



LUDLOW HIGH SCHOOL LIONS

2022-2023 Varsity Boys Cross-Country

Head Coach: Rebecca Gauvin

Name	Gr.	Ht.	Wt.
Andrew Beany	Fr.		
Alexandre Brown	Sr.		
Jack Demperio	Fr.		
Joe Dong	Fr.		
Ethan Espino	Fr.		0
Lucas Franco	So.		
Seong-ho Jang	Jr.		
Joe Keroack			
Joseph Keroack	So.		
Kyle Martin	Jr.		
Jackson Mateus	Fr.		
Ryan Mateus	Fr.		
Joshua Moret	Fr.		
Joshua Ridolfi	So.		
Benjamin Silveira	Jr.		
Triston Silveira	Jr.		
Nathan St. Cyr	So.		
Jake Vermette	Fr.		
Logan Walsh	So.		
Torcato Zina	Sr.		