



# CROSS COUNTRY TEAM STATE CHAMPIONS



## MEN'S CHAMPION

## WOMEN'S CHAMPION

| YR   | SITE                     | TEAM CHAMPION     | PTS | YR   | SITE                     | TEAM CHAMPION    | PTS |
|------|--------------------------|-------------------|-----|------|--------------------------|------------------|-----|
| 1956 | Finley, UNC-Chapel Hill  | Myers Park        |     |      |                          |                  |     |
| 1957 | Finley, UNC-Chapel Hill  | Myers Park        |     |      |                          |                  |     |
| 1958 | Finley, UNC-Chapel Hill  | Myers Park        |     |      |                          |                  |     |
| 1959 | Finley, UNC-Chapel Hill  | Myers Park        |     |      |                          |                  |     |
| 1960 | Finley, UNC-Chapel Hill  | East Mecklenburg  |     |      |                          |                  |     |
| 1961 | Finley, UNC-Chapel Hill  | Myers Park        |     |      |                          |                  |     |
| 1962 | Finley, UNC-Chapel Hill  | Asheville         |     |      |                          |                  |     |
| 1963 | Finley, UNC-Chapel Hill  | Hendersonville    |     |      |                          |                  |     |
| 1964 | Finley, UNC-Chapel Hill  | Hendersonville    |     |      |                          |                  |     |
| 1965 | Finley, UNC-Chapel Hill  | North Mecklenburg |     |      |                          |                  |     |
| 1966 | Finley, UNC-Chapel Hill  | Myers Park        |     |      |                          |                  |     |
| 1967 | Finley, UNC-Chapel Hill  | Myers Park        |     |      |                          |                  |     |
| 1968 | Finley, UNC-Chapel Hill  | Myers Park        |     |      |                          |                  |     |
| 1969 | Finley, UNC-Chapel Hill  | Myers Park        |     |      |                          |                  |     |
| 1970 | Finley, UNC-Chapel Hill  | Grimsley          |     |      |                          |                  |     |
| 1971 | Finley, UNC-Chapel Hill  | Grimsley          |     |      |                          |                  |     |
| 1972 | Finley, UNC-Chapel Hill  | Seventy-First     |     |      |                          |                  |     |
| 1973 | Finley, UNC-Chapel Hill  | East Mecklenburg  |     |      |                          |                  |     |
| 1974 | Finley, UNC-Chapel Hill  | R.J. Reynolds     |     |      |                          |                  |     |
| 1975 | Finley, UNC-Chapel Hill  | R.J. Reynolds     |     |      |                          |                  |     |
| 1976 | Finley, UNC-Chapel Hill  | R.J. Reynolds     |     |      |                          |                  |     |
| 1977 | Finley, UNC-Chapel Hill  | R.J. Reynolds     |     |      |                          |                  |     |
| 1978 | Campbell, Buies Creek    | R.J. Reynolds     |     |      |                          |                  |     |
| 1979 | Campbell, Buies Creek    | Chapel Hill       |     |      |                          |                  |     |
| 1980 | McAlpine Park, Charlotte | Chapel Hill       | 77  | 1980 | McAlpine Park, Charlotte | Chapel Hill      | 77  |
| 1981 | McAlpine Park, Charlotte | Chapel Hill       | 73  | 1981 | McAlpine Park, Charlotte | Chapel Hill      | 61  |
| 1982 | McAlpine Park, Charlotte | Chapel Hill       | 48  | 1982 | McAlpine Park, Charlotte | East Mecklenburg | 66  |
| 1983 | McAlpine Park, Charlotte | T.C. Roberson     | 78  | 1983 | McAlpine Park, Charlotte | Chapel Hill      | 39  |
| 1984 | McAlpine Park, Charlotte | Grimsley          | 108 | 1984 | McAlpine Park, Charlotte | Chapel Hill      | 28  |
| 1985 | McAlpine Park, Charlotte | Pine Forest       | 59  | 1985 | McAlpine Park, Charlotte | Watauga          | 107 |



