



Minnesota Mile

All-Time Champions

YEAR	MEN'S WINNER	TIME	WOMEN'S WINNER	TIME
2022	Cameron Stocke	4:29	Hanna Torvi	5:47
2021	Matthew Rosen	4:39	Emi Trost	5:30
2020	John Curley	4:51	Elisabeth Hanson	6:10
2019	Tom Sederquist	4:41	Erin Teschuk	4:50
2018	Josh Kerr	4:10	Amanda Eccleston	4:47
2017	Ben Blankenship	4:07	Heather Kampf	4:41
2016	Chris O'Hare	4:01	Emily Lipari	4:36
2015	Jack Bolas	4:06	Gabriele Grunewald	4:38
2014	Jack Bolas	4:02	Heather Kampf	4:29
2013	Ben Blankenship	3:52	Gabriele Anderson	4:21
2012	Craig Miller	4:01	Heather Kampf	4:36
2011	Craig Miller	4:03	Brenda Martinez	4:44
2010	Aron Rono	3:58	Carmen Douma Hussar	4:35
2009	Haron Lagat	3:59	Carrie Vickers	4:40
2008	Christian Hesch	4:10	Carrie Vickers	4:43
2007	Brad Lowery	4:08	Kathleen Monaghan	5:06