

AAAAA**CHAMPION**

LEXINGTON HS

RUNNER - UP

FORT MILL

INDIVIDUAL POINTS

Kendra Miles	3
Lydia Metz.....	7
Laurel Walls.....	9
Ava Kanitkar	15
Elanorah Patangan.....	28
Team	62

INDIVIDUAL POINTS

Alivia Cleveland	1
Avery Moriarty.....	8
Kaylee Rovenstine	14
Laura Fredenberg	45
Izzy Miserendino	48
Team	116

TEAM POINTS

1. Lexington.....	62	6. Wando	133
2. Fort Mill.....	101	7. Mauldin	145
3. J.L Mann.....	107	8. Nation Ford.....	275
4. Dorman.....	116	9. Stratford.....	277
5. Chapin.....	124	10. Blythewood	279

INDIVIDUAL RESULTS

FINISH	TIME	NAME	SCHOOL
1.....	18:30.7.....	Alivia Cleveland	Fort Mill
2.....	18:37.9.....	Kennedy Roush	J.L Mann
3.....	18:59.8.....	Kendra Miles	Lexington
4.....	19:12.7.....	Mia Royall	Nation Ford
5.....	19:19.2.....	Abigail White	Chapin
6.....	19:20.9.....	Sofie Kurzawa.....	J.L Mann
7.....	19:45.5.....	Lydia Metz.....	Lexington
8.....	19:50.4.....	Avery Moriarty	Fort Mill
9.....	19:51.4.....	Laurel Walls	Lexington
10.....	19:51.9.....	Reagan Cooke	Mauldin

AAAA

CHAMPION

GREENVILLE

RUNNER - UP

JAMES ISLAND

INDIVIDUAL POINTS

Caroline Lyerly	1
Caragrace Phillips	4
Amelia Gray	8
Arden Gray	12
Kylee Mast	<u>17</u>
Team	42

INDIVIDUAL POINTS

Avery Belk	5
Chloe Gilbert.....	11
Alice Taylor.....	15
Kirra Borg	16
Alexandra Larue	<u>22</u>
Team.....	69

TEAM POINTS

1.	Greenville.....	42		6.	Easley.....	181
2.	James Island.....	69		7.	May River	213
3.	Northwestern.....	127		8.	North Myrtle Beach.....	225
4.	Bluffton.....	145		9.	Catawba Ridge HS.....	244
5.	Riverside	167		10.	West Florence	271

INDIVIDUAL RESULTS

FINISH	TIME	NAME	SCHOOL
1.	18:31.6	Caroline Lyerly	Greenville
2.	18:53.5	Robyn Walsh.....	North Myrtle Beach
3.	19:07.7	Anya Arroyo	May River
4.	19:10.7	Caelin Sloan.....	South Florence
5.	19:26.5	Emma Ashley	Westwood
6.	19:37.9	Caragrace Phillips	Greenville
7.	19:38.1	Avery Belk	James Island
8.	19:38.8	Miah Johnson.....	Riverside
9.	19:39.1	Julia Goldman	Lucy Beckman
10.	19:45.4	Amelia Gray	Greenville

AAA**CHAMPION**

PHILLIP SIMMONS

RUNNER - UP

WACCAMAW

INDIVIDUAL POINTS

Josie May	4
Avah Mallek	5
Laura Perry	8
Lilah May	9
Phoebe Cogan	<u>16</u>
Team	42

INDIVIDUAL POINTS

Anna Loftus2
Gia Leone.....	3
Dawson Richardson	10
Lacie Grady	13
Kayla Sheedy	<u>24</u>
Team.....	52

TEAM POINTS

1. Phillip Simmons.....	42	6. Belton-Honea Path	199
2. Waccamaw.....	52	7. Wren	232
3. Daniel	71	8. Pendleton	237
4. Hanahan	192	9. Crescent	239
5. Travelers Rest.....	198	10. Walhalla.....	252

INDIVIDUAL RESULTS

FINISH	TIME	NAME	SCHOOL
1	19:15.5	Ashby Williams.....	Daniel
2	19:20.1	Anna Loftus	Waccamaw
3	19:54.8	Gia Leone	Waccamaw
4	20:12.3	Josie May	Phillip Simmons
5	20:18.6	Avah Mallek.....	Phillip Simmons
6	20:20.0	Brooklyn Williamson	Belton-Honea Path
7	20:29.4	Katelyn Bussell.....	Hanahan
8	20:36.9	Laura Perry	Phillip Simmons
9	20:39.0	Chloe Bayle.....	Southside
10	20:39.9	Lilah May.....	Phillip Simmons

