

2010 ILH BOYS CROSS COUNTRY ALL-STARS

Coach of the Year - Steve Jenness – Kamehameha-Kapalama

Runner of the Year - Jordon Thibodeau – Kamehameha-Kapalama



FIRST TEAM

Troy Esaki

Justin Higa

Charles Akiona

Joshua Freitas

Ryan Hobson

Colton Sisler

Iolani

Iolani

Kamehameha-Kapalama

Kamehameha-Kapalama

Mid-Pacific Institute

Saint Louis

SECOND TEAM

Kelvin Abe

Sam Choe

Caleb Achuela

Alex Oretaga

Colin Pidot

Mitchell Heindenreich

Nikolai Scharer

Hawaii Baptist Academy

Iolani

Kamehameha-Kapalama

Kamehameha-Kapalama

Kamehameha-Kapalama

Mid-Pacific Institute

Punahou

2010 ILH GIRLS CROSS COUNTRY ALL-STARS

Coach of the Year - Ross Mukai - Hawaii Baptist Academy

Runner of the Year - Elli Brady - Punahou



FIRST TEAM

Heidi Nicholls

Hawaii Baptist Academy

Breanne Ball

Iolani

Jessica Johnson

Kamehameha-Kapalama

Kyleigh Mann

Punahou

Melissa Wong

Punahou

Julia Brand

Punahou

SECOND TEAM

Aimee Uyehara

Hawaii Baptist Academy

Kyystian Brown

Kamehameha-Kapalama

Awapuhi Lee

Kamehameha-Kapalama

Jaime Durso

Punahou

Noe Lum

Punahou

Forrest Abbott-Lum

Pac-Five

Chaylene Guinto

Saint Francis