



3A/4A 2022 All-League Cross Country

Boys First Team

Name	School	Year	Time
Evan Bruce	Lewis & Clark	Senior	15:43.89
Noah Holden	Mead	Senior	15:49.19
Kade Brownell	Mt. Spokane	Soph	15:51.13
Parker Westermann	Mt. Spokane	Soph	15:52.91
Ben Smith	Mt. Spokane	Senior	15:55.49
Calvin Hilton	Cheney	Soph	16:00.73
Jonathan Lieb	Mead	Senior	16:02.60
Charles Ledwith	Lewis & Clark	Senior	16:06.17
Jacob Marchesseault	Mead	Senior	16:08.37
Matt Conrad	Mt. Spokane	Senior	16:17.05

Girls First Team

Name	School	Year	Time
Nicole Bissell	Central Valley	Senior	18:14.73
Charlotte Pedersen	Mt. Spokane	Senior	18:19.58
Charlotte Cullen	Mead	Junior	18:45.59
Raegan Borg	Mead	Junior	18:52.04
Kendall Carter	North Central	Senior	19:02.52
Bridget Burns	Lewis & Clark	Senior	19:18.99
Katie Lubbe	Lewis & Clark	Soph	19:19.35
Ella Swanson	Lewis & Clark	Senior	19:20.83
Jane Wycoff	Mt. Spokane	Fresh	19:21.28
Elle Vanning	Mead	Junior	19:24.71
Caitlin Shaffer (Wheelchair)	Cheney	Fresh	16:40.00

Boys Second Team

Name	School	Year	Time
Ben Sonneland	Mt. Spokane	Senior	16:22.46
Graham Cleveland	Gonzaga Prep	Senior	16:24.50
Brayden Martin	Cheney	Soph	16:25.08
Harper Churape	Lewis & Clark	Soph	16:27.06
Adam Estock	Cheney	Senior	16:32.25
Braeden Vlasak	Lewis & Clark	Senior	16:32.93
Shane Johansen	Ferris	Senior	16:37.78

Girls Second Team

Name	School	Year	Time
Chloe Nelson	University	Fresh	19:28.95
Kyla Roberts	University	Fresh	19:32.87
Alivia Bruno	Ridgeline	Senior	19:35.46
Samantha Habegger	Cheney	Senior	19:38.09
Olivia Ferraro	Mead	Senior	19:48.26
Libby Roberts	University	Soph	19:56.01
Lily Nielsen	Central Valley	Junior	19:57.71

Boys Honorable Mention

Name	School	Year	Time
Colin Wright	Central Valley	Senior	16:38.67
Luke Decker	Gonzaga Prep	Senior	16:40.36
Jaedon Phillips	Mead	Soph	16:40.83
Ethan Martin	Cheney	Fresh	16:43.13
Peyton Lemmon	Ferris	Junior	16:44.21
Luke Ranson	Gonzaga Prep	Senior	16:45.25
Micaiah Aden	North Central	Junior	16:46.30

Girls Honorable Mention

Name	School	Year	Time
Hannah Ward	Cheney	Soph	20:02.63
Karlee Pope	Cheney	Junior	20:06.93
Charlotte Burns	Lewis & Clark	Soph	20:09.24
Brianna McKell	Mt. Spokane	Fresh	20:13.53
Holly Meadows	Central Valley	Senior	20:21.85
Makena Krauss	Gonzaga Prep	Fresh	20:27.10
Darla Kelly	Ferris	Fresh	20:31.64

Coach of the Year

Scott Daratha

Mt. Spokane

Coach of the Year

Andy Sonneland

Mt. Spokane