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CHAMPION

BISHOP ENGLAND

RUNNER - UP

GREER MIDDLE COLLEGE

INDIVIDUAL POINTS

Hattie Jennings	1
Sofia Dipasqua.....	2
Elizabeth Markwell	3
Catherine Taylor.....	10
Bree Smith	<u>17</u>
Team	31

INDIVIDUAL POINTS

Josie May	4
Hailey Meyers	6
Emmy Wood.....	7
Phoebe Cogan	8
Matea Payer.....	<u>9</u>
Team	34

TEAM POINTS

1. Greer Middle College	31	6. Crescent	182
2. Philip Simmons.....	34	7. Fountain Inn.....	213
3. Christ Church	72	8. York Prep.....	245
4. St. Joseph's.....	140	9. Chesterfield	277
5. Landrum	151	10. Pelion.....	311

INDIVIDUAL RESULTS

FINISH	TIME	NAME	SCHOOL
1	18:55.5	Siobhan Joyce.....	Oceanside Collegiate
2	19:24.3	Nora Brahim	Bishop England
3	19:39.2	Sofia Dipasqua.....	Greer Middle College
4	19:42.3	Elizabeth Markwell	Greer Middle College
5	19:51.4	Sinead Joyce.....	Oceanside Collegiate
6	20:10.3	Madison Riley.....	Bishop England
7	20:11.2	Grace Buss	Bishop England
8	20:17.2	Anna Hollister	Academic Magnet
9	20:19.8	Catherine Taylor.....	Greer Middle College
10	20:39.9	Julia Williamson	Landrum

A**CHAMPION**

CHRIST CHURCH

INDIVIDUAL POINTS

Elise Reed.....	3
Eliza Roy.....	5
Hope Springhart.....	7
Caroline Sutton.....	16
Isadora Apple.....	<u>18</u>
Team	49

RUNNER – UP

DIXIE

INDIVIDUAL POINTS

Ashten Stoll.....	2
Rachel Prescott.....	4
Ansley Prescott.....	10
Ciara Angel.....	13
Nico Hershberger.....	<u>22</u>
Team	51

TEAM POINTS

1. Christ Church.....	49	6. Green Sea-Floyds.....	208
2. Dixie.....	51	7. Brashier.....	222
3. St. Josephs.....	55	8. East Clarendon.....	244
4. Southside Christian.....	90	9. Johnsonville.....	253
5. Bridges Prep.....	179	10. Latta.....	266

INDIVIDUAL RESULTS

FINISH	TIME	NAME	SCHOOL
1.....	19:52.5.....	Nina Brown.....	St. Josephs
2.....	20:00.8.....	Ashten Stoll.....	Dixie
3.....	21:05.9.....	Elise Reed.....	Christ Church
4.....	21:06.1.....	Rachel Prescott.....	Dixie
5.....	21:12.9.....	Eliza Roy.....	Christ Church
6.....	21:21.4.....	Daniela Fernandez.....	St. Josephs
7.....	21:40.9.....	Hope Springhart.....	Christ Church
8.....	21:54.9.....	Isabella Maria.....	Southside Christian
9.....	21:55.0.....	Sofie Wareing.....	Southside Christian
10.....	21:57.3.....	Ansley Prescott.....	Dixie

TEAM CHAMPIONS

(1976-77 – 2022-23)

AAAAA

	<u>Champion</u>	<u>Coach</u>	<u>Score</u>	<u>Runner – up</u>	<u>Coach</u>
2016-17	Riverside	Eric Cummings	26 – 85	Dorman	Jerry Kimbrell
2017-18	Riverside	Eric Cummings	63 - 93	J L Mann	Todd Prochaska
2018-19	Dorman	Jerry Kimbrell	56 - 91	Riverside	Eric Cummings
2019-20	J.L. Mann	Todd Prochaska	88-279	Nation Ford	Sebastian Tellez
2020-21	J.L. Mann	Todd Prochaska	43-55	Lexington	Tanner Graham
2021-22	J.L. Mann	Todd Prochaska	42-55	Lexington	Tanner Graham
2022-23	Lexington	Tanner Graham	62-101	Fort Mill	Lee Whitaker

