

# 2023 LHSAA Cross Country All-State Honors



## Girls Top 25 All-State Individuals:

CATALINA REICHARD (11), Mt. Carmel – 17:28.69  
LUCY THOMAS (10), Baton Rouge High – 17:52.18  
AVA HARTMAN (12), Isidore Newman – 17:57.91  
GRACE RENNHOFF (12), St. Joseph's Academy – 17:59.04  
JENNA KEY (12), C.E. Byrd – 18:05.58  
MICHELLE DAIGLE (11), St. Joseph's Academy – 18:14.34  
ELISE BROWN (12), St. Joseph's Academy – 18:20.84  
NATALIE VENKATARAMAN (12), Baton Rouge High – 18:27.03  
NEVA LAMBERT (8), Episcopal – 18:27.48  
SARA GODLEY (12), Ascension Episcopal – 18:34.90  
CAMRYN HAIK (11), St. Thomas More – 18:38.88  
JACI GARY (11), Southside – 18:39.33  
ANGELLE DUPUIS (12), Teurlings Catholic – 18:39.96  
PARKER NATIONS (11), Ruston – 18:43.43  
ADA MERE (8), Episcopal – 18:46.07  
KAITLYN SAWYER (10), Hathaway – 18:47.54  
GABRIELLA DELGADO (12), Houma Christian – 18:47.67  
STELLA JUNIUS (10), Mt. Carmel – 18:53.50  
LUCY QUINTANA (10), Mt. Carmel – 18:53.89  
ELLA BOND (12), St. Thomas More – 18:55.36  
ANNA SPENCER FRIERSON (12), C.E. Byrd – 18:56.40  
ELLA WILLOUGHBY (10), St. Amant – 18:58.70  
MORGAN TRAUTH (12), Dominican – 19:03.94  
GRACE SCHNEIDER (9), Dominican – 19:04.36  
LINA MILLS - ZACAPA (12), Leesville – 19:04.75

## Girls' All – State Teams By Time:

1. ST. JOSEPH'S ACADEMY – 18:42 AVG
2. MT. CARMEL – 18:57 AVG
3. EPISCOPAL – 19:25 AVG

## Boys Top 25 All-State Individuals:

BRADY MULLEN (11), Jesuit – 14:50.55  
BRADY MONAHAN (10), Jesuit – 15:01.65  
NOAH MOONEY (11), Brother Martin – 15:09.85  
DANIEL FALK (12), Brother Martin – 15:12.29  
LUKE REGAN (12), Brother Martin – 15:12.74  
LUCAS SAMPEDRO (12), Jesuit – 15:13.69  
THOMAS ROGERS (12), Ruston – 15:13.97  
MICHAEL VOCKE (12), Jesuit – 15:14.06  
EYAN CALICO (12), Brother Martin – 15:21.97  
AIDEN MONISTERE (11), Parkview Baptist – 15:25.16  
JOE ACCARDO (10), Jesuit – 15:25.39  
TYLER BLISSETT (10), Highland Baptist – 15:27.20  
GABRIEL METOYER (12), Brother Martin – 15:32.96  
BRENNAN ROBIN (9), Parkway High School – 15:37.60  
SAM HABER (12), Isidore Newman – 15:37.79  
JONATHAN THOMPSON (10), Catholic High – B.R. – 15:38.26  
TALAN SIEVERS (9), Lafayette Christian Academy – 15:40.45  
DAVID LEMANN (12), Catholic High – B.R. – 15:40.79  
LANDON SPEARS (12), West Monroe – 15:43.11  
JACKSON BURNEY (11), Calvary Baptist – 15:43.87  
ALEX WILLIAMS (12), Terrebonne – 15:46.06  
ALEX GOMEZ (11), Parkway High School – 15:47.11  
BRAEDEN DUNNE (11), Brother Martin – 15:48.01  
JACKSON JARRETT (11), David Thibodaux – 15:49.11  
MASON HEFFERNAN (11), Dutchtown – 15:49.41

## Boys' All – State Teams By Time:

1. JESUIT – 15:09 AVG
2. BROTHER MARTIN – 15:17 AVG
3. RUSTON – 16:01 AVG