

YR	SITE	TEAM CHAMPION	PTS
1980	McAlpine Park, Charlotte	Chapel Hill	77
1981	McAlpine Park, Charlotte	Chapel Hill	61
1982	McAlpine Park, Charlotte	East Mecklenburg	66
1983	McAlpine Park, Charlotte	Chapel Hill	39
1984	McAlpine Park, Charlotte	Chapel Hill	28
1985	McAlpine Park, Charlotte	Watauga	107



CROSS COUNTRY TEAM STATE CHAMPIONS



MEN'S CHAMPION

YR	SITE	1A	Pts	2A	Pts	3A	Pts	4A	Pts
1986	McAlpine Park, Charlotte	1A/2A Combined		Salisbury	46	Sun Valley	30	East Mecklenburg	102
1987	McAlpine Park, Charlotte	1A/2A Combined		Monroe	78	Sun Valley	22	Pine Forest	96
1988	McAlpine Park, Charlotte	1A/2A Combined		West Stanly	61	Sun Valley	51	Mount Tabor	75
1989	McAlpine Park, Charlotte	1A/2A Combined		NC Science & Math	136	Sun Valley	49	Mount Tabor	43
1990	McAlpine Park, Charlotte	1A/2A Combined		Bunker Hill	66	Sun Valley	35	East Mecklenburg	50
1991	McAlpine Park, Charlotte	1A/2A Combined		Manteo	71	Franklin	49	East Mecklenburg	60
1992	McAlpine Park, Charlotte	1A/2A Combined		Surry Central	89	Sun Valley	31	East Mecklenburg	47
1993	McAlpine Park, Charlotte	1A/2A Combined		West Henderson	29	Franklin	43	Millbrook	96
1994	McAlpine Park, Charlotte	1A/2A Combined		Murphy	78	Franklin	26	Watauga	52
1995	McAlpine Park, Charlotte	1A/2A Combined		West Henderson	101	Franklin	33	Leesville Road	109**
1996	McAlpine Park, Charlotte	1A/2A Combined		North Henderson	57	Franklin	57	Watauga	53
1997	McAlpine Park, Charlotte	Jordan-Matthews	67	North Henderson	113	Havelock	109	Leesville Road	48
1998	McAlpine Park, Charlotte	Swain County	44	North Henderson	71	Sun Valley	96	Leesville Road	43
1999	McAlpine Park, Charlotte	Swain County	58	Salisbury	47	Sun Valley	65	Watauga	64
2000	McAlpine Park, Charlotte	South Davidson	35	Surry Central	64	Ragsdale	68	North Mecklenburg	71
2001	McAlpine Park, Charlotte	Surry Central	22	North Henderson	70	Ragsdale	52	North Mecklenburg	38
2002	Tanglewood Park, Clemmons	Surry Central	26	North Henderson	40	East Chapel Hill	61	Chapel Hill	80***
2003	Tanglewood Park, Clemmons	Surry Central	20	East Davidson	65	East Chapel Hill	34	South View	50
2004	Tanglewood Park, Clemmons	Surry Central	37	Charles D. Owen	68	T.C. Roberson	75	Pinecrest	102
2005	Tanglewood Park, Clemmons	Hayesville	53	Charles D. Owen	65	T.C. Roberson	38	Chapel Hill	69
2006	Tanglewood Park, Clemmons	NC Science & Math	31	Cardinal Gibbons	43	Mooresville	75	Chapel Hill	52
2007	Tanglewood Park, Clemmons	East Wilkes	94	Charles D. Owen	56	Mooresville	56	Broughton	81
2008	Tanglewood Park, Clemmons	Hayesville	50	Charles D. Owen	56	Mooresville	69	Broughton	59
2009	Tanglewood Park, Clemmons	Gray Stone Day	65	East Lincoln	101	Chapel Hill	54	Sanderson	89
2010	Beeson Park, Kernersville	Robbinsville	41	Carrboro	80	Chapel Hill	39	Green Hope	80
2011	Beeson Park, Kernersville	NC Science & Math	48	North Lincoln	36	Cardinal Gibbons	47	Broughton	91
2012	Beeson Park, Kernersville	Bishop McGuinness	49	North Lincoln	44	Cardinal Gibbons	42	Broughton	41
2013	Redmon Complex, Kernersville	Bishop McGuinness	90	NC Science & Math	59	Weddington	98	Broughton	49
2014	Redmon Complex, Kernersville	Bishop McGuinness	56	NC Science & Math	63	Cardinal Gibbons	48	Broughton	53
2015	Redmon Complex, Kernersville	Walkertown	69	NC Science & Math	76	Weddington	52	Mount Tabor	67
2016	Redmon Complex, Kernersville	Walkertown	72	Lake Norman Charter	93	Chapel Hill	86	Broughton	67
2017	Redmon Complex, Kernersville	Bishop McGuinness	51	North Lincoln	58	Mount Tabor	72	Green Hope	43
2018	Redmon Complex, Kernersville	Lincoln Charter	51	North Lincoln	36	Weddington	50	Cary	70
2019	Redmon Complex, Kernersville	Lincoln Charter	42	North Lincoln	44	Chapel Hill	61	Broughton	68