AAAA

	<u>Champion</u>	<u>Coach</u>	<u>Score</u>	<u>Runner – up</u>	<u>Coach</u>
1976-77	Wando	Sarah Sanders	35 – 50	Irmo	Mike Mauldin
1977-78	Irmo	Mike Mauldin	24 – 48	Wando	Sarah Sanders
1978-79	Irmo	Mike Mauldin	27 – 59	Summerville	Gail Troficanto
1979-80	Irmo	Mike Mauldin	18 – 98	Brookland – Cayce	Ed Harmon
1980-81	Irmo	Mike Mauldin	24 – 72	Richland Northeast	Catherine Lempesis
1981-82	Irmo	Mike Mauldin	17 – 70	Richland Northeast	Catherine Lempesis
1982-83	Irmo	Mike Mauldin	40 – 61	Richland Northeast	Catherine Lempesis
1983-84	Mauldin	Mike Frye	97 – 106	Richland Northeast	Ralph Schmidt
1984-85	Summerville	Mike Collie	63 – 71	Mauldin	Mike Frye
1985-86	Spring Valley	Catherine Lempesis	49 – 85	Mauldin	Mike Frye
1986-87	Mauldin	Mike Frye	85 – 86	Spring Valley	Catherine Lempesis
1987-88	Spring Valley	Catherine Lempesis	53 – 110	Summerville	Mike Collie
1988-89	Spring Valley	Catherine Lempesis	33 – 111	Eastside	Ed Boehmke
1989-90	Spring Valley	Catherine Lempesis	29 – 87	Eastside	Ed Boehmke
1990-91	Spring Valley	Catherine Lempesis	61 – 110	Irmo	Mike Moore
1991-92	Spring Valley	Catherine Lempesis	49 – 107	Northwestern	Bob Jenkins
1992-93	Mauldin	Delmar Howell	43 – 47	Spring Valley	Catherine Lempesis
1993-94	Mauldin	Delmar Howell	47 – 75	Spartanburg	Eileen Kilbreth
1994-95	Mauldin	Delmar Howell	49 – 68	Spartanburg	Eileen Kilbreth
1995-96	Spartanburg	Eileen Kilbreth	49 – 73	Summerville	Irving Batten
1996-97	Spartanburg	Eileen Kilbreth	43 – 106	Irmo	Mike Moore
1997-98	Mauldin	Delmer Howell	86 – 101	Spartanburg	Eileen Kilbreth
1998-99	Spartanburg	Eileen Kilbreth	55 – 89	Hillcrest	Butch Clark
1999-00	Spartanburg	Eileen Kilbreth	75 – 89	Summerville	Bob Crowley
2000-01	Mauldin	Delmar Howell	81 – 85	Spartanburg	Eileen Kilbreth
2001-02	Summerville	Bob Crowley	86 – 98	Spartanburg	Eileen Kilbreth
2002-03	Spartanburg	Eileen Kilbreth	60 – 76	South Aiken	Russ Busbee
2003-04	Summerville	Robert Crowely	70 – 88	Northwestern	Calvin Hudgins
2004-05	Dorman	Robert Urban	106 – 115	Mauldin	Delmer Howell
2005-06	Mauldin	Delmer Howell	68 – 138	South Aiken	Russ Busbee
2006-07	Mauldin	Delmer Howell	41 – 103	Spartanburg	Robert Wilder
2007-08	Mauldin	Delmer Howell	56 – 85	Spartanburg	Robert Wilder
2008-09	Spartanburg	Stephanie Young	85 – 92	Fort Mill	Marc Pyrc

	<u>Champion</u>	<u>Coach</u>	<u>Score</u>	<u>Runner – up</u>	<u>Coach</u>
2009-10	Wando	Marie Domin	63 – 130	Dorman	Jerry Kimbrell
2010-11	Dorman	Jerry Kimbrell	80 – 96	Spartanburg	Jack Todd
2011-12	Wando	Tyler Davis	68 – 95	Lexington	Catherine Lempesis
2012-13	Lexington	Catherine Lempesis	100 – 109	Wade Hampton	Rick Zeller
2013-14	Riverside	Eric Cummings	43 - 170	J L Mann	Jackie Borowicz
2014-15	Riverside	Eric Cummings	33 - 69	Dutch Fork	Barry Lindler
2015-16	Riverside	Eric Cummings	20 - 116	Dutch Fork	Barry Lindler
2016-17	Eastside	Kelly Kidder	63 - 65	Daniel	Paul Dawson
2017-18	Daniel	Ashley Perry	41 - 57	Hilton Head Island	Bill Wrightson
2018-19	Daniel	Ashley Perry	49 - 72	Hilton Head Island	Max Mayo
2019-20	Hilton Head	Curtis Ewing	61-92	Greenville	Michael Coggins
2020-21	James Island	David Lee	67-68	Hilton Head Island	Curtis Ewing
2021-22	James Island	David Lee	31-92	Greenville	Michael Coggins
2022-23	Greenville	Jenna Bates	42-69	James Island	David Lee

