



CROSS COUNTRY INDIVIDUAL STATE CHAMPIONS (SCHOOL)



A.C. Reynolds				Bunker Hill				Lindsey Nadolski	2004	W	4A
Anna Vess	2014	W	3A	John Kaneer	1987	M	1/2	Jack Bolas	2005	M	4A
Anna Vess	2015	W	3A					Taylor Gilland	2006	M	4A
				Bunn				Chapel Hill (continued)			
Andrews				Tria Metzler	2005	W	2A	Taylor Gilland	2007	M	4A
O'Malley Salinas	2022	M	1A					Taylor Gilland	2008	M	4A
				Cardinal Gibbons							
Apex				Sean Sewell	2006	M	2A	Cherokee			
Sarah Mitchell	2021	W	4A	Heather Beichner	2006	W	2A	Dvdaya Swimmer	2022	W	1A
				Heather Beichner	2007	W	2A				
Ardrey Kell				Sarah Rapp	2008	W	2A	Clayton			
Murphy Smith	20-21	M	4A	Sarah Rapp	2009	W	3A	Chad Daniels	1988	M	1/2
				Sarah Rapp	2010	W	3A				
Ashe County				Steven Phillips	2011	M	3A	Community School of Davidson			
Preston Holman	2002	M	2A	Mary Grace Doggett	2012	W	3A	Malia Ellington	2013	W	1A
				Mary Grace Doggett	2013	W	3A	Malia Ellington	2014	W	1A
Asheville				Connor Lane	2016	M	4A				
Milos Mitric	2001	M	3A					Concord			
John Harwell	2008	M	3A					John Clark	1977	M	0
				Carrboro							
				Grace Morken	2010	W	2A	Corvian Community			
Athens Drive				Grace Morken	2011	W	2A	Jacob Fiorillo	2021	M	1A
Callan Fike	2005	W	4A	Grace Morken	2012	W	2A				
				Maysa Araba	2013	W	2A				
Atkins				Maysa Araba	2014	W	2A	Cramer, Stuart			
Walter Sellers	20-21	M	2A	Amanda Hickey	2015	W	2A	Zachary Willer	2021	M	3A
				Hannah Preisser	2018	W	2A				
Brevard								Croatan			
Macy Little	1997	W	2A					Navaya Zales	2021	W	3A
Noah Graham	2016	M	2A	Cary							
Lucy Murray	2021	W	2A	Bakri Abushouk	2012	M	4A				
Navaya Zales	2021	W	3A	Anton Idhammar	2018	M	4A	Cuthbertson			
								Madeline Hill	2018	W	3A
								Madeline Hill	20-21	W	3A
								Stella Kermes	2022	W	4A
				Cedar Ridge							
				A.J. Tucker	2011	M	2A				
				A.J. Tucker	2012	M	2A				
Broughton								Durham			
Sandy Roberts	2004	M	4A					Truett Goodwin	1964	M	0
Megan Sullivan	2012	W	4A	Chapel Hill							
Jeremy Brown	2014	M	4A	Frank Spratt	1966	M	0				
Jeremy Brown	2015	M	4A	Tommy Ward	1971	M	0				
				Jamie Newnan	1986	W	4A	E.E. Smith			
				Angie Morley	1995	W	4A	Frances Warner	1993	W	4A



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East Burke				Anna-Kathryn Kilby	2016	W	2A	Jesus Rojas	2002	M	3A
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								
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											
				Franklin				Hayesville			
				Eli Huge	1993	M	3A	Julie Stackhouse	1995	W	1/2
				Chan Pons	1994	M	3A	Kyle Ingram	2006	M	1A
				Nathan Richards	2017	M	2A	Dylan Johnson	2012	M	1A
				Franklin Academy				Hendersonville			
				Caitlyn Burkett	2017	W	1A	David Starnes	1962	M	0
				Aaron Rovnak	2019	M	1A	David Starnes	1963	M	0
				Aaron Rovnak	20-21	M	1A	Ariel Glassman	1999	W	1A
				Freedom				Hickory			
				Casey McGraw	1999	W	4A	Erika Schneble	2000	W	1A
				Fuquay-Varina				Highland Tech			
				Mandy Becker	1994	W	3A	Jeremy Hyder	2003	M	3A
				Jesse Norman	1996	M	3A	Ryan Hill	2005	M	3A
				Jesse Norman	1997	M	3A	Ryan Hill	2006	M	3A
				Garinger				Highlands			
				Rocky Soderburg	1960	M	0	Lauren Tolbert	20-21	W	1A
				Robert Easter	1992	M	4A				
				Garner				Hillside			
				Karen Dunn	1981	W	0	Silas Mayfield	1967	M	0
				Glenn				Hoggard			
				Justin Turner	1995	M	3A	Julie Wilhelm	1997	W	4A
				Green Hope				Independence			
				Elly Henes	2014	W	4A	Steve Grathwahl	1968	M	0
				Grimsley				Jacksonville			
				Silica Johnson	1988	W	4A	Chris Bifiore	2004	M	3A
				Joey Farlow	1993	M	4A				
				Harnett Central				Jordan			
								Katherine Merrill	2002	W	4A
								Katherine Merrill	2003	W	4A



