



CROSS COUNTRY INDIVIDUAL STATE CHAMPIONS (SCHOOL)



A.C. Reynolds

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

Apex

Sarah Mitchell	2021	W	4A
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Ardrey Kell

Murphy Smith	20-21	M	4A
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Ashe County

Preston Holman	2002	M	2A
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Asheville

Milos Mitric	2001	M	3A
John Harwell	2008	M	3A

Athens Drive

Callan Fike	2005	W	4A
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Atkins

Walter Sellers	20-21	M	2A
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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
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Bunn

Tria Metzler	2005	W	2A
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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

Chapel Hill (continued)

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

Clayton

Chad Daniels	1988	M	1/2
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Community School of Davidson

Malia Ellington	2013	W	1A
Malia Ellington	2014	W	1A

Concord

John Clark	1977	M	0
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Corvian Community

Jacob Fiorillo	2021	M	1A
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Cramer, Stuart

Zachary Willer	2021	M	3A
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Croatan

Navaya Zales	2021	W	3A
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Cuthbertson

Madeline Hill	2018	W	3A
Madeline Hill	20-21	W	3A

Durham

Truett Goodwin	1964	M	0
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E.E. Smith

Frances Warner	1993	W	4A
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East Burke

Beth Ruggles	1983	W	0
Cessy Hudson	1987	W	4A
Ailsha Little	1998	W	4A

East Chapel Hill

George Hotelling	2018	M	3A
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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

Anna-Kathryn Kilby 2016 W 2A

Franklin

Eli Huge 1993 M 3A

Chan Pons 1994 M 3A

Nathan Richards 2017 M 2A

Franklin Academy

Caitlyn Burkett 2017 W 1A

Aaron Rovnak 2019 M 1A

Aaron Rovnak 20-21 M 1A

Freedom

Casey McGraw 1999 W 4A

Fuquay-Varina

Mandy Becker 1994 W 3A

Jesse Norman 1996 M 3A

Jesse Norman 1997 M 3A

Garinger

Rocky Soderburg 1960 M 0

Robert Easter 1992 M 4A

Garner

Karen Dunn 1981 W 0

Glenn

Justin Turner 1995 M 3A

Green Hope

Elly Henes 2014 W 4A

Grimsley

Silica Johnson 1988 W 4A

Joey Farlow 1993 M 4A

Harnett Central

Jesus Rojas 2002 M 3A

Hayesville

Julie Stackhouse 1995 W 1/2

Kyle Ingram 2006 M 1A

Dylan Johnson 2012 M 1A

Hendersonville

David Starnes 1962 M 0

David Starnes 1963 M 0

Ariel Glassman 1999 W 1A

Erika Schneble 2000 W 1A

Hickory

Jeremy Hyder 2003 M 3A

Ryan Hill 2005 M 3A

Ryan Hill 2006 M 3A

Ryan Hill 2007 M 3A

Highland Tech

Lauren Tolbert 20-21 W 1A

Highlands

Blakely Moore 2015 W 1A

Hillside

Silas Mayfield 1967 M 0

Hoggard

Julie Wilhelm 1997 W 4A

Independence

Steve Grathwahl 1968 M 0

Jacksonville

Chris Bifiore 2004 M 3A

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



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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

Madison

Josey Weaver	2007	M	2A
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Maiden

Corbin Boyles	2013	M	2A
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McDowell

Charlotte McCall	1980	W	0
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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
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Murphy

Kristy Whitaker	1994	W	1/2
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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

NC School of Science & Math (NCSSM)

Daniel Kimmel	2007	M	1A
Stephen Mulherin	2011	M	1A
Nicholas Walker	2014	M	2A
Frank Kenny	2015	M	2A

North Buncombe

Eric Pragle	1990	M	3A
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North Forsyth

Lee Tuttle	1986	M	4A
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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

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

North Stokes

Abigail Hemric	2018	W	1A
Abigail Hemric	2019	W	1A

Northern Durham

Blake Williams	2010	M	4A
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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



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Northwood

Taylor Adams	2004	M	2A
Eric Williams	2010	M	2A

Olympic

Woody Moss	1970	M	O
Kenyatta Iyerbele	2008	W	3A

Orange

Bradsher Wilkins	1997	M	4A
Bradsher Wilkins	1998	M	4A

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Vince Howard	1987	M	4A
Paul Kinser	1990	M	4A

Panther Creek

Ian Harrison	2019	M	4A
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Person

Buddy Priest	1995	M	4A
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Pine Lake Prep

Conrad Phillips	2017	M	1A
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Pinecrest

Jeff Moody	1973	M	O
Jeff Moody	1974	M	O
Carmen Alder	2018	W	4A
Carmen Alder	2019	W	4A
Carmen Alder	20-21	W	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	O
John Tatter	2017	M	4A

Ragsdale

Lance Hall	2000	M	3A
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Reidsville

Adam Lindsey	2001	M	2A
Daniel Slayden	2003	M	2A

Richmond

Kathy Ornsby	1982	W	O
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Robbinsville

Faith Trammell	2008	W	1A
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Rocky Mount

Nick Winkel	1996	M	4A
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Rosman

Matt Owen	2001	M	1A
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Salisbury

William (David) Bost	1999	M	2A
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Sanderson

Billy Lynch	1975	M	O
Billy Lynch	1976	M	O

Smithfield-Selma

Tammy Carpenter	1989	W	4A
Tammy Carpenter	1990	W	4A

South Davidson

Clarence Kinley	2000	M	1A
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South Point

Glenn Sparrow	1978	M	O
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South Stokes

Kasey Smith	2001	W	1A
Kasey Smith	2002	W	1A
Sam Brinson	2005	M	1A

Southeast Guilford

John Erickson	1982	M	O
John Erickson	1983	M	O

Southwest Guilford

Bill Jackson	1993	M	1/2
Bill Jackson	1994	M	1/2

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



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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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