

MLC SportsPage



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MARTIN LUTHER COLLEGE

Gurgel Wins All-Region Honors

Sophomore **Ryan Gurgel** (*KMLHS*) was named All-Region after a career-best performance at the NCAA Division III Cross Country Regional on Saturday.

Gurgel finished the race with a personal-best time of 25:59.1, good for 33rd place out of more than 1,000 runners at the event. Any runner who finishes in the top 35 earns All-Region honors.

Gurgel's top finish helped the MLC men take 20th place out of 31 teams in attendance. Gurgel also helped the Knights to a second-place finish at this year's UMAC Cross Country Championships and was named First Team All-UMAC.



Gurgel at the head of the pack

Kell, Muir Lead Women's Soccer Award Winners



Muir stops the attack

Senior defenders **Sarah Kell** (*WLA*) and **Emily Muir** (*LPS*) led a group of five MLC women's soccer players who received all-conference honors last week.

Kell was named First Team All-UMAC after leading the MLC defense to one of the best seasons in program history. The Knights shut out eight opponents this season, including seven during UMAC play on the way to a fourth-place finish in the final league standings.

Muir earned Second Team All-UMAC honors for the second straight season as Kell's partner in the middle of the MLC defense. **Lydia Bitter** (*Bemidji MN*), **Erin Feddersen** (*Great Mills MD*), and **Morgan Hill** (*LPS*) were each named Honorable Mention All-UMAC.

Four Football Players Named Second Team All-UMAC

The Knights finished the 2017 football season with a 5-5 record, and four players earned all-conference honors for their strong play.

Upcoming Events at MLC

11/15 WBB @Saint Mary's
MBB @Saint Mary's

11/17 WBB v. Augsburg

11/18 WBB v. Viterbo

11/19 MBB @Lakeland

Juniors **Josh Arndt** (*SCLHS*) and **Josh Frailing** (*FVL*) were each named Second Team All-UMAC after helping the Knights to one of the top offenses in the conference this season.

On defense, sophomores **Joseph Herrewig** (*WLA*) and **Tristan Pankow** (*MLS*) also earned Second Team All-UMAC honors after leading the defense in interceptions and tackles, respectively.



Herrewig makes the interception