# CROSS COUNTRY TEAM STATE CHAMPIONS



## MEN'S CHAMPION

| YR   | SITE                         | 1A                | Pts | 2A                  | Pts | 3A               | Pts | 4A                | Pts   |
|------|------------------------------|-------------------|-----|---------------------|-----|------------------|-----|-------------------|-------|
| 1986 | McAlpine Park, Charlotte     | 1A/2A Combined    |     | Salisbury           | 46  | Sun Valley       | 30  | East Mecklenburg  | 102   |
| 1987 | McAlpine Park, Charlotte     | 1A/2A Combined    |     | Monroe              | 78  | Sun Valley       | 22  | Pine Forest       | 96    |
| 1988 | McAlpine Park, Charlotte     | 1A/2A Combined    |     | West Stanly         | 61  | Sun Valley       | 51  | Mount Tabor       | 75    |
| 1989 | McAlpine Park, Charlotte     | 1A/2A Combined    |     | NC Science & Math   | 136 | Sun Valley       | 49  | Mount Tabor       | 43    |
| 1990 | McAlpine Park, Charlotte     | 1A/2A Combined    |     | Bunker Hill         | 66  | Sun Valley       | 35  | East Mecklenburg  | 50    |
| 1991 | McAlpine Park, Charlotte     | 1A/2A Combined    |     | Manteo              | 71  | Franklin         | 49  | East Mecklenburg  | 60    |
| 1992 | McAlpine Park, Charlotte     | 1A/2A Combined    |     | Surry Central       | 89  | Sun Valley       | 31  | East Mecklenburg  | 47    |
| 1993 | McAlpine Park, Charlotte     | 1A/2A Combined    |     | West Henderson      | 29  | Franklin         | 43  | Millbrook         | 96    |
| 1994 | McAlpine Park, Charlotte     | 1A/2A Combined    |     | Murphy              | 78  | Franklin         | 26  | Watauga           | 52    |
| 1995 | McAlpine Park, Charlotte     | 1A/2A Combined    |     | West Henderson      | 101 | Franklin         | 33  | Leesville Road    | 109** |
| 1996 | McAlpine Park, Charlotte     | 1A/2A Combined    |     | North Henderson     | 57  | Franklin         | 57  | Watauga           | 53    |
| 1997 | McAlpine Park, Charlotte     | Jordan-Matthews   | 67  | North Henderson     | 113 | Havelock         | 109 | Leesville Road    | 48    |
| 1998 | McAlpine Park, Charlotte     | Swain County      | 44  | North Henderson     | 71  | Sun Valley       | 96  | Leesville Road    | 43    |
| 1999 | McAlpine Park, Charlotte     | Swain County      | 58  | Salisbury           | 47  | Sun Valley       | 65  | Watauga           | 64    |
| 2000 | McAlpine Park, Charlotte     | South Davidson    | 35  | Surry Central       | 64  | Ragsdale         | 68  | North Mecklenburg | 71    |
| 2001 | McAlpine Park, Charlotte     | Surry Central     | 22  | North Henderson     | 70  | Ragsdale         | 52  | North Mecklenburg | 38    |
| 2002 | Tanglewood Park, Clemmons    | Surry Central     | 26  | North Henderson     | 40  | East Chapel Hill | 61  | Chapel Hill       | 80*** |
| 2003 | Tanglewood Park, Clemmons    | Surry Central     | 20  | East Davidson       | 65  | East Chapel Hill | 34  | South View        | 50    |
| 2004 | Tanglewood Park, Clemmons    | Surry Central     | 37  | Charles D. Owen     | 68  | T.C. Roberson    | 75  | Pinecrest         | 102   |
| 2005 | Tanglewood Park, Clemmons    | Hayesville        | 53  | Charles D. Owen     | 65  | T.C. Roberson    | 38  | Chapel Hill       | 69    |
| 2006 | Tanglewood Park, Clemmons    | NC Science & Math | 31  | Cardinal Gibbons    | 43  | Mooresville      | 75  | Chapel Hill       | 52    |
| 2007 | Tanglewood Park, Clemmons    | East Wilkes       | 94  | Charles D. Owen     | 56  | Mooresville      | 56  | Broughton         | 81    |
| 2008 | Tanglewood Park, Clemmons    | Hayesville        | 50  | Charles D. Owen     | 56  | Mooresville      | 69  | Broughton         | 59    |
| 2009 | Tanglewood Park, Clemmons    | Gray Stone Day    | 65  | East Lincoln        | 101 | Chapel Hill      | 54  | Sanderson         | 89    |
| 2010 | Beeson Park, Kernersville    | Robbinsville      | 41  | Carrboro            | 80  | Chapel Hill      | 39  | Green Hope        | 80    |
| 2011 | Beeson Park, Kernersville    | NC Science & Math | 48  | North Lincoln       | 36  | Cardinal Gibbons | 47  | Broughton         | 91    |
| 2012 | Beeson Park, Kernersville    | Bishop McGuinness | 49  | North Lincoln       | 44  | Cardinal Gibbons | 42  | Broughton         | 41    |
| 2013 | Redmon Complex, Kernersville | Bishop McGuinness | 90  | NC Science & Math   | 59  | Weddington       | 98  | Broughton         | 49    |
| 2014 | Redmon Complex, Kernersville | Bishop McGuinness | 56  | NC Science & Math   | 63  | Cardinal Gibbons | 48  | Broughton         | 53    |
| 2015 | Redmon Complex, Kernersville | Walkertown        | 69  | NC Science & Math   | 76  | Weddington       | 52  | Mount Tabor       | 67    |
| 2016 | Redmon Complex, Kernersville | Walkertown        | 72  | Lake Norman Charter | 93  | Chapel Hill      | 86  | Broughton         | 67    |
| 2017 | Redmon Complex, Kernersville | Bishop McGuinness | 51  | North Lincoln       | 58  | Mount Tabor      | 72  | Green Hope        | 43    |
| 2018 | Redmon Complex, Kernersville | Lincoln Charter   | 51  | North Lincoln       | 36  | Weddington       | 50  | Cary              | 70    |

(\*\* tied Watauga, won on 6th runner finish; \*\*\*tied South View, won on 6th runner finish)



# CROSS COUNTRY TEAM STATE CHAMPIONS



## WOMEN'S CHAMPION

| YR   | SITE                         | 1A                  | Pts | 2A                  | Pts | 3A                 | Pts | 4A                | Pts |
|------|------------------------------|---------------------|-----|---------------------|-----|--------------------|-----|-------------------|-----|
| 1986 | McAlpine Park, Charlotte     | 1A/2A Combined      |     | Monroe              | 71  | T.C. Roberson      | 30  | Grimsley          | 60  |
| 1987 | McAlpine Park, Charlotte     | 1A/2A Combined      |     | East Davidson       | 63  | Washington         | 40  | Chapel Hill       | 73  |
| 1988 | McAlpine Park, Charlotte     | 1A/2A Combined      |     | Lejeune             | 47  | Washington         | 68  | Grimsley          | 53  |
| 1989 | McAlpine Park, Charlotte     | 1A/2A Combined      |     | Lejeune             | 86  | Sun Valley         | 26  | Grimsley          | 49  |
| 1990 | McAlpine Park, Charlotte     | 1A/2A Combined      |     | Murphy              | 66  | Northwest Cabarrus | 75  | Watauga           | 55  |
| 1991 | McAlpine Park, Charlotte     | 1A/2A Combined      |     | Murphy              | 49  | Northwest Cabarrus | 56  | Providence        | 90  |
| 1992 | McAlpine Park, Charlotte     | 1A/2A Combined      |     | Polk County         | 64  | Franklin           | 38  | Watauga           | 86  |
| 1993 | McAlpine Park, Charlotte     | 1A/2A Combined      |     | West Henderson      | 60  | Franklin           | 42  | Providence        | 88  |
| 1994 | McAlpine Park, Charlotte     | 1A/2A Combined      |     | Murphy              | 53  | Franklin           | 50  | West Forsyth      | 115 |
| 1995 | McAlpine Park, Charlotte     | 1A/2A Combined      |     | Murphy              | 76  | Franklin           | 129 | Watauga           | 71  |
| 1996 | McAlpine Park, Charlotte     | 1A/2A Combined      |     | Murphy              | 44  | Fuquay-Varina      | 93  | West Forsyth      | 63  |
| 1997 | McAlpine Park, Charlotte     | Murphy              | 36  | North Henderson     | 113 | T.C. Roberson      | 93  | Cary              | 64  |
| 1998 | McAlpine Park, Charlotte     | Murphy              | 51  | Charles D. Owen     | 98  | T.C. Roberson      | 65  | Leesville Road    | 64  |
| 1999 | McAlpine Park, Charlotte     | Hayesville          | 43  | Brevard             | 84  | T.C. Roberson      | 53  | Southeast Raleigh | 95  |
| 2000 | McAlpine Park, Charlotte     | Murphy              | 72  | North Henderson     | 62  | T.C. Roberson      | 52  | Eastern Wayne     | 122 |
| 2001 | McAlpine Park, Charlotte     | Hendersonville      | 51  | Brevard             | 51  | Eastern Wayne      | 43  | Mount Tabor       | 71  |
| 2002 | Tanglewood Park, Clemmons    | Hendersonville      | 51  | Charlotte Catholic  | 24  | T.C. Roberson      | 96  | Mount Tabor       | 64  |
| 2003 | Tanglewood Park, Clemmons    | Hayesville          | 51  | Charlotte Catholic  | 37  | Weddington         | 72  | Providence        | 70  |
| 2004 | Tanglewood Park, Clemmons    | Hayesville          | 59  | Charlotte Catholic  | 89  | T.C. Roberson      | 60  | Providence        | 56  |
| 2005 | Tanglewood Park, Clemmons    | Hayesville          | 61  | Cardinal Gibbons    | 27  | T.C. Roberson      | 33  | Chapel Hill       | 60  |
| 2006 | Tanglewood Park, Clemmons    | Hayesville          | 61  | Cardinal Gibbons    | 31  | T.C. Roberson      | 46  | Chapel Hill       | 40  |
| 2007 | Tanglewood Park, Clemmons    | Topsail             | 67  | Cardinal Gibbons    | 21  | T.C. Roberson      | 31  | Chapel Hill       | 85  |
| 2008 | Tanglewood Park, Clemmons    | Bishop McGuinness   | 84* | Cardinal Gibbons    | 45  | T.C. Roberson      | 57  | East Chapel Hill  | 94  |
| 2009 | Tanglewood Park, Clemmons    | Robbinsville        | 62  | Carrboro            | 45  | Chapel Hill        | 52  | Green Hope        | 47  |
| 2010 | Beeson Park, Kernersville    | Hendersonville      | 68  | Carrboro            | 80  | Cardinal Gibbons   | 82  | Green Hope        | 34  |
| 2011 | Beeson Park, Kernersville    | Lake Norman Charter | 55  | Carrboro            | 27  | Cardinal Gibbons   | 44  | Green Hope        | 37  |
| 2012 | Beeson Park, Kernersville    | Bishop McGuinness   | 58  | Carrboro            | 30  | Cardinal Gibbons   | 31  | Green Hope        | 83  |
| 2013 | Redmon Complex, Kernersville | Bishop McGuinness   | 60  | East Lincoln        | 70  | Cardinal Gibbons   | 37  | Green Hope        | 81  |
| 2014 | Redmon Complex, Kernersville | Comm. Sch. Davidson | 68  | Carrboro            | 59  | Cardinal Gibbons   | 42  | Green Hope        | 45  |
| 2015 | Redmon Complex, Kernersville | Gray Stone Day      | 71  | Brevard             | 77  | Chapel Hill        | 32  | Cardinal Gibbons  | 63  |
| 2016 | Redmon Complex, Kernersville | Franklin Academy    | 79  | Brevard             | 72  | Chapel Hill        | 53  | Cardinal Gibbons  | 38  |
| 2017 | Redmon Complex, Kernersville | Franklin Academy    | 36  | Lake Norman Charter | 66  | Chapel Hill        | 62  | Cardinal Gibbons  | 62  |
| 2018 | Redmon Complex, Kernersville | Franklin Academy    | 47  | Carrboro            | 69  | Cuthbertson        | 47  | Cardinal Gibbons  | 43  |

