stowmarket Striders	39.31	Stowmarket Striders
2000	P.Moore	Diss AC	41.03	St.Edmund Pacers
2001	D.Miller	Woodbridge Shufflers	43.31	Ipswich Harriers
2002	D.Miller	Woodbridge Shufflers	43.34	Stowmarket Striders
2003	T.Sharland	Ipswich Harriers	46.37	St.Edmund Pacers
2004	T.Sharland	Ipswich Harriers	40.27	St.Edmund Pacers
2005	A.Taylor	St.Edmund Pacers	41.17	St.Edmund Pacers
2006	K.Hardy	Ipswich Harriers	40.04	St.Edmund Pacers
2007	K.Hardy	Ipswich Harriers	45.46	St.Edmund Pacers
2008	C.Rooke	Ipswich Harriers	36.22	St.Edmund Pacers
2009	I.Gordon	Thames Valley Harriers	43.38	Ipswich Jaffa
2010	S.Robinson	St.Edmund Pacers	43.05	St.Edmund Pacers
2011	E.Palmer	Ipswich Harriers	41.47	Ipswich Jaffa
2012	A.Rooke	Ipswich Harriers	38.17	St.Edmund Pacers
2013	A.Rooke	St.Mary's University	41.32	Ipswich Jaffa 'A'
2014	A.Scott	Woodbridge Shufflers	43.19	Ipswich Jaffa 'A'
2015	Macauley Delo	West Suffolk AC	41.02	Ipswich Jaffa 'A'
2016	Michael Bartram	West Suffolk AC	41.56	Ipswich Jaffa 'A'
2017	Ross Tennant	Cambridge & Coleridge	39.19	Ipswich Jaffa 'A'
2018	John Millar	Ipswich Harriers	40.04	Ipswich Jaffa 'A'
2019	John Millar	Ipswich Harriers	31.51	St.Edmund Pacers
2020	James Reeder	Ipswich Harriers	34.55	Newmarket Joggers

SUFFOLK COUNTY ATHLETIC ASSOCIATION

U20 Men Cross Country Champions

Year	Individual	Club	Time	Team Winners
1948				
1949	L.V.Harrison	Hollesley		Hollesley
1950				
1951	Sykes	HMS Ganges		HMS Ganges
1952	J.Roberts	Hollesley		Hollesley
1953	F.Driver	Ipswich Harriers		Ipswich Harriers
1954	K.Pettit	Ipswich Harriers		Hollesley
1955	B.Musgrove	Newmarket		RAF Wattisham
1956	P.Bevis	Ipswich Harriers		Ipswich Harriers
1957	T.Cox	Newmarket	36.51	NO Team
1958	P.Bevis	Ipswich Harriers	35.15	NO Team
1959	G.Hardie	Ipswich Harriers		NO Team
1960	P.Ramsden	Newmarket	25.46	Hollesley
1961	P.Ramsden	Polytechnic H	40.09	Hollesley
1962	R.Freeman	Ipswich Harriers	35.57	Ipswich Harriers
1963	R.Freeman	Ipswich Harriers	32.22	NO Team
1964	R.Hadwen	Ipswich Harriers	35.11	Ipswich Harriers
1965	B.Dunnett	Ipswich Harriers	24.40	NO Team
1966	B.Dunnett	Ipswich Harriers	42.14	NO Team
1967	T.Gould	Ipswich Harriers	51.22	NO Team
1968	NO Race			
1969	NO Race			
1970	NO Race			
1971	NO Race			
1972	R.Cooper	Ipswich School	41.12	NO Team
1973	NO Race			
1974	P.Hayward	Suffolk Police Cadets	40.15	NO Team
1975	R.Cheverton	Lowestoft AC	36.17	Suffolk Police Cadets
1976	K.Tesh	Royal Hospital School	33.37	Royal Hospital School
1977	R.Cheverton	Lowestoft AC	34.09	Lowestoft AC
1978	P.Gee	Lowestoft AC	34.50	Lowestoft AC
1979	C.Quadling	Lowestoft AC	37.49	Lowestoft AC
1980	G.Knights	Lowestoft AC	32.56	Lowestoft AC
1981	G.Knights	Lowestoft AC	27.21	West Suffolk AC
1982	J.Wake	Diss AC	35.52	West Suffolk AC
1983	M.Kwint	Ipswich Harriers	30.55	NO Team
1984	P.Dickinson	Ipswich Harriers	31.58	Ipswich Harriers
1985	C.Moyes	West Suffolk AC	31.18	NO Team
1986	D.Thorrington	Ipswich Harriers	31.03	Ipswich Harriers
1987	R.Patient	Ipswich School	38.10	NO Team
1988	D.McMorran	Lowestoft AC	34.19	Royal Hospital School
1989	K.Prendergast	West Suffolk AC	33.32	NO Team
1990	T.Gosnall	Colchester & Tendring AC	31.12	Ipswich Jaffa
1991	K.Prendergast	West Suffolk AC	33.27	Ipswich Jaffa
1992	D.Speake	Bildeston Bounders	32.52	Ipswich Harriers
1993	C.Bailey	Ipswich Harriers	31.02	Ipswich Harriers
1994	K.Kyereme	Lowestoft AC	29.33	Ipswich Harriers
1995	P.Dean	St.Edmund Pacers	25.34	Ipswich Harriers
1996	D.Griffin	Ipswich Harriers	28.07	Ipswich Harriers
1997	B.Laud	Ipswich Harriers	24.19	NO Team
1998	P.Moore	Diss AC	28.37	NO Team
1999	R.Myhill	Ipswich Harriers	27.46	NO Team
2000	P.Cardv	Ipswich Harriers	27.33	Ipswich Harriers
2001	C.Convey	Ipswich Harriers	43.38	NO Team
2002	T.Sharland	Ipswich Harriers	27.33	NO Team
2003	S.Jacobs	Ipswich Harriers	31.18	Ipswich Harriers
2004	M.Barnes-Smith	Ipswich Harriers	26.45	Ipswich Harriers