AAA

	<u>Champion</u>	<u>Coach</u>	<u>Score</u>	<u>Runner – up</u>	<u>Coach</u>
1989-90	York	Durham Smith	52 – 112	Belt – Honea Path	Ron Sullivan
1990-91	Belt- Honea Path	Ron Sullivan	82 – 108	Chapin	Jack LeGrand
1991-92	Belt- Honea Path	Ron Sullivan	80 – 105	Chapin	Jack LeGrand
1992-93	Chapin	Jack LeGrand	71 – 76	T.L. Hanna	Chuck Parker
1993-94	T. L. Hanna	Chuck Parker	15 – 115	Eastside	Ed Boehmke
1994-95	T. L. Hanna	Chuck Parker	33 – 91	Riverside	Willie Wooden
1995-96	Riverside	Willie Wooden	82 – 90	T. L. Hanna	Chuck Parker
1996-97	Riverside	Willie Wooden	42 – 68	Wren	Dale Whitson
1997-98	Riverside	Willie Wooden	23 – 78	Daniel	Caroline Lucheta
1998-99	Riverside	Karen Gillespie	26 – 60	Daniel	Caroline Lucheta
1999-00	Daniel	Caroline Lucheta	48 – 73	Riverside	Karen Gillespie
2000-01	Daniel	Caroline Lucheta	56 – 67	Greenville	Beau Lyons
2001-02	Riverside	Karen Gillespie	72 – 82	Greenville	Beau Lyons
2002-03	Greer	Paul Massey	61 – 76	Riverside	Karen Gillespie
2003-04	Greer	Paul Massey	49 – 103	Riverside	Karen Gillespie
2004-05	Greer	Paul Massey	62 – 62	Daniel	Ron Sullivan
2005-06	Daniel	Ron Sullivan	65 – 97	J L Mann	Meredith Edwards
2006-07	Daniel	Ron Sullivan	48 – 63	J L Mann	Meredith Edwards
2007-08	Daniel	Ron Sullivan	77 – 77	J L Mann	J. Borowicz
2008-09	Hilton Head Island	Bill Wrightson	63 – 110	J L Mann	J. Borowicz
2009-10	Hilton Head Island	Bill Wrightson	52 – 58	Daniel	Brock Bailey
2010-11	Fort Mill	March Pyrc	67 – 79	Hilton Head Island	Bill Wrightson
2011-12	Eastside	Ed Boehmke	52 – 98	Hilton Head Island	Bill Wrightson
2012-13	James Island	Lisa Enfinger	72 - 83	Hilton Head Island	Bill Wrightson
2013-14	Hilton Head Island	Bill Wrightson	50 - 116	Eastside	Ed Boehmke
2014-15	Hilton Head Island	Bill Wrightson	34 - 63	Eastside	Ed Boehmke
2015-16	Hilton Head Island	Bill Wrightson	35 - 77	Daniel	Ashlee Perry
2016-17	Palmetto	Micah Roberts	41 - 116	Seneca High	Chris White
2017-18	Waccamaw	Brian White	64 - 114	May River	Katherine Rosenblum
2018-19	Seneca	Leaval Wall	52 - 91	Waccamaw	Brian White
2019-20	Seneca	Cory Tate	52-85	Waccamaw	Brian White
2020-21	Seneca	Cory Tate	33-76	Waccamaw	Brian White
2021-22	Waccamaw	Brian White	67-73	Daniel	Ashlee Perry
2022-23	Philip Simmons	Josh Michael	42-52	Waccamaw	Brian White