(\* tied Hayesville, won on 6th runner finish)



# CROSS COUNTRY INDIVIDUAL STATE CHAMPIONS



## MEN'S CHAMPION (Open Classification)

| YR   | SITE                     | Ind. Champion                      | Time          |
|------|--------------------------|------------------------------------|---------------|
| 1956 | Finley, UNC-Chapel Hill  | David Gilmour (Myers Park)         |               |
| 1957 | Finley, UNC-Chapel Hill  | David Gilmour (Myers Park)         |               |
| 1958 | Finley, UNC-Chapel Hill  | Tom Stockton (Myers Park)          |               |
| 1959 | Finley, UNC-Chapel Hill  | Tom Stockton (Myers Park)          |               |
| 1960 | Finley, UNC-Chapel Hill  | Rocky Soderburg (Garinger)         | 10:56         |
| 1961 | Finley, UNC-Chapel Hill  | Paul Snell (W-S Northwest)         | 10:56         |
| 1962 | Finley, UNC-Chapel Hill  | David Starnes (Hendersonville)     | 11:33.9 (2.2) |
| 1963 | Finley, UNC-Chapel Hill  | David Starnes (Hendersonville)     | 10:29.7       |
| 1964 | Finley, UNC-Chapel Hill  | Truett Goodwin (Durham)            | 10:22.8       |
| 1965 | Finley, UNC-Chapel Hill  | John Puckett (North Mecklenburg)   | 10:13.3       |
| 1966 | Finley, UNC-Chapel Hill  | Frank Spratt (Chapel Hill)         | 10:11.5       |
| 1967 | Finley, UNC-Chapel Hill  | Silas Mayfield (Hillside)          | 10:33.8 (2.1) |
| 1968 | Finley, UNC-Chapel Hill  | Steve Grathwahl (Independence)     | 10:21.0       |
| 1969 | Finley, UNC-Chapel Hill  | Ben Bailey (Enka)                  | 10:46.0       |
| 1970 | Finley, UNC-Chapel Hill  | Woody Moss (Olympic)               | 10:43.3       |
| 1971 | Finley, UNC-Chapel Hill  | Tommy Ward (Chapel Hill)           | 10:43.4       |
| 1972 | Finley, UNC-Chapel Hill  | William Sutherland (Hend. Vance)   | 10:30.0       |
| 1973 | Finley, UNC-Chapel Hill  | Jeff Moody (Pinecrest)             | 13:56.0 (2.7) |
| 1974 | Finley, UNC-Chapel Hill  | Jeff Moody (Pinecrest)             | 15:12.0 (3.0) |
| 1975 | Finley, UNC-Chapel Hill  | Billy Lynch (Sanderson)            | 15:09.0       |
| 1976 | Finley, UNC-Chapel Hill  | Billy Lynch (Sanderson)            | 14:52.0*      |
| 1977 | Finley, UNC-Chapel Hill  | John Clark (Concord)               | 14:34.4**     |
| 1978 | Campbell, Buies Creek    | Glenn Sparrow (South Point)        | 15:26.4***    |
| 1979 | Campbell, Buies Creek    | Tony Leal (R.J. Reynolds)          | 15:46.0       |
| 1980 | McAlpine Park, Charlotte | Ken Dowdle (Myers Park)            | 15:28.0       |
| 1981 | McAlpine Park, Charlotte | Robert Baker (North Iredell)       | 15:23.4       |
| 1982 | McAlpine Park, Charlotte | John Erickson (Southeast Guilford) | 15:27.2       |
| 1983 | McAlpine Park, Charlotte | John Erickson (Southeast Guilford) | 15:14.0       |
| 1984 | McAlpine Park, Charlotte | Paul Carpenter (T.C. Roberson)     | 15:30.0       |
| 1985 | McAlpine Park, Charlotte | Mike Clinebell (Watauga)           | 15:14.0       |

(Distance in miles in parenthesis)

