

## KENT CITY CROSS COUNTRY ALL-CONFERENCE HONORS

	<b>Year</b>	<b>All-Conference</b>	<b>Honorable Mention</b>
<b>NCAA</b>	<b>1986</b>	Jim Lynch	Dennis Freeland—10
		Pico Munoz	Tim Clement
	<b>1988</b>	Kevin Elliot—9	Jim Johnson
		Dennis Freeland—11	Scott Metcalf
	<b>1989</b>	Dennis Freeland—12 Kevin Elliot—10	
	<b>1990</b>	Kevin Elliot—11	
	<b>1991</b>	Kevin Elliot—12	
	<b>1992</b>	Rick Castenholz—11	
	<b>1993</b>	Cameron Montgomery—12	Melissa Litzenburg—11
		Carol Corum—12	Jason Blaauw—11
		Rick Castenholz—12	
	<b>1994</b>	Lucas Wisniewski—11	Josh Shirk—11
	<b>1995</b>	Lucas Wisniewski—12	
	<b>1996</b>	Scott Groenke—12	
		Kelly Johnson—10	
<b>1997</b>	Kelly Johnson—11	Jason Barbachyn—10	
	Julie Wheelock—10		
	John Ebers—11		
	Rachelle Baas—12		
<b>WWAC</b>	<b>1998</b>	Kelly Johnson—12	Leah Roche—11
		Julie Wheelock—11	
		Maria Nixon—11	
		Heather Postema—10	
		Jason Barbachyn—11	
		John Ebers—12	
	<b>1999</b>	Leah Roche—12	Jodi Barbachyn—11
		Jason Barbachyn—12	Hector Morales—12
		Heather Postema—11	
		Maria Nixon—12	
		Julie Wheelock—12	
		Rachael Manne—10	
<b>OK SILVER</b>	<b>2000</b>	Heather Postema—12	Jayni Olk—9
		Rachael Manne—11	Jodi Barbachyn—12
		Andy Kent—11	Meagan Sarachman—12
			Matt Nixon—11
	<b>2001</b>	Rachael Manne—12	Emily Manne—9
		Eliza Nyblad—9	Alisha Barber—10
		Annah Nyblad—10	James Austin—10
		Andy Kent—12	Bryce Ploegstra—9

**OK-  
SILVER**

	Chris Kent—10	
<b>2002</b>	Mollie Ringer—9	Carrie Ringer—11
	Eliza Nyblad—10	Nathan Knight—12
	Annah Nyblad—11	
	Chris Kent—11	
	James Austin—11	
	Bryce Ploegstra—10	
<b>2003</b>	Mollie Ringer—10	Rob Mason—10
	Eliza Nyblad—11	
	Annah Nyblad—12	
	Hannah Nyblad—9	
	Amber Holcomb—10	
	Kym Shoemaker—9	
	Chris Kent—12	
	Bryce Ploegstra—11	
	Ryan Powell—10	
<b>2004</b>	Mollie Ringer—11	Kym Shoemaker—10
	Eliza Nyblad—12	
	Amber Holcomb—11	
	Hannah Ringer—10	
	Bryce Ploegstra—12	
	Ryan Powell—11	
<b>2005</b>	Mollie Ringer—12	Amber Holcomb—12
	Hannah Ringer—11	Kym Shoemaker—11
	Ryan Powell—12	Mike Holovka—10
	Rob Mason—12	
<b>2006</b>	Mike Holovka—11	
	Alex Wilson—9	
<b>2007</b>	Kaylee Carew—9	Nikki Wegrzyn—9
	Leah Busse—9	Isaac Austin—9
	Alex Wilson—9	
	Mike Holovka—12	
	Brand Koster—12	
	Darryl Sluka—11	
<b>2008</b>	Alex Wilson—11	Leah Busse—10
	Darryl Sluka—12	Jeanne Wilson—9
	Jake Holovka—10	Nikki Wegrzyn—10
	Sadie Ringer—9	
	Kaylee Carew—10	
	Dani Nowicki—10	
<b>2009</b>	Sadie Ringer—10	Dani Nowicki—11
	Kaylee Carew—11	Jeanne Wilson—10
	Kaytlynne Kerwin—10	Jon Thebo—12
	Taylor Nowicki—9	Brad Erbes—10

**OK-  
SILVER**

	Alex Wilson—12	
	Kyle Busse—9	
	Jake Holovka—11	
	Ryan Busse—9	
<b>2010</b>	Sadie Ringer—11	Amanda Sizemore—11
	Kaylee Carew—12	Kaytlynn Kerwin—11
	Leah Busse—12	Kyle Busse—10
	Jeanne Wilson—11	Brad Erbes—11
	Dani Nowicki—12	
	Ashley Russo—9	
	Taylor Nowicki—10	
	Ryan Busse—10	
	Jake Holovka—12	
<b>2011</b>	Jeanne Wilson—12	Amanda Sizemore—11
	Sadie Ringer—12	
	Kaitlin Truman—12	
	Will Wilson—10	
<b>2012</b>	Ashley Russo—11	Tommy Schutter—11
	Will Wilson—11	Ana Swanson—9
<b>2013</b>	Ashley Russo—12	
	Ana Swanson—10	
	Will Willson—12	
	Tommy Schutter—12	

**CSAA  
Silver**

<b>2014</b>	Ana Swanson—11	Ben Swanson—12
	Fraser Wilson—9	Kaitlin Rich—10
	Caity Swanson—9	Sarah Sizemore—9
	Ryan Kik—9 (2 <sup>nd</sup> team)	Michelle Alt—10
	Becky Sizemore—11 (2 <sup>nd</sup> team)	Cody Smith—10
<b>2015</b>	Lauren Freeland—9	Shelby Oostveen—10
	Fraser Wilson—10	Casey Carew—9
	Ana Swanson—12	Becky Sizemore—12
	Ryan Kik—10	Sarah Sizemore—10
		Joshua Lee—11
		Michelle Alt—11
<b>2016</b>	Lauren Freeland—10	Casey Carew—10
	Fraser Wilson—11	Abby Ignasiak—9
	Shelby Oostveen—11	Joshua Lee—12
	Elizabeth Sible—9	Sarah Sizemore—11
	Hunter Nelson—11	Kristen Toporski—9
	Ryan Kik—11	Nicholas Widener—10

**KENT CITY CROSS COUNTRY ALL-CONFERENCE HONORS cont.**

<b>CSAA Silver</b>	<b>Year</b>	<b>All-Conference</b>	<b>Honorable Mention</b>	
	<b>2017</b>		Lauren Freeland—11	Nick Flegel—10
			Fraser Wilson—12	Ryan Wheeler—9
			Layla Martini—9	
			Kenzie Bowers—9	
			Hunter Nelson—12	
			Abby Ignasiak—10	
			Casey Carew—11	
			Alex Russo—11	
			Elizabeth Sible—10	