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Lake Norman Charter				Samantha George	2011	W	4A	Daniel Kimmel	2007	M	1A
Mariah Howlett	2017	W	2A	Mitchell				Stephen Mulherin	2011	M	1A
Laney				Zach Boone	2013	M	1A	Nicholas Walker	2014	M	2A
Natalie Tyner	2017	W	4A	Zach Boone	2014	M	1A	Frank Kenny	2015	M	2A
Ledford				Monroe				North Buncombe			
Heather Lenglade	1986	W	1/2	Leigh Ann Taylor	2002	W	2A	Eric Pragle	1990	M	3A
Heather Lenglade	1987	W	1/2	Leigh Ann Taylor	2003	W	2A	North Forsyth			
Leesville Road				Mount Airy				Lee Tuttle	1986	M	4A
Nevada Mareno	2015	W	4A	Matus Kriska	2009	M	1A	North Henderson			
Nevada Mareno	2016	W	4A	Matus Kriska	2010	M	1A	Aaron Keller	1996	M	1/2
Lejeune				Kirsten Parries	2011	W	1A	Shiloh Mielke	1997	M	2A
Chad Blair	1986	M	1/2	Mount Tabor				Shiloh Mielke	1998	M	2A
Erin Smyth	1988	W	1/2	Brant Armentrout	1989	M	4A	Diana Henderson	1998	W	2A
Julie Barba	1989	W	1/2	Ginger Wheeler	2000	W	4A	John Henderson	2000	M	2A
Lincoln Charter				Matt Debole	2001	M	4A	Jessica Durrant	2001	W	2A
Sophia Bhalla	2012	W	1A	Carly Matthews	2001	W	4A	Catie Byrd	2009	W	2A
Michaela Gammon	2016	W	1A	Matt Debole	2002	M	4A	North Iredell			
Lincolnton				Kayla Montgomery	2013	W	4A	Robert Baker	1981	M	0
Katherine Hopkins	2022	W	2A	Cameron Ponder	2017	M	3A	Jonna Strange	2019	W	3A
Madison				Will Soule	2021	M	4A	North Lincoln			
Josey Weaver	2007	M	2A	Mountain Heritage				Jason Thomson	2019	M	2A
Maiden				Jonathon Thacker	1995	M	1/2	Angie Allen	2019	W	2A
Corbin Boyles	2013	M	2A	Murphy				Angie Allen	20-21	W	2A
McDowell				Kristy Whitaker	1994	W	1/2	Macy Parks	2022	W	3A
Charlotte McCall	1980	W	0	Myers Park				North Mecklenburg			
Millbrook				David Gilmour	1956	M	0	John Puckett	1965	M	0
Jason Page	1991	M	4A	David Gilmour	1957	M	0	Steve Hass	2000	M	4A
Nick Hutchins	2003	M	4A	Tom Stockton	1958	M	0	Kim Spano	2006	W	4A
NC School of Science & Math (NCSSM)				Tom Stockton	1959	M	0	Kim Spano	2007	W	4A
				Ken Dowdle	1980	M	0	Kim Spano	2008	W	4A
								North Stokes			
								Abigail Hemric	2018	W	1A
								Abigail Hemric	2019	W	1A



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Northern Durham

Blake Williams 2010 M 4A

Northern Guilford

David Melville 2015 M 3A

David Melville 2016 M 3A

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

Gabriel Schmid 2022 M 3A

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Vince Howard 1987 M 4A

Paul Kinser 1990 M 4A

Panther Creek

Ian Harrison 2019 M 4A

Person

Buddy Priest 1995 M 4A

Pine Lake Prep

Conrad Phillips 2017 M 1A

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

Zack Gilbertson 2022 M 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

Polk County (Continued)

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

Reidsville

Adam Lindsey 2001 M 2A

Daniel Slayden 2003 M 2A

Richmond

Kathy Ornsby 1982 W 0

Robbinsville

Faith Trammell 2008 W 1A

Rocky Mount

Nick Winkel 1996 M 4A

Rosman

Matt Owen 2001 M 1A

Salisbury

William (David) Bost 1999 M 2A

Sanderson

Billy Lynch 1975 M 0

Billy Lynch 1976 M 0

Seaforth

Jack Anstrom 2022 M 2A

Smithfield-Selma

Tammy Carpenter 1989 W 4A

Tammy Carpenter 1990 W 4A

South Davidson

Clarence Kinley 2000 M 1A

South Point

Glenn Sparrow 1978 M 0

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



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Sun Valley

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

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
Arizona Blankenship	2021	W	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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