

2023 GIRLS PVC CLASS B CROSS COUNTRY ALL-CONFERENCE TEAM

First Team:

Maggie Bell (So.) Caribou
Seneca Haney (So.) MDI
Lily Heitmann (Fr.) Old Town
Lida Kanoti (Jr.) Old Town
Carolina Lobe (Jr.) John Bapst
Sage Sartin (Fr.) MDI
Amelia VanDongen (Jr.) MDI

Second Team:

Anna Breus (Fr.) John Bapst
Hope LeMoine (Jr.) MDI
Hannah Lovely (So.) Hermon
Elise Ouellette (So.) John Bapst
Emma Simard (Sr.) MDI
Fiona St. Germain (Jr.) MDI
Taylor York (Fr.) Presque Isle

Honorable Mention:

Laura Annis (Fr.) John Bapst, Jayden Bell (So.) Ellsworth, Gloria Dionne (Fr.) Caribou,
Anna Hailey (Fr.) Caribou, Abby Hardison (So.) Ellsworth, Natalie Haulk (Fr.) John Bapst,
Julia Scarano (So.) John Bapst, Livesey Sheehan (Jr.) Ellsworth

Girls PVC Class B Runner of the Year- Amelia VanDongen (MDI)

Girls PVC Class B Coach of the Year- Tyler Parsons (John Bapst)

2023 BOYS PVC CLASS B CROSS COUNTRY ALL-CONFERENCE TEAM

First Team:

Lucian Avila-Gatz (Jr.) MDI
Matthew Cormier (Sr.) Ellsworth
Liam McKernan (Sr.) MDI
Griffin Merrill (Jr.) John Bapst
Henry Milan (Jr.) John Bapst
Ethan Roach (Sr.) John Bapst
Patrick Saltysiak (So.) MDI

Second Team:

Chris Cooper (So.) MDI
William 'Hayna' Francis (Jr.) Old Town
Noah McGruder (Fr.) Ellsworth
Jonathan Ouellette (Jr.) John Bapst
Tryg Soares (So.) MDI
Tewolde Stewart (Fr.) Caribou
Chris Taylor (Jr.) Ellsworth
Jacob Violette (Jr.) Caribou

Honorable Mention:

Seth Dubay (Fr.) Caribou, James Goddard (Fr.) MDI, Jay Haney (Sr.) MDI,
Jed Hartley (Jr.) John Bapst, Harrison Landes (Jr.) Caribou, Felix Markosian (Jr.) Ellsworth,
Beckham Rand (Fr.) John Bapst, Rowan Tate (Sr.) Ellsworth

Boys PVC Class B Runner of the Year- Liam McKernan (MDI)

Boys PVC Class B Coach of the Year- Desiree Sirois (MDI)

2023 GIRLS PVC CLASS C CROSS COUNTRY ALL-CONFERENCE TEAM

First Team:

Maya Boyington (So.) Orono
Teanne Ewings (Jr.) Houlton/GHCA
Natalie Johnson (Jr.) Houlton/GHCA
Margaret Reilich-Godino (Sr.) Sumner
Leanne Ross (Sr.) Houlton/GHCA
Clara White (So.) Orono
Ruth White (Sr.) Orono

Second Team:

Maia Church (Jr.) GSA/BHHS
Aubrey Gifford (Sr.) Mattanawcook
Alexa Johnson (So.) Narraguagus
Katie McQuarrie (Jr.) Houlton/GHCA
Tilley Puleo (So.) Orono
Roza Parker (Sr.) Bucksport
Bailey Townsend (So.) GSA/BHHS

Honorable Mention:

Ruby Beane (Fr.) Orono, Ada Fisher (Sr.) Sumner, Mia Mills (So.) Jonesport-Beals,
Dalayna Mincey (Fr.) Houlton/GHCA, Bailey Orourke (Sr.) Calais,
Andrea Ross (So.) Houlton/GHCA. Esther Teasdale-Stinson (Fr.) Mattanawcook

Girls PVC Class C Runner of the Year- Ruth White (Orono)

Girls PVC Class C Coach of the Year- Lin White (Orono)

PVC Coaches Inspiration Award:

Maddison Lewis (Bangor Christian) & Chloe Willigar (Schenck)

2023 BOYS PVC CLASS C CROSS COUNTRY ALL-CONFERENCE TEAM

First Team:

Ben Arsenault (Jr.) Orono
Owen Beane (Jr.) Orono
Gage Bruns (Sr.) Bucksport
Kaleb Colson (Sr.) Sumner
William Hileman (Sr.) Bucksport
Runner Jarrett (Jr.) Foxcroft
Ren Salisbury (Sr.) Sumner

Second Team:

Asa Berry (Sr.) Sumner
Brayden Drake (Fr.) Houlton/GHCA
Riley Hastey (Sr.) Sumner
Michael Johnson (Sr.) Bucksport
David Patnaude (Sr.) GSA/BHHS
Lukas Pounder (So.) Narraguagus
Malachi Witmer (Fr.) Houlton/GHCA

Honorable Mention:

Andrew Barrett (So.) Orono, Robert Berry (So.) Narraguagus, Camden Brown (Jr.) Orono,
Thomas Coolidge (Jr.) GSA/BHHS, Dakota Davis (Sr.) Washington Acad.,
Erik Davis (Jr.) GSA/BHHS, Troy Morrison (Sr.) GSA/BHHS, Claire Willett (Sr.) Sumner

Boys PVC Class C Runner of the Year- Kaleb Colson (Sumner)

Boys PVC Class C Coach of the Year- Adam Lord (Sumner)