SUFFOLK COUNTY ATHLETIC ASSOCIATION

U20 Men Cross Country Champions

Year	Individual	Club	Time	Team Winners
2005	K.Hardy	Ipswich Harriers	26.39	Ipswich Harriers
2006	A.Scott	Woodbridge Shufflers	28.41	NO Team
2007	G.Billington	Newmarket Joggers	28.29	NO Team
2008	G.Billington	Newmarket Joggers	23.48	West Suffolk AC
2009	E.Palmer	Ipswich Harriers	28.16	Ipswich Harriers
2010	J.Ling	Ipswich Jaffa	30.55	NO Team
2011	J.Ali	City of Norwich AC	27.59	NO Team
2012	J.Powley	Ipswich Harriers	26.34	NO Team
2013	M.Delo	West Suffolk AC	27.15	West Suffolk AC
2014	D.Oliver	City of Norwich AC	29.15	NO Team
2015	Michael Bartram	West Suffolk AC	28.25	West Suffolk AC
2016	John Millar	Ipswich Harriers	27.54	West Suffolk AC
2017	Alex Lawrence	Ipswich Harriers	26.48	NO Team
2018	Alex Tripp	Ipswich Harriers	28.16	NO Team
2019	Reuben Handy	St.Edmund Pacers	28.43	NO Team
2020	James Petersson	Ipswich Harriers	26.57	NO Team

SUFFOLK COUNTY ATHLETIC ASSOCIATION

U17 Mens Cross Country Champions

Year	Individual	Club	Time	Team Winners
1947				
1948	C.Jacques	HMS Ganges		
1949	C.Jacques	HMS Ganges		
1950				
1951	W.Roberts	Hollesley		Hollesley
1952	Adams	HMS Ganges		HMS Ganges
1953	P.Rozier	Ipswich Harriers		HMS Ganges
1954	T.Meadows	Ipswich Harriers		HMS Ganges
1955	P.Bevis	Ipswich Harriers		Ipswich Harriers
1956	T.Cox	Newmarket		Royal Hospital School
1957	Shaw	HMS Ganges	18.21	HMS Ganges
1958	P.Ramsden	Newmarket	17.30	Ipswich School
1959	P.Ramsden	Newmarket		Ipswich Harriers
1960	R.Freeman	Lowestoft AC	14.14	Ipswich School
1961	R.Mayon-White	Ipswich School	20.09	Ipswich School
1962	T.O'Brien	Royal Hospital School	19.46	Ipswich School
1963	N.J.Hooker	Ipswich School	19.29	Ipswich School
1964	J.Carter	Ipswich School	20.01	Ipswich School
1965	T.Gould	Ipswich Harriers	19.24	Ipswich School
1966	A.Tomlinson	Stowmarket Grammer School	22.16	Ipswich School
1967	W.Mayon-White	Ipswich School	22.21	Ipswich School
1968	B.Cressey	Royal Hospital School	22.10	Royal Hospital School
1969	K.Winch	Ipswich Harriers	17.35	Ipswich School
1970	T.Smith	Ipswich Harriers	20.36	Ipswich School
1971	J.Dingwall	Colchester AC	17.55	Ipswich School
1972	P.Haywood	Suffolk Constabulary	19.21	Suffolk Constabulary
1973	J.Davy	Northgate High School	24.01	Ipswich School
1974	A.Grover	St.Joseph's College	17.33	Ipswich School
1975	K.Tesh	Royal Hospital School	17.41	Royal Hospital School
1976	G.High	Lowestoft AC	22.57	Suffolk Police Cadets
1977	C.Quadling	Lowestoft AC	23.53	Lowestoft AC
1978	C.Quadling	Lowestoft AC	21.47	West Suffolk AC
1979	M.Calver	West Suffolk AC	21.02	Lowestoft AC
1980	K.Gook	Lowestoft AC	19.14	Mildenhall Upper School
1981	J.Mallett	Ipswich Harriers	17.55	Ipswich School
1982	M.Saunders	Lowestoft AC	23.05	Orwell High School
1983	P.Dickinson	Ipswich Harriers	22.21	Ipswich Harriers
1984	C.Moyes	West Suffolk AC	20.01	Ipswich Harriers
1985	D.Thorrington	Ipswich Harriers	23.47	Ipswich Harriers
1986	D.McMorran	Lowestoft AC	23.30	NO Team
1987	D.McMorran	Lowestoft AC	23.08	NO Team
1988	K.Prendergast	West Suffolk AC	22.29	Ipswich Harriers
1989	C.Hobson	Lowestoft AC	24.26	Ipswich School
1990	C.Hobson	Lowestoft AC	21.22	Ipswich Harriers
1991	K.Kyereme	Lowestoft AC	22.34	Ipswich Harriers
1992	K.Kyereme	Lowestoft AC	19.42	Ipswich Harriers
1993	R.Peacher	Framlingham Flyers	19.52	Ipswich Harriers
1994	J.Foster	Ipswich Harriers	24.22	Ipswich Harriers
1995	D.Griffin	Ipswich Harriers	20.03	Ipswich Harriers
1996	G.Cross	Ipswich Harriers	21.32	Ipswich Harriers
1997	R.Nixon	Cochester Harriers	19.36	Royal Hospital School
1998	B.Rees	West Suffolk AC	20.44	Ipswich Harriers
1999	C.Convey	Ipswich Harriers	19.25	NO Team
2000	C.Convey	Ipswich Harriers	22.38	Ipswich Harriers
2001	S.Jacobs	Ipswich Harriers	20.30	Ipswich Harriers
2002	S.Jacobs	Ipswich Harriers	20.48	Ipswich Harriers
2003	M.Barnes-Smith	Ipswich Harriers	23.00	Ipswich Harriers
2004	K.Hardy	Ipswich Harriers	18.49	West Suffolk AC
2005	S.Godfrey	West Suffolk AC	19.48	Ipswich Harriers
2006	G.Billington	Newmarket Joggers	20.52	Ipswich Harriers
2007	A.Rooke	Ipswich Harriers	21.50	Ipswich Harriers