AA

	Champion	Coach	Score	Runner-up	Coach
1995-96	Chapin	Jack LeGrand	52 – 82	Christ Church	Joe Halm
1996-97	Christ Church	Rodney Adamee	91 – 102	Chapin	Jack LeGrand
1997-98	Pendleton	Mike Davis	82 – 101	Chapin	Jack LeGrand
1998-99	Christ Church	Rodney Adamee	53 – 68	Pendleton	Mike Davis
1999-00	Pendleton	Mike Davis	53 – 74	Pelion	Mark Bedenbaugh
2000-01	Bishop England	Phillip Bottelier	75 – 110	Pelion	Mark Bedenbaugh
2001-02	Pelion	Mark Bedenbaugh	69 – 84	Pendleton	Mike Davis
2002-03	Chapin	Jack LeGrand	62 – 77	Pelion	Mark Bedenbaugh
2003-04	Chapin	Jack LeGrand	76 – 86	Blue Ridge	Mike Foley
2004-05	Christ Church	Rodney Adamee	90 – 100	Broome	Steven Frye
2005-06	Broome	Steve Frye	67 -97	Pendleton	Pam Wheeler
2006-07	Bishop England	Tony Colizzi	64-109	Palmetto	Kellie Eaves
2007-08	Bishop England	Tony Colizzi	35 – 114	Christ Church	Rodney Adamee
2008-09	Christ Church	Rodney Adamee	78 – 101	Landrum	Jeremy Darby
2009-10	Landrum	Jeremy Darby	42 – 133	Pendleton	Pam Wheeler
2010-11	Pendleton	Pam Wheeler	36 – 85	Emerald	David Payne
2011-12	Pendleton	Pam Wheeler	69 – 86	Waccamaw	Brian Brennan
2012-13	Landrum	Jeremy Darby	68 – 68	Waccamaw	Brian White
2013-14	Landrum	Jeremy Darby	56 - 57	Bishop England	Tony Colizzi
2014-15	Academic Magnet	Gwen Hooffstetter	74 - 102	Waccamaw	Brian White
2015-16	Waccamaw	Brian White	53 - 92	Landrum	Jeremy Darby
2016-17	St. Joseph's	Becky Van Evera	42 - 54	Greer Middle College	David Smith
2017-18	St. Joseph's	Marie Kernell	24 - 50	Greer Middle College	David Smith
2018-19	St. Joseph's	Marie Kernell	44 - 75	Landrum	Brett Morley
2019-20	Greer Middle Col.	Angie Dentler	52-62	St. Joseph's	Esther Atkins
2020-21	Greer Middle Col.	Angie Dentler	30-69	St. Joseph's	Esther Atkins
2021-22	Greer Middle Col.	Angie Dentler	31-34	Philip Simmons	Josh Michael
2022-23	Bishop England	Tony Colizzi	40-47	Greer Middle College	Angie Dentler

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	Champion	Coach	Score	Runner-up	Coach
2010-11	St. Joseph's	Marie Kernell	32 - 50	Landrum	Jeremy Darby
2011-12	St. Joseph's	Marie Kernell	31 - 64	Landrum	Jeremy Darby
2012-13	St. Joseph's	Marie Kernell	26 - 60	Christ Church	Rodney Adamee
2013-14	St. Joseph's	Marie Kernell	30 - 52	Greer Middle College	David Smith
2014-15	St. Joseph's	Marie Kernell	38 - 45	Southside Christian	Tim Gibbons
2015-16	St. Joseph's	Marie Kernell	44 - 55	Southside Christian	Tim Gibbons
2021-22	Dixie	Cayce Prescott	27-38	Southside Christian	Tim Gibbons
2022-23	Christ Church	John Mark Elliott	49-51	Dixie	Cayce Prescott

INDIVIDUAL STATE CHAMPIONS

	<u>Champion</u>	<u>School</u>	<u>Time</u>	<u>Distance</u>	<u>Site</u>
1976-77	Betty Cox	N. Myrtle Beach	14:12	2.05 Miles	Sesquicentennial Park
1977-78	Shelli Wooldridge	Mt. Pisgah	13:01	2.05 Miles	Sesquicentennial Park
1978-79	Theresa Rau	Eastside	18:30	3.05 Miles	Sesquicentennial Park
1979-80	Ginny Bass	Irmo	19:05	5000 Meters	Hilton Field
1980-81	Becky Calhoun	Daniel	18:59	5000 Meters	Hilton Field
1981-82	Michelle Crow	Irmo	19:48	5000 Meters	Hilton Field
1982-83	Michelle Crow	Irmo	18:11	5000 Meters	Hilton Field
1983-84	Shawna Waters	Sumter	18:20	5000 Meters	Hilton Field
1984-85	Michelle Crow	Irmo	18:02	5000 Meters	Hilton Field
1985-86	Bunnie Lempesis	Spring Valley	18:47	5000 Meters	Hilton Field
1986-87	Nancy Cason	Mauldin	19:04	5000 Meters	Hilton Field
1987-88	Kala Boulware	Spring Valley	18:16	5000 Meters	Hilton Field
1988-89	Kala Boulware	Spring Valley	19:17	5000 Meters	Hilton Field

