



# CROSS COUNTRY INDIVIDUAL STATE CHAMPIONS (SCHOOL)



## A.C. Reynolds

Anna Vess 2014 W 3A  
Anna Vess 2015 W 3A

## Ardrey Kell

Murphy Smith 20-21 M 4A

## Ashe County

Preston Holman 2002 M 2A

## Asheville

Milos Mitric 2001 M 3A  
John Harwell 2008 M 3A

## Athens Drive

Callan Fike 2005 W 4A

## Atkins

Walter Sellers 20-21 M 2A

## Brevard

Macy Little 1997 W 2A  
Noah Graham 2016 M 2A

## Broughton

Sandy Roberts 2004 M 4A  
Megan Sullivan 2012 W 4A  
Jeremy Brown 2014 M 4A  
Jeremy Brown 2015 M 4A

## Bunker Hill

John Kaneer 1987 M 1/2

## Bunn

Tria Metzler 2005 W 2A

## Cardinal Gibbons

Sean Sewell 2006 M 2A  
Heather Beichner 2006 W 2A  
Heather Beichner 2007 W 2A  
Sarah Rapp 2008 W 2A  
Sarah Rapp 2009 W 3A  
Sarah Rapp 2010 W 3A  
Steven Phillips 2011 M 3A  
Mary Grace Doggett 2012 W 3A  
Mary Grace Doggett 2013 W 3A  
Connor Lane 2016 M 4A

## Carrboro

Grace Morken 2010 W 2A  
Grace Morken 2011 W 2A  
Grace Morken 2012 W 2A  
Maysa Araba 2013 W 2A  
Maysa Araba 2014 W 2A  
Amanda Hickey 2015 W 2A  
Hannah Preisser 2018 W 2A

## Cary

Bakri Abushouk 2012 M 4A  
Anton Idhammar 2018 M 4A

## Cedar Ridge

A.J. Tucker 2011 M 2A  
A.J. Tucker 2012 M 2A

## Chapel Hill

Frank Spratt 1966 M 0  
Tommy Ward 1971 M 0  
Jamie Newnan 1986 W 4A  
Angie Morley 1995 W 4A  
Lindsey Nadolski 2004 W 4A  
Jack Bolas 2005 M 4A  
Taylor Gilland 2006 M 4A

## Chapel Hill (continued)

Taylor Gilland 2007 M 4A  
Taylor Gilland 2008 M 4A

## Clayton

Chad Daniels 1988 M 1/2

## Community School of Davidson

Malia Ellington 2013 W 1A  
Malia Ellington 2014 W 1A

## Concord

John Clark 1977 M 0

## Cuthbertson

Madeline Hill 2018 W 3A  
Madeline Hill 20-21 W 3A

## Durham

Truett Goodwin 1964 M 0

## E.E. Smith

Frances Warner 1993 W 4A

## East Burke

Beth Ruggles 1983 W 0  
Cessy Hudson 1987 W 4A  
Ailsha Little 1998 W 4A

## East Chapel Hill

George Hotelling 2018 M 3A

## East Forsyth

Patrick Crawford 2009 M 4A

## East Henderson

Tanis Baldwin 2012 M 3A  
Tanis Baldwin 2014 M 3A



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## East Rowan

Rebekah Frick 1992 W 3A

## East Wilkes

Eric Blackburn 2008 M 1A  
 Carol Blankenship 2009 W 1A  
 Carol Blankenship 2010 W 1A  
 Kyle Rhodes 2015 M 1A

## Eastern Alamance

Jake Hurysz 2009 M 3A

## Eastern Guilford

Chris Griggs 1987 M 3A

## Eastern Wayne

Jessica Collins 2001 W 3A

## Enka

Ben Bailey 1969 M 0  
 David Honea 1986 M 3A  
 Tammy Duckett 1993 W 3A

## First Flight

Zach Hughes 2018 M 2A

## Forbush

Anna-Kathryn Kilby 2016 W 2A

## Franklin

Eli Huge 1993 M 3A  
 Chan Pons 1994 M 3A  
 Nathan Richards 2017 M 2A

## Franklin Academy

Caitlyn Burkett 2017 W 1A  
 Aaron Rovnak 2019 M 1A  
 Aaron Rovnak 20-21 M 1A

## Freedom

Casey McGraw 1999 W 4A

## Fuquay-Varina

Mandy Becker 1994 W 3A  
 Jesse Norman 1996 M 3A  
 Jesse Norman 1997 M 3A

## Garinger

Rocky Soderburg 1960 M 0  
 Robert Easter 1992 M 4A

## Garner

Karen Dunn 1981 W 0

## Glenn

Justin Turner 1995 M 3A

## Green Hope

Elly Henes 2014 W 4A

## Grimsley

Silica Johnson 1988 W 4A  
 Joey Farlow 1993 M 4A

## Harnett Central

Jesus Rojas 2002 M 3A

## Hayesville

Julie Stackhouse 1995 W 1/2  
 Kyle Ingram 2006 M 1A  
 Dylan Johnson 2012 M 1A

## Hendersonville

David Starnes 1962 M 0  
 David Starnes 1963 M 0  
 Ariel Glassman 1999 W 1A  
 Erika Schneble 2000 W 1A