\* - record for old course at Finley, UNC-Chapel Hill

\*\* - record for new course at Finley, UNC-Chapel Hill

\*\*\* - record for Campbell

\*\*\*\* - record for McAlpine Park, Charlotte

## WOMEN'S CHAMPION (Open Classification)

| YR   | SITE                     | Ind. Champion                 | Time    |
|------|--------------------------|-------------------------------|---------|
| 1956 |                          |                               |         |
| 1957 |                          |                               |         |
| 1958 |                          |                               |         |
| 1959 |                          |                               |         |
| 1960 |                          |                               |         |
| 1961 |                          |                               |         |
| 1962 |                          |                               |         |
| 1963 |                          |                               |         |
| 1964 |                          |                               |         |
| 1965 |                          |                               |         |
| 1966 |                          |                               |         |
| 1967 |                          |                               |         |
| 1968 |                          |                               |         |
| 1969 |                          |                               |         |
| 1970 |                          |                               |         |
| 1971 |                          |                               |         |
| 1972 |                          |                               |         |
| 1973 |                          |                               |         |
| 1974 |                          |                               |         |
| 1975 |                          |                               |         |
| 1976 |                          |                               |         |
| 1977 |                          |                               |         |
| 1978 |                          |                               |         |
| 1979 |                          |                               |         |
| 1980 | McAlpine Park, Charlotte | Charlotte McCall (McDowell)   | 19:14.9 |
| 1981 | McAlpine Park, Charlotte | Karen Dunn (Garner)           | 19:00.0 |
| 1982 | McAlpine Park, Charlotte | Kathy Ornsby (Richmond)       | 18:09.6 |
| 1983 | McAlpine Park, Charlotte | Beth Ruggles (East Burke)     | 18:48.0 |
| 1984 | McAlpine Park, Charlotte | Tomika Whitten (West Forsyth) | 19:06.0 |
| 1985 | McAlpine Park, Charlotte | Tomika Whitten (West Forsyth) | 18:49.0 |

\* - record for old course at Finley, UNC-Chapel Hill

\*\* - record for new course at Finley, UNC-Chapel Hill

\*\*\* - record for Campbell

\*\*\*\* - record for McAlpine Park, Charlotte



# 1A CROSS COUNTRY INDIVIDUAL STATE CHAMPIONS



## 1A MEN'S CHAMPION (Open Classification)

| YR   | SITE                       | Ind. Champion                    | Time     |
|------|----------------------------|----------------------------------|----------|
| 1986 | McAlpine Park, Charlotte   | 1A/2A Combined                   |          |
| 1987 | McAlpine Park, Charlotte   | 1A/2A Combined                   |          |
| 1988 | McAlpine Park, Charlotte   | 1A/2A Combined                   |          |
| 1989 | McAlpine Park, Charlotte   | 1A/2A Combined                   |          |
| 1990 | McAlpine Park, Charlotte   | 1A/2A Combined                   |          |
| 1991 | McAlpine Park, Charlotte   | 1A/2A Combined                   |          |
| 1992 | McAlpine Park, Charlotte   | 1A/2A Combined                   |          |
| 1993 | McAlpine Park, Charlotte   | 1A/2A Combined                   |          |
| 1994 | McAlpine Park, Charlotte   | 1A/2A Combined                   |          |
| 1995 | McAlpine Park, Charlotte   | 1A/2A Combined                   |          |
| 1996 | McAlpine Park, Charlotte   | 1A/2A Combined                   |          |
| 1997 | McAlpine Park, Charlotte   | Erik Perkins (Swain County)      | 16:36.1  |
| 1998 | McAlpine Park, Charlotte   | Erik Perkins (Swain County)      | 16:46.5  |
| 1999 | McAlpine Park, Charlotte   | Erik Perkins (Swain County)      | 16:34.6  |
| 2000 | McAlpine Park, Charlotte   | Clarence Kinley (South Davidson) | 16:39.0  |
| 2001 | McAlpine Park, Charlotte   | Matt Owen (Rosman)               | 15:56.0  |
| 2002 | Tanglewood Park, Clemmons  | Eric Martinez (Surry Central)    | 17:02.03 |
| 2003 | Tanglewood Park, Clemmons  | Neil Waldron (Polk County)       | 17:12.06 |
| 2004 | Tanglewood Park, Clemmons  | Miguel Ocampo (Surry Central)    | 16:29.56 |
| 2005 | Tanglewood Park, Clemmons  | Sam Brinson (South Stokes)       | 16:57.29 |
| 2006 | Tanglewood Park, Clemmons  | Kyle Ingram (Hayesville)         | 16:21.30 |
| 2007 | Tanglewood Park, Clemmons  | Daniel Kimmel (NCSSM)            | 17:12.00 |
| 2008 | Tanglewood Park, Clemmons  | Eric Blackburn (East Wilkes)     | 16:49.76 |
| 2009 | Tanglewood Park, Clemmons  | Matus Kriska (Mount Airy)        | 16:34.13 |
| 2010 | Beeson Park, Kernersville  | Matus Kriska (Mount Airy)        | 16:19.50 |
| 2011 | Beeson Park, Kernersville  | Stephen Mulherin (NCSSM)         | 15:52.72 |
| 2012 | Beeson Park, Kernersville  | Dylan Johnson (Hayesville)       | 15:59.93 |
| 2013 | Redmon Comp., Kernersville | Zach Boone (Mitchell)            | 15:51.84 |
| 2014 | Redmon Comp., Kernersville | Zach Boone (Mitchell)            | 16:08.58 |
| 2015 | Redmon Comp., Kernersville | Kyle Rhodes (East Wilkes)        | 17:06.67 |
| 2016 | Redmon Comp., Kernersville | Luke Bennett (Voyager Academy)   | 16:22.34 |
| 2017 | Redmon Comp., Kernersville | Conrad Phillips (Pine Lake Prep) | 16:09.70 |
| 2018 | Redmon Comp., Kernersville | Caleb Potter (Polk County)       | 16:28.16 |

