



# CROSS COUNTRY INDIVIDUAL MULTI-YEAR STATE CHAMPIONS



## MEN'S MULTI-YEAR CHAMPIONS

### 3-TIME CHAMPIONS (4)

Taylor Gilland	Chapel Hill	4A	2006, 2007, 2008
Ryan Hill	Hickory	3A	2005, 2006, 2007
Erik Perkins	Swain County	1A	1997, 1998, 1999
Tommy Trehern	Swain County	1A/2A	1990, 1991, 1992

### 2-TIME CHAMPIONS (24)

Jack Anstrom	Seaforth	2A	2022, 2023
Tanis Baldwin	East Henderson	3A	2012, 2014
Zach Boone	Mitchell	1A	2013, 2014
Jeremy Brown	Broughton	4A	2014, 2015
Kevin Crosby	Sun Valley	3A	1998, 1999
Matt Debole	Mount Tabor	4A	2001, 2002
Chris Edwards	Northwest Cabarrus	3A	1988, 1989
John Erickson	Southeast Guilford	Open	1982, 1983
David Gilmour	Myers Park	Open	1956, 1957
Bill Jackson	Southwest Guilford	1A/2A	1993, 1994
Matus Kriska	Mount Airy	1A	2009, 2010
Billy Lynch	Sanderson	Open	1975, 1976
David Melville	Northern Guilford	3A	2015, 2016
Shiloh Mielke	North Henderson	2A	1997, 1998
Jeff Moody	Pinecrest	Open	1973, 1974
Jesse Norman	Fuquay-Varina	3A	1996, 1997
Miguel Ocampo	Surry Central	1A, 2A	2004, 2005
Aaron Rovnak	Franklin Academy	1A	2019, 20-21
Gabriel Schmid	Orange	3A	2022, 2023
Bryan Smijewski	Sun Valley	3A	1991, 1992
David Starnes	Hendersonville	Open	1962, 1963
Tom Stockton	Myers Park	Open	1958, 1959
A.J. Tucker	Cedar Ridge	2A	2011, 2012
Bradsher Wilkins	Orange	4A	1997, 1998

## WOMEN'S MULTI-YEAR CHAMPIONS

### 3-TIME CHAMPIONS (6)

Carmen Alder	Pinecrest	4A	2018, 2019, 20-21
Jennifer Dimsdale	Polk County	1A/2A, 1A	1996, 1997, 1998
Karen Godlock	Polk County	1A/2A	1990, 1991, 1992
Grace Morken	Carrboro	2A	2010, 2011, 2012
Sarah Rapp	Cardinal Gibbons	2A, 3A	2008, 2009, 2010
Kim Spano	North Mecklenburg	4A	2006, 2007, 2008

### 2-TIME CHAMPIONS (25)

Angie Allen	North Lincoln	2A	2019, 20-21
Maysa Araba	Carrboro	2A	2013, 2014
Heather Beichner	Cardinal Gibbons	2A	2006, 2007
Suzanne Black	Sun Valley	3A	1989, 1991
Carol Blankenship	East Wilkes	1A	2009, 2010
Tammy Carpenter	Smithfield-Selma	4A	1989, 1990
Mary Grace Doggett	Cardinal Gibbons	3A	2012, 2013
Malia Ellington	C.S. of Davidson	1A	2013, 2014
Elisabeth Elliot	Polk County	1A	2004, 2005
Abigail Hemric	North Stokes	1A	2018, 2019
Ami Herrman	Providence	4A	1991, 1992
Madeline Hill	Cuthbertson	3A	2018, 20-21
Caroline Kirby	T.C. Roberson	3A	2005, 2006
Ami Knox	West Henderson	1A/2A, 3A	1990, 1993
Heather Lenglade	Ledford	1A/2A	1986, 1987
Zatha Loewen	Topsail	1A	2006, 2007
Nevada Mareno	Leesville Road	4A	2015, 2016
Katherine Merrill	Jordan	4A	2002, 2003
Heidi Sloop	West Wilkes	2A	1999, 2000
Kasey Smith	South Stokes	1A	2001, 2002
Leigh Ann Taylor	Monroe	2A	2002, 2003
Alicia Valtin	Western Harnett	3A	1999, 2000
Sarah Vance-Goodman	T. C. Roberson	3A	1996, 1997
Anna Vess	A.C. Reynolds	3A	2014, 2015
Tomika Whitten	West Forsyth	Open	1984, 1985