SUFFOLK COUNTY ATHLETIC ASSOCIATION

U17 Mens Cross Country Champions

Year	Individual	Club	Time	Team Winners
2008	A.Ridley	West Suffolk AC	19.29	West Suffolk AC
2009	S.Webb	Ipswich Harriers	19.40	Ipswich Harriers
2010	S.Dawson	West Suffolk AC	21.42	NO Team
2011	K.Clements	Ipswich Harriers	19.01	Ipswich Harriers
2012	M.Delo	West Suffolk AC	19.48	Ipswich Harriers
2013	M.Bartram	West Suffolk AC	21.50	West Suffolk AC
2014	M.Bartram	West Suffolk AC	22.01	West Suffolk AC
2015	John Millar	Ipswich Harriers	21.40	Ipswich Harriers
2016	Thomas Adams	Ipswich Harriers	20.49	West Suffolk AC
2017	Thomas Adams	Ipswich Harriers	19.38	Ipswich Harriers
2018	Nathan Goddard	Ipswich Harriers	22.22	Ipswich Harriers
2019	Nathan Goddard	Ipswich Harriers	21.08	Ipswich Harriers
2020	Tom Hansen	St.Edmund Pacers	20.49	St.Edmund Pacers

SUFFOLK COUNTY ATHLETIC ASSOCIATION

Cross Country Championships

Year	Venue/Date
1928	Chantry Park,Ipswich Dec 3rd '27
1929	Martle.Dec.1st '28
1930	Sudbury Jan 25th '30
1931	Beccles Jan 3rd '31
1932	Woodbridge Dec '31
1933	Ipswich Dec '32
1934	Lavenham Dec 9th '33
1935	Bury Dec 8th '34
1936	Martlesham Heath.Nov.30th '35
1937	Depot Barracks,Bury St.Edmunds. Dec 5th.'36
1938	
1939	
1946	
1947	
1948	
1949	Ipswich
1950	Ipswich
1951	Ipswich
1952	Ipswich
1953	Ipswich
1954	Martlesham
1955	Martlesham
1956	Ipswich
1957	Ipswich & RHS Holbrook March 16th '57
1958	Sudbury & Woolverstone School March 15th '58
1959	Newmarket
1960	Ipswich & Thurleston Sch. March 19th '60
1961	Ipswich & RHS Holbrook March 4th '61
1962	Ipswich.Jan 6th '62 & Wickham Market Sec MS March 3rd '62
1963	Ipswich.Jan 5th '63 & HMS Ganges Feb.23rd '63
1964	Ipswich Belstead.Jan 4th '64 & King Edward VI Sch. March 7th '64
1965	Ipswich 9th Jan '65 & Halesworth March 6th '65
1966	Needham Market Jan 8th.'66 & Framlingham College March 5th '66
1967	Needham Market Jan 7th '67 & Beyton MS March 11th '67
1968	Chantry Park,Ipswich Jan.6th '68 & RHS Holbrook Feb.24th '68
1969	Chantry Park,Ipswich Jan 4th '69 & Halesworth March 29th '69
1970	Chantry Park,Ipswich Jan 3rd '70 & Eye Modern Sch. March 7th '70
1971	Lowestoft. Jan 2nd '71 & Cantry Park Ips. Feb.27th '71
1972	Chantry Park,Ipswich Jan 2nd '72 & Chantry Park,Ips.Feb.5th '72
1973	Chantry Park,Ipswich Jan 6th '73
1974	Chantry Park,Ipswich Jan 5th '74
1975	Chantry Park,Ipswich Jan 4th '75
1976	Hardwick Heath,B.S.E. Jan 3rd '76
1977	Chantry Park,Ipswich Jan 8th '77 & Feb
1978	Stoke C.Dec'77 & Chantry Park,Ips.Jan 7th '78
1979	Martlesham,Ips Dec.'78 & Jan 6th '79
1980	Matlesham.Dec'79 & Lowestoft Jan 5th '80
1981	Lowestoft. Dec'80 & Jan 3rd '81
1982	Ipswich Dec'81 & Hardwicke Heath BSE Jan 2nd '82
1983	Bury Dec '82 & Lowestoft Jan 9th '83
1984	Felix Dec '83 & Hardwicke Heath BSE Jan 7th '84
1985	Ips Dec '84 & Long Melford Jan 5th '85
1986	Chantry park,Ips Dec '85 & Hardwicke Heath BSE Jan 4th '86
1987	Chantry Park, Ipswich Dec 13th '86
1988	North Denes,Lowestoft Dec 13th '87
1989	Warren Hill,Newmarket Dec 11th '88

SUFFOLK COUNTY ATHLETIC ASSOCIATION

Cross Country Championships

Year	Venue/Date
1990	Chantry Park, Ipswich Dec 10th '89
1991	North Denes, Lowestoft Dec 15th '90
1992	Nowton Park, Bury Dec 15th '91
1993	Nowton Park, Bury Dec 13th '92
1994	North Denes, Lowestoft Dec 12th '93
1995	Haughley Park, Stowmarket Dec 11th '94
1996	Foxhall Stadium, Ipswich Dec 10th '95
1997	Royal Hospital School Dec 8th '96
1998	Haughley Park, Stowmarket Dec 14th '97
1999	Rugby Club, Woodbridge Jan 10th '99
2000	Haughley Park, Stowmarket Jan '00
2001	Kerrison, Thorndon, Eye Jan '01
2002	West Stow Bury St. Ed. Jan '02
2003	West Stow Bury St. Ed. Jan '03
2004	West Stow Bury St. Ed. Jan '04
2005	RAF Barnham, Thetford Jan '05
2006	RAF Barnham, Thetford Jan '06
2007	Holbecks Park Hadleigh Jan '07
2008	Royal Hospital School Jan '08
2009	Haughley Park, Stowmarket Jan '09
2010	Warren Hill, Newmarket Jan '10 cancelled to 14th Feb '10
2011	Ickworth Park, Bury st. edmunds Jan '11
2012	Ickworth Park, Bury st. edmunds Jan '12
2013	Ickworth Park, Bury st. edmunds Jan '13
2014	Ickworth Park, Bury st. edmunds Jan '14
2015	Ickworth Park, Bury st. edmunds Jan '15
2016	Heveningham Park Jan '16
2017	Heveningham Park Jan '17
2018	Culford School Jan '18
2019	Culford School Jan '19
2020	Culford School Jan '20

