

GREAT NORTHERN CONFERENCE
2025 CROSS COUNTRY ALL-CONFERENCE TEAMS

BOYS

Runner of the Year: Avron Barr Rhineland
Coach of the Year: Maureen Hartzheim Lakeland

First Team All-Conference

Runner	School	Time
Avron Barr	Rhineland	17:01.6
Charlie Ernst	Lakeland	17:17.8
Brayden Kelly	Lakeland	17:52.6
Ethan Miller	Northland Pines	18:13.0
Jackson Weinzatl	Rhineland	18:13.2
Parker McKinney	Lakeland	18:14.1
Jacob Mueller	Merrill	18:14.1

Second Team All-Conference

Runner	School	Time
Caiden Reichelt	Tomahawk	18:26.7
Shepard Snider	Antigo	18:35.6
Ben Hanson	Merrill	18:38.3
Jonathan Campbell	Rhineland	18:38.7
Michael Brunette	Rhineland	18:52.7
Barrett Eggen	Lakeland	18:54.3
Hunter Massignan	Lakeland	19:03.7

Honorable Mention

Runner	School	Time
Jarrett Grassl	Northland Pines	19:11.7
Grant Gremban	Rhineland	19:14.9
Drake Pemble	Mosinee	19:17.0
Kaden Redman	Lakeland	19:17.3
Viktor Thompson	Mosinee	19:19.9
Jackson Konietzki	Mosinee	19:21.5
Ayden Myers	Rhineland	19:25.9

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GIRLS

Runner of the Year: **Lindsay Kahn** **Medford**
Coach of the Year: **Jake Rhyner** **Medford**

First Team All-Conference

Runner	School	Time
Lindsay Kahn	Medford	20:02.6
Emerson Rubo	Lakeland	20:05.2
Charlee Lund	Tomahawk	20:22.6
Macy Myers	Rhineland	20:28.1
Addison Eggen	Lakeland	20:54.2
Kara Monk	Rhineland	21:22.7
Abbie Rosenmeier	Tomahawk	22:10.7

Second Team All-Conference

Runner	School	Time
Morgan Liske	Medford	22:23.7
Lydia Shaney	Tomahawk	22:44.9
Kayla Daniels	Medford	23:07.9
Mallory Richter	Medford	23:16.0
Charlotte Van Der Nest	Merrill	23:25.0
Kyra Scheitnauer	Medford	23:27.1
Norah Mann	Tomahawk	23:36.1

Honorable Mention

Runner	School	Time
Marissa Swita	Mosinee	23:43.6
Lilly Orlovsky	Mosinee	23:45.2
Esmeralda Anderson	Medford	23:52.3
Olivia Ferg	Antigo	23:54.8
Kayla Klimek	Merrill	23:57.1
Zoe Edwards	Antigo	23:58.3
Elise Gibeault	Tomahawk	24:03.8