AAAAA

	<u>Champion</u>	<u>School</u>	<u>Time</u>	<u>Distance</u>	<u>Site</u>
2016-17	Cate Ambrose	Riverside	14:12	5000 Meters	CU Sandhills
2017-18	Katie Pou	Nation Ford	18:31	5000 Meters	CU Sandhills
2018-19	Katie Pou	Nation Ford	18:23.21	5000 Meters	CU Sandhills
2019-20	Katie Pou	Nation Ford	18:19.39	5000 Meters	Carolina Cup
2020-21	Katie Pou	Nation Ford	18:27.25	5000 Meters	CU Sandhills
2021-22	Madison Roush	J L Mann	18:26.9	5000 Meters	CU Sandhills
2022-23	Alivia Cleveland	Fort Mill	18:30.78	5000 Meters	CU Sandhills

AAAA

	<u>Champion</u>	<u>School</u>	<u>Time</u>	<u>Distance</u>	<u>Site</u>
1989-90	Kala Boulware	Spring Valley	18:54	5000 Meters	Hilton Field
1990-91	Alicia Fuduric	Eastside	18:41	5000 Meters	Hilton Field
1991-92	Alicia Fuduric	Eastside	19:42	5000 Meters	Hilton Field
1992-93	Megan Fischer	Mauldin	18:59	5000 Meters	Hilton Field
1993-94	Megan Fischer	Mauldin	18:43	5000 Meters	Hilton Field
1994-95	Amanda Cooley	Hillcrest (S)	19:10	5000 Meters	Hilton Field
1995-96	Allison Clary	Richland N'east	19:25	5000 Meters	Hilton Field
1996-97	Lindsey Rogers	T.L. Hanna	18:29	5000 Meters	Hilton Field
1997-98	Dee Ayscue	Mauldin	18:36	5000 Meters	Hilton Field
1998-99	Carre Joyce	Summerville	18:25	5000 Meters	Hilton Field
1999-00	Carre Joyce	Summerville	18:23	5000 Meters	Hilton Field
2000-01	Angelina Blackmon	Northwestern	18:35	5000 Meters	Hilton Field
2001-02	Angelina Blackmon	Northwestern	18:24	5000 Meters	CU Sandhills
2002-03	Kate Niehaus	Spring Valley	17:52	5000 Meters	CU Sandhills
2003-04	Kate Niehaus	Spring Valley	17:36*	5000 Meters	Hilton Field
2004-05	Kate Niehaus	Spring Valley	18:20	5000 Meters	CU Sandhills
2005-06	Kate Niehaus	Spring Valley	18:21	5000 Meters	CU Sandhills
2006-07	Alyssa Kulik	Mauldin	18:15	5000 Meters	CU Sandhills
2007-08	Mary Kate Dubard	Northwestern	18:02	5000 Meters	CU Sandhills

Girls Cross Country

2008-09	Alexa Neiling	Mauldin	19:05	5000 Meters	CU Sandhills
2009-10	Jasmine Polite	Stratford	18:40	5000 Meters	CU Sandhills
2010-11	Jasmine Polite	Stratford	18:18	5000 Meters	CU Sandhills
2011-12	Emma Jennings	Byrnes	18:27	5000 Meters	CU Sandhills
2012-13	Laura Miller	J L Mann	17:56	5000 Meters	CU Sandhills
2013-14	Ashbrook Gwinn	Aiken	17:58	5000 Meters	CU Sandhills
2014-15	Cate Ambrose	Riverside	18:07.23	5000 Meters	CU Sandhills
2015-16	Jessie Crowley	Riverside	18:07.23	5000 Meters	CU Sandhills
2016-17	Mari Cagle Lockhart	Daniel	18:40	5000 Meters	CU Sandhills
2017-18	Mari Cagle Lockhart	Daniel	18:13	5000 Meters	CU Sandhills
2018-19	Ally Wilson	Daniel	18:08.93	5000 Meters	CU Sandhills
2019-20	Mari Cagle Lockhart	Daniel	18:16.94	5000 Meters	Carolina Cup
2020-21	Hannah Vroon	James Island	18:25.39	5000 Meters	CU Sandhills
2021-22	Hannah Vroon	James Island	18:15	5000 Meters	CU Sandhills
2022-23	Caroline Lyerly	Greenville	18:31.67	5000 Meters	CU Sandhills