SUFFOLK COUNTY ATHLETIC ASSOCIATION

U15 Boys Cross Country Champions

Year	Individual	Club	Time	Team Winners
1953	F.S.Splain	HMS Ganges		HMS Ganges
1954	G.Taylor	HMS Ganges		HMS Ganges
1955	P.J.Whittingham	Royal Hospital School		Royal Hospital School
1956	P.Ramsden	Newmarket		Royal Hospital School
1957	P.Ramsden	Newmarket		HMS Ganges
1958	A.Butcher	Ipswich Harriers	12.53	Royal Hospital School
1959	C.Harrison	Halesworth		Ipswich School
1960	P.Castle		12.31	Royal Hospital School
1961	J.Young	HMS Ganges	17.28	Royal Hospital School
1962	R.S.Marshall	HMS Ganges	16.18	HMS Ganges
1963	B.W.Loveday	Royal Hospital School	18.50	Royal Hospital School
1964	J.Loveday	Royal Hospital School	17.56	Royal Hospital School
1965	W.A.Mayon-White	Ipswich School	14.44	Royal Hospital School
1966	A.Watkins	HMS Ganges	18.18	HMS Ganges
1967	P.Adams	Breckland Middle School	20.36	HMS Ganges
1968	P.Griffiths	Beyton Middle School	22.21	Eye Modern School
1969	G.Kent	Eye Modern School	12.36	HMS Ganges
1970	K.Stokes	HMS Ganges	13.53	HMS Ganges
1971	T.Johnstone	HMS Ganges	14.08	HMS Ganges
1972	J.Davy	Westbourne School	16.26	Westbourne School
1973	P.Gee	Lowestoft AC	16.07	Lowestoft AC
1974	K.Tesh	Royal Hospital School	17.04	Lowestoft AC
1975	R.Paton	Royal Hospital School	17.27	Royal Hospital School
1976	S.Wilson	Ipswich Harriers	17.09	Lowestoft AC
1977	J.Cripps	Ipswich Harriers	18.13	Lowestoft AC
1978	K.Cook	Lowestoft AC	17.04	Lowestoft AC
1979	J.Hicks	Ipswich Harriers	17.33	West Suffolk AC
1980	P.Bailey	Ipswich Harriers	17.40	Lowestoft AC
1981	M.Saunders	Lowestoft AC	15.56	Ipswich Harriers
1982	C.Newman	Ipswich Harriers	17.33	Ipswich Harriers
1983	S.Cooke	Ipswich Harriers	16.59	Orwell High School
1984	G.Hedley	Orwell High School	16.17	Orwell High School
1985	D.McMorran	Lowestoft AC	17.40	Orwell High School
1986	S.Ambrose	Ipswich Harriers	18.08	Ipswich Harriers
1987	S.Lee	Ipswich School	18.47	Ipswich School
1988	J.Hobson	Lowestoft AC	14.52	Ipswich Harriers
1989	K.Kyereme	Lowestoft AC	20.22	King Edward VI School
1990	K.Kyereme	Lowestoft AC	18.11	Ipswich Harriers
1991	M.Francis	Ipswich Harriers		Ipswich Harriers
1992	D.Wilson	Ipswich Harriers	17.00	Ipswich Harriers
1993	D.Griffin	Ipswich Harriers	16.20	Ipswich Harriers
1994	B.Laud	Ipswich Harriers	17.36	Ipswich Harriers
1995	L.Adolph	Ipswich Harriers	14.20	East Bergholt High School
1996	L.Powell	Ipswich Harriers	16.08	West Suffolk AC
1997	M.Reynard	West Suffolk AC	12.27	NO Team
1998	C.Convey	Ipswich Harriers	14.42	East Bergholt High School
1999	O.Barrett	Ipswich Harriers	14.11	NO Team
2000	S.Jacobs	Ipswich Harriers	14.49	Ipswich Harriers
2001	M.Barnes-Smith	King Edward VI School	15.12	King Edward VI School
2002	J.Thomson	Ipswich Harriers	14.43	NO Team
2003	S.Diston	West Suffolk AC	14.04	West Suffolk AC
2004	D.Stafford	King Edward VI School	15.11	West Suffolk AC
2005	L.Hardy	Ipswich Harriers	13.46	Ipswich Harriers
2006	A.Ridley	West Suffolk AC	13.06	West Suffolk AC
2007	J.Bird	Ipswich Harriers	15.02	West Suffolk AC
2008	S.Webb	Ipswich Harriers	13.02	Ipswich Harriers
2009	K.Clements	Ipswich Harriers	13.44	Ipswich Harriers
2010	B.Wattleworth	Ipswich Harriers	14.50	Ipswich Harriers

SUFFOLK COUNTY ATHLETIC ASSOCIATION

U15 Boys Cross Country Champions

Year	Individual	Club	Time	Team Winners
2011	B.Wattleworth	Ipswich Harriers	14.23	Ipswich Harriers
2012	C.McKie	West Suffolk AC	13.07	West Suffolk AC
2013	B.Eames	West Suffolk AC	13.19	Ipswich Harriers
2014	P.Wain	Ipswich Jaffa	15.13	Ipswich Harriers
2015	Thomas Adams	Ipswich Harriers	14.39	Ipswich Harriers
2016	Reuben Handy	St.Edmund Pacers	14.34	Ipswich Harriers
2017	Nathan Goddard	Ipswich Harriers	11.58	Ipswich Harriers
2018	Ben Bayly	St.Edmund Pacers	16.12	Ipswich Harriers
2019	Lewis Sullivan	St.Edmund Pacers	14.51	Ipswich Harriers
2020	Lewis Sullivan	St.Edmund Pacers	14.25	St.Edmund Pacers

