



**2023 Boys Cross Country  
Metro Athletic Conference  
All-Conference Selections**

Runner of the Year			
Name	School	Place	Grade
Sam Su (16:11.9)	Woodridge	1st	12
1st Team All-Conference			
Name	School	Place	Grade
Parker Shutty	Field	2nd	11
Peyton Carney	Springfield	3rd	12
Ryan Ehrler	Norton	4th	12
Caleb Neville	Cloverleaf	5th	10
Steven Duffy	Woodridge	6th	12
Xavier Griffiths	Woodridge	7th	10
Sean Silk	Field	8th	12
Coach of the Year			
Jeff Howard - Woodridge			

<b>2nd Team All-Conference</b>			
<b>Name</b>	<b>School</b>	<b>Place</b>	<b>Grade</b>
Ben LaBay	Woodridge	9th	10
Lucas Pollard	Field	10th	11
Kendall Mc Allister	Woodridge	11th	11
Billy Silk	Woodridge	12th	12
Atticus Sloan	Woodridge	13th	10
John Brock	Woodridge	14th	9
Gavin Forbes	Cloverleaf	15th	10

<b>Honorable Mention</b>	<b>Runner #1</b>	<b>Grade</b>	<b>Runner #2</b>	<b>Grade</b>
<b>Cloverleaf</b>	Matthew Jenkins	9	Landon Southam	11
<b>Coventry</b>	Bryce Denison	12	Logan Virag	12
<b>Field</b>	Evan Pruszynski	10	Mason Prusha	10
<b>Norton</b>	Gavin Supple	9	Luke Flohr	10
<b>Ravenna</b>	Dakota Bishop	12	Ruben Simmons	11
<b>Springfield</b>	Xander Glass	11	Logan Gaspar	12
<b>Streetsboro</b>	Timothy Harkleroad	11	Marcus Peters	10
<b>Woodridge</b>	Harvey Kever	12	Caiden Jansen	12

Meet Results		
Place	Team	Score
1st	Woodridge	34
2nd	Field	48
3rd	Springfield	87
4th	Cloverleaf	98
5th	Streetsboro	141
6th	Norton	156
7th	Coventry	176
8th	Ravenna	NTS