



CROSS COUNTRY INDIVIDUAL STATE CHAMPIONS (SCHOOL)



A.C. Reynolds

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

Andrews

O'Malley Salinas 2022 M 1A

Apex

Sarah Mitchell 2021 W 4A

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
 Noah Valyo 2023 M 4A

Atkins

Walter Sellers 20-21 M 2A

Brevard

Macy Little 1997 W 2A
 Noah Graham 2016 M 2A
 Lucy Murray 2021 W 2A
 Navaya Zales 2021 W 3A

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

Cherokee

Dvdaya Swimmer 2022 W 1A

Christ the King

Nicole Alfors 2023 W 1A
 Blake Nicholson 2023 M 1A

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

Corvian Community

Jacob Fiorillo 2021 M 1A

Cramer, Stuart

Zachary Willer 2021 M 3A

Croatan

Navaya Zales 2021 W 3A

Cuthbertson

Madeline Hill 2018 W 3A
 Madeline Hill 20-21 W 3A
 Stella Kermes 2022 W 4A

Durham

Truett Goodwin 1964 M 0



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| | | | | | | | | | | | |
|-------------------|-------------------------|---|----|--------------------|-------------------------|---|----|------------------|-------|---|-----|
| | | | | | | | | Joey Farlow | 1993 | M | 4A |
| | E.E. Smith | | | | First Flight | | | | | | |
| Frances Warner | 1993 | W | 4A | Zach Hughes | 2018 | M | 2A | | | | |
| | | | | Morgan Miller | 2023 | W | 3A | Jesus Rojas | 2002 | M | 3A |
| | East Burke | | | | | | | | | | |
| Beth Ruggles | 1983 | W | 0 | | Forbush | | | | | | |
| Cessy Hudson | 1987 | W | 4A | Anna-Kathryn Kilby | 2016 | W | 2A | Julie Stackhouse | 1995 | W | 1/2 |
| Ailsha Little | 1998 | W | 4A | | | | | Kyle Ingram | 2006 | M | 1A |
| | | | | | Franklin | | | Dylan Johnson | 2012 | M | 1A |
| | East Chapel Hill | | | Eli Huge | 1993 | M | 3A | | | | |
| George Hotelling | 2018 | M | 3A | Chan Pons | 1994 | M | 3A | | | | |
| | East Forsyth | | | Nathan Richards | 2017 | M | 2A | | | | |
| Patrick Crawford | 2009 | M | 4A | | | | | David Starnes | 1962 | M | 0 |
| | | | | | Franklin Academy | | | David Starnes | 1963 | M | 0 |
| | East Henderson | | | Caitlyn Burkett | 2017 | W | 1A | Ariel Glassman | 1999 | W | 1A |
| Tanis Baldwin | 2012 | M | 3A | Aaron Rovnak | 2019 | M | 1A | Erika Schneble | 2000 | W | 1A |
| Tanis Baldwin | 2014 | M | 3A | Aaron Rovnak | 20-21 | M | 1A | | | | |
| | East Rowan | | | | Freedom | | | Jeremy Hyder | 2003 | M | 3A |
| Rebekah Frick | 1992 | W | 3A | Casey McGraw | 1999 | W | 4A | Ryan Hill | 2005 | M | 3A |
| | | | | | | | | Ryan Hill | 2006 | M | 3A |
| | | | | | | | | Ryan Hill | 2007 | M | 3A |
| | East Wilkes | | | | Fuquay-Varina | | | | | | |
| Eric Blackburn | 2008 | M | 1A | Mandy Becker | 1994 | W | 3A | | | | |
| Carol Blankenship | 2009 | W | 1A | Jesse Norman | 1996 | M | 3A | Lauren Tolbert | 20-21 | W | 1A |
| Carol Blankenship | 2010 | W | 1A | Jesse Norman | 1997 | M | 3A | | | | |
| Kyle Rhodes | 2015 | M | 1A | | | | | | | | |
| | | | | | Garinger | | | | | | |
| | Eastern Alamance | | | Rocky Soderburg | 1960 | M | 0 | Blakely Moore | 2015 | W | 1A |
| Jake Hurysz | 2009 | M | 3A | Robert Easter | 1992 | M | 4A | | | | |
| | | | | | | | | Silas Mayfield | 1967 | M | 0 |
| | Eastern Guilford | | | | Garner | | | | | | |
| Chris Griggs | 1987 | M | 3A | Karen Dunn | 1981 | W | 0 | Julie Wilhelm | 1997 | W | 4A |
| | | | | | | | | | | | |
| | Eastern Wayne | | | | Glenn | | | | | | |
| Jessica Collins | 2001 | W | 3A | Justin Turner | 1995 | M | 3A | | | | |
| | | | | | | | | Steve Grathwahl | 1968 | M | 0 |
| | Enka | | | | Green Hope | | | | | | |
| Ben Bailey | 1969 | M | 0 | Elly Henes | 2014 | W | 4A | | | | |
| David Honea | 1986 | M | 3A | | | | | Chris Bifiore | 2004 | M | 3A |
| Tammy Duckett | 1993 | W | 3A | | Grimsley | | | | | | |
| | | | | Silica Johnson | 1988 | W | 4A | | | | |



