

## **Kelly Russ, St. Thomas**

Wayzata, Minn. / Wayzata  
Week of: 2010-05-10



University of St. Thomas senior **Kelly Russ** (Wayzata, Minn.) placed fourth in the 800 meter run in a competitive field at the Tommie Twilight Meet this past week. Her time of 2:10.78 is a NCAA automatic qualifier that ranks second in the MIAC and fourth in the nation.

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

Chisholm, Minn. / Chisholm  
Week of: 2010-05-03



University of St. Thomas senior **Nikki Arola** (Chisholm, Minn.) placed first in the 400M at the Holst Invitational at Concordia-St. Paul this past Wednesday. Her time of 56.28 broke her previous school record and ranks sixth on the Division III national performance list. She followed that with a first place finish in the 100M at the Capitol City Championship at Hamline on Saturday. Her time of 12.22 leads the MIAC and is an NCAA provisional mark that ranks 18th in the nation.

## **Marie Borner, Bethel**

Cottage Grove, Minn. / Park  
Week of: 2010-04-26



Bethel University senior **Marie Borner** (Cottage Grove, Minn./Park) took third place in the 1500 meter run at the Drake Relays on Saturday in a race that featured all Division I runners. Borner's time of 4:25.66 is a new school record and the best in Division III this season.

## **Erin Sprangers, St. Thomas**

Woodbury, Minn. / Hill-Murray  
Week of: 2010-04-19



University of St. Thomas senior **Erin Sprangers** (Woodbury, Minn./Hill-Murray) placed first in the 800 meter run at the Manitou Classic meet at St. Olaf this past Saturday. Her time of 2:13.24 is not only the top time in the MIAC this season, but is an NCAA provisional qualifier that ranks sixth in the nation.

### **Simone Childs-Walker, Carleton**

Seattle, Wash. / Lakeside  
Week of: 2010-04-12



Carleton College sophomore **Simone Childs-Walker** (Seattle, Wash./Lakeside) finished first in the 5000 meter run at the Hamline Invitational with a time of 17:07.98 this past weekend. Her time was over 12 seconds ahead of the runner up. Childs-Walker currently leads the MIAC and is now fifth on the national performance list.

### **Kelly Russ, St. Thomas**

Wayzata, Minn. / Wayzata  
Week of: 2010-04-12



University of St. Thomas senior **Kelly Russ** (Wayzata, Minn.) won the 800 meter run at the Hamline Invitational this past Saturday. Her time of 2:13.34 is a NCAA provisional qualifier that ranks third in Division III this season.

### **Greta Sieve, St. Catherine**

New Ulm, Minn. / Cathedral  
Week of: 2010-04-05



St. Catherine University senior **Greta Sieve** (New Ulm, Minn./Cathedral) finished first in the 3000m Steeplechase at the Point Loma Nazarene University Meet with an NCAA Provisional qualifying time of 11:01.41. Her time currently ranks seventh in the nation and first in the MIAC.

## **Janey Helland, Gustavus**

Mapleton, Minn. / Maple River  
Week of: 2010-05-10



Gustavus Adolphus College junior **Janey Helland** (Mapleton, Minn./Maple River) won the MIAC Heptathlon this past Thursday and Friday at Carleton. Her score of 4508 provisionally qualified for the NCAA championships, and is currently ranked sixth in the nation. After completing the two days of competition for the MIAC Multi's, Helland competed a third day in a row, at the Hamline Meet of the Unsaintly. There, she won the long jump with a mark of 5.36 meters.

## **Samantha Broderius, Gustavus**

Hector, Minn. / Buffalo Lake-Hector  
Week of: 2010-05-03



Gustavus Adolphus College junior **Samantha Broderius** (Hector, Minn./Buffalo Lake-Hector) won both the shot put and discus with NCAA provisional marks at the Gustie Invite this past weekend. Her shot put throw of 13.02 meters (42-8.75 ft) places her first in the conference and 16th nationally. Her discus mark of 44.95m (147-06 ft) also puts her on top of the conference list and moves her up to third in the Division III national rankings.

## **Leah Kay, Concordia**

Dassel, Minn. / Dassel-Cokato  
Week of: 2010-04-26



Concordia College senior **Leah Kay** (Dassel, Minn./Dassel-Cokato) provisionally qualified for the NCAA Championships in the heptathlon at the 101st Drake Relays. Competing against Division I, II and professional athletes, Kay finished tenth overall with 4442 points. Her point total moves her to third on the Division III National performance list and is the top mark in the MIAC this season.

## **Danielle Busch, Saint Benedict**

New Prague, Minn. / New Prague  
Week of: 2010-04-19



College of Saint Benedict first-year **Danielle Busch** (New Prague, Minn.) tied for first in the pole vault at the Manitou Classic meet at St. Olaf this past Saturday with a personal best and NCAA provisional qualifying height of 3.55 meters (11-7.75 ft). Busch's performance is also a new St. Benedict school record and equals the best mark in the MIAC this year.

### **Katherine Brott, Concordia**

Deer Lodge, Mont. / Powell County  
Week of: 2010-04-12



Concordia College junior **Katherine Brott** (Deer Lodge, Mont./Powell County) finished first in the javelin throw with a mark of 38.72 meters (127-0 ft) while competing against NCAA DI, DII, and NAIA schools at the NDSU Bison Open. Her performance is currently the top mark in the MIAC.

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

Burnsville, Minn. / Burnsville  
Week of: 2010-04-05



University of St. Thomas senior **Megan Honan** (Burnsville, Minn.) finished first in the hammer throw at the Wartburg Select Meet. Her toss of 48.43 meters (158-10 ft) was an NCAA provisional qualifying mark that currently ranks her sixth on the national list and first in the MIAC.