

Record-breaking Wilkinson headlines MIAC Men's Cross Country awards

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BLOOMINGTON, Minn. – The Minnesota Intercollegiate Athletic Conference (MIAC) announced its men's cross country awards on Thursday. Carleton junior **Matt Wilkinson** was named MIAC Athlete of the Year, while his coach, **Dave Ricks**, received Coach of the Year honors. The MIAC also announced its All-Conference, Honorable Mention, and All-MIAC Sportsmanship Teams.

Wilkinson (Jr. | Greenwood, Minn. | Minnetonka) was named MIAC Athlete of the Year after taking individual honors at last Saturday's MIAC Championships. The junior finished in 24:37.4 - the fastest 8K time in MIAC Championship history by nearly seven seconds. He is the third consecutive Knight to win the MIAC individual title and Athlete of the Year honors in men's cross country.

Ricks was honored by his peers with Coach of the Year distinction for the third consecutive cross country season. Under his guidance, the Knights put three runners in the top-10 and all five scorers inside the top-20 of last weekend's MIAC Championship race. Ricks has previously received MIAC Coach of the Year accolades for cross country in 2017 and 2018, and indoor and outdoor track and field in 2018.

In addition to the top individual honors, the MIAC Men's Cross Country All-Conference and 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. Carleton, St. Olaf, and St. Thomas each had three runners on the All-Conference Team, while Bethel, Gustavus, and Hamline all had a pair. The 15-runner All-Conference Team was comprised of six seniors, six juniors, and three sophomores. Carleton's **Cameron Meikle** became just the 10th runner in MIAC men's cross country history to earn four straight All-Conference honors, while fellow Knights **Matt Wilkinson** and **Lucas Mueller** joined Gustavus' **Andrew Stumbo** and St. Thomas' **Karl Wachter** as three-time honorees. Bethel's **Ezekiel Lelinga**, Hamline's **Frank Gustafson**, and St. Olaf's **Sam Primozych** and **Elliot Kadrofske** all earned All-Conference accolades for the second time.

As part of a Conference-wide sportsmanship initiative, the MIAC also announced the 14th 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.



2019 MIAC Men's Cross Country Awards

Athlete of the Year: Matt Wilkinson, Carleton (Jr. | Greenwood, Minn. | Minnetonka)
Coach of the Year: Dave Ricks, Carleton (13th season)

2019 MIAC Men's Cross Country All-Conference Team

Place	Time	Name	Institution	Class	Hometown High School
1.	23:37.4	Matthew Wilkinson	Carleton	Jr.	Greenwood, Minn. Minnetonka
2.	24:59.0	Lucas Mueller	Carleton	Jr.	St. Paul, Minn. Nova Classical Academy
3.	25:05.4	Karl Wachter	St. Thomas	Sr.	Shakopee, Minn.
4.	25:07.7	Fernando Benitez	Hamline	Sr.	White Bear Lake, Minn.
5.	25:12.1	Frank Gustafson	Hamline	Jr.	Spicer, Minn. New London-Spicer
6.	25:18.5	Sean Lonergan	St. Olaf	Sr.	Oak Park, Ill. Oak Park & River Forest
7.	25:19.6	Sam Primozych	St. Olaf	Jr.	Boulder, Colo.
8.	25:19.7	Cameron Meikle	Carleton	Sr.	Hamilton, Mont.
9.	25:30.4	George McGivern	St. Thomas	Sr.	Eagan, Minn.
10.	25:33.1	Ezekiel Lelinga	Bethel	Jr.	New Brighton, Minn. Mounds View
11.	25:37.3	Elliot Kadrofske	St. Olaf	Sr.	Okemos, Mich.
12.	25:44.7	Garet Grant	Gustavus	So.	Winona, Minn. Winona Cotter
13.	25:47.1	Biel Wiel	St. Thomas	So.	St. Cloud, Minn. Apollo

14.	25:53.7	Andrew Stumbo	Gustavus	Jr.	Boone, Iowa Ogden
15.	25:56.7	Ike Mendel	Bethel	So.	Sioux Falls, S.D. Lincoln

2019 MIAC Men's Cross Country Honorable Mention

Place	Time	Name	Institution	Class	Hometown High School
16.	26:00.0	Zach Haire	St. Thomas	Fy.	Breckenridge, Minn.
17.	26:02.4	Trey Collins	Saint John's	Sr.	Pentywood, Mont. Royalton
18.	26:03.1	Arne Ellefson-Carnes	St. Olaf	Fy.	Juneau, Alaska Douglas
19.	26:04.8	Stephen Lavey	Carleton	So.	Cedar Grove, Wis. Cedar Grove-Belgium
20.	26:07.5	Ben Santos	Carleton	So.	Boulder, Colo.
21.	26:10.4	Noah Johnson	Gustavus	So.	Stillwater, Minn.
22.	26:10.7	Macallister Karrick	St. Thomas	So.	Hopkins, Minn.
23.	26:11.1	Zak Sather	Carleton	Fy.	Eau Claire, Wis. Memorial
24.	26:12.0	Eric Wicklund	Concordia	Sr.	Moorhead, Minn.
25.	26:14.2	Thomas Nemanich	Saint John's	Fy.	Red Wing, Minn.

2019 MIAC Men's Cross Country Sportsmanship Team

Name	Institution	Class	Hometown High School
Erik Garcia Gonzaga	Augsburg	Jr.	Brooklyn Center, Minn. Minneapolis South
Jon Sweeney	Bethel	Jr.	Circle Pines, Minn. Centennial
Edward Hershewe	Carleton	Sr.	Joplin, Mo. Thomas Jefferson
Jesse Middendorf	Concordia	So.	Sauk Centre, Minn. Melrose Area
Bridger Pavelka	Gustavus	Sr.	Minnetonka, Minn. Hopkins
Alex Walsh	Hamline	Sr.	Wahlert, Iowa
Edwin Reyes Herrera	Macalester	Sr.	Sonoma, Calif. Sonoma Valley
Trey Collins	Saint John's	Sr.	Plentywood, Mont. Royalton
Ben Borash	Saint Mary's	Sr.	Bowlus, Minn. Royalton
Matt Paal	St. Olaf	Sr.	Minneapolis, Minn. Benilde-St. Margaret's
Tony Smith	St. Thomas	Sr.	New Prague, Minn.