

2022 MIAC Women's Cross Country Regional and National Awards

2022-23 Chi Alpha Sigma National Scholar-Athlete of the Year

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

2022 USTFCCCA Women's All-America

| Name | Institution | Class | Hometown High School | Previous Selections |
|--------------------|----------------|-------|-------------------------------------|---------------------|
| Clara Mayfield | Carleton | Sr. | Manhattan, Kan. | 2019 2021 |
| Hannah Preisser | Carleton | Fy. | Chapel Hill, N.C. Carrboro | -- |
| Fiona Smith | Saint Benedict | Jr. | Dhahran, Saudi Arabia | 2021 |
| Christine Albrecht | St. Olaf | Sr. | San Jose, Calif. Valley Christian | -- |

2022 USTFCCCA North Region Athlete of the Year

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

2022 USTFCCCA North Region Coach of the Year

| Name | Institution | Previous Selections |
|-------------|-------------|----------------------------------|
| Donna Ricks | Carleton | 2009 2014 2017 2018 2019 |

2022 USTFCCCA Women's All-North Region

| Name | Institution | Class | Hometown High School | Previous Selections |
|--------------------|----------------|-------|-------------------------------------|---------------------|
| Mary Blanchard | Carleton | Jr. | Grinnell, Iowa | 2021 |
| Helen Cross | Carleton | Jr. | Nederland, Colo. | 2021 |
| Clara Mayfield | Carleton | Sr. | Manhattan, Kan. | 2019 2021 |
| Sophie McManus | Carleton | So. | McCall, Idaho McCall-Donnelly | -- |
| Hannah Preisser | Carleton | Fy. | Chapel Hill, N.C. Carrboro | -- |
| Libby Rowland | Carleton | So. | Tulsa, Okla. Holland Hall | 2021 |
| Phoebe Ward | Carleton | Jr. | Dobbs Ferry, N.Y. | 2021 |
| Evelyn Villalobos | Gustavus | Jr. | Crystal, Minn. Robbinsdale Cooper | 2021 |
| Maria Blaesing | Macalester | Jr. | Munster, Ind. | -- |
| Anne Kiolbasa | Saint Benedict | Jr. | Stillwater, Minn. | -- |
| Fiona Smith | Saint Benedict | Jr. | Dhahran, Saudi Arabia | 2021 |
| Christine Albrecht | St. Olaf | Sr. | San Jose, Calif. Valley Christian | -- |
| Alison Bode | St. Olaf | So. | Minneapolis, Minn. Southwest | -- |
| Sofia Carlson | St. Olaf | So. | Boise, Idaho | 2021 |
| Julia Everest | St. Olaf | Jr. | West Yellowstone, Mont. | 2021 |

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|--------------|----------|-----|-------------------------------|----|
| Katie Gebert | St. Olaf | Jr. | Boise, Idaho | -- |
| Lauren Walda | St. Olaf | Fy. | Fort Wayne, Ind. South Side | -- |

2022-23 CSC Academic All-America Women's Cross Country/Track & Field

| Name | Institution | Class | Hometown High School | Team | Previous Selections |
|----------------|----------------|-------|------------------------|------------|---------------------|
| Fiona Smith | Saint Benedict | Jr. | Dhahran, Saudi Arabia | First Team | 2022 (2T) |
| Clara Mayfield | Carleton | Sr. | Manhattan, Kan. | Third Team | -- |

2022-23 CSC Academic All-District Women's Cross Country/Track & Field

| Name | Institution | Class | Hometown High School | Previous Selections |
|--------------------|----------------|-------|--|---------------------|
| Chloe Kintop | Augsburg | Sr. | Foxboro, Wis. Superior | -- |
| Annessa Ihde | Bethel | So. | Appleton, Wis. North | -- |
| Kelsie Sealock | Bethel | Sr. | Plymouth, Minn. Osseo | -- |
| Sarah Stellmach | Bethel | So. | Mahtomedi, Minn. | -- |
| Mary Blanchard | Carleton | Jr. | Grinnell, Iowa | -- |
| Helen Cross | Carleton | Jr. | Nederland, Colo. | -- |
| Clara Mayfield | Carleton | Sr. | Manhattan, Kan. | -- |
| Sophie McManus | Carleton | So. | McCall, Idaho McCall-Donnelly | -- |
| Nell Schafer | Carleton | Sr. | Oakland, Calif. Oakland Technical | -- |
| Drew Frolek | Concordia | So. | Lindgerwood, N.D. | -- |
| Maddie Guler | Concordia | Jr. | Pelican Rapids, Minn. | -- |
| Emily Rugloski | Concordia | Sr. | Baxter, Minn. Brainerd | -- |
| Megan Geraets | Gustavus | So. | Mankato, Minn. East | -- |
| Danielle Miller | Gustavus | Jr. | Waconia, Minn. | -- |
| Birgen Nelson | Gustavus | Sr. | Edina, Minn. | 2021 2022 |
| Annika Poe | Gustavus | Sr. | Big Lake, Minn. | -- |
| Evelyn Villalobos | Gustavus | Jr. | Crystal, Minn. Robbinsdale-Cooper | -- |
| Lindsey Bernardy | Hamline | Sr. | Vesta, Minn. Wabasso | -- |
| Alexandra Maddux | Hamline | Sr. | Moorhead, Minn. | -- |
| Journey Amundson | Macalester | Sr. | Iron River, Wis. Northwestern | -- |
| Sylvia Greene | Macalester | Jr. | Madison, Wis. Memorial | -- |
| Sarah Beth Hobby | Macalester | Jr. | South Pittsburg, Tenn. St. Andrew's-Sewanee School | -- |
| Madeline Rodriguez | Macalester | Sr. | Petaluma, Calif. Marin Academy | -- |
| Kate Gallagher | Saint Benedict | Jr. | Fargo, N.D. Shanley | -- |