## Hickory

Jeremy Hyder 2003 M 3A  
 Ryan Hill 2005 M 3A  
 Ryan Hill 2006 M 3A  
 Ryan Hill 2007 M 3A

## Highland Tech

Lauren Tolbert 20-21 W 1A

## Highlands

Blakely Moore 2015 W 1A

## Hillside

Silas Mayfield 1967 M 0

## Hoggard

Julie Wilhelm 1997 W 4A

## Independence

Steve Grathwahl 1968 M 0

## Jacksonville

Chris Bifiore 2004 M 3A

## Jordan

Katherine Merrill 2002 W 4A  
 Katherine Merrill 2003 W 4A

## Lake Norman Charter

Mariah Howlett 2017 W 2A

## Laney

Natalie Tyner 2017 W 4A

## Ledford

Heather Lenglade 1986 W 1/2  
 Heather Lenglade 1987 W 1/2



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## Leesville Road

Nevada Mareno	2015	W	4A
Nevada Mareno	2016	W	4A

## Lejeune

Chad Blair	1986	M	1/2
Erin Smyth	1988	W	1/2
Julie Barba	1989	W	1/2

## Lincoln Charter

Sophia Bhalla	2012	W	1A
Michaela Gammon	2016	W	1A

## Madison

Josey Weaver	2007	M	2A
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## Maiden

Corbin Boyles	2013	M	2A
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## McDowell

Charlotte McCall	1980	W	0
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## Millbrook

Jason Page	1991	M	4A
Nick Hutchins	2003	M	4A
Samantha George	2011	W	4A

## Mitchell

Zach Boone	2013	M	1A
Zach Boone	2014	M	1A

## Monroe

Leigh Ann Taylor	2002	W	2A
Leigh Ann Taylor	2003	W	2A

## Mount Airy

Matus Kriska	2009	M	1A
Matus Kriska	2010	M	1A
Kirsten Parries	2011	W	1A

## Mount Tabor

Brant Armentrout	1989	M	4A
Ginger Wheeler	2000	W	4A
Matt Debole	2001	M	4A
Carly Matthews	2001	W	4A
Matt Debole	2002	M	4A
Kayla Montgomery	2013	W	4A
Cameron Ponder	2017	M	3A

## Mountain Heritage

Jonathon Thacker	1995	M	1/2
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## Murphy

Kristy Whitaker	1994	W	1/2
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## Myers Park

David Gilmour	1956	M	0
David Gilmour	1957	M	0
Tom Stockton	1958	M	0
Tom Stockton	1959	M	0
Ken Dowdle	1980	M	0

## NC School of Science & Math (NCSSM)

Daniel Kimmel	2007	M	1A
Stephen Mulherin	2011	M	1A
Nicholas Walker	2014	M	2A
Frank Kenny	2015	M	2A

## North Buncombe

Eric Pragle	1990	M	3A
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## North Forsyth

Lee Tuttle	1986	M	4A
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## North Henderson

Aaron Keller	1996	M	1/2
Shiloh Mielke	1997	M	2A
Shiloh Mielke	1998	M	2A
Diana Henderson	1998	W	2A
John Henderson	2000	M	2A
Jessica Durrant	2001	W	2A
Catie Byrd	2009	W	2A

## North Iredell

Robert Baker	1981	M	0
Jonna Strange	2019	W	3A

## North Lincoln

Jason Thomson	2019	M	2A
Angie Allen	2019	W	2A
Angie Allen	20-21	W	2A

## North Mecklenburg

John Puckett	1965	M	0
Steve Hass	2000	M	4A
Kim Spano	2006	W	4A
Kim Spano	2007	W	4A
Kim Spano	2008	W	4A

## North Stokes

Abigail Hemric	2018	W	1A
Abigail Hemric	2019	W	1A

## Northern Durham

Blake Williams	2010	M	4A
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## Northern Guilford

David Melville	2015	M	3A
David Melville	2016	M	3A



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## Northwest Cabarrus

Chris Edwards	1988	M	3A
Chris Edwards	1989	M	3A
Monique Jones	2004	W	3A

## Northwood

Taylor Adams	2004	M	2A
Eric Williams	2010	M	2A

## Olympic

Woody Moss	1970	M	0
Kenyatta Iyerbele	2008	W	3A

## Orange

Bradsher Wilkins	1997	M	4A
Bradsher Wilkins	1998	M	4A

## Page

Vince Howard	1987	M	4A
Paul Kinser	1990	M	4A

## Panther Creek

Ian Harrison	2019	M	4A
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## Person

Buddy Priest	1995	M	4A
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## Pine Lake Prep

Conrad Phillips	2017	M	1A
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## Pinecrest