*State Record

AAA

	<u>Champion</u>	<u>School</u>	<u>Time</u>	<u>Distance</u>	<u>Site</u>
1989-90	Kim Hefner	York	19:21	5000 Meters	Hilton Field
1990-91	Gabriella Van Rhyn	Christ Church	19:13	5000 Meters	Hilton Field
1991-92	Jacqueline Peebles.	Pendleton	19:35	5000 Meters	Hilton Field
1992-93	Carson Flowers	A.C. Flora	19:29	5000 Meters	Hilton Field
1993-94	Lindsey Rogers	T.L. Hanna	18:49	5000 Meters	Hilton Field
1994-95	Lindsey Rogers	T.L. Hanna	18:37	5000 Meters	Hilton Field
1995-96	Lindsey Rogers	T.L. Hanna	19:12	5000 Meters	Hilton Field
1996-97	Charity Fillmor	Battery Creek	18:51	5000 Meters	Hilton Field
1997-98	Megan Curren	Riverside	18:58	5000 Meters	Hilton Field
1998-99	Lauren Paige	Greenville	19:25	5000 Meters	Hilton Field
1999-00	Kenzie Lang	A. C. Flora	18:53	5000 Meters	Hilton Field
2000-01	Kate Prichard	Daniel	19:33	5000 Meters	Hilton Field
2001-02	Vicky Echeverria	Riverside	19:21	5000 Meters	CU Sandhills
2002-03	Sunday Ford	Wren	18:46	5000 Meters	CU Sandhills
2003-04	Sunday Ford	Wren	18:43	5000 Meters	Hilton Field
2004-05	Stephanie Gammon	Daniel	19:31	5000 Meters	CU Sandhills
2005-06	Kate Borowicz	J L Mann	18:44	5000 Meters	CU Sandhills
2006-07	Kate Borowicz	J L Mann	18:05	5000 Meters	CU Sandhills
2007-08	Sinead Haughey	Daniel	18:12	5000 Meters	CU Sandhills
2008-09	Tameka Jackson	Seneca	18:22	5000 Meter	CU Sandhills
2009-10	Sinead Haughey	Daniel	18:26	5000 Meters	CU Sandhills
2010-11	Sinead Haughey	Daniel	18:40	5000 Meters	CU Sandhills
2011-12	Meredith Kilburn	Fort Mill	18:10	5000 Meters	CU Sandhills
2012-13	Megan Stahlberger	Airport	18:05	5000 Meters	CU Sandhills
2013-14	Susannah Cate	A C Flora	18:29	5000 Meters	CU Sandhills
2014-15	Mallory Liggett	Hilton Head Isl	18:37.20	5000 Meters	CU Sandhills
2015-16	Mari Lockhart	Daniel	18:36	5000 Meters	CU Sandhills
2016-17	Maggie Rhodes	Woodruff	19:15	5000 Meters	CU Sandhills
2017-18	Maggie Rhodes	Woodruff	19:20	5000 Meters	CU Sandhills
2018-19	Maggie Rhodes	Woodruff	18:48.48	5000 Meters	CU Sandhills
2019-20	Maggie Rhodes	Woodruff	19:19.13	5000 Meters	Carolina Cup
2020-21	Emma Whitaker	Chapman	18:46.55	5000 Meters	CU Sandhills

2021-22	Anna Margaret Loetus	Waccamaw	19:18.2	5000 Meters	CU Sandhills
2022-23	Ashby Williams	Daniel	19:15.59	5000 Meters	CU Sandhills

