

2023 MIAC Men's Cross Country Regional and National Awards

2023 USTFCCCA Men's All-America

Name	Institution	Class	Hometown High School	Previous Selections
Will Kelly	St. Olaf	Sr.	Golf, Ill. Glenbrook South	2022
Calvin Boone	St. Scholastica	Jr.	St. Paul, Minn. Highland Park	--
Lars Dewart	St. Scholastica	Sr.	Stillwater, Minn.	--

2023 USTFCCCA Men's All-North Region

Name	Institution	Class	Hometown High School	Previous Selections
Roy Llewellyn	Carleton	So.	Downers Grove, Ill. North	--
Chris Melville	Carleton	Sr.	Bloomington, Minn. Jefferson	--
Gabe Nichols	Carleton	So.	Grove City, Penn.	--
Reece McKee	Macalester	Jr.	Charlottesville, Va.	--
Lloyd Young	Saint John's	Sr.	Bloomington, Minn. Kennedy	2021 2022
Anders Cote	St. Olaf	Sr.	Boulder, Colo. Fairview	--
Sean Hartney	St. Olaf	Jr.	Minneapolis, Minn. Washburn	--
Will Kelly	St. Olaf	Sr.	Golf, Ill. Glenbrook South	2022
David Lynn	St. Olaf	Sr.	Redmond, Wash. Tesla STEM	--
Andrew Skemp	St. Olaf	Jr.	La Crosse, Wis. Aquinas	2022
Kevin Turlington	St. Olaf	So.	Rochester, Minn. Lourdes	--
Calvin Boone	St. Scholastica	Jr.	St. Paul, Minn. Highland Park	2021
Lars Dewart	St. Scholastica	Sr.	Stillwater, Minn.	2021 2022

2023-24 CSC Academic All-America Men's Cross Country/Track & Field

Name	Institution	Class	Hometown High School	Team	Previous Selections
Tommy Allen	Saint John's	Sr.	Woodbury, Minn. St. Paul Academy	Third Team	--
Will Kelly	St. Olaf	Sr.	Golf, Ill. Glenbrook South	Third Team	--

2023-24 CSC Academic All-District Men's Cross Country/Track & Field

Name	Institution	Class	Hometown High School	Previous Selections
Roy Llewellyn	Carleton	So.	Downers Grove, Ill. North	--
Chris Melville	Carleton	Sr.	Bloomington, Minn. Jefferson	--
Ian Mortensen	Carleton	Sr.	Seattle, Wash. Shorecrest	--
Gabe Nichols	Carleton	So.	Grove City, Penn.	--
Alistair Pattison	Carleton	Sr.	St. Paul, Minn. Como Park	--

Logan Clark	Concordia	So.	Sartell, Minn.	--
Peyton Johnsrud	Concordia	Jr.	Starbuck, Minn. Minnewaska	--
Cole Nowacki	Concordia	Sr.	East Grand Forks, Minn.	--
Jacob Piphio	Concordia	So.	Decorah, Iowa	--
Trevor Tiongson	Concordia	Jr.	Fargo, N.D. West Fargo Sheyenne	--
Sam Schulze	Gustavus	Jr.	Bemidji, Minn.	--
Matthew Skelly	Gustavus	Sr.	Le Sueur, Minn. Henderson	--
Tyler Smith	Gustavus	Jr.	Norwood Young America, Minn. Central	2023
Zack Stordahl	Gustavus	Jr.	Cary, Ill. Cary-Grove Community	--
Michael Braun	Hamline	Sr.	Rogers, Minn.	2023
Tyler Edwards	Macalester	So.	Beaverton, Ore. Oregon Episcopal	--
Arlo Heitler	Macalester	Jr.	Hastings, N.Y.	2023
Riley Hodin	Macalester	Jr.	Buffalo, N.Y. Amherst Central	2023
Reece McKee	Macalester	Jr.	Charlottesville, Va.	2023
Aiden Yang	Macalester	Jr.	Eugene, Ore. South Eugene	--
Tommy Allen	Saint John's	Sr.	Woodbury, Minn. St. Paul Academy	--
Jaeden Frost	Saint John's	Sr.	Omro, Wis.	2023
Max Lelwica	Saint John's	Jr.	Brainerd, Minn.	--
Jackson McDowell	Saint John's	Jr.	Centennial, Colo. Arapahoe	--
Lloyd Young	Saint John's	Sr.	Bloomington, Minn. Kennedy	2023
Ian Curtis	St. Olaf	Sr.	Missoula, Mont. Hellgate	--
Will Kelly	St. Olaf	Sr.	Golf, Ill. Glenbrook South	--
Demetri Lord	St. Olaf	Sr.	Seattle, Wash. TMI Episcopal	2023
Andrew Skemp	St. Olaf	Jr.	La Crosse, Wis. Aquinas	2023
Kevin Turlington	St. Olaf	So.	Rochester, Minn. Lourdes	--
Calvin Boone	St. Scholastica	Sr.	St. Paul, Minn. Highland Park	2023
Lars Dewall	St. Scholastica	Sr.	Stillwater, Minn.	--

2023 USTFCCCA All-Academic Men's Cross Country

Name	Institution	Class	Hometown High School	Previous Selections
Henry Bowman	Carleton	Sr.	Lafayette, Colo. Centaurus	2019 2021 2022
Roy Llewellyn	Carleton	So.	Downers Grove, Ill. North	2022

Indy Lyness	Carleton	So.	Silver Spring, Md. Montgomery Blair	--
Chris Melville	Carleton	Sr.	Bloomington, Minn. Jefferson	--
Gabe Nichols	Carleton	So.	Grove City, Penn.	--
Reece McKee	Macalester	Jr.	Charlottesville, Va.	--
Lloyd Young	Saint John's	Sr.	Bloomington, Minn. Kennedy	2021 2022
Anders Cote	St. Olaf	Sr.	Boulder, Colo. Fairview	--
Will Kelly	St. Olaf	Sr.	Golf, Ill. Glenbrook South	2021 2022
David Lynn	St. Olaf	Sr.	Redmond, Wash. Tesla STEM	--
Andrew Skemp	St. Olaf	Jr.	La Crosse, Wis. Aquinas	2022
Kevin Turlington	St. Olaf	So.	Rochester, Minn. Lourdes	--
Calvin Boone	St. Scholastica	Sr.	St. Paul, Minn. Highland Park	2021
Lars Dewart	St. Scholastica	Sr.	Stillwater, Minn.	2021 2022