Meg Monson, Liz Mosbach and Evan Bowman of Mount Mercy University have been honored by the Midwest Collegiate Conference for their performances last week.

Monson captured two medalist honors in golf. She won the Spirit Hollow Invitational in Burlington Friday with a 77, then claimed the top prize at the Monmouth Invitational Saturday with an 81 in a one-hole playoff.

Mosbach won the 5 Seasons Duel cross country race against Coe in 18 minutes, 35 seconds for the three-mile course. Bowman placed second in the 5 Seasons Duel in 21 minutes, 36 seconds for the four-mile course for men.