## 1A WOMEN'S CHAMPION (Open Classification)

| YR   | SITE                       | Ind. Champion                      | Time     |
|------|----------------------------|------------------------------------|----------|
| 1986 | McAlpine Park, Charlotte   | 1A/2A Combined                     |          |
| 1987 | McAlpine Park, Charlotte   | 1A/2A Combined                     |          |
| 1988 | McAlpine Park, Charlotte   | 1A/2A Combined                     |          |
| 1989 | McAlpine Park, Charlotte   | 1A/2A Combined                     |          |
| 1990 | McAlpine Park, Charlotte   | 1A/2A Combined                     |          |
| 1991 | McAlpine Park, Charlotte   | 1A/2A Combined                     |          |
| 1992 | McAlpine Park, Charlotte   | 1A/2A Combined                     |          |
| 1993 | McAlpine Park, Charlotte   | 1A/2A Combined                     |          |
| 1994 | McAlpine Park, Charlotte   | 1A/2A Combined                     |          |
| 1995 | McAlpine Park, Charlotte   | 1A/2A Combined                     |          |
| 1996 | McAlpine Park, Charlotte   | 1A/2A Combined                     |          |
| 1997 | McAlpine Park, Charlotte   | Jennifer Dimsdale (Polk County)    | 19:27.8  |
| 1998 | McAlpine Park, Charlotte   | Jennifer Dimsdale (Polk County)    | 19:42.5  |
| 1999 | McAlpine Park, Charlotte   | Ariel Glassman (Hendersonville)    | 18:17.7  |
| 2000 | McAlpine Park, Charlotte   | Erika Schneble (Hendersonville)    | 19:45.0  |
| 2001 | McAlpine Park, Charlotte   | Kasey Smith (South Stokes)         | 19:01.6  |
| 2002 | Tanglewood Park, Clemmons  | Kasey Smith (South Stokes)         | 19:50.49 |
| 2003 | Tanglewood Park, Clemmons  | Kala Robertson (Surry Central)     | 19:41.61 |
| 2004 | Tanglewood Park, Clemmons  | Elisabeth Elliot (Polk County)     | 20:25.88 |
| 2005 | Tanglewood Park, Clemmons  | Elisabeth Elliot (Polk County)     | 20:36.33 |
| 2006 | Tanglewood Park, Clemmons  | Zatha Loewen (Topsail)             | 19:22.76 |
| 2007 | Tanglewood Park, Clemmons  | Zatha Loewen (Topsail)             | 19:38.69 |
| 2008 | Tanglewood Park, Clemmons  | Faith Trammell (Robbinsville)      | 19:58.77 |
| 2009 | Tanglewood Park, Clemmons  | Carol Blankenship (East Wilkes)    | 18:59.30 |
| 2010 | Beeson Park, Kernersville  | Carol Blankenship (East Wilkes)    | 18:48.75 |
| 2011 | Beeson Park, Kernersville  | Kirsten Parries (Mount Airy)       | 19:29.97 |
| 2012 | Beeson Park, Kernersville  | Sophia Bhalla (Lincoln Charter)    | 18:53.94 |
| 2013 | Redmon Comp., Kernersville | Malia Ellington (C.S. of Davidson) | 19:05.13 |
| 2014 | Redmon Comp., Kernersville | Malia Ellington (C.S. of Davidson) | 19:09.61 |
| 2015 | Redmon Comp., Kernersville | Blakely Moore (Highlands)          | 20:42.13 |
| 2016 | Redmon Comp., Kernersville | Michaela Gammon (Lincoln Charter)  | 19:15.58 |
| 2017 | Redmon Comp., Kernersville | Caitlyn Burkett (Franklin Academy) | 19:16.94 |
| 2018 | Redmon Comp., Kernersville | Abigail Hemric (North Stokes)      | 19:34.34 |





# 2A CROSS COUNTRY INDIVIDUAL STATE CHAMPIONS



## 2A MEN'S CHAMPION (Open Classification)

| YR   | SITE                       | Ind. Champion                     | Time     |
|------|----------------------------|-----------------------------------|----------|
| 1986 | McAlpine Park, Charlotte   | Chad Blair (Lejeune)              | 16:20.0  |
| 1987 | McAlpine Park, Charlotte   | John Kaneer (Bunker Hill)         | 16:11.0  |
| 1988 | McAlpine Park, Charlotte   | Chad Daniels (Clayton)            | 16:05.0  |
| 1989 | McAlpine Park, Charlotte   | Jason Bryant (Surry Central)      | 16:37.0  |
| 1990 | McAlpine Park, Charlotte   | Tommy Trehern (Swain County)      | 16:25.2  |
| 1991 | McAlpine Park, Charlotte   | Tommy Trehern (Swain County)      | 15:47.7  |
| 1992 | McAlpine Park, Charlotte   | Tommy Trehern (Swain County)      | 15:46.8  |
| 1993 | McAlpine Park, Charlotte   | Bill Jackson (Southwest Guilford) | 15:56.6  |
| 1994 | McAlpine Park, Charlotte   | Bill Jackson (Southwest Guilford) | 15:54.2  |
| 1995 | McAlpine Park, Charlotte   | Jonathon Thacker (Mtn. Heritage)  | 15:49.9  |
| 1996 | McAlpine Park, Charlotte   | Aaron Keller (North Henderson)    | 15:41.0  |
| 1997 | McAlpine Park, Charlotte   | Shiloh Mielke (North Henderson)   | 16:25.9  |
| 1998 | McAlpine Park, Charlotte   | Shiloh Mielke (North Henderson)   | 16:09.0  |
| 1999 | McAlpine Park, Charlotte   | William "David" Bost (Salisbury)  | 16:01.3  |
| 2000 | McAlpine Park, Charlotte   | John Henderson (North Henderson)  | 16:14.0  |
| 2001 | McAlpine Park, Charlotte   | Adam Lindsey (Reidsville)         | 16:36.6  |
| 2002 | Tanglewood Park, Clemmons  | Preston Holman (Ashe County)      | 16:55.23 |
| 2003 | Tanglewood Park, Clemmons  | Daniel Slayden (Reidsville)       | 16:50.50 |
| 2004 | Tanglewood Park, Clemmons  | Taylor Adams (Northwood)          | 16:52    |
| 2005 | Tanglewood Park, Clemmons  | Miguel Ocampo (Surry Central)     | 16:09.36 |
| 2006 | Tanglewood Park, Clemmons  | Sean Sewell (Cardinal Gibbons)    | 16:16.21 |
| 2007 | Tanglewood Park, Clemmons  | Josey Weaver (Madison)            | 16:19.74 |
| 2008 | Tanglewood Park, Clemmons  | Daniel Yeakley (West Stanly)      | 16:21.27 |
| 2009 | Tanglewood Park, Clemmons  | Chase Miller (Wilkes Central)     | 16:35.93 |
| 2010 | Beeson Park, Kernersville  | Eric Williams (Northwood)         | 16:26.36 |
| 2011 | Beeson Park, Kernersville  | A.J. Tucker (Cedar Ridge)         | 16:20.41 |
| 2012 | Beeson Park, Kernersville  | A.J. Tucker (Cedar Ridge)         | 15:53.03 |
| 2013 | Redmon Comp., Kernersville | Corbin Boyles (Maiden)            | 15:54.86 |
| 2014 | Redmon Comp., Kernersville | Nicholas Walker (NCSSM)           | 16:16.45 |
| 2015 | Redmon Comp., Kernersville | Frank Kenny (NCSSM)               | 16:37.41 |
| 2016 | Redmon Comp., Kernersville | Noah Graham (Brevard)             | 16:03.01 |
| 2017 | Redmon Comp., Kernersville | Nathan Richards (Franklin)        | 16:05.70 |
| 2018 | Redmon Comp., Kernersville | Zach Hughes (First Flight)        | 16:00.79 |

