

2011 ILH BOYS CROSS COUNTRY ALL-STARs

RUNNER OF THE YEAR: Troy Esaki IOL

CO-COACHES OF THE YEAR: Jim Rubasch IOL
Michael Georgi PUN

FIRST TEAM

Kelvin Abe HBA
Brent Wakuzawa HBA
Zach Masuda IOL
Charles Akiona KSK
Josh Freitas KSK
Sebastian Barahal PUN
Nikolai Scharer PUN

SECOND TEAM

Michael Chin CA
Matthew Johnson HBA
Sam Choe IOL
David Clarke IOL
Mitchell Heidenreich MPI
Jacques Hebert PUN
Darien Lau PUN

2011 ILH GIRLS CROSS COUNTRY ALL-STARs

RUNNER OF THE YEAR: Elli Brady PUN

COACH OF THE YEAR: Duncan MacDonald PUN

FIRST TEAM

Breanne Ball IOL
Kelsi Teramae IPA
Carly Neal KSK
Kyleigh Mann PUN
Melissa Wong PUN
Jaime Durso PUN
Hallie Lam PUN

SECOND TEAM

Chayna Guinto IOL
Jennifer Borzilleri IPA
Kai Hoshijo KSK
Kimiko Matsuda-Lawrence P5
Risa Lam P5
Alexis Damo P5
Lindsey Mau STF