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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 |

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 |

Lincolnton

| | | | |
|-------------------|------|---|----|
| Katherine Hopkins | 2022 | W | 2A |
|-------------------|------|---|----|

Madison

| | | | |
|--------------|------|---|----|
| Josey Weaver | 2007 | M | 2A |
|--------------|------|---|----|

Maiden

| | | | |
|---------------|------|---|----|
| Corbin Boyles | 2013 | M | 2A |
|---------------|------|---|----|

McDowell

| | | | |
|------------------|------|---|---|
| Charlotte McCall | 1980 | W | 0 |
|------------------|------|---|---|

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 |
| Will Soule | 2021 | M | 4A |

Mountain Heritage

| | | | |
|------------------|------|---|-----|
| Jonathon Thacker | 1995 | M | 1/2 |
|------------------|------|---|-----|

Murphy

| | | | |
|-----------------|------|---|-----|
| Kristy Whitaker | 1994 | W | 1/2 |
|-----------------|------|---|-----|

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 |
| Mary Bonner Dalton | 2023 | W | 4A |

NC School of Science & Math (Durham)

| | | | |
|------------------|------|---|----|
| Daniel Kimmel | 2007 | M | 1A |
| Stephen Mulherin | 2011 | M | 1A |
| Nicholas Walker | 2014 | M | 2A |
| Frank Kenny | 2015 | M | 2A |
| Catherine Parker | 2023 | W | 2A |

North Buncombe

| | | | |
|-------------|------|---|----|
| Eric Pragle | 1990 | M | 3A |
|-------------|------|---|----|

North Forsyth

| | | | |
|------------|------|---|----|
| Lee Tuttle | 1986 | M | 4A |
|------------|------|---|----|

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 |
| Macy Parks | 2022 | W | 3A |

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 |



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North Stokes

| | | | |
|----------------|------|---|----|
| Abigail Hemric | 2018 | W | 1A |
| Abigail Hemric | 2019 | W | 1A |

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 |
| Gabriel Schmid | 2023 | M | 3A |

Page

| | | | |
|--------------|------|---|----|
| 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 |

| | | | |
|--------------|------|---|---|
| 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 |
| Jack Anstrom | 2023 | 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



