

GREAT NORTHERN CONFERENCE
2024 CROSS COUNTRY ALL-CONFERENCE TEAMS

BOYS

Runner of the Year: Ashton Bremer Lakeland
Coach of the Year: Gordy Hartzheim Lakeland

First Team All-Conference

Runner	School	Time
Ashton Bremer	Lakeland	16:28.1
Greyson Gremban	Rhineland	16:41.9
Avrom Barr	Rhineland	17:12.5
Samuel Zastrow	Tomahawk	17:44.5
Brandon Curtis	Medford	17:50.6
Dominic Boos	Tomahawk	17:55.9
Atilla Gyuro	Lakeland	18:05.6

Second Team All-Conference

Runner	School	Time
Parker McKinney	Lakeland	18:06.1
Erik Anderson	Lakeland	18:07.3
Jason Linn	Northland Pines	18:07.5
Barrett Eggen	Lakeland	18:08.8
Ayden Myers	Rhineland	18:35.2
George Ahles	Mosinee	18:36.2
Corbyn Radlinger	Medford	18:39.3

Honorable Mention

Runner	School	Time
Michael Brunette	Rhineland	18:47.8
Joe Zastrow	Tomahawk	18:52.1
Alton Jackson	Lakeland	18:55.0
Jeremiah Johnson	Tomahawk	18:59.1
Beau Stromberg	Tomahawk	19:08.9
Braelen Hesch	Lakeland	19:12.9
Spencer Lemke	Mosinee	19:15.2

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GIRLS

Runner of the Year: **Lindsay Kahn** **Medford**
Coach of the Year: **Connor Ahrens** **Tomahawk**

First Team All-Conference

Runner	School	Time
Lindsay Kahn	Medford	19:41.1
Lillian L'Esperance	Antigo	20:18.0
Alli Palmer	Tomahawk	20:30.7
Macy Myers	Rhineland	20:48.9
Brynn Teter	Rhineland	20:50.0
Sherri Handeland	Lakeland	20:51.2
Ada Ernst	Lakeland	20:58.8

Second Team All-Conference

Runner	School	Time
Stella Meza	Lakeland	21:16.3
Lydia Shaney	Tomahawk	21:30.3
Marissa Swita	Mosinee	21:41.9
Ellie Micke	Tomahawk	21:44.4
Abbie Rosenmeier	Tomahawk	21:44.8
Morgan Liske	Medford	21:52.5
Elisa Gibeault	Tomahawk	22:11.4

Honorable Mention

Runner	School	Time
Hayley Schiek	Rhineland	22:19.5
Ella Dassow	Medford	22:20.6
Kristiana Clay	Lakeland	22:28.9
Willow Dassow	Medford	22:33.3
Mallory Richter	Medford	22:38.4
Abigayle Congleton	Northland Pines	22:38.8
Sophia Miljevich	Rhineland	22:44.3