

**GREAT NORTHERN CONFERENCE**  
**2009-10 CROSS COUNTRY ALL CONFERENCE TEAMS**

**Conference Meet – Boys Team Standings**

| <b><u>School</u></b> | <b><u>Score</u></b> |
|----------------------|---------------------|
| Lakeland             | 37                  |
| Antigo               | 59                  |
| Tomahawk             | 64                  |
| Medford              | 105                 |
| Mosinee              | 136                 |
| Merrill              | 146                 |
| Northland Pines      | 160                 |

**BOYS**

**Runner of the Year:**    **Evan Lewandowski**                      **Medford**

**First Team All Conference**

| <b><u>Runner</u></b> | <b><u>School</u></b> | <b><u>Time</u></b> | <b><u>Year</u></b> |
|----------------------|----------------------|--------------------|--------------------|
| Evan Lewandowski     | Medford              | 17:20              | 12                 |
| Erik Artymiuk        | Antigo               | 17:27              | 12                 |
| Cody Artymiuk        | Antigo               | 17:28              | 10                 |
| Randy Holcombe       | Lakeland             | 17:37              | 12                 |
| Andrew Nielson       | Lakeland             | 17:47              | 11                 |

**Second Team All Conference**

| <b><u>Runner</u></b> | <b><u>School</u></b> | <b><u>Time</u></b> | <b><u>Year</u></b> |
|----------------------|----------------------|--------------------|--------------------|
| Tyler Bostwick       | Tomahawk             | 17:49              | 12                 |
| Justin Smith         | Lakeland             | 17:51              | 10                 |
| Nathan Kainz         | Tomahawk             | 18:07              | 12                 |
| Matt Juedes          | Merrill              | 18:17              | 12                 |
| Brian Theuerkauf     | Lakeland             | 18:24              | 12                 |

**Honorable Mention All Conference**

| <b><u>Runner</u></b> | <b><u>School</u></b> | <b><u>Time</u></b> | <b><u>Year</u></b> |
|----------------------|----------------------|--------------------|--------------------|
| Marquis Johnson      | Lakeland             | 18:27              | 10                 |
| Caleb Fleischman     | Antigo               | 18:30              | 10                 |
| Keegan Edwards       | Antigo               | 18:37              | 11                 |
| Dan Stieber          | Mosinee              | 18:46              | 12                 |
| Josh Barr            | Tomahawk             | 18:47              | 12                 |

**GREAT NORTHERN CONFERENCE**  
**2009-10 CROSS COUNTRY ALL CONFERENCE TEAMS**

**GIRLS**

**Conference Meet – Girls**

| <b><u>School</u></b> | <b><u>Score</u></b> |
|----------------------|---------------------|
| Tomahawk             | 39                  |
| Mosinee              | 63                  |
| Lakeland             | 75                  |
| Antigo               | 75                  |
| Merrill              | 130                 |
| Northland Pines      | 131                 |
| Medford              | 184                 |

**Runner of the Year: Rachel Sudbury Tomahawk**

**First Team All Conference**

| <b><u>Runner</u></b> | <b><u>School</u></b> | <b><u>Time</u></b> | <b><u>Year</u></b> |
|----------------------|----------------------|--------------------|--------------------|
| Rachel Sudbury       | Tomahawk             | 15:52              | 10                 |
| Delaney FitzPatrick  | Lakeland             | 16:36              | 9                  |
| Sammy Stimac         | Antigo               | 16:36              | 10                 |
| Caitlin Fleischman   | Antigo               | 17:00              | 10                 |
| Stephanie Welke      | Tomahawk             | 17:05              | 9                  |

**Second Team All Conference**

| <b><u>Runner</u></b> | <b><u>School</u></b> | <b><u>Time</u></b> | <b><u>Year</u></b> |
|----------------------|----------------------|--------------------|--------------------|
| Rachael Miller       | Tomahawk             | 17:06              | 10                 |
| Lindsay Brandenburg  | Mosinee              | 17:06              | 11                 |
| Dana Roach           | Lakeland             | 17:11              | 12                 |
| Mary Prunty          | Antigo               | 17:16              | 10                 |
| Megan Gwyn           | Northland Pines      | 17:24              | 12                 |

**Honorable Mention All Conference**

| <b><u>Runner</u></b> | <b><u>School</u></b> | <b><u>Time</u></b> | <b><u>Year</u></b> |
|----------------------|----------------------|--------------------|--------------------|
| Ty Filipiak          | Mosinee              | 17:27              | 9                  |
| Sarah Vils           | Mosinee              | 17:39              | 9                  |
| Kelsey Renn          | Tomahawk             | 17:41              | 10                 |
| Sara Maday           | Tomahawk             | 17:42              | 12                 |
| Hayley Walbeck       | Merrill              | 17:42              | 11                 |