

MCAL Cross Country Championship Meet History, 1962 - present

| YEAR | BOYS' TEAM CHAMPION | BOYS' INDIV CHAMPION | GIRLS' TEAM CHAMPION | GIRLS' INDIV CHAMPION |
|------|---------------------|--------------------------------|----------------------|-----------------------------|
| 2025 | Redwood 42 | Lucas Ruark, TAM | Archie Williams 30 | Brooke Lee, Archie Williams |
| 2024 | Tamalpais 36 | Ian Sharp, Archie Williams | Redwood 39 | Ani Stieg, Archie Williams |
| 2023 | Tamalpais 42 | Ethan Werner, Red | Redwood 48 | Ani Stieg, Archie Williams |
| 2022 | Redwood 23 | Daegan Cutter, RED | Redwood 38 | Adeline Johnson, BR |
| 2021 | Archie Williams 32 | Caden Carney, Tam | Tamalpais 28 | Audrey McLean, RED |
| 2020 | <i>not held</i> | <i>not held</i> | <i>not held</i> | <i>not held</i> |
| 2019 | Drake 41 | Hudson Grace, RED | Redwood 35 | Gigi Clifford, MC |
| 2018 | Drake 34 | Liam Anderson RED | Marin Catholic 45 | Callie Jones, BR |
| 2017 | Drake 32 | Liam Anderson RED | Drake 70 | Gillian Wagner RED |
| 2016 | Redwood 19 | Liam Anderson RED | Redwood 44 | Gillian Wagner RED |
| 2015 | Drake 40 | Andy Ehrenberg RED | Redwood 22 | Glennis Murphy RED |
| 2014 | San Rafael 47 | Andy Ehrenberg RED | Redwood 24 | Glennis Murphy RED |
| 2013 | San Rafael 56 | Fred Huxham RED | Branson 31 | Julia Maxwell BR |
| 2012 | Redwood 36 | John Lawson DR | Redwood 48 | Julia Maxwell BR |
| 2011 | Redwood 39 | John Lawson DR | Redwood 42 | Julia Maxwell BR |
| 2010 | San Rafael 52 | Dan Milechman TAM | Redwood 45 | Julia Maxwell BR |
| 2009 | San Rafael 35 | Dan Milechman TAM | Redwood 54 | Kate Courtney BR |
| 2008 | Redwood 54 | Erik Olson NOV | Redwood 52 | Theresa Devine MC |
| 2007 | Tam 49 | Erik Olson NOV | Redwood 39 | Mickey Davis SR |
| 2006 | Redwood 57 | David Buscho SR | Redwood 40 | Emilie Olson Tam |
| 2005 | Tam 36 | Steve Sodaro RED | Redwood 61 | Alison Greggor SM |
| 2004 | Tam 56 | Jake Schmitt RED | TAM 63 | Katelyn Calvelli SFD |
| 2003 | Redwood 38 | Jake Schmitt RED | Redwood 42 | Katelyn Calvelli SFD |
| 2002 | Redwood 23 | Jake Schmitt RED | Marin Catholic 28 | Nicci Fish MC |
| 2001 | Redwood 31 | Rory Kuykendall SFD | San Marin 56 | Meagan McCray SM |
| 2000 | Redwood 28 | Josh Babiak RED | Marin Catholic 53 | Morgan Banks SFD |
| 1999 | Redwood 24 | Chris Johnson RED | Novato 50 | Stephanie Farac TL |
| 1998 | Redwood 21 | Chris Johnson, Nick Franco RED | Novato 34 | Ann Glenn SFD |
| 1997 | Redwood 18 | Adam Bessie RED | Novato 59 | Ann Glenn SFD |
| 1996 | Novato 32 | Todd Hunt NOV | Novato 48 | Tiffany Hansen RED |
| 1995 | Novato 37 | Robin Pendoley TL | Terra Linda 35 | Jennifer Ponig TL |
| 1994 | Terra Linda 24 | Ben Wigger SFD | Terra Linda 49 | Jennifer Ponig TL |
| 1993 | Terra Linda 41 | Tom Sweeney MC | San Rafael 42 | Shaunna Anderson NOV |
| 1992 | Redwood 40 | Adam Bonner TAM | San Rafael 57 | Melissa Holden SR |
| 1991 | Redwood 49 | Kris Viau NOV | Terra Linda 51 | Emily Taylor NOV |
| 1990 | Redwood 47 | Richie Boulet SFD | Redwood 37 | Niamh Zwagerman TAM |
| 1989 | Redwood 30 | Richie Boulet SFD | San Marin 44 | Neve Zwagerman TAM |
| 1988 | San Rafael 26 | Chris Swain RED | Redwood 30 | Alisa Jones RED |
| 1987 | | Paul Mankin SR | Redwood 27 | Carolina Allen SR |
| 1986 | Terra Linda 42 | Cliff Kerr SM | San Rafael 38 | Nina Clark SFD |
| 1985 | Terra Linda 42 | Andrew Huggins RED | Redwood 34 | Molly Burke MC |
| 1984 | Redwood 46 | Davin Markham TL | Marin Catholic 45 | Chrissy McGee MC |
| 1983 | Redwood 27 | Kevin Thayer TL | Terra Linda 43 | Kathy Laughlin TL |
| 1982 | Redwood 34 | Steve Sparks TL | Redwood 44 | Terrie Martin RED |
| 1981 | Redwood 54 | Sam Skinner RED | Terra Linda 38 | Robyn MacSwain TL |
| 1980 | Terra Linda 46 | Sam Skinner RED | Sir Francis Drake 44 | Robyn MacSwain TL |
| 1979 | Redwood 35 | Brad Tardy RED | Sir Francis Drake 29 | Robyn MacSwain TL |
| 1978 | Redwood 63 | Garth McCune RED | Sir Francis Drake 50 | Diane Kenny NOV |
| 1977 | Redwood 35 | Dave Coulman SM | Redwood 42 | Sarah Sweeny MC |
| 1976 | Redwood 36 | Aran Collier TAM | Tamalpais 46 | Sarah Sweeny MC |
| 1975 | Redwood 26 | Hal Schulz RED | Tamalpais 22 | Sarah Sweeny MC |
| 1974 | San Rafael 30 | Hal Schulz RED | Tamalpais 26 | Linda Broderick TAM |
| 1973 | San Rafael 26 | Ray Green SR | Tamalpais 29 | Kate Keyes TAM |
| 1972 | Redwood 19 | Jan Eric Moller RED | | |
| 1971 | Redwood 26 | Jan Eric Moller RED | | |
| 1970 | Novato 35 | Mike Arago TAM | | |
| 1969 | Redwood 33 | Ron Elijah NOV | | |
| 1968 | Redwood 37 | Don Makela NOV | | |
| 1967 | Novato 53 | Bob Bunnell TL | | |
| 1966 | Redwood 40 | Bob Bunnell TL | | |
| 1965 | Tamalpais 45 | Malcom Collier TAM | | |
| 1964 | | Greg Sparks TAM | | |
| 1963 | Tamalpais | Keith Krieger TAM | | |
| 1962 | Tamalpais | | | |