



2022-23 ESC - All Conference Honors

Girls Cross Country

Coach of the Year: Colton Umberger, Overlake

Sportsmanship Award: Overlake

Conference MVP:

Name	School	Place	Grade
Aspen Hoffman	Seattle Academy	1	10

All Conference Team:

Isla Chadsey	Northwest	2	12
Sophia Inglin	King's	3	10
Kathryn Frazer	Bush	4	12
Sarah Guralnick	Overlake	5	11
Talia Willson	Overlake	6	11
Sae Komatsu	Overlake	7	9
Sadie Honig	Seattle Academy	8	10
Sameeksha Dangi	Overlake	9	12
Anna Stchur	Bear Creek	10	9
Natalie Hewit	Bear Creek	11	11
Avani Bansal	Overlake	12	10
Elise Fischer	Bush	13	10
Avery Gergen	Bear Creek	14	9
Rosella Gehr	King's	15	11
Hanna Capusan	Cedar Park Chr. (Bothell)	16	10
Audrey Gmerek	South Whidbey	17	11
Saina Bhatt	Eastside Prep	18	10
Delphine Way	Seattle Academy	19	12
Hannah Chinn	Bear Creek	20	12
Romy McKey	Bush	21	11
Caroline Holt	Bush	22	9
Elise Lombardi	Bush	23	12