



CROSS COUNTRY INDIVIDUAL STATE CHAMPIONS (SCHOOL)



								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	Harnett Central	2002	M	3A
	East Burke			Morgan Miller	2024	W	3A				
Beth Ruggles	1983	W	0					Hayesville			
Cessy Hudson	1987	W	4A		Forbush			Julie Stackhouse	1995	W	1/2
Ailsha Little	1998	W	4A	Anna-Kathryn Kilby	2016	W	2A	Kyle Ingram	2006	M	1A
								Dylan Johnson	2012	M	1A
	East Chapel Hill				Franklin						
George Hotelling	2018	M	3A	Eli Huger	1993	M	3A	Hendersonville			
	East Forsyth			Chan Pons	1994	M	3A	David Starnes	1962	M	0
Patrick Crawford	2009	M	4A	Nathan Richards	2017	M	2A	David Starnes	1963	M	0
								Ariel Glassman	1999	W	1A
	East Henderson				Franklin Academy			Erika Schneble	2000	W	1A
Tanis Baldwin	2012	M	3A	Caitlyn Burkett	2017	W	1A	Hickory			
Tanis Baldwin	2014	M	3A	Aaron Rovnak	2019	M	1A	Jeremy Hyder	2003	M	3A
	East Rowan			Aaron Rovnak	20-21	M	1A	Ryan Hill	2005	M	3A
Rebekah Frick	1992	W	3A		Freedom			Ryan Hill	2006	M	3A
				Casey McGraw	1999	W	4A	Ryan Hill	2007	M	3A
	East Wilkes				Fuquay-Varina						
Eric Blackburn	2008	M	1A					Highland Tech			
Carol Blankenship	2009	W	1A	Mandy Becker	1994	W	3A	Lauren Tolbert	20-21	W	1A
Carol Blankenship	2010	W	1A	Jesse Norman	1996	M	3A				
Kyle Rhodes	2015	M	1A	Jesse Norman	1997	M	3A	Highlands			
								Blakely Moore	2015	W	1A
	Eastern Alamance				Garinger						
Jake Hurysz	2009	M	3A	Rocky Soderburg	1960	M	0	Hillside			
				Robert Easter	1992	M	4A	Silas Mayfield	1967	M	0
	Eastern Guilford										
Chris Griggs	1987	M	3A		Garner			Hoggard			
				Karen Dunn	1981	W	0	Julie Wilhelm	1997	W	4A
	Eastern Wayne										
Jessica Collins	2001	W	3A		Glenn			Independence			
				Justin Turner	1995	M	3A	Steve Grathwahl	1968	M	0
	Enka										
Ben Bailey	1969	M	0		Green Hope			Jacksonville			
David Honea	1986	M	3A	Elly Henes	2014	W	4A	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
 Catherine Parker 2024 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



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Kasey Smith	2002	W	1A	Arizona Blankenship	2024	W	1A		
Sam Brinson	2005	M	1A						
									West Charlotte
									Mark Blackmon 2011 M 4A
									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
									West Wilkes
									Heidi Sloop 1999 W 2A
									Heidi Sloop 2000 W 2A
									Western Harnett
									Alicia Valtin 1999 W 3A
									Alicia Valtin 2000 W 3A
									Ethan Rich 2024 M 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
									West Carteret
									Blake Dodge 2011 W 3A
									Emme Fisher 2016 W 3A