

## **2023 SMAA Boys Cross-Country All-Conference team**

### **1<sup>st</sup> Team**

|                  |           |                         |
|------------------|-----------|-------------------------|
| Nathan Blades    | senior    | Portland High School    |
| Maddox Jordan    | senior    | Noble High School       |
| Ethan Keller     | junior    | Scarborough High School |
| Xavier Lemieux   | senior    | Bonny Eagle High School |
| Benjamin Prestes | senior    | Portland High School    |
| Henri Rivard     | sophomore | Marshwood High School   |
| Ellis Wood       | sophomore | Deering High School     |

### **2<sup>nd</sup> Team**

|                    |          |                            |
|--------------------|----------|----------------------------|
| Elias Coleman      | senior   | Portland High School       |
| Harrison Dunne     | junior   | Bonny Eagle High School    |
| Aran Johnson       | junior   | Portland High School       |
| Ambrose McCullough | senior   | Cheverus High School       |
| Atticus Merriam    | freshman | Scarborough High School    |
| Evan Small         | junior   | South Portland High School |
| Trevor Williams    | senior   | Kennebunk High School      |

### **Honorable Mention**

|                                |                                    |
|--------------------------------|------------------------------------|
| Rowan McDonald Bonny Eagle     | Owen Blades Portland               |
| Danny McCartney Cheverus       | Isaac Pelletier Sanford            |
| Sam Anderson Deering           | Colby Shumway Scarborough          |
| Christopher Jaynes Falmouth    | Ryan Gildart South Portland        |
| Nathan Berquist-Guimond Gorham | Sabastian Shields Thornton Academy |
| Noah Tessier Marshwood         | Carlos Torres Westbrook            |
|                                | Andrew Young Windham               |

### **Runner of the Year**

Maddox Jordan – Noble High School

### **Coach of the Year**

Frank Myatt – Portland High School

**SMAA Boys Cross Country All-Academic Team**

Alec Martin Biddeford  
Ryan Berry Bonny Eagle  
Tyler Gilbert Bonny Eagle  
Xavier Lemieux Bonny Eagle  
Rowan McDonald Bonny Eagle  
Aiden Toy Bonny Eagle  
Daniel McCartney Cheverus  
Ambrose McCullough Cheverus  
Griffin Vivian Cheverus  
Samuel Anderson Deering  
Tim Callaghan Deering  
Henry Cossaboom Deering  
Simon "Max" Stratton Deering  
Olin Archer Falmouth  
Ollie DeSilva Falmouth  
Daniel Kim Falmouth  
Andrew Nalchajian Falmouth  
Nathan Bergquist-Guimond Gorham  
Nolan Feyler Gorham  
Jacob Mora Gorham  
Dylan Phillips Gorham

Trevor Williams Kennebunk  
Joe Riddell Marshwood  
Nolan Lowery Noble  
Ryan Morin Noble  
George Ayer Portland  
Nathan Blades Portland  
Elias Coleman Portland  
Seamus Devon Portland  
Benjamin Prestes Portland  
Asa Winter Portland  
Aidan Gagnon Sanford  
Benjamin Bouchard Scarborough  
Noah Bouchard Scarborough  
Colby Shumway Scarborough  
Jason Chen Thornton Academy  
Caden Dussault Thornton Academy  
Andrew Makarowski Thornton Academy  
Sebastian Shields Thornton Academy  
Wyatt Williams Thornton Academy  
William Kosoff Westbrook  
Jinqi Li Windham

## **2023 SMAA Girls Cross-Country All-Conference team**

### **1<sup>st</sup> Team**

|                  |           |                         |
|------------------|-----------|-------------------------|
| Hannah Keene     | junior    | Kennebunk High School   |
| Samantha Moore   | junior    | Portland High School    |
| Sarah McClellan  | senior    | Marshwood High School   |
| Kyleigh Record   | senior    | Scarborough High School |
| Addy Thibodeau   | senior    | Bonny Eagle High School |
| Ella Vinkemulder | sophomore | Portland High School    |
| Marina Violette  | sophomore | Bonny Eagle High School |

### **2<sup>nd</sup> Team**

|                   |           |                         |
|-------------------|-----------|-------------------------|
| Maeve Ginevan     | junior    | Falmouth High School    |
| Allie Hesler      | senior    | Bonny Eagle High School |
| Winni Moreland    | sophomore | Gorham High School      |
| Mackenzie Shields | freshman  | Thornton Academy        |
| Allie Schmitt     | freshman  | Cheverus High School    |
| Kallie Warner     | senior    | Bonny Eagle High School |
| Sydney Young      | senior    | Falmouth High School    |

### **Honorable Mention**

|                            |                                    |
|----------------------------|------------------------------------|
| Bailey Shaw Bonny Eagle    | Ava Chadbourne Portland            |
| Delaney Whitmarsh Cheverus | Annalise Stimmel Sanford           |
| Isabella Koepsell Falmouth | Gabrielle Archibald South Portland |
| Rita Cummings Gorham       | Anna Moulton Thornton Academy      |
| Maya Sanzone Marshwood     | Megan Garber Westbrook             |
| Cassidy O'Dee Noble        | Sydney Broadbent Windham           |

### **Runner of the Year**

Samantha Moore – Portland High School

### **Coach of the Year**

Ryan Dyer – Bonny Eagle High School

**SMAA Girls Cross Country All-Academic Team**

Theodora Quint Biddeford  
Keaira Tardif Biddeford  
Erin Bartram Bonny Eagle  
Patience Gaston Bonny Eagle  
Allie Hesler Bonny Eagle  
Kaitlyn O'Connor Bonny Eagle  
Addyson Thibodeau Bonny Eagle  
Avelyn Walker Bonny Eagle  
Kallie Warner Bonny Eagle  
Bo Miller Cheverus  
Roxie van Oosterum Cheverus  
Delaney Whitmarsh Cheverus  
Bella Koepsell Falmouth  
Rita Cummings Gorham  
Aislyn McLean Gorham  
Mara Muse Kennebunk  
Penelope Nadeau Kennebunk

Anelise Peterson Kennebunk  
Hannah Viden Kennebunk  
Ava Gilmore Marshwood  
Sarah McClellan Marshwood  
Anni Oberg Marshwood  
Naomi Fadden Noble  
Maezy Gleason Scarborough  
Nadia Grinyuk Scarborough  
Kyleigh Record Scarborough  
Maggie Reynolds Scarborough  
Madeline Wolfgram Scarborough  
Gabrielle Archibald South Portland  
Eva Cooke South Portland  
Iris Young South Portland  
Haley Ball Westbrook  
Elizabeth Bearce Windham  
Monica Lewis Windham