

Champion St. Olaf's Campbell, Lundin sweep MIAC Men's Cross Country Awards

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ST. PAUL, Minn. -- The St. Olaf College men's cross country team continued a historic run Saturday as they captured their fourth-straight Minnesota Intercollegiate Athletic Conference Championship. The Oles continued another impressive streak Thursday, as they also swept the top MIAC men's cross country individual awards for the fourth-straight season as well.

St. Olaf senior Jake Campbell culminated his career with an individual victory in Saturday's 8k championship race, and he added MIAC Men's Cross Country Athlete-of-the-Year honors to his individual MIAC championship on Thursday. Campbell's head coach, Phil Lundin, was also recognized for his teams continued success as he was voted the MIAC Men's Cross Country Coach-of-the-Year by his peers for the fourth-straight season.



For his first three seasons, Campbell saw teammate Grant Wintheiser win the MIAC race and claim Athlete-of-the-Year honors, but this year it was Campbell's turn to run into the spotlight. He pulled away over the final quarter of the race from a talented, crowded field, and was the first to cross the finish line with a winning time of 25:36.1. Campbell won by more than eight seconds, and led his team to its fourth-straight title in the process.

Campbell's victory and Athlete-of-the-Year honor are the culmination of constant improvement throughout his career. He earned All-MIAC honors in each of his four seasons, while improving his time and place at each MIAC meet. He was second as a junior (24:59.8), sixth as a sophomore (25:41.5) and 12th as a rookie (26:02.9). However, this isn't the first big win of Campbell's career, as he captured the NCAA Division III Indoor Track and Field National Championship in the 3,000-meter run in March with a time of 8:10.55.

Lundin - now in his eighth season at St. Olaf - guided the Oles to their fourth MIAC Championship in a row, and their eighth men's cross country title overall. This is Lundin's fourth-straight MIAC Men's Cross Country Coach-of-the-Year honor, and his fifth overall after also winning in 2008. He was also named the 2013 MIAC Men's Indoor Track and Field Coach-of-the-Year in March, in addition to four Big Ten Coach-of-the-Year awards during his tenure at the University of Minnesota.

This time around, Lundin's team was again the class of the conference with 34 points and a comfortable 62-point margin of victory. The Oles had three of the top six, four of the top 10, five of the top 12 and seven total runners earn All-MIAC or All-MIAC Honorable Mention honors. Lundin coached the MIAC Athlete-of-the-Year for the fourth-straight season, and his team became just the seventh MIAC team to win four (or more) straight MIAC men's cross country championships, and the first since Saint John's reeled off four straight from 1996 to 1999.

In addition to the top individual honors, the MIAC Men's Cross Country All-Conference and All-Conference Honorable mention squads were also recognized. The top 15 finishers in Saturday's MIAC Championship race received All-Conference honors, while finishers 16-25 received Honorable Mention.

St. Olaf led the way with six All-MIAC performers. Saint John's, Carleton, St. Thomas and Gustavus each had two All-Conference runners, and Bethel had one. The Oles and Gusties led the way with two All-MIAC Honorable Mention runners each, while Saint Mary's, Macalester, Hamline, Carleton and Augsburg had one runner each finish between 16 and 25.

As part of a conference-wide sportsmanship initiative, the MIAC announced the 10th 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.

2015 MIAC Men's Cross Country Awards

Athlete-of-the-Year: Jake Campbell, St. Olaf (Sr., Edina, Minn.)

Coach-of-the-Year: Phil Lundin (Eighth season)

2015 MIAC Men's Cross Country All-Conference Team

Place	Time	Name	School	Year	Hometown/Previous School
1.	25:36.1	Jake Campbell	St. Olaf	Sr.	Edina, Minn.
2.	25:44.6	Hart Horner	Carleton	Sr.	Seattle, Wash. / Roosevelt
3.	25:49.8	Matt Berens	Bethel	Sr.	Fond du Lac, Wis.

4.	25:54.5	Jacob Gerhartz	St. Thomas	Jr.	Sauk Center, Minn.
5.	26:01.4	Calvin Lehn	St. Olaf	Sr.	Rosemount, Minn.
6.	26:08.8	Paul Escher	St. Olaf	Sr.	La Crosse, Wis. / Logan
7.	26:21.8	Thomas Feichtinger	Saint John's	Sr.	Omaha, Neb. / Mount Michael Benedictine
8.	26:23.0	Jonah Barry	Carleton	Sr.	Madison, Wis. / West
9.	26:28.5	Evan Jones	Gustavus	Jr.	Pella, Iowa / Pella Community
10.	26:34.3	Joe Coffey	St. Olaf	Jr.	Klamath Falls, Ore. / Klamath Union
11.	26:37.6	Ryan Bugler	Saint John's	Jr.	Okinawa, Japan / Kubaski
12.	26:38.9	Keith Ketola	St. Olaf	So.	Maple Plain, Minn. / Orono
13.	26:40.0	Thomas Knobbe	Gustavus	Jr.	Decorah, Iowa
14.	26:42.8	Ephraim Bird	St. Thomas	Fr.	Minneapolis, Minn. / Hope Academy
15.	26:44.1	Paul Timm	St. Olaf	So.	Oconomowoc, Wis.

2015 MIAC Men's Cross Country All-Conference Honorable Mention

<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Hometown/Previous School</u>
16.	26:45.9	Jovan Newsum	Saint Mary's	Jr.	Glendale Heights, Ill. / Glenbard East
17.	26:48.2	Jake Burr	Saint Mary's	Sr.	Plainview, Minn. / Plainview/Elgin-Millville
18.	26:48.9	Lachlan Hinwood	Macalester	Jr.	Colfax, Wis.
19.	26:51.6	Nathan Rock	Hamline	Sr.	Inver Grove Heights, Minn. / Rosemount
20.	26:52.0	Donson Cook-Gallardo	Carleton	So.	Moscow, Idaho / Moscow Senior
21.	26:56.1	Carston Dammann	Gustavus	So.	Lake City, Minn.
22.	26:57.2	Paul Nordquist	Gustavus	Sr.	Edina, Minn.
23.	26:58.4	Sean Bjork	St. Olaf	Jr.	Stillwater, Minn. / Stillwater Area
24.	26:59.8	Abdullahi Salan	Augsburg	Jr.	Burnsville, Minn.
25.	27:00.5	Jacob Eggers	St. Olaf	Jr.	Minneapolis, Minn. / Minnehaha

2015 Men's Cross Country All-MIAC Sportsmanship Team

Augsburg - Abdullahi Salan (Jr. Burnsville, Minn.)
 Bethel - Christian Svennes (Sr. Valley Springs, S.D. / Sunshine Bible Academy)
 Carleton - Jonah Barry (Sr. Madison, Wis / West)
 Concordia - Taylor Lauermann (Sr. Sartell, Minn.)
 Gustavus - Quad Kilander (Sr. Hokah, Minn. / La Crescent)
 Hamline - Ronnie Stimson (Sr. Minneapolis, Minn. / Southwest)
 Macalester - Alex Ropes (Pella, Iowa)
 Saint John's - Michael Collins (Sr. Omaha, Neb. / Mount Michael Benedictine)
 Saint Mary's - Jase Peter (Sr. Adrian, Minn.)
 St. Olaf - Andy Olson (Sr. Minneapolis, Minn. / Southwest)
 St. Thomas - Dylan Baumann (Sr. Wells, Minn. / United South Central)

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