SUFFOLK COUNTY ATHLETIC ASSOCIATION

U13 Boys Cross Country Champions

Year	Individual	Club	Time	Team Winners
1975	S.Prescott	Ipswich Harriers	12.03	Lowestoft AC
1976	M.Gee	Lowestoft AC	12.12	Lowestoft AC
1977	J.Hick	Westbourne School	13.04	East Bergholt High School
1978	S.McMorran	Lowestoft AC	13.24	Ipswich Harriers
1979	P.Bailey	Ipswich Harriers	10.18	Ipswich Harriers
1980	M.Wingar	Ipswich Harriers	10.23	Lowestoft AC
1981	A.Casselton	Ipswich Harriers	9.43	Lowestoft AC
1982	G.Hedley	Orwell High School	12.36	Orwell High School
1983	V.Calver	Orwell High School	11.48	Orwell High School
1984	S.Martin	West Suffolk AC	12.14	Nacton Heath High School
1985	D.Wallace	Ipswich Harriers	12.28	Ipswich Harriers
1986	D.Wallace	Ipswich Harriers	12.08	East Bergholt High School
1987	K.Kyereme	Lowestoft AC	12.32	Lowestoft AC
1988	K.Kyereme	Lowestoft AC	11.43	Lowestoft AC
1989	R.Crooks	Ipswich Jaffa	12.42	Ipswich Harriers
1990	D.Wilson	Holywells High School	10.31	Ipswich Harriers
1991	D.Griffin	College Heath Middle School	12.01	Lowestoft AC
1992	M.Francis	Ipswich Harriers	12.31	Ipswich Harriers
1993	R.Miller	West Suffolk AC	10.57	East Bergholt High School
1994	C.Raven	Ipswich Harriers	12.06	College Heath Middle School
1995	S.Crichton	St.James Middle School	11.44	Riverside Middle School
1996	J.Cleaver	Ipswich Harriers	11.33	East Bergholt High School
1997	R.Bracchi	Ixworth Middle School	10.50	St.James Middle School
1998	O.Barrett	Ipswich Harriers	11.10	West Suffolk AC
1999	M.Barnes-Smith	Ipswich Triathlon Club	11.18	Ipswich Triathlon Club
2000	L.Farthing	Waveney Valley AC	13.02	Barnardiston Hall Prep.School
2001	B.Newson	Colchester Harriers	10.47	Barnardiston Hall Prep.School
2002	C.Moulton	Barnardiston Hall Prep.School	11.50	West Suffolk AC
2003	A.Shkemi	West Suffolk AC	11.35	West Suffolk AC
2004	A.Ridley	West Suffolk AC	11.23	West Suffolk AC
2005	S.Cheverton	Waveney Valley AC	11.33	Waveney Valley AC
2006	J.Norris	Ipswich Harriers	12.15	Felixstowe RR
2007	J.Gavin	Ipswich Jaffa	13.19	Ipswich Harriers
2008	T.Eames	West Suffolk AC	11.04	Ipswich Harriers
2009	G.Byrne-Hill	Ipswich Harriers	11.18	Ipswich Harriers
2010	C.McKie	West Suffolk AC	11.02	St.Edmund Pacers
2011	M.Le-Poidevin	St.Edmund Pacers	12.07	St.Edmund Pacers
2012	A.Baxter	Hadleigh Hares AC	10.57	Ipswich Harriers
2013	A.Baxter	Ipswich Harriers	11.56	Ipswich Harriers
2014	M.Snowdon	Ipswich Harriers	11.52	West Suffolk AC
2015	Ben Bayly	Barnardiston Hall Prep.School	11.36	Ipswich Harriers
2016	Ben Bayly	St.Edmund Pacers	11.24	St.Edmund Pacers
2017	George Wharham	Ipswich Harriers	10.20	Ipswich Harriers
2018	Lewis Sullivan	St.Edmund Pacers	11.34	Ipswich Harriers
2019	Benjamin Peck	Thetford AC	11.20	Ipswich Harriers
2020	Liam Davison	Ipswich Harriers	11.53	West Suffolk AC