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| | | | | | | | | | | | |
|-------------------------------|------|---|-----|--------------------------|------|---|----|--------------------------------|-------|---|-----|
| John Erickson | 1982 | M | 0 | Sarah Vance-Goodman | 1996 | W | 3A | Tomika Whitten | 1985 | W | 0 |
| John Erickson | 1983 | M | 0 | Sarah Vance-Goodman | 1997 | W | 3A | Whitney Webber | 1996 | W | 4A |
| Southwest Guilford | | | | Erin Kelley | 1998 | W | 3A | | | | |
| Bill Jackson | 1993 | M | 1/2 | Maggie Kovach | 2002 | W | 3A | West Henderson | | | |
| Bill Jackson | 1994 | M | 1/2 | Claire Duval | 2003 | W | 3A | Ami Knox | 1990 | W | 3A |
| Sun Valley | | | | Caroline Kirby | 2005 | W | 3A | Amy Knox | 1993 | W | 1/2 |
| Suzanne Black | 1989 | W | 3A | Caroline Kirby | 2006 | W | 3A | | | | |
| Bryan Smijewski | 1991 | M | 3A | Laura Hoer | 2009 | W | 4A | West Stanly | | | |
| Suzanne Black | 1991 | W | 3A | Elise Wright | 2017 | W | 3A | Daniel Yeakley | 2008 | M | 2A |
| Bryan Smijewski | 1992 | M | 3A | Terry Sanford | | | | | | | |
| Sun Valley (Continued) | | | | Phillip Hall | 2013 | M | 3A | West Wilkes | | | |
| Kevin Crosby | 1998 | M | 3A | | | | | Heidi Sloop | 1999 | W | 2A |
| Kevin Crosby | 1999 | M | 3A | Topsail | | | | Heidi Sloop | 2000 | W | 2A |
| Surry Central | | | | Zatha Loewen | 2006 | W | 1A | Western Harnett | | | |
| Jason Bryant | 1989 | M | 1/2 | Zatha Loewen | 2007 | W | 1A | Alicia Valtin | 1999 | W | 3A |
| Eric Martinez | 2002 | M | 1A | Vance (Henderson) | | | | Alicia Valtin | 2000 | W | 3A |
| Kala Robertson | 2003 | W | 1A | William Sutherland | 1972 | M | 0 | Wilkes Central | | | |
| Miguel Ocampo | 2004 | M | 1A | Voyager Academy | | | | Robyn Land | 1988 | W | 3A |
| Miguel Ocampo | 2005 | M | 2A | Luke Bennett | 2016 | M | 1A | Erin Musson | 1995 | W | 3A |
| Swain County | | | | Watauga | | | | Lindsey Groce | 2004 | W | 2A |
| Tommy Trehern | 1990 | M | 1/2 | Mike Clinebell | 1985 | M | 0 | Chase Miller | 2009 | M | 2A |
| Tommy Trehern | 1991 | M | 1/2 | Patrick Phillips | 1988 | M | 4A | Williams, Walter M. | | | |
| Tommy Trehern | 1992 | M | 1/2 | Will Hodges | 1994 | M | 4A | Lindsey Ester | 2007 | W | 3A |
| Erik Perkins | 1997 | M | 1A | Addie Bower | 1994 | W | 4A | Graham Crawford | 2010 | M | 3A |
| Erik Perkins | 1998 | M | 1A | Ricky Brookshire | 1999 | M | 4A | Ryan Motondo | 20-21 | M | 3A |
| Erik Perkins | 1999 | M | 1A | Darby Middlebrook | 2010 | W | 4A | Winston-Salem Northwest | | | |
| Arizona Blankenship | 2021 | W | 1A | Avery Cannon | 2019 | M | 3A | Paul Snell | 1961 | M | 0 |
| T.C. Roberson | | | | West Carteret | | | | | | | |
| Paul Carpenter | 1984 | M | 0 | Blake Dodge | 2011 | W | 3A | | | | |
| Francie Dumas | 1986 | W | 3A | Emme Fisher | 2016 | W | 3A | | | | |
| Janet Osada | 1987 | W | 3A | West Charlotte | | | | | | | |
| | | | | Mark Blackmon | 2011 | M | 4A | | | | |
| | | | | West Forsyth | | | | | | | |
| | | | | Tomika Whitten | 1984 | W | 0 | | | | |