

Devin Monson, Hamline

Thompson, N.D. / Thompson
Week of: 2010-11-01



The Hamline men's cross country dominated the 2010 Minnesota Intercollegiate Athletic Conference (MIAC) Men's Cross Country Championship Saturday at Como Park Golf Course, and the Piper that displayed the most dominance was junior **Devin Monson** (Thompson, N.D.). Monson outran the entire field to win the individual title and automatic All-MIAC honors, all while leading Hamline to the team championship. For his performance, Monson has also been selected the MIAC Men's Cross Country Athlete-of-the-Week.

Monson finished the 8K course in 25:38.7, triumphantly raising his arms as he crossed the finish line first. He won the race by 11.4 seconds over Concordia's Tom Sederquist, the second-place finisher. Thanks partly to Monson's brilliant performance, the Pipers dominated the team competition, placing five in the top 15 and seven in the top 23. Hamline's team score of 31 was 48 points better than second-place St. Olaf and 65 points better than the rest of the field.

Monson and the Pipers will run one more race – the Saint John's Fall Finale – on Friday to prepare for the NCAA Division III Central Region Meet, which will be held in Waverly, Iowa, on Saturday, Nov. 13, beginning at noon. This year's NCAA Division III National Meet will also be held in Waverly on Nov. 20.

Ben Sathre, St. Thomas

Chaska, Minn. / Chaska
Week of: 2010-10-18



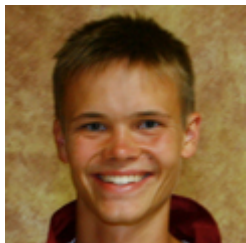
St. Thomas junior **Ben Sathre** (Chaska, Minn.) has been an All-American prior to this season, but entered 2010 looking for his first collegiate victory. It's safe to say that goal has been accomplished as the Tommies' star runner racked up his fourth first-place finish of the fall Saturday against a good field at the Oberlin Inter-Regional Rumble race in Oberlin, Ohio. Victories aren't the only thing piling up for Sathre this fall. Monday, the junior was named the Minnesota Intercollegiate Athletic Conference (MIAC) Men's Cross Country Athlete-of-the-Week for the third time this fall. Only Sathre and Concordia's **Tom Sederquist** have earned the league's weekly honor in 2010, with each runner winning it three times apiece.

Sathre's latest victory was the result of a great 8K time of 24:45. He won by two full seconds over the runner-up and eight seconds over the rest of the field, which featured 31 teams and 281 runners. The Tommies placed 15th in the team competition. This season, Sathre is undefeated with wins at all four of his 2010 races. He finished first in the Grinnell (Iowa) Invite, the Blugold (Wis.) Open, the St. Kate's Invite and now the Inter-Regional Rumble.

Sathre and the St. Thomas men will take this weekend off to prepare for the 2010 MIAC Cross Country Championships, which will be held Oct. 30 in St. Paul. The men's race will begin at 2:15 p.m. at Como Park Golf Course.

Tom Sederquist, Concordia

Moorhead, Minn. / Moorhead
Week of: 2010-10-11



Concordia College junior **Tom Sederquist** (Moorhead, Minn.) continued his unforgettable season Saturday with another standout performance at the Wartburg College Pre-NCAA National Meet in Iowa. Though Sederquist's run of first-place finishes came to an end, he ran a personal-best time and finished second behind only a 2009 All-American in the star-studded, 292-runner race on the same course as the 2010 Division III National Championships. For his performance, Sederquist was honored with his third Minnesota Intercollegiate Athletic Conference (MIAC) Men's Cross Country Athlete-of-the-Week award this fall.

Sederquist finished the 8K course Saturday in just 25:06 – his best career time and the third-best ever ran on Wartburg's new course. He was just seven seconds behind the winner –Colorado College's Jackson Brainerd – and he was the top MIAC individual finisher. Sederquist won his first three races of 2010 before Saturday's second-place showing, including the prestigious University of Minnesota Roy Griak Invite back on Sept. 25.

The Cobbers and their star junior have one more tune-up before the MIAC Championships on Oct. 30 at Como Park Golf Course. Concordia will travel to La Crosse, Wis., on Oct. 16 for the UW-La Crosse Invite, which begins at 10:30 a.m.

