

## Simone Childs-Walker, Carleton

Week of: 2009-05-04



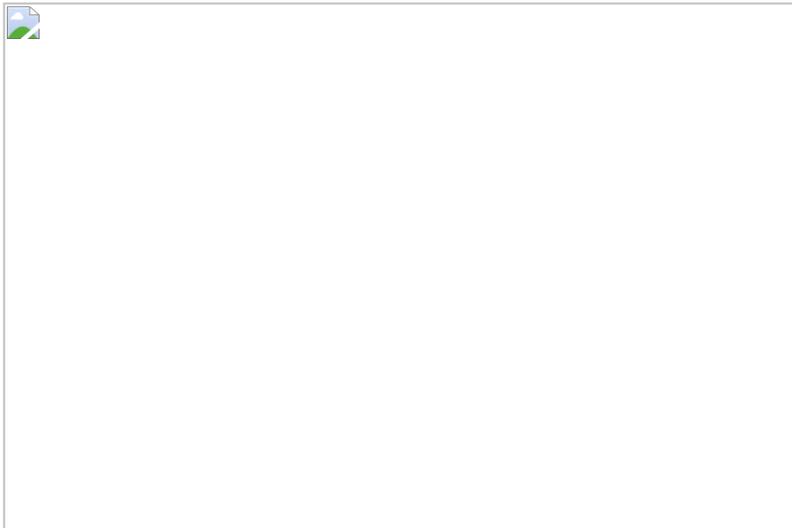
Carleton College first-year **Simone Childs-Walker** (Seattle, Wash./Lakeside) ran an NCAA provisional qualifying time of 17:17.06 all by herself through a heavy rain at the Tommie Twilight Meet last week. Her mark moves her to tenth on the national list. Childs-Walker now has the fastest time in both the 5,000 and 10,000 meter races heading into this weekend's MIAC championships, which will be run on her home track at Carleton College.

## St. Thomas Distance Medley Relay, St. Thomas

Week of: 2009-04-27



The St. Thomas women's distance medley relay placed first in the college division at the 100th running of the Drake Relays with a winning time of 11:47.19. The quartet of Kelly Russ, Nikki Arola, Erin Sprangers and Katie Theisen are the first MIAC school to field a Drake Relays champion since the Carleton men won the two mile relay back in 1932.



## Katie Theisen, St. Thomas

Week of: 2009-04-20



University of St. Thomas senior **Katie Theisen** (Elko, Minn./New Prague) turned in the fastest women's 3000 meter steeplechase time ever run in MIAC history at the prestigious Mt. Sac Relays in Walnut, Calif. Theisen's time of 10:36.39 is the fastest time in NCAA Division III this season, was an NCAA Automatic Qualifying time, and lowered her own St. Thomas school record by over

twenty seconds. The steeplechase is now the third event that Theisen has at least provisionally qualified for the NCAA national meet in.

### **Margot Branigan, Saint Benedict**

Week of: 2009-04-13



Hamline University junior **Margot Branigan** (Roseville, Minn.) finished second overall and just missed an NCAA provisional qualifying time in the 5000 meter run at the Lee Krough Invitational on Friday. Branigan's time of 17:36.05 is only 1.05 seconds away from the national list standard. That time is also twenty seconds faster than her winning 5000 meter time from last season's MIAC outdoor conference championship meet.

### **Nikki Arola, St. Thomas**

Week of: 2009-04-06



University of St. Thomas junior **Nikki Arola** (Chisholm, Minn.) finished first in both the 200 and 400 meter dashes at the Wartburg Select Meet. In the 200, her time of 25.03 is the second fastest time recorded by a Division III athlete so far this year. That time is also over one second faster than the next fastest time on the MIAC performance list. Her time of 57.66 in the 400 was only .16 seconds away from a national qualifying mark.

### **Marie Borner, Bethel**

Week of: 2009-03-30



Bethel University senior **Marie Borner** (Cottage Grove/Park) won both the 800 and 1500 at the Point Loma Invitational on March 20-21. Her time of 2:10.90 in the 800 was an NCAA Automatic qualifying time and broke her own Bethel school record. Borner's 1500 time of 4:27.74 was only .22 seconds off of the time she ran to finish third at last year's NCAA National Championship Meet. Borner currently ranks first in both events on the NCAA Division III National list.

## **Kaelene Lundstrum, Gustavus**

Week of: 2009-05-04



Gustavus Adolphus College junior **Kaelene Lundstrum** (Bird Island, Minn./BOLD) took first in the MIAC Heptathlon with a seven event point total of 4550 points. The score was an NCAA provisional qualifying mark and ranks her fifth in the nation. This is the second consecutive multi-event title for Lundstrum as she took top honors in the pentathlon during the 2009 indoor season.

## **Megan Honan, St. Thomas**

Week of: 2009-04-27



University of St. Thomas junior **Megan Honan** (Burnsville, Minn.) finished first with an NCAA provisional mark of 49.44 (162'2) in the hammer throw at the Macalester Invite on Saturday. Her throw is first in the MIAC by 15 feet. It also places her 15th on the NCAA National List.

## **Sam Broderius, Gustavus**

Week of: 2009-04-20



Gustavus Adolphus College sophomore **Sam Broderius** (Hector, Minn./Buffalo Lake-Hector) finished first and provisionally qualified for the NCAA meet in both the shot put and the discus throw at the Manitou Classic hosted by St. Olaf on Saturday. Broderius' shot put mark of 13.81 meters (45-3 3/4 ft) currently ranks fourth in the nation and tops the MIAC performance list. Her discus throw of 44.09 meters (144-8 ft) also tops the MIAC list, and is seventh on the national list.

## **Amie Fillmore, St. Olaf**

Week of: 2009-04-13



St. Olaf College junior **Amie Fillmore** (White Bear Lake, Minn.) established a new personal best, broke her own St. Olaf school record and moved into third on the NCAA qualification list in the pole vault as she cleared a height of 3.68 meters (12' 0.75") at the Carleton Quadrangular. Fillmore, the MIAC indoor pole vault champion, now has the best vault in the conference outdoor season by over a foot.

## **Lisa Brown, Gustavus**

Week of: 2009-04-06



Gustavus Adolphus College senior **Lisa Brown** (Lake Crystal, Minn./LCWM) provisionally qualified for the NCAA Championships in both the shot put and the javelin throw at this past weekend's Central College Invitational. Brown's mark of 43.86 m (143-11 ft) in the javelin took top honors at the meet. Her throw of 13.22 m (43-4.5 ft) in the shot put placed her second overall. Her marks are now third and fourth on the Division III National performance list.

### **Kelly Lovett, Carleton**

Week of: 2009-03-30



Carleton College sophomore **Kelly Lovett** (Portland, Ore./Lincoln) won the javelin throw with a Carleton school record and NCAA Provisional qualifying mark of 44.08 meters (144-7) at the Walt Disney World Invitational. Lovett's throw, which was only five inches from automatically qualifying for the national meet, is currently the second best mark on the NCAA Division III National list.