

# 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		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.Watsonson	Ipswich Harriers	15.49	Ipswich Harriers
2000	K.Watsonson	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	S Reid	Ipswich Harriers	19.21	West Suffolk AC
2013				