(** tied Watauga, won on 6th runner finish; ***tied South View, won on 6th runner finish)



CROSS COUNTRY TEAM STATE CHAMPIONS



WOMEN'S CHAMPION

YR	SITE	1A	Pts	2A	Pts	3A	Pts	4A	Pts
1986	McAlpine Park, Charlotte	1A/2A Combined		Monroe	71	T.C. Roberson	30	Grimsley	60
1987	McAlpine Park, Charlotte	1A/2A Combined		East Davidson	63	Washington	40	Chapel Hill	73
1988	McAlpine Park, Charlotte	1A/2A Combined		Lejeune	47	Washington	68	Grimsley	53
1989	McAlpine Park, Charlotte	1A/2A Combined		Lejeune	86	Sun Valley	26	Grimsley	49
1990	McAlpine Park, Charlotte	1A/2A Combined		Murphy	66	Northwest Cabarrus	75	Watauga	55
1991	McAlpine Park, Charlotte	1A/2A Combined		Murphy	49	Northwest Cabarrus	56	Providence	90
1992	McAlpine Park, Charlotte	1A/2A Combined		Polk County	64	Franklin	38	Watauga	86
1993	McAlpine Park, Charlotte	1A/2A Combined		West Henderson	60	Franklin	42	Providence	88
1994	McAlpine Park, Charlotte	1A/2A Combined		Murphy	53	Franklin	50	West Forsyth	115
1995	McAlpine Park, Charlotte	1A/2A Combined		Murphy	76	Franklin	129	Watauga	71
1996	McAlpine Park, Charlotte	1A/2A Combined		Murphy	44	Fuquay-Varina	93	West Forsyth	63
1997	McAlpine Park, Charlotte	Murphy	36	North Henderson	113	T.C. Roberson	93	Cary	64
1998	McAlpine Park, Charlotte	Murphy	51	Charles D. Owen	98	T.C. Roberson	65	Leesville Road	64
1999	McAlpine Park, Charlotte	Hayesville	43	Brevard	84	T.C. Roberson	53	Southeast Raleigh	95
2000	McAlpine Park, Charlotte	Murphy	72	North Henderson	62	T.C. Roberson	52	Eastern Wayne	122
2001	McAlpine Park, Charlotte	Hendersonville	51	Brevard	51	Eastern Wayne	43	Mount Tabor	71
2002	Tanglewood Park, Clemmons	Hendersonville	51	Charlotte Catholic	24	T.C. Roberson	96	Mount Tabor	64
2003	Tanglewood Park, Clemmons	Hayesville	51	Charlotte Catholic	37	Weddington	72	Providence	70
2004	Tanglewood Park, Clemmons	Hayesville	59	Charlotte Catholic	89	T.C. Roberson	60	Providence	56
2005	Tanglewood Park, Clemmons	Hayesville	61	Cardinal Gibbons	27	T.C. Roberson	33	Chapel Hill	60
2006	Tanglewood Park, Clemmons	Hayesville	61	Cardinal Gibbons	31	T.C. Roberson	46	Chapel Hill	40
2007	Tanglewood Park, Clemmons	Topsail	67	Cardinal Gibbons	21	T.C. Roberson	31	Chapel Hill	85
2008	Tanglewood Park, Clemmons	Bishop McGuinness	84*	Cardinal Gibbons	45	T.C. Roberson	57	East Chapel Hill	94
2009	Tanglewood Park, Clemmons	Robbinsville	62	Carrboro	45	Chapel Hill	52	Green Hope	47
2010	Beeson Park, Kernersville	Hendersonville	68	Carrboro	80	Cardinal Gibbons	82	Green Hope	34
2011	Beeson Park, Kernersville	Lake Norman Charter	55	Carrboro	27	Cardinal Gibbons	44	Green Hope	37
2012	Beeson Park, Kernersville	Bishop McGuinness	58	Carrboro	30	Cardinal Gibbons	31	Green Hope	83
2013	Redmon Complex, Kernersville	Bishop McGuinness	60	East Lincoln	70	Cardinal Gibbons	37	Green Hope	81
2014	Redmon Complex, Kernersville	Comm. Sch. Davidson	68	Carrboro	59	Cardinal Gibbons	42	Green Hope	45
2015	Redmon Complex, Kernersville	Gray Stone Day	71	Brevard	77	Chapel Hill	32	Cardinal Gibbons	63
2016	Redmon Complex, Kernersville	Franklin Academy	79	Brevard	72	Chapel Hill	53	Cardinal Gibbons	38
2017	Redmon Complex, Kernersville	Franklin Academy	36	Lake Norman Charter	66	Chapel Hill	62	Cardinal Gibbons	62
2018	Redmon Complex, Kernersville	Franklin Academy	47	Carrboro	69	Cuthbertson	47	Cardinal Gibbons	43
2019	Redmon Complex, Kernersville	Research Triangle	67	Carrboro	38	Cuthbertson	67	Hoggard	87

(* tied Hayesville, won on 6th runner finish)



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			
1962			
1963			
1964			
1965			
1966			
1967			
1968			
1969			
1970			
1971			
1972			
1973			
1974			
1975			
1976			
1977			
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

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



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

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



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

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



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

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