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|--------------------|-----------------|-----|-----------------------------------|------|
| Keiley Maahs | Saint Benedict | Jr. | Plymouth, Minn. Wayzata | -- |
| Elizabeth Selisker | Saint Benedict | Jr. | Baxter, Minn. Brainerd | -- |
| Fiona Smith | Saint Benedict | Jr. | Dhahran, Saudi Arabia | 2022 |
| Ella Young | Saint Benedict | Jr. | Hudson, Wis. | -- |
| Carolyn Gearin | Saint Mary's | Jr. | Osceola, Wis. | -- |
| Sydney Jackman | Saint Mary's | So. | Litchfield, Minn. | -- |
| Emily Kern | Saint Mary's | Sr. | Buffalo, Minn. | -- |
| Samantha Kubes | Saint Mary's | Jr. | New Prague, Minn. | -- |
| Alison Bode | St. Olaf | So. | Minneapolis, Minn. Southwest | -- |
| Sofia Carlson | St. Olaf | So. | Boise, Idaho | -- |
| Julia Cordes | St. Olaf | Sr. | Rochester, Minn. Lourdes | -- |
| Annika Muller | St. Olaf | Sr. | Minnetonka, Minn. | -- |
| Melanie Roberts | St. Olaf | Jr. | Boulder, Colo. Monarch | -- |
| Elizabeth Berndt | St. Scholastica | So. | Baldwin, Wis. Baldwin-Woodville | -- |
| Julia Schwinghamer | St. Scholastica | So. | Ely, Minn. | -- |
| Emma Stertz | St. Scholastica | Sr. | Grand Rapids, Minn. | -- |
| Toria Strampe | St. Scholastica | So. | Austin, Minn. | -- |
| Linnea Urban | St. Scholastica | So. | Hastings, Minn. | -- |

2022 USTFCCA All-Academic Women's Cross Country

| Name | Institution | Class | Hometown High School | Previous Selections |
|-------------------|----------------|-------|------------------------------------|---------------------|
| Mikayla Erlenborn | Bethel | Fy. | Camarillo, Calif. Oaks Christian | -- |
| | | | Slayton, Minn. Murray County | |
| Josie Harms | Bethel | So. | Central | -- |
| Mary Blanchard | Carleton | Jr. | Grinnell, Iowa | 2021 |
| Helen Cross | Carleton | Jr. | Nederland, Colo. | 2021 |
| Clara Mayfield | Carleton | Sr. | Manhattan, Kan. | 2021 |
| Sophie McManus | Carleton | So. | McCall, Idaho McCall-Donnelly | -- |
| Hannah Priesser | Carleton | Fy. | Chapel Hill, N.C. Carrboro | -- |
| Libby Rowland | Carleton | So. | Tulsa, Okla. Holland Hall | 2021 |
| Phoebe Ward | Carleton | Jr. | Dobbs Ferry, N.Y. | -- |
| Evelyn Villalobos | Gustavus | Jr. | Crystal, Minn. Robbinsdale | 2021 |
| Alexandra Maddux | Hamline | Sr. | Moorhead, Minn. | -- |
| Maria Blaesing | Macalester | Jr. | Munster, Ind. | 2021 |
| Anne Kiolbasa | Saint Benedict | Jr. | Stillwater, Minn. | -- |

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|--------------------|-----------------|-----|--|------|
| Fiona Smith | Saint Benedict | Jr. | Dhahran, Saudi Arabia | 2021 |
| Christine Albrecht | St. Olaf | Sr. | San Jose, Calif. Valley Christian | -- |
| Alison Bode | St. Olaf | So. | Minneapolis, Minn. Southwester | -- |
| Bella Call | St. Olaf | Jr. | Overland Park, Kan. Blue Valley West | 2021 |
| Sofia Carlson | St. Olaf | So. | Boise, Idaho | 2021 |
| Julia Everest | St. Olaf | Jr. | West Yellowstone, Mont. | 2021 |
| Katie Gebert | St. Olaf | Jr. | Boise, Idaho | -- |
| Laren Walda | St. Olaf | Fy. | Fort Wayne, Ind. South Side | -- |
| Maj Lis Helmer | St. Scholastica | Jr. | Duluth, Minn. East | 2021 |