Ben Sathre, St. Thomas

Chaska, Minn. / Chaska
Week of: 2010-10-04

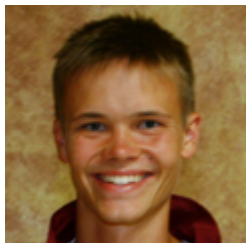


St. Thomas star runner Ben Sathre (Chaska, Minn./Chaska) continued his stellar season with another victory over the weekend while leading the Tommies to a fifth-place team finish at the UW-Eau Claire Blugold Invite in Colfax, Wis. For his performance, Sathre was named the MIAC Men's Cross Country Athlete-of-the-Week for the second time in 2010.

Sathre topped a field of 350 finishers with an 8,000-meter time of 25:14.8. He held off runner-up Peter Johnson of UW-Stout by seven seconds in the home stretch. This is just Sathre's second race of the fall, but he is 2-for-2, with a first-place finish in the Grinnell Invite in Sept. The junior was an All-American last season for the Tommies.

UST won't have quite as long a layoff this time as it is scheduled to run Saturday in the St. Kate's Invite. The men's race begins at 11 a.m.

Tom Sederquist, Concordia

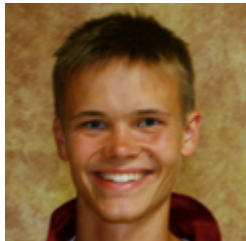


It's official – Concordia College junior **Tom Sederquist** (Moorhead, Minn.) has established himself as the men's cross country runner to beat in 2010. After winning his first two races of the fall, Sederquist managed to top himself last weekend when he won the Division III race at the Roy Griak Invitational, hosted by the University of Minnesota. For his performance at the prestigious meet, Sederquist has been named the Minnesota Intercollegiate Athletic Conference (MIAC) Men's Cross Country Athlete-of-the-Week for the second-straight week.

Sederquist was magnificent at the Griak, which was held Saturday at the Les Bolstad Golf Course. He won the Division III race, which featured 30 teams and roughly 300 runners, including some of the top talents in the region, but Sederquist held off the competition and earned a five-second victory with a time of 25:39. With the win, Sederquist became one of the few MIAC runners to win the Division III race at the Griak, joining an elite group that includes Bethel's Dan Greeno (200*) and Hamline's Tom Kreger (2002). Sederquist now has six victories in his Cobber career.

Friday, Sederquist will try to continue his winning streak as Concordia heads to Jamestown, N.D., for the Jimmie Invitational. The race begins at 4 p.m. The Cobbers' next big Division III race – the Wartburg Pre-National Meet – is scheduled for Oct. 9 in Waverly, Iowa.

Tom Sederquist, Concordia



Concordia College junior **Tom Sederquist** (Moorhead, Minn.) continued the incredible start to his 2010 season Saturday with a great performance in the St. Olaf Invite in Northfield, Minn. Sederquist ran to his second-straight win to open the season against a top-notch field of competitors. In addition, Sederquist has been named the Minnesota Intercollegiate Athletic Conference (MIAC) Men's Cross Country Athlete-of-the-Week for his outstanding performance.

Sederquist cruised to another victory at the St. Olaf Invite with a time of 25:53 – 29 seconds faster than any other runner. The talented field included Minnesota State University-Mankato, which is ranked No. 9 in NCAA Division II, and team champion University of Minnesota-Duluth. The win marked the fifth victory of Sederquist's collegiate career. Three wins came in 2008, and the fourth was the previous meet this season – the 2010-opening NDSU Bison Invite.

The Cobbers and Sederquist will face their toughest field yet when they travel to the Twin Cities this weekend to compete in the University of Minnesota's Roy Griak Invitational. Sederquist will try to keep his winning streak alive at the Les Bolstad Golf Course with the men's race scheduled for 10:30 a.m.

Ben Sathre, St. Thomas



After numerous top-five finishes, University of St. Thomas junior **Ben Sathre** (Chaska, Minn.) finally broke through with his first collegiate cross country victory Saturday. The first-place finish was certainly worth the wait and Sathre topped a field of 204 runners to claim the victory and, as a result, he was also named the first Minnesota Intercollegiate Athletic Conference (MIAC) Men's Cross country Athlete-of-the-Week for the 2010 season.

Sathre bested a competitive field at the Les Duke Invite, hosted by Grinnell College in Iowa. He completed the 8,000-meter course in 25:37 and led the Tommies to a fourth-place team finish in the process. Sathre is a big reason UST entered the season with the No. 6 ranking in the region. Last year, as a sophomore, Sathre finished third in the 2009 MIAC Men's Cross Country Championships and earned All-American honors.

Saint Thomas will take some time off to enjoy its accomplishments in its first race of 2010. The Tommies return to the course on Friday, Oct. 1, when they'll compete at the Buggold Open in Colfax, Wis.