



# 2023 All-Conference Girls Cross Country

## Top Honors

**RUNNER OF THE YEAR** Morgan Thompson, Kennewick  
**COACH OF THE YEAR** Troy Blackburn, Hermiston  
**CONFERENCE CHAMPIONS** Hermiston & Kamiakin

## First Team Selections

Name	School	Year
Macy Eggart	Walla Walla	Junior
Morgan Thompson	Kennewick	Junior
Elizabeth Newman	Hermiston	Junior
Megan Joyce	Hermiston	Senior
Meredith Stavenger	Kamiakin	Senior
Emma Gis	Chiawana	Junior
Lilly Robertson	Richland	Junior

## Second Team Selections

Name	School	Year
Elena Till	Kamiakin	Soph
Lillian Fields	Hermiston	Junior
Abby Duncan	Richland	Soph
Valerie Siebol DeRuyter	Pasco	Junior
Louesa Gledhill	Kamiakin	Junior
Carley Nelson	Chiawana	Senior
Anna Humble	Kamiakin	Senior

## Honorable Mention Selections

Name	School	Year
Katie Burt	Walla Walla	Fresh
Camryn Sabin	Kamiakin	Junior
Haylee Johnson	Kennewick	Senior
Taylor Blackburn	Hermiston	Soph
Brooklin Seadore	Southridge	Senior
Preslie Jenkins	Kamiakin	Fresh
Laniah Sinyani	Chiawana	Soph