

## NATIONAL INTERSTATE 8k CHAMPIONS

Men's 8K Open Champion Open records based on gun time			Men's 8K Masters Champion Masters records based on chip time	
2015	25:12	Verrelle Wyatt	29:38	Damon Blackford
2016	26:22	Aiman Scullion	30:42	Timothy Lewis
2017	24:57	Bobby Moldovan	30:37	Damon Blackford
2018	25:12	Aiman Scullion	31:50	David Stewart
2019	26:38	Israel Merkle	30:33	Damon Blackford
2021	25:45	Nick Stricklen	29:58	Paul Stock
2022	25:58	Dylan Garritano	29:38	Paul Stock
2023	25:51	Dylan Garritano	28:35	Tim Bowman
Women's 8K Open Champion Open records based on gun time			Women's 8K Masters Champion Masters records based on chip time	
2015	30:07	Rebecca Nussbaum	31:43	Teresa Ferguson*
2016	29:56	Becki Spellman	34:33	Teresa Ferguson
2017	29:30	Becki Spellman	33:14	Teresa Ferguson
2018	29:48	Emma McCarron	33:40	Teresa Ferguson
2019	31:07	Emma McCarron	34:14	Teresa Ferguson
2021	29:24	Becki Spellman	34:19	Teresa Ferguson
2022	29:41	Becki Spellman	34:26	Teresa Ferguson
2023	30:03	Meghann Featherstun	34:44	Danelle Villers
			*3rd place open	

## NATIONAL INTERSTATE 1 MILE CHAMPIONS

Men's 1 Mile Open Champion Open records based on gun time			Men's 1 Mile Masters Champion Masters records based on chip time	
2015	4:31	Andy Knapp	4:49	Charles Novak
2016	4:50	Charles Novak	4:50	Charles Novak
2017	4:47	Craig Nieset	4:47	Craig Nieset*
2018	4:49	Charles Novak	4:49	Charles Novak*
2019	4:40	Dylan Garritano	5:27	Derek Bork
2021	4:52	Joe Polakowski	5:59	Kevin Messick
2022	4:25	Jacob Ondash	5:20	Rick Williamson
2023	4:49	Ryan Kiley	4:50	Tim Bowman
			*1st place open	
Women's 1 Mile Open Champion Open records based on gun time			Women's 1 Mile Masters Champion Masters records based on chip time	
2015	5:36	Kristy Hill	5:51	Michelle Farr
2016	5:34	Faye Hellman	7:19	Amanda Richardson
2017	5:38	Faye Hellman	7:23	Amanda Richardson
2018	6:24	Molly Thomas	7:43	Jennifer Douglas
2019	5:43	Brianna Nieset	6:55	Shari Geiger
2021	5:42	Renee Hardee	6:48	Elizabeth Tucci
2022	5:04	Shelby Nolan	6:42	Theresa Wright
2023	5:36	Kelly Valco	6:31	Holly Wierzbicki