

GIRLS CHAMPIONS (1973-2018)

From '73 to '80, course distance gradually increased from 1.6 to 2.2 miles. In '81, girls were deemed capable of running the full 3.0. And, amazingly, they were!

1973 – B.J. McCagg, Brockport	10:53
1974 - Chris Gardner, Bishop Ludden	10:20
1975 - Chris Gardner, Bishop Ludden	11:31
1976 - Sue Shaffer, Clarence	10:46
1977 - Kim Sharpe, North Syracuse	12:08
1978 - Marj Bessel, Grand Island	12:39.6
1979 - Connie Riegelsmann, Cicero	12:30.7
1980 - Anne Dobrowolski, Lancaster	12:31
1981 - Vicki Brown, Waterloo	18:22 (3.0)
1982 - Mary Pat Hickey, Clarence	17:47
1983 - Mary Pat Hickey, Clarence	17:21
1984 - Stacia Prey, Brighton	16:49
1985 - Brenda Steenhof, Milton, Ont.	16:44
1986 - Denise Bushallow, Auburn	17:01
1987 - Roberta Raszkowski, North East, PA	17:36
1988 - Roberta Raszkowski, North East, PA	17:16
1989 - Deresa Walters, East HS, Rochester	17:14
1990 - Jenny Rhines, Liverpool	18:03
1991 - Jenny Rhines, Liverpool	17:34
1992 - Katie McGregor, Willoughby South, OH	18:23
1993 - Katy Radkewich, Beaumont, Cleveland	17:16
1994 - Alison Mann, Fayetteville-Manlius	18:19
1995 - Andrea Johnson, Lawrence Pk., Toronto	17:22.4
1996 - Brandy Colley, Smethport, PA	18:25
1997 - Heather Cappello, Starpoint, Lockport	17:35.9
1998 - Jennifer Handley, Barrie Central, Ont.	17:11
1999 - Lisa Cappello, Starpoint	17:19.4
2000 - Michelle Sikes, Lakewood, OH	17:30
2001 - Molly Huddle, Notre Dame, Elmira	17:04.4(CR)
2002 - Michelle Sikes, Lakewood, OH	17:13
2003 - Nichole Lister, South Jefferson	17:47
2004 - Laura Cummings, Bay Shore	17:13
2005 - Amanda Griggs, Hilton	16:53(CR)
2006 - Liz Deir, Honeoye Falls-Lima	17:04
2007 - Sam Roecker, Burnt Hills	17:02
2008 - Courtney Chapman, Fayetteville-Manlius	16:57.8
2009 - Kaylin Mahoney, Saugus, CA	17:02.2
2010 - Shaylyn Tuite, Pittsford Mendon	16:53.8
2011 - Laura Leff, West Genesee	17:13.1
2012 - Kennedy Weisner, Elk County Cath, PA	16:45.3(CR)
2013 - Courtney Smith, Unionville, PA	16:46.2
2014 – Jessica Lawson, Corning	16:43.3(CR)

2015 – Shona McCulloch, Longfields S.S., Ont.	16:35.7(CR)
2016 - Jessica Lawson, Corning	16:28.2(CR)
2017 - Brooke Rauber, Tully	16:52.4
2018 – Jenna Schulz, Liverpool	16:52.2

BOYS CHAMPIONS (1965-2018)

2.5-Mile courses until 1974. Various loopings of 3.0 course since 1975. Present 3.0 was first run in 2001.

1965 – Eric Kendrick, McQuaid Jesuit	12:56.2
1966 - Bob Schweinsberg, Watertown	12:31
1967 - Dan McCrone, St. Ignatius, Cleveland	12:58.5
1968 – Dan Polansky, Greece Arcadia	13:17
1969 – Tony Colon, Power Memorial, NYC	13:09
1970 - Tom Smith, Notre Dame, Utica	13:05
1971 - Alex Trammell, St. Joseph's, Buffalo	12:33
1972 - Ken Moliski, Christian Bros., Syracuse	12:31
1973 - Brian Hull, Southwestern, Jamestown	12:21.5
1974 - Dave Dobrzynski, Christian Bros., Syr.	12:31
1975 - Doug Moreland, Iroquois	15:18 *
1976 - Colin McClive, Williamsville South	15:05
1977 - Mark Taylor, Wilson, NY	15:58
1978 - Tom Hollis, Rush-Henrietta	15:03.3
1979 - Randy Haas, Blue Mt. (PA)	14:52.1
1980 - Marty Beauchamp, Tupper Lake	14:42.8
1981 - Grant Whitney, Penfield	15:24.8
1982 - Miles Irish, Burnt Hills	14:45.7
1983 - Ron Markezich, Williamsville North	14:49
1984 - Ron Markezich, Williamsville North	14:40(CR)
1985 - John Gill, Cardinal Leger, Toronto	14:44
1986 - Kerry Fly, Lockport	14:40.7
1987 - Jason Bunston, Westdale, Hamilton, Ont.	15:04
1988 - John Horkheimer, Pittsford	14:59
1989 – Bob Donker, Georgetwon S.S., Ont.	14:56
1990 - Nate Ruder, Fairport	15:06
1991 - Brian Hesson, Caldwell, OH	14:47
1992 - Josh Ritchie, Walsh Jesuit, Stow, OH	15:01
1993 - Dan Lesser, McQuaid Jesuit	15:10
1994 - Scott McClennan, Sir W. Churchill, Ont.	15:26
1995 - Steve Lawrence, E. Northumberland, Ont.	14:52
1996 – Andy Carling, Spencer-Van Etten	15:52
1997 - Adam Wasileski, Fayetteville-Manlius	15:14
1998 - Aaron Emery, Beaver River	14:59
1999 - John Huber, Starpoint, Lockport	15:20
2000 - Peter Meindl, Orchard Park	14:55

2001 - Peter Meindl, Orchard Park	14:47.4
2002 - Stephane Hetherington, St. Mike's, Tor.	14:35(CR)
2003 - Henok Lechebo, West Toronto, Ont.	14:42
2004 - Matthew Brunsting, Quinte Xtian, Ont.	15:08
2005 - Owen Kimple, Fayetteville-Manlius	14:52
2006 - Tom Gruenewald, Fayetteville-Manlius	14:54
2007 - Matt Hughes, Msgr.Dwyer, Oshawa, Ont	14:46
2008 - Chris Stogsdill, Marcellus	14:49
2009 - Cody Pelliccioni, Morgantown, WVA	14:53.2
2010 - Otis Ubriaco, Burnt Hills	14:48.1
2011 - Cameron Bruce, Lansing	15:21
2012 - Ryan Manahan, Marcellus	14:36.9
2013 - Mickey Burke, Rush-Henrietta	14:25(CR)
2014 - Andrew Marston, Conestoga, PA	14:31.3
2015 - Noah Affolder, Carthage, NY	14:14.9(CR)
2016 - Noah Affolder, Carlisle, PA	14:12.7(CR)
2017 - Thomas Witkowicz, All Saints, Ont	14:33.9
2018 - Tyler Berg, Burnt Hills	14:34.9

*** First winner of the Steve Prefontaine Memorial Plaque, in honor of the great American distance runner, who died in a car accident in May, 1975.**