

# 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.Shkembi	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 Edmundsbury Pacers
2011	M Le-Poidevin	St Edmundsbury Pacers	12.07	St Edmundsbury Pacers
2012	A Baxter	Hadleigh Hares A. C.	10.57	West Suffolk AC
2013				