



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			
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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
2019	Redmon Comp., Kernersville	Aaron Rovnak (Franklin Academy)	16:05.97
2020-21	Redmon Comp., Kernersville	Aaron Rovnak (Franklin Academy)	16:47.65
2021	Redmon Comp., Kernersville	Jacob Fiorillo (Corvian Community)	16:34.24
2022	Redmon Comp., Kernersville	O'Malley Salinas (Andrews)	16:46.83
2023	Redmon Comp., Kernersville	Blake Nicholson (Christ the King)	15:36.84
2024	Redmon Comp., Kernersville	Andrew Hardin (Northside Pinetown)	15:28.84

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
2019	Redmon Comp., Kernersville	Abigail Hemric (North Stokes)	19:19.17
2020-21	Redmon Comp., Kernersville	Lauren Tolbert (Highland Tech)	19:15.05
2021	Redmon Comp., Kernersville	Arizona Blankenship (Swain County)	19:06.19
2022	Redmon Comp., Kernersville	Dvdaya Swimmer (Cherokee)	20:08.32
2023	Redmon Comp., Kernersville	Nicole Alfors (Christ the King)	18:37.21
2024	Redmon Comp., Kernersville	Arizona Blankenship (Swain County)	18:11.68



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
2019	Redmon Comp., Kernersville	Jason Thomson (North Lincoln)	15:40.66
2020-21	Redmon Comp., Kernersville	Walter Sellers (Atkins)	15:40.86
2021	Redmon Comp., Kernersville	Knox Witherspoon (Brevard)	16:17.70
2022	Redmon Comp., Kernersville	Jack Anstrom (Seaforth)	16:15.43
2023	Redmon Comp., Kernersville	Jack Anstrom (Seaforth)	16:07.91
2024	Redmon Comp., Kernersville	Jack Anstrom (Seaforth)	15:52.89

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
2019	Redmon Comp., Kernersville	Angie Allen (North Lincoln)	18:42.23
2020-21	Redmon Comp., Kernersville	Angie Allen (North Lincoln)	18:05.50
2021	Redmon Comp., Kernersville	Lucy Murray (Brevard)	19:26.50
2022	Redmon Comp., Kernersville	Katherine Hopkins (Lincolnton)	19:20.05
2023	Redmon Comp., Kernersville	Catherine Parker (NCSSM-Durham)	18:32.64
2024	Redmon Comp., Kernersville	Catherine Parker (NCSSM-Durham)	18:42.38



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
2019	Redmon Comp., Kernersville	Avery Cannon (Watauga)	15:39.00
2020-21	Redmon Comp., Kernersville	Ryan Motondo (Williams)	15:44.93
2021	Redmon Comp., Kernersville	Zachary Willer (Cramer)	15:42.61
2022	Redmon Comp., Kernersville	Gabriel Schmid (Orange)	15:44.28
2023	Redmon Comp., Kernersville	Gabriel Schmid (Orange)	15:14.75
2024	Redmon Comp., Kernersville	Ethan Rich (Western Harnett)	15:26.18

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
2019	Redmon Comp., Kernersville	Jonna Strange (North Iredell)	17:57.85
2020-21	Redmon Comp., Kernersville	Madeline Hill (Cuthbertson)	18:11.91
2021	Redmon Comp., Kernersville	Navaya Zales (Croatan)	18:12.97
2022	Redmon Comp., Kernersville	Macy Parks (North Lincoln)	18:58.80
2023	Redmon Comp., Kernersville	Morgan Miller (First Flight)	18:05.84
2024	Redmon Comp., Kernersville	Morgan Miller (First Flight)	18:04.98



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
2019	Redmon Comp., Kernersville	Ian Harrison (Panther Creek)	15:25.58
2020-21	Redmon Comp., Kernersville	Murphy Smith (Ardrey Kell)	15:44.65
2021	Redmon Comp., Kernersville	Will Soule (Mount Tabor)	15:31.62
2022	Redmon Comp., Kernersville	Zack Gilbertson (Pinecrest)	15:28.67
2023	Redmon Comp., Kernersville	Noah Valyo (Athens Drive)	15:05.45
2024	Redmon Comp., Kernersville	Michael Haskin (Asheville)	15:21.71

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
2019	Redmon Comp., Kernersville	Carmen Alder (Pinecrest)	17:58.84
2020-21	Redmon Comp., Kernersville	Carmen Alder (Pinecrest)	17:47.30
2021	Redmon Comp., Kernersville	Sarah Mitchell (Apex)	17:26.96
2022	Redmon Comp., Kernersville	Stella Kermes (Cuthbertson)	17:40.94
2023	Redmon Comp., Kernersville	Mary Bonner Dalton (Myers Park)	16:54.06
2024	Redmon Comp., Kernersville	Sofi Alexander (Asheville)	18:01.23