

2012-13 ILH GIRLS CROSS COUNTRY ALL-STAR SELECTIONS

RUNNER OF THE YEAR

NAME		SCHOOL
Elise	Brady	PUN

COACH OF THE YEAR

NAME		SCHOOL
Duncan	Macdonald	PUN

FIRST TEAM

NAME		SCHOOL
Elise	Uyehara	HBA
Amanda	Beaman	IOL
Hennessey	Ellis	KSK
Alice	Liggett	MPI
Elise	Brady	PUN
Teresa	Brady	PUN
Melissa	Wong	PUN

SECOND TEAM

NAME		SCHOOL
Marissa	Miyagi	IOL
Kelsi	Teramae	IPA
Kai	Hoshino	KSK
Tia	Matsumura	MPI
Risa	Lam	P5
Noemaikualohaikuulei	Lum	PUN
Hallie	Lam	PUN