## 2A WOMEN'S CHAMPION (Open Classification)

| YR   | SITE                       | Ind. Champion                       | Time     |
|------|----------------------------|-------------------------------------|----------|
| 1986 | McAlpine Park, Charlotte   | Heather Lenglade (Ledford)          | 20:49.0  |
| 1987 | McAlpine Park, Charlotte   | Heather Lenglade (Ledford)          | 20:01.0  |
| 1988 | McAlpine Park, Charlotte   | Erin Smyth (Lejeune)                | 19:42.0  |
| 1989 | McAlpine Park, Charlotte   | Julie Barba (Lejeune)               | 19:43.0  |
| 1990 | McAlpine Park, Charlotte   | Karen Godlock (Polk County)         | 19:31.6  |
| 1991 | McAlpine Park, Charlotte   | Karen Godlock (Polk County)         | 18:07.9  |
| 1992 | McAlpine Park, Charlotte   | Karen Godlock (Polk County)         | 17:24.9  |
| 1993 | McAlpine Park, Charlotte   | Amy Knox (West Henderson)           | 19:43.8  |
| 1994 | McAlpine Park, Charlotte   | Kristy Whitaker (Murphy)            | 19:32.81 |
| 1995 | McAlpine Park, Charlotte   | Julie Stackhouse (Hayesville)       | 19:28.7  |
| 1996 | McAlpine Park, Charlotte   | Jennifer Dimsdale (Polk County)     | 18:46.4  |
| 1997 | McAlpine Park, Charlotte   | Macy Little (Brevard)               | 19:51.1  |
| 1998 | McAlpine Park, Charlotte   | Diana Henderson (North Henderson)   | 18:56.6  |
| 1999 | McAlpine Park, Charlotte   | Heidi Sloop (West Wilkes)           | 19:32.6  |
| 2000 | McAlpine Park, Charlotte   | Heidi Sloop (West Wilkes)           | 19:20.0  |
| 2001 | McAlpine Park, Charlotte   | Jessica Durrant (North Henderson)   | 18:47.6  |
| 2002 | Tanglewood Park, Clemmons  | Leigh Ann Taylor (Monroe)           | 19:43.72 |
| 2003 | Tanglewood Park, Clemmons  | Leigh Ann Taylor (Monroe)           | 19:30.21 |
| 2004 | Tanglewood Park, Clemmons  | Lindsey Groce (Wilkes Central)      | 19:51.0  |
| 2005 | Tanglewood Park, Clemmons  | Tria Metzler (Bunn)                 | 19:19.11 |
| 2006 | Tanglewood Park, Clemmons  | Heather Beichner (Cardinal Gibbons) | 18:51.84 |
| 2007 | Tanglewood Park, Clemmons  | Heather Beichner (Cardinal Gibbons) | 18:48.58 |
| 2008 | Tanglewood Park, Clemmons  | Sarah Rapp (Cardinal Gibbons)       | 19:30.36 |
| 2009 | Tanglewood Park, Clemmons  | Catie Byrd (North Henderson)        | 19:43.74 |
| 2010 | Beeson Park, Kernersville  | Grace Morken (Carrboro)             | 19:28.56 |
| 2011 | Beeson Park, Kernersville  | Grace Morken (Carrboro)             | 19:13.57 |
| 2012 | Beeson Park, Kernersville  | Grace Morken (Carrboro)             | 18:42.49 |
| 2013 | Redmon Comp., Kernersville | Maysa Araba (Carrboro)              | 18:03.66 |
| 2014 | Redmon Comp., Kernersville | Maysa Araba (Carrboro)              | 18:54.13 |
| 2015 | Redmon Comp., Kernersville | Amanda Hickey (Carrboro)            | 19:20.75 |
| 2016 | Redmon Comp., Kernersville | Anna-Kathryn Kilby (Forbush)        | 18:54.77 |
| 2017 | Redmon Comp., Kernersville | Mariah Howlett (Lake Norman Char.)  | 18:03.43 |
| 2018 | Redmon Comp., Kernersville | Hannah Preisser (Carrboro)          | 18:59.54 |



# 3A CROSS COUNTRY INDIVIDUAL STATE CHAMPIONS



## 3A MEN'S CHAMPION (Open Classification)

| YR   | SITE                       | Ind. Champion                       | Time     |
|------|----------------------------|-------------------------------------|----------|
| 1986 | McAlpine Park, Charlotte   | David Honea (Enka)                  | 15:33.0  |
| 1987 | McAlpine Park, Charlotte   | Chris Griggs (Eastern Guilford)     | 15:49.0  |
| 1988 | McAlpine Park, Charlotte   | Chris Edwards (Northwest Cabarrus)  | 16:10.0  |
| 1989 | McAlpine Park, Charlotte   | Chris Edwards (Northwest Cabarrus)  | 16:01.0  |
| 1990 | McAlpine Park, Charlotte   | Eric Pragle (North Buncombe)        | 16:09.9  |
| 1991 | McAlpine Park, Charlotte   | Bryan Smijewski (Sun Valley)        | 15:40.1  |
| 1992 | McAlpine Park, Charlotte   | Bryan Smijewski (Sun Valley)        | 15:46.8  |
| 1993 | McAlpine Park, Charlotte   | Eli Huge (Franklin)                 | 15:42.4  |
| 1994 | McAlpine Park, Charlotte   | Chan Pons (Franklin)                | 15:37.8  |
| 1995 | McAlpine Park, Charlotte   | Justin Turner (Glenn)               | 16:42.7  |
| 1996 | McAlpine Park, Charlotte   | Jesse Norman (Fuquay-Varina)        | 16:07.9  |
| 1997 | McAlpine Park, Charlotte   | Jesse Norman (Fuquay-Varina)        | 16:04.4  |
| 1998 | McAlpine Park, Charlotte   | Kevin Crosby (Sun Valley)           | 15:54.2  |
| 1999 | McAlpine Park, Charlotte   | Kevin Crosby (Sun Valley)           | 15:50.7  |
| 2000 | McAlpine Park, Charlotte   | Lance Hall (Ragsdale)               | 16:04.0  |
| 2001 | McAlpine Park, Charlotte   | Milos Mitric (Asheville)            | 15:10.5  |
| 2002 | Tanglewood Park, Clemmons  | Jesus Rojas (Harnett Central)       | 16:42.37 |
| 2003 | Tanglewood Park, Clemmons  | Jeremy Hyder (Hickory)              | 16:37.58 |
| 2004 | Tanglewood Park, Clemmons  | Chris Blfiore (Jacksonville)        | 16:37.58 |
| 2005 | Tanglewood Park, Clemmons  | Ryan Hill (Hickory)                 | 16:19.07 |
| 2006 | Tanglewood Park, Clemmons  | Ryan Hill (Hickory)                 | 16:00.10 |
| 2007 | Tanglewood Park, Clemmons  | Ryan Hill (Hickory)                 | 15:30.75 |
| 2008 | Tanglewood Park, Clemmons  | John Harwell (Asheville)            | 15:57.36 |
| 2009 | Tanglewood Park, Clemmons  | Jake Hurysz (Eastern Alamance)      | 15:49.77 |
| 2010 | Beeson Park, Kernersville  | Graham Crawford (Williams)          | 15:27.38 |
| 2011 | Beeson Park, Kernersville  | Steven Phillips (Cardinal Gibbons)  | 15:49.38 |
| 2012 | Beeson Park, Kernersville  | Tanis Baldwin (East Henderson)      | 15:28.30 |
| 2013 | Redmon Comp., Kernersville | Phillip Hall (Terry Sanford)        | 15:07.55 |
| 2014 | Redmon Comp., Kernersville | Tanis Baldwin (East Henderson)      | 15:25.83 |
| 2015 | Redmon Comp., Kernersville | David Melville (Northern Guilford)  | 16:12.12 |
| 2016 | Redmon Comp., Kernersville | David Melville (Northern Guilford)  | 15:39.24 |
| 2017 | Redmon Comp., Kernersville | Cameron Ponder (Mount Tabor)        | 15:19.77 |
| 2018 | Redmon Comp., Kernersville | George Hotelling (East Chapel Hill) | 15:46.92 |

