



2025-26 ESC - All Conference Honors

Cross Country

Coach of the Year

Boy's - Andy Gist CPC | Girls – Daniel Murphy Bear Creek

Team Sportsmanship

Boy's – CPC | Girls – Bear Creek & UPrep

Girls			Boys		
1	Reed Atwood	SW	1	Oliver Zimmerman	CPC
2	Ryan Eglit	Bush	2	Rowan Jung	SW
3	Maggie Hurtado	Northwest	3	Josiah Capusan	CPC
4	Clair Elmy	CPC	4	Nahom Getachew	King's
5	Paige Theel	CPC	5	Isaac Girma	King's
6	Alma Decker	King's	6	Findlay Harshorn	Bear Creek
7	Sae Komatsu	Overlake	7	Karsten Christensen	UPrep
8	Hanna Vinkemulder	Bear Creek	8	Gavin Brown	CPC
9	Adeline Armato	UPrep	9	Kai Aizawa	Bush
10	Anna Stchur	Bear Creek	10	Luke Marcuss	Bush
11	Lyla Hutson	SW	11	Ash Kline	SW
12	Maia Sidhu	Bear Creek	12	Asher Stadler	SW
13	Isabelle Osborn	Bush	13	Leo Nyhan	Bush
14	Emily Scotchler	CPC	14	Roel Redondo	CPC
15	Avery Gergen	Bear Creek	15	Evan Blair	King's
16	Thea Martell	UPrep	16	Sam Richards	King's
17	Noel Regan	CPC	17	Arlo McLachlan	SW
18	Alyson Lang	Eastside Prep	18	Logan McKay	UPrep