

Lakes Conference



**Cherokee
Braves**



**Estherville Lincoln Central
Midgets**



**Spencer
Tigers**



**Spirit Lake
Indians**



**Storm Lake
Tornadoes**

2022 Lake Conference All Conference Cross Country

Boys

Luis Martinez*	11	Storm Lake
Brandon Hughes	10	Spirit Lake
Joel Parra Ramirez	9	Storm Lake
Parker Duitsman	11	ELC
Damon VandenBerg	12	Spirit Lake
Van Munson	11	Spencer
Noah Fullhart	9	Spencer
Jerome Hollingsworth	10	Spencer
Connor Kueper	12	Spirit Lake
Conner Matheson	9	ELC

*Denotes Conference Champion

Girls

Peyton Morey*	10	Spencer
Katelyn Krieger	12	Spirit Lake
Megan Courtright	11	Cherokee
Jasey Anderson	11	ELC
Ivy Hamilton	12	Spencer
Emma Morey	12	Spencer
Riley Lubeck	12	Cherokee
Grace Woodall	9	Cherokee
Adalyn Schoelerman	10	Spencer
Lillian Dahlhauser	11	Storm Lake

Team Champions: Spencer

Team Champions: Spencer

2022 Lake Conference All Academic- Cross Country

1st All Conference Academic (3.50 or Above GPA)

Cherokee: Girls: Heidi Letsche- SR, Julia Letsche- SR, Riley Lubeck- SR, Megan Courtright- JR, Mckenna Benson- Soph

ELC: Boys: Isaac Reineke- SR, Jake Knudson SR, Parker Duitsman- JR

Girls: Brei Christoffer- SR, Jasey Anderson JR, Tatum Dunlavy JR, Kaitlyn Hammond- JR, Rylee Yager- Soph

Spencer: Boys: Noah Goeken- SR, Devon Rees- SR, Alex Baldwin- JR, Van Munson- JR, Carson Krogman- Soph

Girls: Emma Morey- SR, Ivy Hamilton- SR, Aliza Edwards- SR, Mary Matthiesen- SR, Grace Honkomp- SR

Saddie Kahley- JR, Adalyn Schoelerman- JR, Peyton Morey- Soph, Addison Wyman- Soph, Ava Haldin- Soph

Spirit Lake: Boys: Connor Kueper- SR, Tommy Profit- SR, Damon VandenBerg- SR, Connor Bramblett- JR,

Aiden Holdorf- JR, Sam Odendahl- JR, Brandon Hughes- Soph

Girls: Katelyn Krieger- SR, Ally Vierkant- SR, Anna Hartzell- JR, Charlotte Pritchard- JR, Abi Slater- JR,

Lilly Holdorf- Soph, Willa Wipperfurth- Soph

Storm Lake: Boys: Christian Roque- SR, Tyler Bauer- Soph

Girls: Nelly Cortes- JR, Lillian Dahlhauser- JR, Miranda Mills- JR

Honorable Mention (3.25-3.49 GPA)

Cherokee: Boys Colton Samsel- SR, Kyler Ducommun- Soph, XZavier Hyndman- SR

ELC: Girls: Ava Helmich- Soph

Spencer: Boys: Jace Fullhart- JR, Sergio Tello- Soph

Storm Lake: Boys: Luiz Martinez- JR

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