

Carleton's Mosborg takes top honors in MIAC Women's Cross Country awards

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BLOOMINGTON, Minn. – The Minnesota Intercollegiate Athletic Conference announced its annual award winners for women's cross country on Thursday. Carleton junior **Amanda Mosborg** received Athlete of the Year honors, while her coach, **Donna Ricks**, was recognized as MIAC Coach of the Year. The MIAC also announced its All-Conference, Honorable Mention, and All-MIAC Sportsmanship Teams.

Mosborg (Jr. | Bloomington, Minn. | Edina) earned MIAC Athlete of the Year honors after crossing the finish line in 21:33.6 for the second-fastest 6K time in MIAC Championship history behind Ruth Steinke's winning time of 21:28.4 in 2014. Mosborg is the sixth Knight to capture the individual conference title and the second in the last three years. She is also the fourth Carleton runner to win Athlete of the Year honors in women's cross country since 2011.



Amanda Mosborg earned Athlete of the Year honors after finishing the 6K course at the 2019 MIAC Championship in 21:33.6.

Ricks was recognized by her peers with MIAC Coach of the Year distinction for the third consecutive season and sixth time in the last seven years. The only double-digit recipient of the award in recorded MIAC women's cross country history, Ricks led the Knights to their third consecutive conference crown last Saturday. Carleton has now won eight of the last 11 MIAC team titles after posting the third-lowest winning team score in MIAC championship history and placing six runners among the top 10 finishers at last weekend's conference meet.

In addition to the top individual honors, the MIAC Women's Cross Country All-Conference and 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 the pack with six All-Conference finishers, followed by St. Thomas with four honorees, and St. Olaf with two. Concordia, Gustavus, and Hamline each had one. The 15-runner All-Conference Team was comprised of eight seniors, three juniors, two sophomores, and two first-year competitors. Three runners - Carleton's **Amanda Mosborg** and **Emma Greenlee**, as well as St. Olaf's **Bryony Hawgood** - received their third consecutive All-Conference nods, while Carleton's **Marietta Geist** and **Helen Schuda** joined Hamline's **Helen Dolan**, St. Olaf's **Lisa Fisher**, and St. Thomas' **Olivia Moll** as two-time All-MIAC honorees.

As part of a Conference-wide sportsmanship initiative, the MIAC also announced the 14th 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.

2019 MIAC Women's Cross Country Awards

Athlete of the Year: Amanda Mosborg, Carleton (Jr. | Bloomington, Minn. | Edina)

Coach of the Year: Donna Ricks, Carleton (27th season)

2019 MIAC Women's Cross Country All-Conference Team

Place	Time	Name	Institution	Class	Hometown High School
1.	21:33.6	Amanda Mosborg	Carleton	Jr.	Bloomington, Minn. Edina
2.	21:56.9	Tierney Winter	Gustavus	Sr.	Waterville, Minn. Waterville-Elysian-Morristown
3.	22:00.7	Clara Mayfield	Carleton	Fy.	Manhattan, Kan.
4.	22:03.7	Bryony Hawgood	St. Olaf	Sr.	Harare, Zimbabwe Arundel
5.	22:04.0	Helen Dolan	Hamline	Jr.	Holliston, Mass.
6.	22:26.0	Marietta Geist	Carleton	Sr.	Crookston, Minn.
7.	22:27.1	Emma Greenlee	Carleton	Jr.	Aurora, Minn. Mesabi East
8.	22:28.5	Sophia Maag	Carleton	Fy.	Norman, Okla.
9.	22:29.6	Lisa Fisher	St. Olaf	Sr.	St. Paul, Minn. Henry Sibley
10.	22:32.2	Helen Schuda	Carleton	Sr.	Seattle, Wash. Roosevelt
11.	22:33.6	Olivia Moll	St. Thomas	So.	Hammond, Wis. St. Croix Central

12.	22:33.8	Sara Ness	St. Thomas	Sr.	Johnston, Iowa
13.	22:36.5	Jenny Launder	St. Thomas	Sr.	Verona, Wis. Middleton
14.	22:38.7	Meritt Miller	Concordia	So.	Baxter, Minn. Brainerd
15.	22:42.3	Katie Breuckman	St. Thomas	Sr.	Andover, Minn.

2019 MIAC Women's Cross Country Honorable Mention

Place	Time	Name	Institution	Class	Hometown High School
16.	22:46.0	Ellen Mickelson	St. Olaf	So.	Coon Rapids, Minn. Blaine
17.	22:47.1	Sara Miller	St. Thomas	Jr.	Hudson, Wis.
18.	22:47.6	Kourtney Kulseth	Gustavus	Jr.	New Richland, Minn. Waseca
19.	22:55.1	Molly Clarke	St. Thomas	Sr.	Eden Prairie, Minn. Edina
20.	22:59.1	Alexandra Maddux	Hamline	So.	Moorhead, Minn.
21.	22:59.9	Ruthie Boyd	Carleton	Sr.	Breckenridge, Colo. Summit
22.	23:11.4	Stephanie Balas	St. Olaf	Jr.	Manitowish Waters, Wis. Lakeland Union
23.	23:11.9	Tracy Renier	Saint Benedict	So.	Plymouth, Minn. Benilde-St. Margaret's
24.	23:11.9	Iliana Ramon	Gustavus	So.	Fairmont, Minn.
25.	23:12.1	Carly Scheuerman	St. Thomas	Jr.	St. Mary's Point St. Croix Academy

2019 MIAC Women's Cross Country Sportsmanship Team

Name	Institution	Class	Hometown High School
Grace Hartman	Augsburg	So.	Anoka, Minn.
Noelle Diekman	Bethel	Jr.	Otsego, Minn. Spectrum
Emma Greenlee	Carleton	Jr.	Aurora, Minn. Mesabi East
Miriah Forness	Concordia	Sr.	Casselton, N.D. Central Cass
Kourtney Kulseth	Gustavus	Jr.	New Richland, Minn. Waseca
Emily Danzl	Hamline	Fy.	Wyoming, Minn. Centennial
Anya Ptacek	Macalester	Sr.	Cold Spring, N.Y. Poughkeepsie
Thea Gutzmann	Saint Benedict	Jr.	St. Paul, Minn. Cretin-Derham Hall
Summer Schwintek	St. Catherine	So.	Wyoming, Minn. Forest Lake
Maddie Bollig	Saint Mary's	Sr.	St. Croix Falls, Wis.
Meredith Moore	St. Olaf	Sr.	Worthington, Minn.
Rose Brakob	St. Thomas	Sr.	Monticello, Minn.