

Year	Male Winner, Affiliation or Location	Male Time	Female Winner, Affiliation or Location	Female Time
1994	Joe Pizza, WT & AC	4:59	Mary Janiszewski, WT & AC	5:10
1995	Jamey Vetelino, Brown University	4:48	Mary Janiszewski, WT & AC	5:14
1996	Mark Fonnemann, Westerly High Sch	4:40	Mary Janiszewski, WT & AC	5:17
1997	Rob Hecker Saint, Bernard HS	4:37	Tuita Casa, Storrs, CT	5:20
1998	Spyros Barres, Mystic, CT	4:34	Emily Selvidio, Wake Forest Uni	5:37
1999	Tyler McCabe, Stonington HS	4:44	Carol Ann Gray, Westerly, RI	6:42
2000	Mark Brissette, Stonington HS	4:50	Kathy Sanford, Unavailable	6:31
2001	Mark Brissette, Stonington HS	4:47	Diane Kodama, North Stonington, CT	6:02
2002	Tyler McCabe, Providence College	4:21	Julie Robinson, Stonington, CT	6:02
2003	Chris McCormack, Sou. CT State Univ.	4:31	Emily Anderson, University of RI	4:58
2004	Michael Blanchard, Ledyard HS	4:34	Heather Stevenson, Ledyard HS	5:19
2005	Dan Sieczkiewicz, Boston Univ	4:24	Emily Anderson, University of RI	5:21
2006	Andrew McCann, Fayettevill-Manlius HS, Syracuse, NY	4:29	Kristen Malloy, Hereford HS, Baltimore, MD	5:19
2007	Andrew McCann, University of Massachusetts	4:23	Kristen Malloy, Hereford HS, Baltimore, MD	5:16
2008	Jacob Edwards, Southern CT State University	4:33	Kristen Malloy, Glastonbury High School	5:14
2009	<i>*cancelled due to flooding</i>			
2010	Andrew Springer, Westerly	4:24	Emily Doucette, Westerly	5:13
2011	Andrew Springer, Westerly	4:19	Jackie Burr, Westerly	5:43
2012	Mike Galoob, Peacedale	4:29	Jackie Burr, Westerly	5:27
2013	Ryan Woolley, Westerly	4:41	Jackie Burr, Westerly	5:13
2014	Tate Knight, Bloomfield, CT	4:45	Shara Robertson, Westerly	5:47
2015	Matthew Walker, Westerly	4:44	Emily Scharsu, Charlotte, NC	5:51
2016	Jonathan Eckel, Westerly	4:59	AnnMarie Adams, Westerly	6:18
2017	Daniel Hawkins, West Kingston	4:50	Erin Hub, Westerly	6:05
2018	Nick Fitch, Norwich, CT	4:32	Randi Burr, Westerly	5:20
2019	Sebastian Reisch	4:58	Kaya West, Westerly	5:38
2020	Matthew Walker, Westerly	4:38	Haley Knox, Bristol, CT	5:32
2021	Timothy Champlin, Narraganset	4:25	Ava Criniti, Lexington, MA	5:21
2022	Jake Serra, Bradford	4:35	Kaya West, Westerly	5:35
2023	Jake Serra, Bradford	4:38	Erin vonHousen, Westerly	5:23
2024	Jake Serra, Bradford	4:36	Erin vonHousen, Westerly	5:15