

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		Ipswich Harriers
1935	E.W.Harrison	RAF Martlesham		Ipswich Harriers
1936	E.W.Harrison	RAF Martlesham		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		Ipswich Jaffa
1992	G.Thomas	Colchester & Tendring AC	38.47	St.Edmund Pacers
1993	K.Prendergast	West Suffolk AC	36.29	Ipswich Harriers 'A'
1994	N.Powley	Colchester Joggers	44.47	Ipswich Jaffa
1995	K.Prendergast	West Suffolk AC	39.21	Ipswich Jaffa

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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 "A"
2012	A.Rooke	Ipswich Harriers	38.17	St.Edmund Pacers "A"
2013				