



# Jacob McManus, Columbia River



## ALL-REGION BOYS CROSS COUNTRY RUNNER OF THE YEAR



AMANDA COWAN/The Columbian

### Rest of the 2023 All-Region boys cross country team



#### Cohen Butler, Camas

Sophomore was the 4A district champion and placed third at the Westside Classic bi-district meet in a PR of 15:51.



#### Devontae Kephart, Battle Ground

Sophomore was third in the 4A district meet and finished under 17 minutes in all but one race this season for the Tigers.



#### Sam Soto, Seton Catholic

Junior repeated as 1A district champion. He finished 12th at state, won five races and posted a season-best time of 16:06.



#### Bradley Harris, Union

Junior was the 4A district runner-up and 22nd at state meet. He ran under 16 minutes three times with a best of 15:36.



#### Neftali Menendez, Columbia River

Senior was 2A district runner-up and placed 14th at the state meet. He won five races with a personal best time of 15:39.



#### Cohen Thomas, Seton Catholic

Senior was the 1A district runner-up and helped Seton to third at the 1A state meet, the highest finish in program history.

