

2025 MIAC Women's Cross Country Regional and National Awards

2025 USTFCCCA North Region Athlete of the Year

Name	Institution	Class	Hometown	High School	Previous Selections
Hannah Preisser	Carleton	Sr.	Chapel Hill, N.C.	Carrboro	2024

2025 USTFCCCA Women's All-North Region

Name	Institution	Class	Hometown	High School	Previous Selections
Amelia Campbell	Carleton	Fy.	Portland, Ore.	Grant	--
Aliya Larsen	Carleton	Sr.	Newport, Ore.	Newport	2023 2024
Hannah Preisser	Carleton	Sr.	Chapel Hill, N.C.	Carrboro	2022 2023 2024
Lauren Tittle	Carleton	Fy.	Sherwood, Ore.	Oregon Episcopal School	--
Claire Vukovics	Carleton	Fy.	St. Paul, Minn.	Highland Park	--
Ashley Nelson	Concordia	So.	Rice, Minn.	Sartell	--
Addison Enfield	Gustavus	Fy.	Nothfield, Minn.	Northfield	--
Anna Forbord	Gustavus	Fy.	Northfield, Minn.	Northfield	--
Molly Liston	Gustavus	Sr.	Richfield, Minn.	The Blake School	2024
Kate Fox	Macalester	So.	Seattle, Wash.	Roosevelt	2024
Ingrid Norquist	Macalester	Jr.	Minneapolis, Minn.	Anoka	--
Mya Slavin	Saint Mary's	So.	St. Charles, Minn.	St. Charles	--
Abigale Lindquist	St. Olaf	Fy.	Inver Grove Heights, Minn.	Simley	--
Lauren Walda	St. Olaf	Sr.	Fort Wayne, Ind.	South Side	2022 2023 2024
Regan Niemi	St. Scholastica	Jr.	Bemidji, Minn.	Bemidji	--

2025 USTFCAA All-Academic Athlete

Name	Institution	Class	Hometown	High School	Previous Selections
Anna Cargill	Bethel	Sr.	Otsego, Minn.	Rogers	2023
Lucy Upton	Bethel	Fy.	Cedar Grove, Wis.	Living Word Lutheran	--
Amelia Campbell	Carleton	Fy.	Portland, Ore.	Grant	--
Nicole Peterson	Carleton	Fy.	Iowa City, Iowa	Iowa City	--
Hannah Preisser	Carleton	Sr.	Chapel Hill, N.C.	Carrboro	2022 2023 2024
Lauren Tittle	Carleton	Fy.	Sherwood, Ore.	Oregon Episcopal	--
Addison Enfield	Gustavus	Fy.	Northfield, Minn.	Northfield	--
Anna Forbord	Gustavus	Fy.	Northfield, Minn.	Northfield	--
Molly Liston	Gustavus	Sr.	Richfield, Minn.	The Blake School	2024

Kate Fox	Macalester	So.	Seattle, Wash.	Roosevelt	2024
Ingrid Norquist	Macalester	Jr.	Minneapolis, Minn.	Anoka	--
Mary Kenney	Saint Benedict	Sr.	Woodbury, Minn.	East Ridge	2024
Mya Slavin	Saint Mary's	So.	St. Charles, Minn.	St. Charles	--
Louisa Lamarre	St. Olaf	So.	Bend, Ore.	Cascades Academy	--
Abi Lindquist	St. Olaf	So.	Inver Grove Heights, Minn.	Simley	--
Grace Moeller	St. Olaf	Sr.	Lake Crystal, Minn.	Wellcome Memorial	2024
Lauren Walda	St. Olaf	Sr.	Fort Wayne, Ind.	South Side	2022 2023 2024
Regan Niemi	St. Scholastica	Jr.	Bemidji, Minn.	Bemidji	2023
Kaia Osmundson	St. Scholastica	Fy.	Chisago Lakes, Minn.	Chisago Lakes	--
Abby Wood	St. Scholastica	So.	Circle Pines, Minn.	Centennial	--

2025 USTFCAA All-Academic Team

Institution	Coach	GPA	Previous Selections
Bethel	Kevin Rengo	3.75	2010 2012 2014 2016 2022 2023
Carleton	Donna Ricks	3.66	2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022 2023 2024
Concordia	Maddie Van Beek	3.66	2010 2011 2012 2013 2014 2015 2016 2017 2018 2020 2021 2022 2023 2024
Gustavus	Brenden Huber	3.86	2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022 2023 2024
Hamline	Devin Monson	3.70	2013 2014 2015 2016 2017 2018 2019 2020 2022 2023 2024
Macalester	Dan Schofer	3.66	2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022 2023 2024
Saint Benedict	Robin Balder-Lanoue	3.76	2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022 2023 2024

Saint Mary's	Darren Schneider	3.75	2010 2011 2012 2014 2015 2016 2017 2022 2023 2024
St. Olaf	Erica Maker	3.70	2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022 2023 2024
St. Scholastica	Chad Salmela	3.91	2010 2011 2012 2013 2014 2015 2017 2019 2020 2021 2022 2023