SUFFOLK COUNTY ATHLETIC ASSOCIATION

U13 Girls Cross Country Champions

Year	Individual	Club	Time	Team Winners
1975	J.Davies	Ipswich Harriers	9.00	Lowestoft AC
1976	S.Jefferies	Lowestoft AC	10.35	NO Team
1977	M.Glading	Ipswich Harriers	9.30	Lowestoft AC
1978	M.High	Lowestoft AC	10.59	County Middle School
1979	S.Cobb	Ipswich Harriers	7.54	Ipswich Harriers
1980	C.Bullen	West Suffolk AC	9.41	Ipswich Harriers
1981	S.Mann	West Suffolk AC	10.20	Orwell High School
1982	S.Mann	West Suffolk AC	8.37	Orwell High School
1983	J.Furnish	Orwell High School	11.37	Nacton High School
1984	J.Furnish	Orwell High School	9.26	Orwell High School
1985	T.Mawby	Hartismere High School	9.41	Orwell High School
1986	T.Mawby	Hartismere High School	8.46	Lowestoft AC
1987	E.Parker	East Bergholt High School	8.51	East Bergholt High School
1988	A.Gooch	Kingson Middle School	8.42	Waveney AC
1989	L.Bransby-Zachary	Stoke College	11.06	Ipswich Harriers
1990	K.Lane	Ipswich Harriers	10.32	Ipswich Harriers
1991	K.Lane	Ipswich Harriers	8.01	Ipswich Harriers
1992	R.Sparkes	Thurleston High School	10.52	Ipswich Harriers
1993	E.Atkinson	Ipswich Harriers	10.31	Ipswich Harriers
1994	K.Peck	Ipswich Harriers	14.12	Ipswich Harriers
1995	E.McNally	Ipswich Harriers	12.20	West Suffolk AC
1996	K.Watsonson	West Suffolk AC	11.54	West Suffolk AC
1997	A.Elsden	Ipswich Harriers	11.59	Ipswich Harriers
1998	A.Elsden	Ipswich Harriers	12.54	West Suffolk AC
1999	E.Tregidon	Hadleigh High School	13.08	Barnardiston Hall Prep.School
2000	H.Arbon	Ipswich Harriers	14.12	Ipswich Triathlon Club
2001	L.Dowsing	West Suffolk AC	11.59	West Suffolk AC
2002	L.Dowsing	West Suffolk AC	12.26	West Suffolk AC
2003	M.O'Hare	West Suffolk AC	11.55	West Suffolk AC
2004	A.Simpson	Ipswich Harriers	12.35	West Suffolk AC
2005	S.Ball	West Suffolk AC	12.42	West Suffolk AC
2006	K.Barnard	West Suffolk AC	12.34	West Suffolk AC
2007	J.Anthony	St.Edmund Pacers	14.34	St.Edmund Pacers
2008	S.Reid	Brandeston Hall School	12.13	St.Edmund Pacers
2009	S.Reid	Brandeston Hall School	12.25	St.Edmund Pacers
2010	M.Soames	Waveney Valley AC	11.37	St.Edmund Pacers
2011	S.Tooley	West Suffolk AC	13.27	Ipswich Harriers
2012	S.Tooley	West Suffolk AC	10.50	West Suffolk AC
2013	C.Summers	Brandeston Hall School	12.55	West Suffolk AC
2014	R.Daniels	West Suffolk AC	12.33	West Suffolk AC
2015	April Hill	Ipswich Harriers	12.21	Ipswich Harriers
2016	April Hill	Ipswich Harriers	11.46	Ipswich Harriers
2017	April Hill	Ipswich Harriers	11.17	Ipswich Harriers
2018	Ruby Vinton	Ipswich Harriers	12.50	Ipswich Harriers
2019	Ruby Vinton	Ipswich Harriers	12.25	West Suffolk AC
2020	Verity Valentine	St.Edmund Pacers	12.41	St.Edmund Pacers

SUFFOLK COUNTY ATHLETIC ASSOCIATION

U15 Girls Cross County Champions

Year	Individual	Club	Time	Team Winners
1973	E.Knott	Ipswich Harriers	11.43	Ipswich Harriers
1974	D.Groves	Lowestoft AC	13.20	Lowestoft AC
1975	J.Ager	West Suffolk AC	15.58	Ipswich Harriers
1976	J.Ager	West Suffolk AC	11.43	Ipswich Harriers
1977	J.Davies	East Bergholt School	12.35	Ipswich Harriers
1978	R.Harmsworth	Ipswich Harriers	10.36	Ipswich Harriers
1979	M.Glading	Ipswich Harriers	11.08	Lowestoft AC
1980	J.Grooms	Lowestoft AC	11.10	Ipswich Harriers
1981	S.Brooke	Ipswich Harriers	10.09	Ipswich Harriers
1982	T.Prendergast	West Suffolk AC	13.24	West Suffolk AC
1983	S.Mann	West Suffolk AC	12.21	West Suffolk AC
1984	J.Cage	Ipswich Harriers	12.40	Orwell High School
1985	J.Cage	Ipswich Harriers	12.18	Orwell High School
1986	J.Furnish	Ipswich Harriers	13.02	NO Team
1987	T.Mawby	Hartismere High School	13.13	Lowestoft AC
1988	E.Parker	East Bergholt School	12.45	East Bergholt School
1989	E.Parker	Ipswich Harriers	13.16	Ipswich Harriers
1990	S.Lane	Ipswich Harriers	12.03	Ipswich Harriers
1991	S.Lane	Ipswich Harriers	12.55	Ipswich Harriers
1992	A.Weeds	Cambridge & Coleridge	12.29	West Suffolk AC
1993	H.Irving	Ipswich Harriers	11.19	Ipswich Harriers
1994	E.Brooker	Ipswich Harriers	19.10	Ipswich Harriers
1995	C.Wakeman	Ipswich Harriers	16.35	Ipswich Harriers
1996	L.Wiles	Ipswich Harriers	18.47	Ipswich Harriers
1997	K.Watsonson	West Suffolk AC	13.59	Ipswich Harriers
1998	K.Watsonson	Ipswich Harriers	15.25	Ipswich Harriers
1999	S.Adanek	Ipswich Harriers	16.10	Ipswich Harriers
2000	A.Elsden	Ipswich Harriers	17.26	Ipswich Harriers
2001	N.Barnes-Smith	King Edward VI School	18.20	NO Team
2002	S.Bird	West Suffolk AC	16.42	West Suffolk AC
2003	L.Dowsing	Ipswich Harriers	15.57	Ipswich Harriers
2004	L.Dowsing	Ipswich Harriers	16.21	Ipswich Harriers
2005	N.Morgan	West Suffolk AC	16.15	West Suffolk AC
2006	N.Morgan	West Suffolk AC	15.27	West Suffolk AC
2007	A.Marriott	West Suffolk AC	16.57	West Suffolk AC
2008	C.Christenson	Ipswich Harriers	15.53	Ipswich Harriers
2009	H.Archer	West Suffolk AC	15.31	Ipswich Harriers
2010	E.Gooderham	St.Edmund Pacers	18.07	St.Edmund Pacers
2011	A.Cheverton	City of Norwich AC	17.12	St.Edmund Pacers
2012	M.Soanes	City of Norwich AC	14.59	Ipswich Harriers
2013	S.Tooley	West Suffolk AC	15.26	Ipswich Harriers
2014	S.Tooley	West Suffolk AC	16.21	West Suffolk AC
2015	Rebecca Daniels	West Suffolk AC	15.54	West Suffolk AC
2016	Rebecca Daniels	West Suffolk AC	16.38	West Suffolk AC
2017	Holly Fisher	Ipswich Harriers	15.08	Ipswich Harriers
2018	Holly Fisher	Ipswich Harriers	17.26	Ipswich Harriers
2019	April Hill	Ipswich Harriers	17.32	Ipswich Harriers
2020	Ruby Vinton	Ipswich Harriers	16.42	Ipswich Harriers

