

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 | | 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 A C | 17.12 | St.Edmund Pacers |
| 2012 | M Soames | City of Norwich A C | 14.59 | Ipswich Harriers |
| 2013 | | | | |