

Lindsey Wilson College Men's Cross Country All-Time Honors

Updated: 12/23/10

NAIA All-American

| Athlete | Year | Honor |
|----------------|-------------|--------------|
| Tom Gwaro | 1998 | All-American |
| Levis Anyega | 1997 | All-American |
| Jackson Ochako | 1997 | All-American |
| Julius Rotich | 1997 | All-American |
| Jared Segeera | 1997 | All-American |
| Levis Anyega | 1996 | All-American |

NAIA Scholar Athlete

| Athlete | Year | Honor |
|------------------|-------------|----------------------|
| Caleb Lafond | 2008 | NAIA Scholar Athlete |
| Caleb Lafond | 2007 | NAIA Scholar Athlete |
| Emmanuel Isanda | 2006 | NAIA Scholar Athlete |
| John Kalz | 2006 | NAIA Scholar Athlete |
| Michael Westwood | 2002 | NAIA Scholar Athlete |
| Michael Westwood | 2001 | NAIA Scholar Athlete |
| Keith Combs | 1998 | NAIA Scholar Athlete |
| Keith Combs | 1996 | NAIA Scholar Athlete |

All Mid-South Conference

| Athlete | Year | Honor |
|-------------------------|-------------|------------------|
| Bradley Bilbro | 2008 | MSC - First-Team |
| Koji Hashiyama | 2008 | MSC - First-Team |
| Christopher Kipchirchir | 2008 | MSC - First-Team |
| David Mutuse | 2008 | MSC - First-Team |
| Koji Hashiyama | 2007 | MSC - First-Team |
| Emmanuel Isanda | 2007 | MSC - First-Team |
| Christopher Kipchirchir | 2007 | MSC - First-Team |
| David Mutuse | 2007 | MSC - First-Team |
| Emmanuel Isanda | 2006 | MSC - First-Team |
| Koji Hashiyama | 2006 | MSC - First-Team |
| Emmanuel Isanda | 2005 | MSC - First-Team |
| Koji Hashiyama | 2005 | MSC - First-Team |
| Sammy Maiyo | 2005 | MSC - First-Team |
| Emmanuel Isanda | 2004 | MSC - First-Team |
| Bill Hillock | 2003 | MSC - First-Team |
| Bill Hillock | 2001 | MSC - First-Team |
| Michael Westwood | 2001 | MSC - First-Team |
| Michael Westwood | 2000 | MSC - First-Team |

Academic All Mid-South Conference

| Athlete | Year | Honor |
|------------------|-------------|------------------|
| Koji Hashiyama | 2007 | Academic All MSC |
| Emmanuel Isanda | 2007 | Academic All MSC |
| Caleb Lafond | 2007 | Academic All MSC |
| Koji Hashiyama | 2006 | Academic All MSC |
| Emmanuel Isanda | 2006 | Academic All MSC |
| John Kalz | 2006 | Academic All MSC |
| Caleb Lafond | 2006 | Academic All MSC |
| Shilpan Patel | 2003 | Academic All MSC |
| John Pyron | 2003 | Academic All MSC |
| Shilpan Patel | 2002 | Academic All MSC |
| John Pyron | 2002 | Academic All MSC |
| Michael Westwood | 2002 | Academic All MSC |
| Shilpan Patel | 2001 | Academic All MSC |
| Michael Westwood | 2001 | Academic All MSC |
| Scott Johnson | 2000 | Academic All MSC |
| Michael Westwood | 2000 | Academic All MSC |

Mid-South Conference Runner of the Year

| Athlete | Year | Honor |
|----------------|-------------|--------------------|
| David Mutuse | 2008 | Runner of the Year |

Mid-South Conference Coach of the Year

| Athlete | Year | Honor |
|----------------|-------------|----------------------------|
| Edwin Hagans | 2008 | MSC – Co-Coach of the Year |
| Edwin Hagans | 2007 | MSC – Coach of the Year |
| Edwin Hagans | 2006 | MSC – Coach of the Year |
| Stu Melby | 2000 | MSC – Co-Coach of the Year |