Jeff Moody	1973	M	0
Jeff Moody	1974	M	0
Carmen Alder	2018	W	4A
Carmen Alder	2019	W	4A
Carmen Alder	20-21	W	4A

## Polk County

Karen Godlock	1990	W	1/2
Karen Godlock	1991	W	1/2
Karen Godlock	1992	W	1/2
Jennifer Dimsdale	1996	W	1/2
Jennifer Dimsdale	1997	W	1A
Jennifer Dimsdale	1998	W	1A
Neil Waldron	2003	M	1A
Elisabeth Elliot	2004	W	1A
Elisabeth Elliot	2005	W	1A
Caleb Potter	2018	M	1A

## Providence

Ami Herrman	1991	W	4A
Ami Herrman	1992	W	4A
Wyatt Maxey	2013	M	4A

## R.J. Reynolds

Tony Leal	1979	M	0
John Tatter	2017	M	4A

## Ragsdale

Lance Hall	2000	M	3A
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## Reidsville

Adam Lindsey	2001	M	2A
Daniel Slayden	2003	M	2A

## Richmond

Kathy Ornsby	1982	W	0
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## Robbinsville

Faith Trammell	2008	W	1A
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## Rocky Mount

Nick Winkel	1996	M	4A
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## Rosman

Matt Owen	2001	M	1A
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## Salisbury

William (David) Bost	1999	M	2A
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## Sanderson

Billy Lynch	1975	M	0
Billy Lynch	1976	M	0

## Smithfield-Selma

Tammy Carpenter	1989	W	4A
Tammy Carpenter	1990	W	4A

## South Davidson

Clarence Kinley	2000	M	1A
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## South Point

Glenn Sparrow	1978	M	0
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## South Stokes

Kasey Smith	2001	W	1A
Kasey Smith	2002	W	1A
Sam Brinson	2005	M	1A

## Southeast Guilford

John Erickson	1982	M	0
John Erickson	1983	M	0

## Southwest Guilford

Bill Jackson	1993	M	1/2
Bill Jackson	1994	M	1/2

## Sun Valley

Suzanne Black	1989	W	3A
Bryan Smijewski	1991	M	3A
Suzanne Black	1991	W	3A
Bryan Smijewski	1992	M	3A



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## Sun Valley (Continued)

Kevin Crosby	1998	M	3A
Kevin Crosby	1999	M	3A

## Surry Central

Jason Bryant	1989	M	1/2
Eric Martinez	2002	M	1A
Kala Robertson	2003	W	1A
Miguel Ocampo	2004	M	1A
Miguel Ocampo	2005	M	2A

## Swain County

Tommy Trehern	1990	M	1/2
Tommy Trehern	1991	M	1/2
Tommy Trehern	1992	M	1/2
Erik Perkins	1997	M	1A
Erik Perkins	1998	M	1A
Erik Perkins	1999	M	1A

## T.C. Roberson

Paul Carpenter	1984	M	0
Francie Dumas	1986	W	3A
Janet Osada	1987	W	3A
Sarah Vance-Goodman	1996	W	3A
Sarah Vance-Goodman	1997	W	3A
Erin Kelley	1998	W	3A
Maggie Kovach	2002	W	3A
Claire Duval	2003	W	3A
Caroline Kirby	2005	W	3A
Caroline Kirby	2006	W	3A
Laura Hoer	2009	W	4A
Elise Wright	2017	W	3A

## Terry Sanford

Phillip Hall	2013	M	3A
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## Topsail

Zatha Loewen	2006	W	1A
Zatha Loewen	2007	W	1A

## Vance (Henderson)

William Sutherland	1972	M	0
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## Voyager Academy

Luke Bennett	2016	M	1A
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## Watauga

Mike Clinebell	1985	M	0
Patrick Phillips	1988	M	4A
Will Hodges	1994	M	4A
Addie Bower	1994	W	4A
Ricky Brookshire	1999	M	4A
Darby Middlebrook	2010	W	4A
Avery Cannon	2019	M	3A

## West Carteret

Blake Dodge	2011	W	3A
Emme Fisher	2016	W	3A

## West Charlotte

Mark Blackmon	2011	M	4A
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## West Forsyth

Tomika Whitten	1984	W	0
Tomika Whitten	1985	W	0
Whitney Webber	1996	W	4A

## West Henderson

Ami Knox	1990	W	3A
Amy Knox	1993	W	1/2

## West Stanly

Daniel Yeakley	2008	M	2A
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## West Wilkes

Heidi Sloop	1999	W	2A
Heidi Sloop	2000	W	2A

## Western Harnett

Alicia Valtin	1999	W	3A
Alicia Valtin	2000	W	3A

## Wilkes Central

Robyn Land	1988	W	3A
Erin Musson	1995	W	3A
Lindsey Groce	2004	W	2A
Chase Miller	2009	M	2A

## Williams, Walter M.

Lindsey Ester	2007	W	3A
Graham Crawford	2010	M	3A
Ryan Motondo	20-21	M	3A

## Winston-Salem Northwest

Paul Snell	1961	M	0
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