

Carleton College



Knights finish second at MIAC Championships

Men's Cross Country

Posted: 11/1/2025 7:47:00 PM

ST. PAUL, Minn. – The Carleton College men's cross country team placed second out of 11 squads at the MIAC Championships. The Knights have finished top-4 at the conference meet every year since 2017, including four team titles and two runner-up results.

"We had a great meet today," said Carleton head coach [Dave Ricks](#). "We finally had a day to run in with actual fall weather. Our guys maintained their composure throughout the race, and we were one of only two schools to put four or more runners in the Top 25."

No. 21-ranked St. Olaf won the team title with a score of 33 points. The regionally-ranked Carleton squad totaled 84 points, and the rest of the top-five included Macalester (96 points), Saint John's (102), and Gustavus Adolphus (121). Augsburg's Mohammed Bati captured his fourth consecutive MIAC individual title with a winning time of 24:32.7.

Leading the way for the Knights was senior [Gabe Nichols](#), who garnered All-MIAC status for the third consecutive year after placing third overall in the field of 164 racers. He crossed the line at 25:16.1.

Senior [Indy Lyness](#) also earned All-MIAC recognition as he finished 13th with a time of 26:00.5. He was also all-conference for cross country in 2023.

Senior [Roy Llewellyn](#) and first-year [Gus Schafer](#) both received All-MIAC honorable mention as they placed 22nd and 25th, respectively. Llewellyn covered the 8-kilometer course at Highland Park in a season-best 26:36.5, while Schafer debuted at the conference meet with a time of 26:44.4, nabbing the final all-conference honorable mention spot by 0.3 second.

Sophomore [Ravi Achar](#) was next across the line for the Knights, finishing at 27:03.7 to earn 33rd place and conclude the scoring for Carleton. Senior [Andrew Jamison](#) sat 64th after the first 1500 meters but moved up 27 spots over the remainder of the race to finish 37th overall at 27:11.3. Sophomore [Travis Brown](#) took 40th place at 27:16.8.

"It was a really good team effort and a nice farewell to our six seniors [Gabe Nichols](#), [Indy Lyness](#), [Roy Llewellyn](#), [Andrew Jamison](#), [Ryan Bernstein](#), and [Emerson Lange](#)," said Ricks. "This group will be missed as they turn the reigns over to their younger counterparts next year, but they still have one more race in two weeks in an attempt to qualify for the NCAA National Championships."

Up Next for the Knights

Carleton heads to the NCAA North Region Championships to be held at Whitetail Golf Course in Colfax, Wis., on Saturday, Nov. 15.