**Archive: All-Louisiana Men’s and Women’s Cross Country Teams**

**2022**

**Women's Runner of the Year - Sophie Daigle, Louisiana**

**Women's Freshman of the Year - Michaela Rose, LSU**

**Women's Newcomer of the Year - Tshwanelo Maruping, New Orleans**

**Women's Coach of the Year - Brock Moreaux, New Orleans**

**2022 LSWA Women's Cross Country Team**

Name                                 School                    Time (6K)

Lorena Rangel Batres          LSU                        20:20.7

Sophie Daigle                      Louisiana                20:22.2

Michalea Rose                    LSU                        20:32.3

Mackenzie Callahan            Tulane                    20:51.4

Ariana Jimenez                   New Orleans           20:52.0

Tshwanelo Maruping           New Orleans           20:57.0

Alexandra Weir                   New Orleans           21:11.8

**Men's Co-Runner of the Year - Bradley Makuvire, Tulane; Kolyn Saltzman, New Orleans**

**Men's Freshman of the Year - Lajaune George, Xavier**

**Men's Co-Coach of the Year - Adrian Myers, Tulane; Lon Badeaux, Louisiana**

**2022 LSWA Men's Cross Country Team**

Name                                 School                    Time (8K)

Bradley Makuvire                Tulane                    23:25.5

Kolyn Saltzman                   New Orleans           23:55.0

Omar El-Fadl                       McNeese                24:13.0

Evans Kipchumba                Tulane                    24:13.5

Jaden Forester                    New Orleans           24:18.0

Jackson Martingayle            LSU                        24:22.0

Jacob Kipkogei                    McNeese                24:24.0

**2021 All Louisiana Cross Country Teams**

**Men's Co-Runner of the Year: Davis Bove, LSU**

**Men's Co-Runner of the Year: Bradley Makuvire, Southeastern Louisiana**

**Men's Freshman of the Year: Omer El-Fadl, McNeese**

**Men's Newcomer of the Year: Jacob Kipkogei, McNeese**

**Men's Coach of the Year: Brendon Gilroy, McNeese**

**Women's Co-Runner of the Year: Katy McDonald, LSU**

**Women's Co-Runner of the Year: Arina Kleshchukova, New Orleans**

**Women's Freshman of the Year: Lorena Rangel, LSU**

**Women's Newcomer of the Year: Alexandra Weir, New Orleans**

**Women's Coach of the Year: Houston Franks, LSU**

**The 7-member team includes the following athletes ...**

**All-LSWA Women's Cross Country Team**

**NameSchoolTime (6K)**

**Katy-Ann McDonaldLSU20:55.0**

**Ashley LaJociesLSU20:56.2**

**Arina KleshchukovaUNO21:11.3**

**Therese OlshanskiTulane21:11.9**

**Ariana JimenezUNO21:14.0**

**Lorena RangelLSU21:16.1**

**Alexandra WeirUNO21:28.3**

**All-Louisiana Men's Cross Country Team**

**NameSchoolTime (8K)**

**Davis BoveLSU23:28.6**

**Bradley MakuvireSLU23:50.8**

**Gideon CheplakMcNeese24:04.0**

**Eric CostonLSU24:05.6**

**Aaron GilliamMcNeese24:09.5**

**Jackson MartingayleLSU24:15.3**

**Kolyn SaltzmanUNO24:24.2**

**2020-2021 All Louisiana Cross Country Teams**

**Women  
Runner of the Year - Katy-Ann McDonald, LSU  
Freshman of the Year - Shelby Spoor, LSU  
Newcomer of the Year - Anna Dohmen, New Orleans  
Coach of the Year - Yhann Plummer, Xavier** (N.O.)  
   
**Men  
Runner of the Year - Shea Foster, Southeastern Louisiana  
Freshman of the Year - Jaden Forester, New Orleans  
Newcomer of the Year - Bradley Makuvire, Southeastern Louisiana  
Coach of the Year - Corey Mistretta, Southeastern Louisiana**  
   
2020-21 All-Louisiana Men's Team (based on 8K results –  
(Times are from TFRRS)

Shea Foster   SLU   22:41.2

Kolyn Saltzman   UNO    23:44.9

Grant O'Callaghan   SLU   23:46.7

Jaden Forester   UNO   23:49.9

Adam Cortez   SLU   23:52.9

Davis Bove   LSU   23:59.8

Bradley Makuvire   SLU   24:03.2

2020-21 All-Louisiana Women's Team (based on 6K results –  
(Times are from TFRRS)

Katy-Ann McDonald   LSU   20:33.8

Julia Palin   LSU   20:44.9

Arina Kleshchukova   UNO   20:47.0

Sophie Daigle   SLU   21:01.7

Alicia Stamey   LSU   21:07.8

Shelby Spoor   LSU   21:16.3

Elsa Rijpstra   NICH   21:23.2