

VVAL
2023
Cross Country All-League

Boys All-League

Male Runner of the Year

Dylan Manairis (11) Casa Grande

First Team Runners:

Dylan Manairis (11) Casa Grande
Grayson Frye (11) Vintage
Teddy Eichner (10) Vintage
Valentin Arango (11) Vintage
Jack Heffner (11) Vintage
Jack Moore (11) Napa
Srihan Goli (11) Casa Grande

Second Team Runners:

Kevin Hanson (10) Casa Grande
Jack Dufour (10) Casa Grande
Walter Heiser (10) Napa
Camden Aaen (10) Napa
Isaiah Rojas (11) Napa
Ryan Butler (11) Napa
Jean-Luc Pijanowski (12) Napa

Girls All-League

Female Runner of the Year

Reilly Kreutz (12) Petaluma

First Team Runners:

Reilly Kreutz (12) Petaluma
Avery Codington (11) Casa Grande
Kendall Bawden (10) Vintage
Kate Doherty (11) Petaluma
Evelyn Meerholtz (9) Justin-Siena
Emily Bendzick (10) Casa Grande
Maya Aaen (12) Napa

Second Team Runners:

Addison Fields (11) Casa Grande
Nora Lounibos (12) Petaluma
Abigail Busch (12) Casa Grande
Eliza Chapin (11) Vintag
Itzel Ceja Delgado (9) Napa
Melanie Garcia (10) Casa Grande
Skylar Waite (9) Vintage