

# 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.Watson	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 High School	12.13	St.Edmund Pacers
2009	S.Reid	Brandeston High 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				