

2021 MIAC Men's Cross Country Championship Preview

Posted: Oct 29, 2021

NORTHFIELD, Minn. – The Minnesota Intercollegiate Athletic Conference (MIAC) will crown its 2021 men's cross country champion on Saturday. The 11-team men's eight-kilometer conference championship race is scheduled to begin at 11:00 a.m. on the campus of St. Olaf College in Northfield, Minn. The Oles have hosted the conference meet four times since 1991, with the most recent time coming in 2018.



CHAMPIONSHIP 101

Carleton is the three-time defending MIAC champion and will be looking for a fourth straight conference title. The Knights have also produced the last three individual champions. The MIAC did not host a cross country championship meet in 2020-21 due to the COVID-19 pandemic. This will be the first MIAC Cross Country Championship meet following conference membership changes in July 2021, when the University of St. Thomas transitioned to NCAA Division I and The College of St. Scholastica joined the MIAC as its 13th full member.

Eight different schools have won MIAC men's cross country championships since 1947. St. Thomas holds the MIAC record for the most team championships at 24. Prior to Carleton's rise in the late 2010s, St. Olaf won five consecutive MIAC men's titles from 2012-16. Hamline is the last non-Northfield program to have won the MIAC championship, as the Pipers claimed three in a row from 2009-11. St. Thomas holds the record for the most individual champions at 17, though Macalester and St. Olaf are not far behind with 14 apiece, and Saint John's has tallied 13 race winners.

Once the results of the 2021 MIAC Men's Cross Country Championship are tabulated and deemed final, a short awards ceremony will follow around 1:00 p.m. The top 15 runners will be honored as All-Conference selections, with runners finishing in places 16-to-25 receiving All-Conference Honorable Mention. The championship team will also be honored with the presentation of the MIAC Championship plaque.

FOLLOW THE ACTION

Fans who are not traveling to Northfield will have access to unofficial results soon after the action concludes courtesy of [Fast Finish Results](#).

The MIAC has a [championship home page](#) for the event that will serve as the online home of the meet. The championship page will include results and photos as they become available.

| [Championship Home Page](#) | [Rosters](#) | [Results](#) | [Course Map](#) |

IN THE POLLS

Carleton is ranked No. 16 and St. Olaf is No. 26 in the most recent [U.S. Track & Field and Cross Country Coaches Association Top 35 Poll](#), released on October 20.

Four MIAC squads are regionally-ranked as well, with Carleton at No. 3, St. Olaf at No. 5, Gustavus at No. 8, and Saint John's at No. 9 in the October 19 [USTFCCCA North Region Rankings](#).

ALL-CONFERENCE RETURNERS

Three previous All-MIAC runners will be in action this weekend, including Gustavus' [Garet Grant](#) (12th, 2019) and [Andrew Stumbo](#) (14th, 2019; 15th, 2018; 5th, 2017), and Bethel's [Ike Mendel](#) (15th, 2019). Concordia's [Munir Isahak](#) (17th, 2018), St. Olaf's [Arne Ellefson-Carnes](#) (18th, 2019) and [Jonah Herzog](#) (20th, 2018), Carleton's [Stephen Lavey](#) (19th, 2019), [Ben Santos](#) (20th, 2019), and [Zak Sather](#) (23rd, 2019), Gustavus' [Noah Johnson](#) (21st, 2019), and Saint John's [Thomas Nemanich](#) (25th, 2019) each previously received honorable mention distinction.

AROUND THE MIAC

Augsburg sophomore [Getinat Asfaw](#) recorded a personal-best time of 27:08.26 at the Jim Drews Invitational on 10/16. Asfaw's 8K mark paced the Auggies at the meet.

Bethel senior [Ike Mendel](#) logged the ninth-fastest 8K time in program history at the Augustana Interregional Invitational on 10/16. The senior clocked in at 25:43.

Carleton senior [Ben Santos](#) clocked a time of 24:32.6 and finished 15th out of 299 racers at the Lewis & Clark Invite on 10/16. Of the 14 runners ahead of Santos, seven came from NCAA D-I teams, five were unattached, and one each from Puget Sound (D-III) and Southern Oregon (NAIA). Santos helped Carleton to a third-place finish behind Portland University (ranked No. 26 in NCAA Division I) and Southern

Oregon (a nationally-ranked NAIA program).

Concordia senior **Munir Isahak** logged his fourth top-10 finish of the season at the Jim Drews Invitational on 10/15. Isahak - who had not competed since 9/25 - cut nearly a minute off his previous season-best time by crossing the finish line in 25:10.11 for a ninth-place result.

Gustavus senior **Andrew Stumbo** placed fifth out of 380 runners at the Jim Drews Invitational on 10/15. Stumbo crossed the line in 24:59.12 to record the fourth-fastest 8K time in program history, just 13 seconds shy of the Gustavus record set by Sedge Freeman in 1996.

Hamline junior **Aric Brodie** paced the Pipers at the Jim Drews Invitational on 10/15. Brodie completed the 8K race in 27:23.26.

Macalester sophomore **Alexander Fendig** was the Scots' top racer at the Jim Drews Invitational on 10/15. Fendig crossed the finish line in 26:44.8 in just his third race of the season.

Saint John's senior **Andy Goldsmith** led the Johnnies at the 26-team Lewis & Clark Invitational on 10/16 with a time of 25:14.2. Goldsmith placed 45th out of 299 runners overall and 16th among all NCAA Division III participants.

Saint Mary's sophomore **Quinn Steinbrecher** shaved five seconds off his previous best eight-kilometer time by stopping the clock in 28:05 at the Jim Drews Invitational on 10/15. All three Cardinals who competed in the race enjoyed career-best afternoons.

St. Olaf sophomore **Ian Curtis** recorded his third consecutive top-15 finish at the Inter-Regional Border Battle on 10/16. Curtis placed 15th out of 285 runners with a time of 25:47.1.

St. Scholastica first-year **Calvin Boone** set a new program record with a time of 25:11.35 to place 10th out of 380 runners at the Jim Drews Invitational on 10/15. Boone surpassed the previous top time by eight seconds. He has set new personal-best times in each of his last two races.

LEAGUE LEADERS

2021 MIAC 8K - Top Times

Overall		
<u>Name</u>	<u>Time</u>	<u>Meet</u>
Ben Santos, Carleton	24:32.60	Lewis & Clark Invitational (10/16)
Stephen Lavey, Carleton	24:40.20	Lewis & Clark Invitational (10/16)
Henry Bowman, Carleton	24:53.40	Lewis & Clark Invitational (10/16)
Andrew Stumbo, Gustavus	24:59.12	Jim Drew Invitational (10/15)
Adam Nakasaka, Carleton	25:01.10	Lewis & Clark Invitational (10/16)
Munir Isahak, Concordia	25:10.11	Jim Drew Invitational (10/15)
Calvin Boone, St. Scholastica	25:11.35	Jim Drew Invitational (10/15)
Andrew Stumbo, Gustavus	25:14.12	Hamline Invitational (10/01)
Andy Goldsmith, Saint John's	25:14.20	Lewis & Clark Invitational (10/16)
Lloyd Young, Saint John's	25:21.73	Jim Drew Invitational (10/15)