



COLONIAL LEAGUE FOR INTERSCHOLASTIC SPORTS, INC.

Bangor Catasauqua Northern Lehigh Northwestern Lehigh Notre Dame G.P.
Palisades Palmerton Pen Argyl Salisbury Saucon Valley
Southern Lehigh Wilson Moravian Academy

TO: Colonial League Cross Country Coaches
FROM: Bron Holland
Colonial League Cross Country Chairperson
RE: Cross Country All League Selections
DATE: November 2, 2016

2016 Cross Country All-Colonial League Selections

BOYS

	Name	School
MVP	Ethan Bernstein	Saucon Valley
1 st Team	Stephen Gray	Southern Lehigh
	Thomas Matsumura	Southern Lehigh
	Robert Leiser	Northwestern Lehigh
	Colin Cramer	Southern Lehigh
	Dylan McNichol	Palisades
	Jarred Kyra	Saucon Valley
	2 nd Team	Morgan O'Brien
Corey Welsh		Southern Lehigh
Phillip Castrine		Northwestern Lehigh
Raahi Klar-Chaudhari		Southern Lehigh
John Koons		Notre Dame Green Pond
Jake Martinez		Palmerton
	Tom Koons	Notre Dame Green Pond

GIRLS

	Name	School
MVP	Madeline Consuelos	Northwestern Lehigh
1st Team	Jillian Pote	Wilson
	Jenna Groeber	Southern Lehigh
	Molly Tarvin	Northwestern Lehigh
	Katherine George	Southern Lehigh
	Gabrielle Vega	Wilson
	Martina Sell	Bangor
2nd Team	Abby Rustay	Wilson
	Allisa VandeBunte	Southern Lehigh
	Hannah Herzon	Northwestern Lehigh
	Brianna VandeBunte	Southern Lehigh
	Amy Farese	Palisades
	Sarah Yanega	Southern Lehigh
	Alyssa Zack	Northwestern Lehigh

	Name	School
Boys Honorable Mention	Anthony Pacchioli	NDGP
	Marino Bubba	Bangor
	Josh Eibeck	Pen Argyl
	Preston Kemery	Northern Lehigh
	Alex Fillman	Southern Lehigh
	Shane Houghton	Wilson
	Hunter Zahm	Moravian Academy
	Hunter Kish	Bangor
	Sheamus Hammerstone	NDGP
Girls Honorable Mention		
	Emily Labar	Bangor
	Fiona Bennet	Northwestern Lehigh
	Elizabeth Seip	Saucon Valley
	Allyson Yanega	Southern Lehigh
	Rebecca McCabe	Saucon Valley
	Alison Lorah	Northern Lehigh
	Devers Brooke	Northwestern Lehigh
	Lillie Altonen	Wilson