## 3A WOMEN'S CHAMPION (Open Classification)

| YR   | SITE                       | Ind. Champion                         | Time     |
|------|----------------------------|---------------------------------------|----------|
| 1986 | McAlpine Park, Charlotte   | Francie Dumas (T.C. Roberson)         | 19:30.0  |
| 1987 | McAlpine Park, Charlotte   | Janet Osada (T.C. Roberson)           | 19:52.0  |
| 1988 | McAlpine Park, Charlotte   | Robyn Land (Wilkes Central)           | 19:33.0  |
| 1989 | McAlpine Park, Charlotte   | Suzanne Black (Sun Valley)            | 19:40.0  |
| 1990 | McAlpine Park, Charlotte   | Ami Knox (West Henderson)             | 19:55.9  |
| 1991 | McAlpine Park, Charlotte   | Suzanne Black (Sun Valley)            | 19:29.9  |
| 1992 | McAlpine Park, Charlotte   | Rebekah Frick (East Rowan)            | 19:18.8  |
| 1993 | McAlpine Park, Charlotte   | Tammy Duckett (Enka)                  | 19:37.4  |
| 1994 | McAlpine Park, Charlotte   | Mandy Becker (Fuquay-Varina)          | 18:50.0  |
| 1995 | McAlpine Park, Charlotte   | Erin Musson (Wilkes Central)          | 19:03.4  |
| 1996 | McAlpine Park, Charlotte   | Sarah Vance-Goodman (T.C. Roberson)   | 17:24.7  |
| 1997 | McAlpine Park, Charlotte   | Sarah Vance-Goodman (T.C. Roberson)   | 17:58.9  |
| 1998 | McAlpine Park, Charlotte   | Erin Kelley (T.C. Roberson)           | 19:09.2  |
| 1999 | McAlpine Park, Charlotte   | Alicia Valtin (Western Harnett)       | 19:11.1  |
| 2000 | McAlpine Park, Charlotte   | Alicia Valtin (Western Harnett)       | 18:39.0  |
| 2001 | McAlpine Park, Charlotte   | Jessica Collins (Eastern Wayne)       | 18:28.5  |
| 2002 | Tanglewood Park, Clemmons  | Maggie Kovach (T.C. Roberson)         | 19:38.50 |
| 2003 | Tanglewood Park, Clemmons  | Claire Duval (T.C. Roberson)          | 19:55.64 |
| 2004 | Tanglewood Park, Clemmons  | Monique Jones (Northwest Cabarrus)    | 19:42.04 |
| 2005 | Tanglewood Park, Clemmons  | Caroline Kirby (T.C. Roberson)        | 19:15.85 |
| 2006 | Tanglewood Park, Clemmons  | Caroline Kirby (T.C. Roberson)        | 19:09.34 |
| 2007 | Tanglewood Park, Clemmons  | Lindsey Ester (Williams)              | 19:13.13 |
| 2008 | Tanglewood Park, Clemmons  | Kenyatta Iyerbele (Olympic)           | 19:06.86 |
| 2009 | Tanglewood Park, Clemmons  | Sarah Rapp (Cardinal Gibbons)         | 19:29.50 |
| 2010 | Beeson Park, Kernersville  | Sarah Rapp (Cardinal Gibbons)         | 18:29.00 |
| 2011 | Beeson Park, Kernersville  | Blake Dodge (West Carteret)           | 18:50.29 |
| 2012 | Beeson Park, Kernersville  | Mary Grace Doggett (Cardinal Gibbons) | 18:02.82 |
| 2013 | Redmon Comp., Kernersville | Mary Grace Doggett (Cardinal Gibbons) | 17:57.07 |
| 2014 | Redmon Comp., Kernersville | Anna Vess (A.C. Reynolds)             | 18:44.81 |
| 2015 | Redmon Comp., Kernersville | Anna Vess (A.C. Reynolds)             | 18:49.57 |
| 2016 | Redmon Comp., Kernersville | Emme Fisher (West Carteret)           | 18:26.82 |
| 2017 | Redmon Comp., Kernersville | Elise Wright (T.C. Roberson)          | 18:03.56 |
| 2018 | Redmon Comp., Kernersville | Madeline Hill (Cuthbertson)           | 18:11.52 |



