



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: Media

FROM: Bron Holland
Colonial League Cross Country Chairperson

RE: Cross Country All League Selections

DATE: November 9, 2018

2018 Cross Country All-Colonial League Selections

BOYS

	Name	School
MVP	Alex Kane	Southern Lehigh
1 st Team	John Koons	NDGP
	Jacob Martinez	Palmerton
	Matthew Chaikowsky	Saucon Valley
	Shane Artis	Salisbury
	Marino Bubba	Bangor
	Morgan O'Brien	Bangor
2 nd Team	Cody Smith	NDGP
	Anthony Coppolella	PA
	Michael Sosnowski	Salisbury
	Alec DiCesare	Southern Lehigh
	Aaron Koehler	Wilson
	RJ Zack	Northwestern Lehigh
	Marc Ramson	Southern Lehigh

GIRLS

	Name	School
MVP	Reagan Pender	Northern Lehigh
1st Team	Grace Medei	NDGP
	Jillian Pote	Wilson
	Alyssa Zack	Northwestern Lehigh
	Kailyn Jones	Northwestern Lehigh
	Amy Farese	Palisades
	Natalie Morgan	Southern Lehigh
2nd Team	Sarah Supplee	Northwestern Lehigh
	Jenna Groeber	Southern Lehigh
	Alexis Rushatz	Catasauqua
	Molly McGorry	Northwestern Lehigh
	Madeline Consuelos	Northwestern Lehigh
	Allison Costa	Northwestern Lehigh
	Dorothy Curtin	Palisades

	Name	School
Boys Honorable Mention		
	Preston Kemery	Northern Lehigh
	Liam Fitting	Southern Lehigh
	Zach Randall	Northwestern Lehigh
	Mike Coleman	Bangor
	Dylan Carter	Moravian Academy
	Mason Tran	Moravian Academy
	Joe Pleban	Northwestern Lehigh
	Dominik Lisicky	Southern Lehigh
	Edward Jeitner	Southern Lehigh
Girls Honorable Mention		
	Emma Szydlow	Saucon Valley
	Serena Azzalina	NDGP
	Emily LaBar	Bangor
	Lily Eyvazzadeh	Moravian Academy
	Sara Reguera	Palisades
	Zoey Bronson	Wilson
	Krysta Nichols	Moravian Academy
	Katie Guelcher	Northern Lehigh