AA

	<u>Champion</u>	<u>School</u>	<u>Time</u>	<u>Distance</u>	<u>Site</u>
1995-96	Joyce Peebles	Pendleton	19:35	5000 Meters	Hilton Field
1996-97	Aimee Goen	Chesnee	20:00	5000 Meters	Hilton Field
1997-98	Katie England	Walhalla	19:29	5000 Meters	Hilton Field
1998-99	Lisa Hancock	Pendleton	19:37	5000 Meters	Hilton Field
1999-00	Diana Willard	Pelion	19:17	5000 Meters	Hilton Field
2000-01	Diana Willard	Pelion	19:38	5000 Meters	Hilton Field
2001-02	Diana Willard	Pelion	19:40	5000 Meters	CU Sandhills
2002-03	Diana Willard	Pelion	19:13	5000 Meters	CU Sandhills
2003-04	Diana Willard	Pelion	19:17	5000 Meters	Hilton Field
2004-05	Diana Willard	Swansea	19:56	5000 Meters	CU Sandhills
2005-06	Carrie Philips	Chesnee	19:20	5000 Meters	CU Sandhills
2006-07	Ashley McCellion	Palmetto	19:46	5000 Meters	CU Sandhills
2007-08	Jeanne Stroud	Bishop England	19:25	5000 Meters	CU Sandhills
2008-09	Nevada Minard	Pelion	19:49	5000 Meters	CU Sandhills
2009-10	Jeanne Stroud	Bishop England	18:32	5000 Meters	CU Sandhills
2010-11	Jessica Whitmire	Pendleton	18:58	5000 Meters	CU Sandhills
2011-12	Hanan Balawi	Liberty	18:42	5000 Meters	CU Sandhills
2012-13	Lucie Kulze	Academic Magnet	19:06	5000 Meters	CU Sandhills
2013-14	Amelia Jones	Waccamaw	19:15	5000 Meters	CU Sandhills
2014-15	Amelia Jones	Waccamaw	18:53.00	5000 Meters	CU Sandhills
2015-16	Amelia Jones	Waccamaw	19:21	5000 Meters	CU Sandhills
2016-17	Morgan Summey	Greer MC	19:04	5000 Meters	CU Sandhills
2017-18	Ava Dobson	St Josephs	18:35	5000 Meters	CU Sandhills
2018-19	Ava Dobson	St Josephs	18:03.47	5000 Meters	CU Sandhills
2019-20	Ava Dobson	St Josephs	16:58.28	5000 Meters	Carolina Cup
2020-21	Caroline Linen	St Josephs	19:39.43	5000 Meters	CU Sandhills
2021-22	Hattie Jennings	Greer Middle Coll	19:22.5	5000 Meters	CU Sandhills
2022-23	Joyce Siobhan	Oceanside	18:55.58	5000 Meters	CU Sandhills

A

2010-11	Caroline Jennings	Christ Church	19:03	5000 Meters	CU Sandhills
2011-12	Caroline Jennings	Christ Church	19:12	5000 Meters	CU Sandhills
2012-13	Caroline Jennings	Christ Church	18:55	5000 Meters	CU Sandhills
2013-14	Annika Bissinger	St. Joseph's	18:40	5000 Meters	CU Sandhills
2014-15	Annika Bissinger	St. Joseph's	18:44.62	5000 Meters	CU Sandhills
2015-16	Morgan Summey	Greer MC	18:44	5000 Meters	CU Sandhills
2019-20	Combined with AA				
2021-22	Ashten Stroll	Dixie	20:50.6	5000 Meters	CU Sandhills
2022-23	Nina Brown	St. Joseph's	19:52.52	5000 Meters	CU Sandhills

SCHOOL RECORDS

Most State Championships

10 Mauldin.....	1983, 86, 92, 93, 94, 97, 00, 05, 06, 07
9 St. Joseph's.....	2010, 11, 12, 13, 14, 15, 16, 17, 18
6 Irmo.....	1977, 78, 79, 80, 81, 82
6 Spring Valley.....	1985, 87, 88, 89, 90, 91

Most Consecutive State Championships

9 St. Joseph's.....	2010, 11, 12, 13, 14, 15, 16, 17, 18
6 Irmo.....	1977, 78, 79, 80, 81, 82
5 Spring Valley.....	1987, 88, 89, 90, 91

Lowest Team Score (State Meet)

15T. L. Hanna.. 1993

Most Individual State Champions

6 Diana Willard.....	Pelion, Swansea.....	1999, 00, 01, 02, 03, 04
4 Katie Pou.....	Nation Ford.....	2017, 18, 19, 20
4 Maggie Rhodes.....	Woodruff.....	2016, 17, 18, 19
4 Kate Niehaus.....	Spring Valley.....	2002, 03, 04, 05
3 Michelle Crow.....	Irmo.....	1981, 82, 84
3 Kala Boulware.....	Spring Valley.....	1987, 88, 89
3 Lindsey Rogers.....	T L Hanna.....	1993, 94, 95
3 Sinead Haughey.....	Daniel.....	2007, 09, 10
3 Caroline Jennings.....	Christ Church.....	2017, 18, 19
3 Ava Dobson.....	St. Josephs.....	2002, 03, 04, 05

COACHING RECORDS

Most Wins

361 Rick Zeller.....	Wade Hampton.....	1989 - 11.....	361 - 204
73 Mike Mauldin.....	Irmo.....	1977 - 82	