

2004 MIAC Women's Cross Country Awards

Coaches of the Year: Donna Ricks, Carleton
Athletes of the Meet: Leah Wurm, Saint Benedict

St. Paul, Minn. – November 4, 2004

MIAC Cross Country Coaches of the Year

Bill Thorton of St. Olaf and Donna Ricks of Carleton were selected the Minnesota Intercollegiate Athletic Conference men's and women's cross country coaches of the year. Thorton's Oles captured their first title since 1976 on Saturday, October 30th at Como Park in St. Paul. The Oles finished first out of the eleven participating teams at the competition. The squad won with 43 points. The Oles had the top two finishers in the meet in Kelly Fulton (26:10.5) and Malcolm Richards (26:15.5).

Rick's Knights improved on their fourth place finish in 2003 and finished in first place. The title is the first for the Knights since 1991. The Knights finished with a team score of 71, finishing 29 points ahead of second place Gustavus (100). Cassie Funke paced the Knights with a time of 19:07.8. Both teams will compete at the NCAA Central Region Championships in Waverly, Iowa, on Nov. 13.

MIAC Women's Athlete of the Meet

Leah Wurm (Jr. Monticello, Minn.) won the women's meet with a time of 18:53.3. She becomes the first Blazer to accomplish this feat. Wurm finished fourth last season with a time of 19:04.

MIAC CC Championships Women's 5K Como Golf Course, St. Paul Oct. 30, 2004

All-Conference (Top 15 Finishers)

1	Leah Wurm, Jr	18:53.3	St. Benedict
2	Cassie Funke, Sr	19:07.8	Carleton
3	Amy Lyons, So	19:13.2	Bethel
4	Keidra Anderson, Jr	19:20.6	Hamline
5	Erin Weier, So	19:37.1	St. Olaf
6	Nichole Petersen, Sr	19:37.7	Gustavus Adolphus
7	Natalie Hanson, Jr	19:39.1	Concordia-Moorhead
8	Laura Jean Hudson, Sr	19:43.0	Carleton
9	Brigid Power, Sr	19:47.4	St. Thomas
10	Lydia Davitt, Fr	19:48.0	Gustavus Adolphus
11	Lacee Schrupp, So	19:49.0	Hamline
12	Chelsea Guettinger, Jr	19:50.6	St. Thomas
13	Ellen Waldow, Jr	19:58.5	Augsburg
14	Koby Hagen, Jr	20:02.6	Macalester
15	Francie Streich, Jr	20:03.2	Macalester

All-Conference Honorable Mention (Finishers 16-25)

16	Nicole Gurgel, Sr	20:03.9	St. Thomas
17	Angie Bergeson, Jr	20:09.9	Augsburg
18	Becky Schaumberg, Jr	20:13.1	Carleton
19	Meghan Miller, Fr	20:15.7	Carleton
20	Tasha Pike, Sr	20:18.2	Gustavus Adolphus
21	Kezia Manlove, Jr	20:19.8	St. Olaf
22	Briggs Rolfsrud, Sr	20:21.9	St. Catherine
23	Hannah Dietrich, Sr	20:22.6	Augsburg
24	Katherine Wingert, Fr	20:23.1	Carleton
25	Jennifer St. John, Sr	20:25.9	Concordia-Moorhead