



## 2022 MIAC Women's Cross Country Awards

### 2022 MIAC Women's Cross Country Athlete of the Year

| Name        | Institution    | Class | Hometown   High School | Previous Selections |
|-------------|----------------|-------|------------------------|---------------------|
| Fiona Smith | Saint Benedict | Jr.   | Dhahran, Saudi Arabia  | 2021                |

### 2022 MIAC Women's Cross Country Rookie of the Year

| Name            | Institution | Class | Hometown   High School       |
|-----------------|-------------|-------|------------------------------|
| Hannah Preisser | Carleton    | Fy.   | Chapel Hill, N.C.   Carrboro |

### 2022 MIAC Women's Cross Country Coach of the Year

| Name        | Institution | Previous Selections                                                        |
|-------------|-------------|----------------------------------------------------------------------------|
| Donna Ricks | Carleton    | 1995   2004   2005   2009   2011   2013   2014   2015   2017   2018   2019 |

### 2022 MIAC Women's Cross Country All-Conference

| Finish | Name              | Institution     | Class | Hometown   High School                 | Previous Honors |
|--------|-------------------|-----------------|-------|----------------------------------------|-----------------|
| 1      | Fiona Smith       | Saint Benedict  | Jr.   | Dhahran, Saudi Arabia                  | 2021            |
| 2      | Clara Mayfield    | Carleton        | Sr.   | Manhattan, Kan.                        | 2019   2021     |
| 3      | Hannah Preisser   | Carleton        | Fy.   | Chapel Hill, N.C.   Carrboro           | --              |
| 4      | Sophie McManus    | Carleton        | So.   | McCall, Idaho   McCall-Donnelly        | 2021 (HM)       |
| 5      | Phoebe Ward       | Carleton        | Jr.   | Dobbs Ferry, N.Y.                      | 2021            |
| 6      | Bella Call        | St. Olaf        | Jr.   | Overland Park, Kan.   Blue Valley West | 2021            |
| 7      | Julia Everest     | St. Olaf        | Jr.   | West Yellowstone, Mont.                | 2021            |
| 8      | Alison Bode       | St. Olaf        | So.   | Minneapolis, Minn.   Southwest         | 2021 (HM)       |
| 9      | Evelyn Villalobos | Gustavus        | Jr.   | Crystal, Minn.   Robbinsdale-Cooper    | 2021            |
| 10     | Lauren Walda      | St. Olaf        | Fy.   | Fort Wayne, Ind.   South Side          | --              |
| 11     | Katie Gebert      | St. Olaf        | Jr.   | Boise, Idaho                           | --              |
| 12     | Maj Lis Helmer    | St. Scholastica | Jr.   | Duluth, Minn.   East                   | 2021            |
| 13     | Helen Cross       | Carleton        | Jr.   | Nederland, Colo.                       | 2021            |
| 14     | Libby Rowland     | Carleton        | So.   | Tulsa, Okla.   Holland Hill            | 2021            |
| 15     | Anne Kiolbasa     | Saint Benedict  | Jr.   | Stillwater, Minn.                      | --              |

**2022 MIAC Women's Cross Country Honorable Mention**

| Finish | Name               | Institution    | Class | Hometown   High School                  | Previous Honors       |
|--------|--------------------|----------------|-------|-----------------------------------------|-----------------------|
| 16     | Grace Moeller      | St. Olaf       | Fy.   | Lake Crystal, Minn.   Wellcome Memorial | --                    |
| 17     | Sophie Abernethy   | St. Olaf       | So.   | Arvada, Colo.   Standley Lake           | --                    |
| 18     | Mary Blanchard     | Carleton       | Jr.   | Grinnell, Iowa                          | 2021 (AC)             |
| 19     | Aliya Larsen       | Carleton       | Fy.   | Newport, Ore.                           | --                    |
| 20     | Josie Harms        | Bethel         | So.   | Slayton, Minn.   Murray County Central  | --                    |
| 21     | Sofia Carlson      | St. Olaf       | So.   | Boise, Idaho                            | 2021 (AC)             |
| 22     | Mary Kenney        | Saint Benedict | Fy.   | Woodbury, Minn.   East Ridge            | --                    |
| 23     | Maggie Froh        | Macalester     | Jr.   | Milwaukee, Wis.   Rufus King            | --                    |
| 24     | Alexandra Maddux   | Hamline        | Sr.   | Moorhead, Minn.                         | 2019 (HM)   2021 (AC) |
| 25     | Sky Theodosopolous | Macalester     | Fy.   | San Francisco, Calif.   Bay School      | --                    |

---