

Cross Country  
Boys and Girls- Natonal Conf.  
All League 2019

<b>Sport</b>	<b>Name</b>	<b>School</b>	<b>Conference</b>
<b>Girls' Cross Country</b>	Alyssa Deeds	Twinsburg	National
<b>Girls' Cross Country</b>	Anna Mehendale	Brecksville-Broadview Hts.	National
<b>Girls' Cross Country</b>	Brenna Beucler	Hudson	National
<b>Girls' Cross Country</b>	Rebecca Mold	Twinsburg	National
<b>Girls' Cross Country</b>	Rachel Murphy	Wadsworth	National
<b>Girls' Cross Country</b>	Emmaline Hannan	Hudson	National
<b>Girls' Cross Country</b>	Sydney Gallagher	Hudson	National
<b>Girls' Cross Country</b>	Sarah Weldon	Hudson	National
<b>Girls' Cross Country</b>	Kendra Cassiday	Stow	National
<b>Girls' Cross Country</b>	Aiamyia Dudley	Cuyahoga Falls	National
<b>Girls' Cross Country Chamionship Coach</b>	<b>Megan Petraska</b>	<b>Hudson</b>	<b>National</b>
<b>Runner of the Year</b>	<b>Clare Nicholas</b>	<b>Wadsworth</b>	<b>National</b>
<b>Boys' Cross Country</b>	Andrew Goldslager	Hudson	National
<b>Boys' Cross Country</b>	Wade Speeth	Brecksville Broadview Hts.	National
<b>Boys' Cross Country</b>	Jack Root	Hudson	National
<b>Boys' Cross Country</b>	Titan Casey	Hudson	National
<b>Boys' Cross Country</b>	Jaden Wimbush	Nordonia	National
<b>Boys' Cross Country</b>	Dominic Delmoro	Wadsworth	National
<b>Boys' Cross Country</b>	Luke Good	Hudson	National
<b>Boys' Cross Country</b>	Jack Wilcoxson	Cuyahoga Falls	National
<b>Boys' Cross Country</b>	Austin Kling	North Royalton	National
<b>Boys' Cross Country</b>	Dylan Forbes	Brecksville Broadview Hts.	National
<b>Boys' Cross Country Championship Coach</b>	<b>Mark McConnell</b>	<b>Hudson</b>	<b>National</b>
<b>Runner of the Year</b>	<b>Adam Jones</b>	<b>Brecksville-Broadview Hts.</b>	<b>National</b>