



3A/4A 2023 All-League Cross Country

Boys First Team

Name	School	Year	Time
Kade Brownell	Mt. Spokane	Junior	15:35.21
Calvin Hilton	Cheney	Junior	15:42.03
Parker Westermann	Mt. Spokane	Junior	15:54.19
Jaedon Phillips	Mead	Junior	16:19.18
Micaiah Aden	North Central	Senior	16:19.48
Parker Whitmore	Lewis & Clark	Junior	16:20.56
Harper Churape	Lewis & Clark	Junior	16:24.72
Levi Aden	North Central	Soph	16:28.25
Samuel Newton	Mt. Spokane	Senior	16:30.56
Aaron Wright	Central Valley	Junior	16:32.87

Girls First Team

Name	School	Year	Time
Raegan Borg	Mead	Senior	18:29.96
Charlotte Cullen	Mead	Senior	18:45.38
Jane Wycoff	Mt. Spokane	Soph	19:12.27
Katie Lubbe	Lewis & Clark	Junior	19:16.62
Kyla Roberts	University	Soph	19:32.25
Mackenzie Munn	Central Valley	Soph	19:32.87
Ella Menard	Ferris	Soph	19:34.33
Elle Vanning	Mead	Senior	19:46.20
Darla Kelly	Ferris	Soph	19:52.30
Charlotte Burns	Lewis & Clark	Junior	20:01.14

Boys Second Team

Name	School	Year	Time
Cameron Frenk	Cheney	Junior	16:34.47
Toby Meier	Lewis & Clark	Junior	16:35.33
Travis Horn	North Central	Senior	16:35.81
Cameron Jansen	Mt. Spokane	Senior	16:37.40
Brody Graham	Lewis & Clark	Junior	16:39.83
Javin Michaelsen	Mt. Spokane	Soph	16:40.94
John Troxel	Central Valley	Soph	16:43.29

Girls Second Team

Name	School	Year	Time
Amelia Carlson	Lewis & Clark	Soph	20:02.82
Makena Krauss	Gonzaga Prep	Soph	20:03.61
Avery Parker	Mead	Fresh	20:10.07
Hannah Ward	Cheney	Junior	20:10.95
Bella Buckner	Gonzaga Prep	Fresh	20:16.59
Addy Chaffins	Mead	Soph	20:16.94
Serenity Marek	Mt. Spokane	Senior	20:21.19

Boys Honorable Mention

Name	School	Year	Time
Kyle Larsen	Mead	Senior	16:43.80
Holland Hurd	Cheney	Junior	16:46.01
Samuel Hilton	Cheney	Fresh	16:52.52
Scotty McIntyre	Gonzaga Prep	Senior	16:53.22
Elijah Tobin	Lewis & Clark	Fresh	16:55.68
Zach Frazier	Gonzaga Prep	Soph	16:58.13
Brendan Washington	Ferris	Senior	17:03.17

Girls Honorable Mention

Name	School	Year	Time
Ainsley Bowen	Mt. Spokane	Junior	20:23.07
Adrienne Holden	Mead	Fresh	20:23.95
Karlee Pope	Cheney	Senior	20:24.81
Karly Bowen	Mt. Spokane	Senior	20:26.07
Paige Huntsinger	Ridgeline	Junior	20:27.08
Brianna McKell	Mt. Spokane	Soph	20:36.19
Madilyn Danaraj	Ferris	Senior	20:38.28

Coach of the Year

Michael Lee

Lewis & Clark

Coach of the Year

Julie Shogan

Ferris