

Carleton’s Mathison headlines Women’s Cross Country Awards

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BLOOMINGTON, Minn. – The No. 9-ranked Carleton Knights rolled to a historic victory at the 2017 Minnesota Intercollegiate Athletic Conference (MIAC) Women's Cross Country Championships last weekend and their outstanding efforts were recognized again on Thursday when the MIAC released its annual Women's Cross Country Awards.

In her first year of running cross country at any level, **Meg Mathison** (So. | Waunakee, Wis.) was nothing short of fantastic, winning placing first at the 2017 MIAC Championships with a time of 21:57.3 on the 6K course at St. Olaf College and earning MIAC Athlete of the Year honors in the process. The sophomore sensation has finished in the top-three in each of her last four races this season.

Carleton placed five runners among the top-eight and seven in the top-12 finishers at the MIAC Women's Cross Country Championships to secure the program's ninth Conference title and fourth in the last five seasons. The victory assured Carleton head coach **Donna Ricks** of her 10th MIAC Coach of the Year accolade, an honor well-deserved following Saturday's dominant performance in Northfield, Minn.

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. Carleton led all teams with a whopping seven All-Conference finishers, the most on-record from one team in Conference history. The 15 All-MIAC runners were made up of six seniors, two juniors, three sophomores and four first-year runners.

As part of a Conference-wide sportsmanship initiative, the MIAC also announced the 12th 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.

2017 MIAC Women's Cross Country Awards

Athlete of the Year: Meg Mathison, Carleton (So., Waunakee, Wis.)

Coach of the Year: Donna Ricks, Carleton (25th season)



2017 MIAC Women's Cross Country All-Conference Team

Place	Time	Name	Institution	Class	Hometown High School
1.	21:57.3	Meg Mathison	Carleton	So.	Wauankee, Wis.
2.	21:59.6	Emily Kaegi	Carleton	Sr.	Williamstown, Mass. Mount Greylock
3.	22:10.3	Annika Halverson	Bethel	Jr.	Wayzata, Minn.
4.	22:34.8	Amanda Mosborg	Carleton	Fy.	Edina, Minn.
5.	22:41.6	Anna Hage	Bethel	Fy.	Edina, Minn.
6.	22:42.2	Samantha Schnirring	Carleton	Jr.	Eden Prairie, Minn.
7.	22:45.8	Bryony Hawgood	St. Olaf	So.	Harare, Zimbabwe Arundel
8.	22:50.1	Emma Greenlee	Carleton	Fy.	Aurora, Minn. Mesabi East
9.	22:54.6	Sadie Klug	Gustavus	Sr.	Waseca, Minn.
10.	22:55.7	Jordan Lutz	St. Olaf	Sr.	St. Paul, Minn. Mahtomedi
11.	22:58.8	Fiona Casey	Carleton	Fy.	Chicago, Ill. Northside
12.	23:04.8	Ruthie Boyd	Carleton	So.	Breckenridge, Colo. Summit

13.	23:09.4	Ali Glassbrenner	St. Thomas	Sr.	Eau Claire, Wis. Memorial
14.	23:13.8	Jena Moody	St. Olaf	Sr.	Apple Valley, Minn. Eastview
15.	23:15.0	Melissa Marsh	St. Thomas	Sr.	St. Anthony, Minn.

2017 MIAC Women's Cross Country Honorable Mention

Place	Time	Name	Institution	Class	Hometown High School
16.	23:16.3	Sara Ness	St. Thomas	So.	Johnston, Iowa
17.	23:17.7	Jenny Walz	St. Thomas	Sr.	Plymouth, Minn. Providence Academy
18.	23:18.9	Jenny Launder	St. Thomas	Jr.	Verona, Wis. Middleton
19.	23:21.2	Mary Naas	St. Olaf	Jr.	Mendota Heights, Minn. St. Paul Academy
20.	23:23.4	Briana Paulsen	St. Olaf	Sr.	Eden Prairie, Minn.
21.	23:25.3	Becca Wilkin	St. Thomas	Jr.	Eagan, Minn. Trinity
22.	23:25.7	Marlee Yost-Wolff	Macalester	Jr.	Lawrence, Kan. Lawrence Free State
23.	23:26.1	Olivia Rosenow	Gustavus	Sr.	Maple Grove, Minn.
24.	23:26.2	Amber Matzoll	St. Thomas	Jr.	St. Anthony, Minn. Totino-Grace
25.	23:28.5	Morgan Pierce	Saint Benedict	Jr.	Mandan, N.D. Saint Mary's Central

2017 MIAC Women's Cross Country Sportsmanship Team

Name	Institution	Class	Hometown High School
Kassandra Diaz	Augsburg	So.	Bloomington, Minn. Kennedy
Annika Halverson	Bethel	Jr.	Wayzata, Minn.
Emily Kaegi	Carleton	Sr.	Williamstown, Mass. Mount Greylock
Kaley Hedberg	Concordia	Sr.	Apple Valley, Minn. Eastview
Olivia Crocker	Gustavus	Sr.	Big Lake, Minn.
Alyssa Nash	Hamline	Sr.	Sioux City, Iowa West
Laura Gould	Macalester	Sr.	Shorewood, Wis.
Morgan Durbin	Saint Benedict	Sr.	St. Cloud, Minn. Cathedral
Molly Sweet	Saint Mary's	So.	Prescott, Wis.
Julia Clark	St. Catherine	Fy.	Woodbury, Minn. Math and Science Academy
Jordan Lutz	St. Olaf	Sr.	St. Paul, Minn. Mahtomedi
Maria Zahhos	St. Thomas	Sr.	Medina, Minn. Wayzata