

2010 Men's Cross Country Awards

11/11/2010

ST. PAUL, Minn. -- The 2010 Minnesota Intercollegiate Athletic Conference (MIAC) Men's Cross Country Awards were announced Thursday, Nov. 11, 2010, and Hamline University - on the strength of its dominant performance at the MIAC Championships - led the way with seven total All-Conference selections and both the Athlete- and Coach-of-the-Year.



Hamline junior **Devin Monson** (Jr., Thompson, N.D.), who finished first in the men's 8K race at the 2010 MIAC Men's Cross Country Championships, was named the 2010 MIAC Men's Cross Country Most Valuable Athlete. And the Pipers' head coach, **Paul Schmaedeke**, was voted the 2010 MIAC Men's Cross Country Coach-of-the-Year by his peers for the second-straight season.

Monson emerged from a competitive field to win the MIAC championship and the Most Valuable Athlete award. Concordia's **Tom Sederquist** and Saint John's **Dustin Franta** - who finished second and third, respectively - both ran great races, but Monson was a step ahead throughout the second half of the race, as he went on to post a 10-second victory. Monson finished sixth at the MIAC meet to also earn All-Conference honors as a sophomore.

The Coach-of-the-Year honor is the latest in a career full of accolades for Schmaedeke. In 2008, he was inducted into the Hamline University Athletic Hall-of-Fame, and he has also been named the MIAC Men's Cross Country Coach-of-the-Year six times, including 2000, 2005 and 2008. Schmaedeke has also been honored for his track and field coaching career as well, and has been involved with running at Hamline, as either a student-athlete or a coach, for more than 30 years.

The top 15 finishers at the MIAC Championships, which were held Saturday, Oct. 30, 2010, at Como Park Golf Course, were named to the MIAC All-Conference team. The next 10 finishers (places 16-25) all received Honorable Mention honors. The conference-champion Pipers had all seven scorers earn postseason honors. Hamline placed five runners on the MIAC All-Conference squad, and another two runners earned Honorable Mention.

As part of a conference-wide sportsmanship initiative, the MIAC announced the fourth annual All-MIAC Sportsmanship team for Men's Cross Country. Members of the All-MIAC Sportsmanship team are selected by their coaches and teammates as individuals who demonstrate ideals of positive sportsmanship both on and off the field of competition.

2010 MIAC Men's Cross Country Most Valuable Athlete - Devin Monson, Hamline (Jr., Thompson, N.D.)

2010 MIAC Men's Cross Country Coach of the Year - Paul Schmaedeke, Hamline (23rd, season)

2010 MIAC Men's Cross Country All-Conference Team

Place	Time	Name	School	Year	Hometown/High School
1	25:39	Devin Monson	Hamline	Jr.	Thompson, N.D. / Thompson
2	25:49	Tom Sederquist	Concordia	Jr.	Moorhead, Minn. / Moorhead
3	25:50	Dustin Franta	Saint John's	Sr.	La Crescent, Minn. / La Crescent
4	26:13	Jack Deichert	Hamline	Jr.	Portland, Ore. / Lincoln
5	26:14	Colin Rogers	Hamline	So.	River Falls, Wis. / River Falls
6	26:17	Ian Campbell	Hamline	Sr.	Blooming Prairie, Minn. / Blooming Prairie
7	26:21	Ben Sathre	St. Thomas	Jr.	Chaska, Minn. / Chaska
8	26:23	Zach Haskins	Bethel	So.	Maple Grove, Minn. / Maple Grove
9	26:28	Adrian Swanson	St. Olaf	Sr.	Oregon, Wis. / Oregon
10	26:30	Austin Hinrichs	Bethel	Sr.	Clara City, Minn. / Maccray
11	26:35	Ruairi Moynihan	Saint John's	Jr.	Fargo, N.D. / South
12	26:36	Chris Massey	St. Olaf	So.	Rosemount, Minn. / Rosemount
13	26:37	Tyler Iverson	St. Thomas	Jr.	Moorhead, Minn. / Moorhead
14	26:28	David Feather	Saint Mary's	Jr.	Oak Creek, Wis. / South Milwaukee
15	26:40	Ellis Richardson	Hamline	Jr.	Shoreview, Minn. / Roseville

2010 MIAC Men's Cross Country Honorable Mention All-Conference Team

Place	Time	Name	School	Year	Hometown/High School
16	26:45	Jon Lambert	St. Olaf	Sr.	Plymouth, Minn. / Wayzata
17	26:47	Tim Lillehaugen	St. Olaf	So.	Moorhead, Minn. / Moorhead
18	26:48	Andy Johnson	Hamline	Sr.	Andover, Minn. / Andover
19	26:51	Matt Schafer	Augsburg	So.	New Brighton, Minn. / Irondale
20	26:52	Anders Bowman	Gustavus	Jr.	Plymouth, Minn. / Wayzata
21	26:54	Matt Scherber	Saint John's	So.	Royalton, Minn. / Sartell-St. Stephen

22	26:59	Bobby Davis	Carleton	So.	Eden Prairie, Minn. /Eden Prairie
23	26:59	Nate Dobbins	Hamline	So.	Rochester, Minn. / John Marshall
24	26:59	Brad McConn	Concordia	So.	Fargo, N.D. / Fargo South
25	27:01	Pat Boland	St. Olaf	So.	Chesterfield, Mo. / Ladue Horton Watkins

2010 All-MIAC Men's Cross Country Sportsmanship Team

Augsburg - Joe Arnold (Jr., Grand Rapids, Minn. / Grand Rapids)

Bethel - Justin Ivory (So., St. Charles, Mo. / St. Charles)

Carleton - Chas Karch (So., Madison, Wis. / West)

Concordia - Erik Slette (So., Moorhead, Minn./ Moorhead)

Gustavus - Kurt Prieve (Sr., Fairbault, Minn. / Fairbault)

Hamline - Ian Campbell (Sr., Blooming Prairie, Minn. / Blooming Prairie)

Macalester - Spencer Retelle (Sr., Madison, Wis./Memorial)

Saint John's - Justin Rose (Sr., Eden Prairie, Minn. / Eden Prairie)

Saint Mary's - Michael Mockler (Jr., Dubuque, Iowa, Wahlert)

St. Olaf - Ben Bayer (Sr., Duluth, Minn. / East)

St. Thomas - Ethan Armbruster (Independence, Minn. / Delano)