

2014 season  
Pennsylvania Heartland Athletic Conference  
Cross Country All-Stars

**DIVISION I GIRLS**

**FIRST TEAM**

- ASHLEY BLAIR – SELINGSGROVE
- BRITTANY CARNATHAN - SELINGSGROVE
- YOANGELYS CEDENO – SHIKELLAMY
- ALIYAH MALLAK – CENTRAL MOUNTAIN
- SKYLAR MAURER – SELINGSGROVE
- LAUREL MOYER – CENTRAL MOUNTAIN
- HANNAH WEBER - WILLIAMSPORT

**SECOND TEAM**

- LAUREN EARLEY – WILLIAMSPORT
- JORDAN ENGLERT – WILLIAMSPORT
- BEATRICE FERGUSON – JERSEY SHORE
- PAIGE KRATZER – SHIKELLAMY
- ALYSSA LAUGHNER – CENTRAL MOUNTAIN
- SADIE McCALEB – CENTRAL MOUNTAIN
- CHRISTINA TROUTMAN – SHAMOKIN
- KATELYN WALBRIDGE – CENTRAL MOUNTAIN

**DIVISION I BOYS**

**FIRST TEAM**

- BRODY BEILER – SELINGSGROVE
- JONNY COPE – SELINGSGROVE
- ISSAC DAVIS – JERSEY SHORE
- JOSH KING – CENTAL MOUNTAIN
- LIAM MCGARVEY – WILLIAMSPORT
- MERIT PATTERSON – CENTRAL MOUNTAIN
- AARON SCHAFFER-NEITZ – SHIKELLAMY
- GARRETT WOLF - SELINGSGROVE

**SECOND TEAM**

- HAMYRE CANNON – WILLIAMSPORT
- NATHAN CASPER-MILLER – WILLIAMSPORT
- DYLAN GERATY – CENTRAL MOUNTAIN
- BRICE HARRO – SELINGSGROVE
- TYLER MILLER – JERSEY SHORE
- CHRIS PETRASKIE – SHAMOKIN
- CALEB STIFLER – JERSEY SHORE
- QUINTON SWANK - SELINGSGROVE
- CHUCK WALTERS - SELINGSGROVE

**Coach of the Year:**

***Boys Division I:***

COACH: Ryan MacGuire - Selingsgrove

***Girls Division I:***

COACH: Terrance Green – Central Mountain

**Boys Champions = Selingsgrove**

**Girls Champions = Central Mountain**

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**DIVISION II GIRLS**

**FIRST TEAM**

- ◇ JENNA FARMER – LEWISBURG
- ◇ ALLISON GRAHAM – LEWISBURG
- ◇ MACKENZIE JONES – DANVILLE
- ◇ KAYLEE LONG – MILTON
- ◇ AUDREY MACPHERSON – MIFFLINBURG
- ◇ KATELYN MAFFEI – DANVILLE
- ◇ JILLIAN MILLER - MIFFLINBURG

**SECOND TEAM**

- ◇ MONICA AMARANTE –DANVILLE
- ◇ ABBY FOSTER – DANVILLE
- ◇ JORDAN HARTZEL – LEWISBURG
- ◇ MADDY MESSA – DANVILLE
- ◇ MAKAYLA PLAFCAN – DANVILLE
- ◇ CLAIRE PREISCH – MILTON
- ◇ KRISTIN SMITH - MILTON

**DIVISION II BOYS**

**FIRST TEAM**

- ◇ NICK ALICO - LEWISBURG
- ◇ QUINCY AMABILE – MIFFLINBURG
- ◇ ANTHONY BACH – LEWISBURG
- ◇ TYLER LEESER – MILTON
- ◇ ZAKARY LEWIS – MILTON
- ◇ JOE MALAFRONTI – DANVILLE
- ◇ JACK SPAULDING - LEWISBURG

**SECOND TEAM**

- ◇ NICK DORESKY – MILTON
- ◇ BRAD HAINES – MIFFLINBURG
- ◇ RYAN KELLEHER – LEWISBURG
- ◇ SETH KENDALL - MILTON
- ◇ MATTHEW LEIBY – DANVILLE
- ◇ ALEX SPIRO - LEWISBURG
- ◇ BRETT VANDEN HEUVEL – DANVILLE

**Coach of the Year:**

***Boys Division II:***

COACH – Mark Sundberg – Lewisburg

***Girls Division II:***

COACH – Jeff Brandt - Danville

**Boys Champions = Lewisburg**

**Girls Champions = Danville**

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**DIVISION III GIRLS**

**FIRST TEAM**

- ◇ EMILY ECK – SOUTHERN COLUMBIA
- ◇ KELLY KRAMER – SULLIVAN COUNTY
- ◇ BETHANY LAMBERT- SULLIVAN COUNTY
- ◇ TORI ROSS – WARRIOR RUN
- ◇ CHANTELE SKAVERY – MOUNT CARMEL
- ◇ CORINNE THOMAS – WARRIOR RUN
- ◇ EMILY YACKIEL - BLOOMSBURG

**SECOND TEAM**

- ◇ EMMA FOX – LOYALSOCK
- ◇ ALEXIS KIESS – SULLIVAN COUNTY
- ◇ HEATHER MERRIFIELD - HUGHESVILLE
- ◇ VICKTORIA RING
- ◇ SAM ROMANIA – SOUTHERN COLUMBIA
- ◇ HALEY WALTERS - WARRIOR RUN
- ◇ EMILY WEBB - WARRIOR RUN

**DIVISION III BOYS**

**FIRST TEAM**

- ◇ NATE BARTOS – MOUNT CARMEL
- ◇ COLLIN DUDANOWICZ – SOUTHERN COLUMBIA
- ◇ CIARRAN FISHER – MOUNT CARMEL
- ◇ BRYCE GAVITT – HUGHESVILLE
- ◇ **GRIFFIN MOLINO – SOUTH WILLIAMSPORT**
- ◇ TOMMY MOSSER – MOUNT CARMEL
- ◇ QUINN SERFASS – LOYALSOCK
- ◇ DARREN WEBB – WARRIOR RUN

**SECOND TEAM**

- ◇ DALLAS BLICKLEY - WARRIOR RUN
- ◇ TOM CHOPLICK - SULLIVAN COUNTY
- ◇ DAVID FLETCHER – MOUNT CARMEL
- ◇ CASSIDY HOFFMAN - WARRIOR RUN
- ◇ CONNOR HOUSEKNECKT – CONNOR HOUSEKNECKT
- ◇ DEREK KOPONPSKI - LOYALSOCK
- ◇ LICH MOLYNEUX - SULLIVAN COUNTY

***Boys Division III:***

COACH – Tie – Corey Dufrene – Warrior Run and Ben McConnell – Mount Carmel

***Girls Division III:***

COACH – Corey Dufrene - Warrior Run

**Boys Champions = Mount Carmel   Girls Champions = Warrior Run**