

Augsburg's Irving headlines 2016 MIAC Women's Cross Country Awards

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BLOOMINGTON, Minn. – The 2016 Minnesota Intercollegiate Athletic Conference (MIAC) Women's Cross Country Championships were held Saturday at Como Golf Course in St. Paul, Minn., and Thursday the top performers from another outstanding MIAC meet were recognized with the announcement of the 2016 MIAC Women's Cross Country Awards, with the meet's champions taking home top honors.

Augsburg College senior Taybri Irving (Rosemount, Minn.) was named the 2016 MIAC Women's Cross Country Athlete-of-the-Year after her first-place finish at the MIAC meet, and University of St. Thomas Head Coach Joe Sweeney was voted the 2016 MIAC Women's Cross Country Coach-of-the-Year by his peers in recognition of his work in guiding the Tommies to the MIAC team championship. All-Conference, Honorable Mention and All-Sportsmanship Teams were also recognized.

Irving made history Saturday when she became Augsburg's first-ever individual champion, and that history continued Thursday with her Athlete-of-the-Year award. The senior star completed the 6k course in 22:32.5. Irving averaged 6:02.6 per mile and 3:45.4 per kilometer, and defeated defending champion Kimber Meyer of Macalester by nearly 10 seconds.

The individual championship and MIAC honor represents tremendous improvement throughout Irving's career.

She finished 65th and 42nd at the MIAC Championships as a first-year and sophomore, respectively, before moving all the way up to seventh in 2015, and she completed her ascent to the top of the leader board in 2016. In addition, Irving received her second-straight All-Conference honor to headline that squad.

Sweeney – in his 37th season – was voted Coach-of-the-Year for his team's impressive first-place performance. The Tommies put four runners in the top 12 and all five who scored finished in the top 20, to give the team a winning total of 50 points. This is the 16th overall MIAC women's cross country championship for the Tommies – the most in conference history – but just the first since 2008 for Sweeney's club. The title comes on the heels of an NCAA Central Region championship a year ago, which St. Thomas will try to defend later this month.

The veteran coach guided four UST runners to All-Conference honors and two more to Honorable Mention accolades at Saturday's championship race. During his career, Sweeney has won numerous MIAC Coach-of-the-Year awards in cross country and indoor and outdoor track and field, but the 2016 award is his first in cross country since 2007.

In addition to the top individual honors, the MIAC Women's Cross Country All-Conference and All-Conference 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. Champion St. Thomas led the way with four All-Conference runners. Carleton and Saint Benedict had three apiece, St. Olaf had two and Augsburg and St. Catherine each had one. The team featured 10 seniors, two juniors, two sophomores and one first-year runner.

As part of a conference-wide sportsmanship initiative, the MIAC announced the 11th annual All-MIAC Sportsmanship team for Women'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.



2016 MIAC Women's Cross Country Awards

Athlete-of-the-Year: Taybri Irving, Augsburg (Sr., Rosemount, Minn.)

Coach-of-the-Year: Joe Sweeney, St. Thomas (37th season)

2016 MIAC Women's Cross Country All-Conference Team

Place	Time	Name	School	Year	Hometown/Previous School
1.	22:32.5	Taybri Irving	Augsburg	Sr.	Rosemount, Minn.

2.	22:41.5	Kimber Meyer	Macalester	Sr.	Naperville, Ill. / North
3.	22:48.4	Alex Fossum	St. Thomas	Sr.	Chanhassen, Minn.
4.	22:54.4	Mary Naas	St. Olaf	So.	Mendota Heights, Minn. / St. Paul Academy
5.	23:08.7	Emily Kaegi	Carleton	Jr.	Williamston, Mass. / Mount Greylock
6.	23:14.3	Sam Schnirring	Carleton	So.	Eden Prairie, Minn.
7.	23:19.2	Kayla Janto	St. Thomas	Sr.	West Bend, Wis. / West
8.	23:21.0	Bridget McGivern	St. Thomas	Sr.	Eagan, Minn.
9.	23:27.7	Jamie Hoornaert	St. Olaf	Sr.	Merced, Cali.
10	23:28.1	Allison Kosobud	Saint Benedict	Sr.	Brainerd, Minn.
11.	23:30.0	Claire Trujillo	Carleton	Sr.	Anchorage, Alaska / Grace Christian
12.	23:32.0	Jenny Walz	St. Thomas	Jr.	Plymouth, Minn. / Providence Academy
13.	23:32.8	Taylor Loth	Saint Benedict	Fy.	Lakeville, Minn. / North
14.	23:33.1	Emma Weber	Saint Benedict	Sr.	St. Paul, Minn. / Highland Park
15.	23:45.2	Rachel Hall	St. Catherine	Sr.	Mendota Heights, Minn.

2016 MIAC Women's Cross Country All-Conference Honorable Mention

Place	Time	Name	School	Year	Hometown/Previous School
16.	23:47.3	Bryony Hawgood	St. Olaf	Fy.	Harare, Zimbabwe / Arundel
17.	23:47.9	Leighlin Ahlstrom	St. Catherine	Fy.	White Bear Lake, Minn.
18.	23:50.6	Meredith Moore	St. Olaf	Fy.	Worthington, Minn.
19.	23:51.3	Sadie Novak-Klug	Gustavus	Jr.	Waseca, Minn.
20.	23:51.7	Sara Ness	St. Thomas	Fy.	Johnston, Iowa
21.	23:56.3	Laura Nakasaka	Carleton	Sr.	Chevy Chase, Md. / Bethesda-Chevy Chase
22.	23:57.5	Jordan Lutz	St. Olaf	Jr.	St. Paul, Minn. / Mahtomedi
23.	24:00.3	Brianna Gruenberg	Concordia	So.	Moorhead, Minn.
24.	24:01.9	Marietta Geist	Carleton	Fy.	Crookston, Minn.
25.	24:02.7	Grace Loeslie	St. Thomas	So.	Chanhassen, Minn.

2016 Women's Cross Country All-MIAC Sportsmanship Team

Augsburg - Emma Bloom (Sr., Culver, Minn. / South Ridge)
 Bethel - Lydia Herath (So., Brainerd, Minn.)
 Carleton - Nicole Nipper (Sr., Minnetonka, Minn. / Minnehaha Academy)
 Concordia - Kaya Baker (Sr., Grand Rapids, Minn.)
 Gustavus - Haley Anderson (Fy. / Eden Prairie, Minn.)
 Hamline - Sarissa Falk (Sr., Grand Marais, Minn. / Cook County)
 Macalester -Gretchen Greene (Sr., Madison, Wis. / Memorial)
 Saint Benedict - Mattia Hendrickson (Sr., Little Falls, Minn.)
 St. Catherine - Sam Witmer (So., Troutdale, Ore., Reynolds)
 Saint Mary's - Paige Scherneck (Sr., Manawa, Wis. / Little Wolf)
 St. Olaf - Jordan Lutz (Jr., St. Paul, Minn. / Mahtomedi)
 St. Thomas - Carly Barton (Sr., Green Bay, Wis. / Notre Dame La Baie)

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