SUFFOLK COUNTY ATHLETIC ASSOCIATION

U17 Women Cross Country Champions

Year	Individual	Club	Time	Team Winners
1973	I.Peaty	Ipswich Harriers	16.08	NO Team
1974	Not Held			NO Team
1975	C.Rogers	West Suffolk AC	16.37	NO Team
1976	C.Rogers	West Suffolk AC	16.49	Suffolk Police Cadets
1977	J.Ager	West Suffolk AC	16.44	Suffolk Police Cadets
1978	J.Ager	West Suffolk AC	17.41	Suffolk Police Cadets
1979	S.Jeffries	Lowestoft AC	17.43	Suffolk Police Cadets
1980	M.Glading	Ipswich Harriers	17.13	Suffolk Police Cadets
1981	M.Glading	Ipswich Harriers	18.35	NO Team
1982	J.Grooms	Ipswich Harriers	16.16	NO Team
1983	S.Stannard	Leiston High School	18.07	Leiston High School
1984	T.Prendergast	West Suffolk AC	14.09	West Suffolk AC
1985	T.Prendergast	West Suffolk AC	15.35	West Suffolk AC
1986	J.Cage	Ipswich Harriers	20.04	NO Team
1987	T.Mawby	Hartismere High School	19.34	Ipswich Harriers
1988	T.Mawby	Norfolk Olympiads	16.02	Ipswich Harriers
1989	C.Parker	Ipswich Harriers	23.16	NO Team
1990	P.Gullett	Ipswich Harriers	19.28	Ipswich Harriers
1991	P.Gullett	Ipswich Harriers	16.18	Ipswich Harriers
1992	S.Lane	Cambridge & Coleridge	19.53	Ipswich Harriers
1993	A.Weeds	Cambridge & Coleridge	18.43	Ipswich Harriers
1994	A.Weeds	Cambridge & Coleridge	21.07	Ipswich Harriers
1995	E.Brooker	Ipswich Harriers	17.43	Ipswich Harriers
1996	E.Brooker	Ipswich Harriers	18.29	West Suffolk AC
1997	L.Wiles	Ipswich Harriers	17.26	Ipswich Harriers
1998	E.McNally	Ipswich Harriers	18.42	Ipswich Harriers
1999	K.Watson	Ipswich Harriers	15.49	Ipswich Harriers
2000	K.Watson	Ipswich Harriers	17.30	Ipswich Harriers
2001	A.Elsden	Ipswich Harriers	20.00	NO Team
2002	C.Holme	Ipswich Harriers	19.21	NO Team
2003	S.Bird	West Suffolk AC	16.42	NO Team
2004	S.Bird	West Suffolk AC	17.59	NO Team
2005	E.Sprake	Ipswich Harriers	24.18	Ipswich Harriers
2006	E.Sprake	Ipswich Harriers	23.29	NO Team
2007	Z.McLoone	West Suffolk AC	26.51	West Suffolk AC
2008	S.Jacks	Waveney Valley AC	23.34	Waveney Valley AC
2009	C.Christensen	Ipswich Harriers	23.40	NO Team
2010	A.Holly	West Suffolk AC	25.02	West Suffolk AC
2011	H.Pettersson	Ipswich Harriers	25.18	Ipswich Harriers
2012	Susannah Reid	Ipswich Harriers	19.21	West Suffolk AC
2013	Susannah Reid	Ipswich Harriers	23.21	St.Edmund Pacers
2014	Laura Howe	Bungay Black Dog RC	21.06	Ipswich Harriers
2015	Sophie Tooley	West Suffolk AC	19.17	West Suffolk AC
2016	Megan Newton	West Suffolk AC	18.55	Ipswich Harriers
2017	Megan Newton	West Suffolk AC	18.51	West Suffolk AC
2018	Maddie Jordan-Lee	Stowmarket Striders	20.52	Stowmarket Striders
2019	Holly Fisher	Ipswich Harriers	19.52	St.Edmund Pacers
2020	April Hill	Shaftesbury Barnet H	19.37	Ipswich Harriers

SUFFOLK COUNTY ATHLETIC ASSOCIATION

U20 Womens Cross Country Champions

Year	Individual	Club	Time	Team Winners
1995	K.Burwood	Lowestoft AC	25.11	NO Team
1996	K.Burwood	Lowestoft AC	25.01	NO Team
1997	N.Moore	Felixstowe RR	25.16	NO Team
1998	A.Banks	Royal Hospital School	29.11	NO Team
1999	Not Held			
2000	C.Snelgrove	Ipswich Harriers	24.53	NO Team
2001	K.Watson	Ipswich Harriers	23.12	Ipswich Harriers
2002	Not Held			
2003	C.Holme	Ipswich Harriers	27.41	NO Team
2004	L.O'Dell	Ipswich Harriers	22.41	NO Team
2005	L.O'Dell	Ipswich Harriers	22.33	NO Team
2006	S.Bird	West Suffolk AC	25.46	NO Team
2007	A.Canham	Saxons RC	33.10	NO Team
2008	E.Sprake	Ipswich Harriers	21.13	NO Team
2009	J.Clarry	St.Edmund Pacers	23.51	West Suffolk AC
2010	K.Addy	Saxons RC	24.42	NO Team
2011	K.Addy	Saxons RC	23.54	NO Team
2012	C. Christensen	Ipswich Harriers	24.02	West Suffolk AC
2013	H.Pstterson	Ipswich Harriers	28.11	NO Team
2014	S.Reid	Ipswich Harriers	27.37	West Suffolk AC
2015	Jasmine Hayward	Hadleigh Hares	27.22	NO Team
2016	Emily Moyes	West Suffolk AC	24.57	NO Team
2017	Holly Davies	West Suffolk AC	23.12	NO Team
2018	Lily Woodruff	Ipswich Harriers	27.48	NO Team
2019	Philippa Unthank	Ipswich Harriers	24.01	NO Team
2020	Maddie Jordan-Lee	Stowmarket Striders	24.16	NO Team