# 4A CROSS COUNTRY INDIVIDUAL STATE CHAMPIONS



## 4A MEN'S CHAMPION (Open Classification)

| YR   | SITE                       | Ind. Champion                    | Time        |
|------|----------------------------|----------------------------------|-------------|
| 1986 | McAlpine Park, Charlotte   | Lee Tuttle (North Forsyth)       | 15:59.0     |
| 1987 | McAlpine Park, Charlotte   | Vince Howard (Page)              | 15:29.0     |
| 1988 | McAlpine Park, Charlotte   | Patrick Phillips (Watauga)       | 15:27.0     |
| 1989 | McAlpine Park, Charlotte   | Brant Armentrout (Mount Tabor)   | 15:09.0     |
| 1990 | McAlpine Park, Charlotte   | Paul Kinser (Page)               | 16:08.4     |
| 1991 | McAlpine Park, Charlotte   | Jason Page (Millbrook)           | 16:04.7     |
| 1992 | McAlpine Park, Charlotte   | Robert Easter (Garinger)         | 15:46.2     |
| 1993 | McAlpine Park, Charlotte   | Joey Farlow (Grimsley)           | 15:45.9     |
| 1994 | McAlpine Park, Charlotte   | Will Hodges (Watauga)            | 15:38.9     |
| 1995 | McAlpine Park, Charlotte   | Buddy Priest (Person)            | 15:55.4     |
| 1996 | McAlpine Park, Charlotte   | Nick Winkel (Rocky Mount)        | 15:36.8     |
| 1997 | McAlpine Park, Charlotte   | Bradsher Wilkins (Orange)        | 15:30.3     |
| 1998 | McAlpine Park, Charlotte   | Bradsher Wilkins (Orange)        | 15:28.7     |
| 1999 | McAlpine Park, Charlotte   | Ricky Brookshire (Watauga)       | 15:05.9     |
| 2000 | McAlpine Park, Charlotte   | Steve Hass (North Mecklenburg)   | 15:12.0     |
| 2001 | McAlpine Park, Charlotte   | Matt Debole (Mount Tabor)        | 15:01.6**** |
| 2002 | Tanglewood Park, Clemmons  | Matt Debole (Mount Tabor)        | 15:33.70    |
| 2003 | Tanglewood Park, Clemmons  | Nick Hutchins (Millbrook)        | 15:43.25    |
| 2004 | Tanglewood Park, Clemmons  | Sandy Roberts (Broughton)        | 15:36.91    |
| 2005 | Tanglewood Park, Clemmons  | Jack Bolas (Chapel Hill)         | 15:33.10    |
| 2006 | Tanglewood Park, Clemmons  | Taylor Gilland (Chapel Hill)     | 15:38.89    |
| 2007 | Tanglewood Park, Clemmons  | Taylor Gilland (Chapel Hill)     | 15:59.10    |
| 2008 | Tanglewood Park, Clemmons  | Taylor Gilland (Chapel Hill)     | 15:50.68    |
| 2009 | Tanglewood Park, Clemmons  | Patrick Crawford (East Forsyth)  | 15:47.11    |
| 2010 | Beeson Park, Kernersville  | Blake Williams (Northern Durham) | 15:29.38    |
| 2011 | Beeson Park, Kernersville  | Mark Blackmon (West Charlotte)   | 15:28.47    |
| 2012 | Beeson Park, Kernersville  | Bakri Abushouk (Cary)            | 15:13.57    |
| 2013 | Redmon Comp., Kernersville | Wyatt Maxey (Providence)         | 15:17.55    |
| 2014 | Redmon Comp., Kernersville | Jeremy Brown (Broughton)         | 15:50.03    |
| 2015 | Redmon Comp., Kernersville | Jeremy Brown (Broughton)         | 15:44.62    |
| 2016 | Redmon Comp., Kernersville | Connor Lane (Cardinal Gibbons)   | 15:12.57    |
| 2017 | Redmon Comp., Kernersville | John Tatter (R.J. Reynolds)      | 15:20.11    |
| 2018 | Redmon Comp., Kernersville | Anton Idhammar (Cary)            | 15:45.12    |

## 4A WOMEN'S CHAMPION (Open Classification)

| YR   | SITE                       | Ind. Champion                      | Time     |
|------|----------------------------|------------------------------------|----------|
| 1986 | McAlpine Park, Charlotte   | Jamie Newnan (Chapel Hill)         | 18:38.0  |
| 1987 | McAlpine Park, Charlotte   | Cessy Hudson (East Burke)          | 19:16.0  |
| 1988 | McAlpine Park, Charlotte   | Silica Johnson (Grimsley)          | 19:09.0  |
| 1989 | McAlpine Park, Charlotte   | Tammy Carpenter (Smithfield-Selma) | 18:55.0  |
| 1990 | McAlpine Park, Charlotte   | Tammy Carpenter (Smithfield-Selma) | 18:44.7  |
| 1991 | McAlpine Park, Charlotte   | Ami Herrman (Providence)           | 18:44.0  |
| 1992 | McAlpine Park, Charlotte   | Ami Herrman (Providence)           | 18:18.5  |
| 1993 | McAlpine Park, Charlotte   | Frances Warner (E.E. Smith)        | 18:44.5  |
| 1994 | McAlpine Park, Charlotte   | Addie Bower (Watauga)              | 18:44.4  |
| 1995 | McAlpine Park, Charlotte   | Angie Morley (Chapel Hill)         | 19:18.8  |
| 1996 | McAlpine Park, Charlotte   | Whitney Webber (West Forsyth)      | 18:45.3  |
| 1997 | McAlpine Park, Charlotte   | Julie Wilhelm (Hoggard)            | 18:45.6  |
| 1998 | McAlpine Park, Charlotte   | Alisha Little (East Burke)         | 18:13.6  |
| 1999 | McAlpine Park, Charlotte   | Casey McGraw (Freedom)             | 18:01.3  |
| 2000 | McAlpine Park, Charlotte   | Ginger Wheeler (Mount Tabor)       | 18:28.0  |
| 2001 | McAlpine Park, Charlotte   | Carly Matthews (Mount Tabor)       | 17:44.0  |
| 2002 | Tanglewood Park, Clemmons  | Katherine Merrill (C.E. Jordan)    | 19:10.15 |
| 2003 | Tanglewood Park, Clemmons  | Katherine Merrill (C.E. Jordan)    | 19:25.55 |
| 2004 | Tanglewood Park, Clemmons  | Lindsey Nadolski (Chapel Hill)     | 19:17.73 |
| 2005 | Tanglewood Park, Clemmons  | Callan Fike (Athens Drive)         | 18:53.84 |
| 2006 | Tanglewood Park, Clemmons  | Kim Spano (North Mecklenburg)      | 18:20.92 |
| 2007 | Tanglewood Park, Clemmons  | Kim Spano (North Mecklenburg)      | 18:59.35 |
| 2008 | Tanglewood Park, Clemmons  | Kim Spano (North Mecklenburg)      | 18:04.02 |
| 2009 | Tanglewood Park, Clemmons  | Laura Hoer (T.C. Roberson)         | 18:13.01 |
| 2010 | Beeson Park, Kernersville  | Darby Middlebrook (Watauga)        | 17:52.16 |
| 2011 | Beeson Park, Kernersville  | Samantha George (Millbrook)        | 17:27.19 |
| 2012 | Beeson Park, Kernersville  | Megan Sullivan (Broughton)         | 17:48.03 |
| 2013 | Redmon Comp., Kernersville | Kayla Montgomery (Mount Tabor)     | 17:29.12 |
| 2014 | Redmon Comp., Kernersville | Elly Henes (Green Hope)            | 18:02.47 |
| 2015 | Redmon Comp., Kernersville | Nevada Mareno (Leesville Road)     | 17:46.50 |
| 2016 | Redmon Comp., Kernersville | Nevada Mareno (Leesville Road)     | 17:27.62 |
| 2017 | Redmon Comp., Kernersville | Natalie Tyner (Laney)              | 17:41.82 |
| 2018 | Redmon Comp., Kernersville | Carmen Alder (Pinecrest)           | 17:50.64 |