



# 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 6, 2017

## 2017 Cross Country All-Colonial League Selections

### **BOYS**

	Name	School
MVP	Colin Cramer	Southern Lehigh
1 <sup>st</sup> Team	Ethan Bernstein	Saucon Valley
	John Koons	Notre Dame GP
	Jacob Martinez	Palmerton
	Sheamus Hammerstone	Notre Dame GP
	Marino Bubba	Bangor
	Matthew Chaikowsky	Saucon Valley
	2 <sup>nd</sup> Team	Thomas Matsumura
Shane Artis		Salisbury
Dylan McNichol		Palisades
Robert Leiser		Northwestern Lehigh
Anthony Coppolella		Pen Argyl
Anthony Pacchioli		Notre Dame GP
Morgan O'Brien		Bangor

**GIRLS**

	<b>Name</b>	<b>School</b>
MVP	Martina Sell	Bangor
1 <sup>st</sup> Team	Grace Medei	Notre Dame GP
	Amy Farese	Palisades
	Reagan Pender	Northern Lehigh
	Moly Tarvin	Northwestern Lehigh
	Madeline Consuelos	Northwestern Lehigh
	Sophie Doman	Palisades
2 <sup>nd</sup> Team	Kailyn Jones	Northwestern Lehigh
	Alyssa Zack	Northwestern Lehigh
	Jillian Pote	Wilson
	Gaby Vega	Wilson
	Sarah Supplee	Northwestern Lehigh
	Jenna Groeber	Southern Lehigh
	Hannah Herzon	Northwestern Lehigh

	<b>Name</b>	<b>School</b>
Boys Honorable Mention		
	Alec DiCesare	Southern Lehigh
	Phillip Castrine	Northwestern Lehigh
	Shane Houghton	Wilson
	Preston Kemery	Northern Lehigh
	Charlie Hohl	Notre Dame GP
	Luke Smith	Saucon Valley
Girls Honorable Mention		
	Alexis Rushatz	Catasauqua
	Hannah DelSordo	Southern Lehigh
	Katie Guelcher	Northern Lehigh
	Lydia Bottelier	Palisades
	Emily LaBar	Bangor
	Alison Lorah	Northern Lehigh