SUFFOLK COUNTY ATHLETIC ASSOCIATION

Senior Women Cross Country Champions

Year	Individual	Club	Time	Team Winners
1967	L.Peck	Ipswich Harriers	18.49	
1968	C.Firth	Ipswich Harriers	17.16	
1969	NO Entries Received			
1970	NO Entries Received			
1971	NO Entries Received			
1972	NO Entries Received			
1973	NO Entries Received			
1974	I.Peaty	Ipswich Harriers	26.47	
1975	S.Smith	Ipswich Harriers	25.19	
1976	K.Lloyd	West Suffolk AC	23.38	
1977	C.Rogers	Thetford AC	23.18	
1978	S.Smith	Highgate Harriers	23.42	
1979	C.Rogers	Thetford AC	26.17	Suffolk Police Cadets
1980	K.Lloyd	West Suffolk AC	20.28	No Team
1981	S.Eastall	Ipswich Harriers	21.33	No Team
1982	M.Glading	Ipswich Harriers	23.03	Lowestoft AC
1983	J.Grooms	Ipswich Harriers	26.33	Lowestoft AC
1984	S.Eastall	Ipswich Harriers	24.18	Sudbury & Dist.
1985	S.Eastall	Ipswich Harriers	22.16	Ipswich Harriers
1986	S.Eastall	Ipswich Harriers	22.19	Ipswich Harriers
1987	M.McWade	Ipswich Harriers	26.15	Ipswich Harriers
1988	J.Norris	Bungay Black Dog RC	26.55	Ipswich Harriers
1989	S.Eastall	St.Edmund Pacers	26.07	Ipswich Jaffa
1990	S.Eastall	St.Edmund Pacers	23.07	Ipswich Jaffa
1991	S.Eastall	St.Edmund Pacers	25.04	Ipswich Jaffa
1992	S.Eastall	St.Edmund Pacers	21.59	Ipswich Harriers
1993	S.Eastall	St.Edmund Pacers	21.28	St.Edmund Pacers
1994	S.Eastall	St.Edmund Pacers	27.13	St.Edmund Pacers
1995	S.Eastall	St.Edmund Pacers	21.58	St.Edmund Pacers
1996	S.Eastall	St.Edmund Pacers	23.28	St.Edmund Pacers
1997	S.Eastall	St.Edmund Pacers	21.12	St.Edmund Pacers
1998	E.Brooker	Shaftesbury Barnet	22.36	Stowmarket Striders
1999	E.Brooker	Shaftesbury Barnet	21.23	St.Edmund Pacers
2000	E.Brooker	Shaftesbury Barnet	23.45	St.Edmund Pacers
2001	S.Eastall	St.Edmund Pacers	24.27	St.Edmund Pacers
2002	S.Eastall	St.Edmund Pacers	24.12	St.Edmund Pacers
2003	K.Watsonson	St.Edmund Pacers	25.35	St.Edmund Pacers
2004	G.Leathers	St.Edmund Pacers	22.58	St.Edmund Pacers
2005	K.Watsonson	St.Edmund Pacers	22.08	St.Edmund Pacers
2006	L.O'Dell	Ipswich Harriers	23.15	St.Edmund Pacers
2007	S.Bird	West Suffolk AC	25.21	Ipswich Jaffa
2008	H.Decker	Ipswich Jaffa	21.36	Ipswich Jaffa
2009	T.Jordan	Stowmarket Striders	23.01	St.Edmund Pacers
2010	C.Holme	Ipswich Harriers	22.34	St.Edmund Pacers
2011	E.Sprake	University of East Anglia	24.47	Sudbury Joggers AC
2012	K.Addy	The Saxons	30.35	St.Edmund Pacers
2013	S.Bird	Woodford Green with EL	30.42	West Suffolk AC
2014	S.Bird	Woodford Green with EL	31.54	St.Edmund Pacers
2015	Odette Robson	St.Edmund Pacers	32.47	Hadleigh Hares
2016	Rose Nicholson	Waveney Valley AC	31.46	Ipswich Jaffa
2017	Victoria Kenny	Hadleigh Hares	30.38	Ipswich Jaffa
2018	Justine Anthony	West Suffolk AC	30.58	Ipswich Jaffa
2019	Emily Moyes	Aldershot Farnham & Dist.AC	38.24	Ipswich Jaffa
2020	Hannah Petersson	Ipswich Harriers	39.57	Ipswich Jaffa

**SUFFOLK COUNTY ATHLETIC ASSOCIATION
U11 Boys Cross Cross Champions**

Year	Individual	Club	Time
2015	Jonny Peate	Barnardiston Hall Prep.School	6.52
2016	Max Fisher	Unattached	8.42
2017	Ryan Grady	Ipswich Harriers	7.29
2018	Thomas Taylor	West Suffolk AC	8.33
2019	Sebastian Melero	West Suffolk AC	8.05
2020	Aston-Fox Barrington-Hibbert	Ipswich Harriers	7.47
2021			
2022			
2023			
2024			
2025			

**SUFFOLK COUNTY ATHLETIC ASSOCIATION
U11 Girls Cross Cross Champions**

Year	Individual	Club	Time
2015	Grace Forster	Beccles & Bungay Harriers	7.46
2016	Ammy Goddard	Woodbridge School	9.05
2017	Ruby Vinton	Ipswich Jaffa	7.57
2018	Amelia Taylor	West Suffolk AC	9.03
2019	Bella Taylor	West Suffolk AC	8.46
2020	Bella Taylor	West Suffolk AC	8.00
2021			
2022			
2023			
2024			
2025			