

2023 MIAC Women's Cross Country Regional and National Awards

2023 USTFCCCA National Athlete of the Year

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

2023 USTFCCCA National Coach of the Year

Name	Institution	Previous Selections
Donna Ricks	Carleton	--

2023 USTFCCCA Women's All-America

Name	Institution	Class	Hometown High School	Previous Selections
Hannah Preisser	Carleton	So.	Chapel Hill, N.C. Carrboro	2022
Phoebe Ward	Carleton	Sr.	Dobbs Ferry, N.Y.	--
Fiona Smith	Saint Benedict	Sr.	Dhahran, Saudi Arabia	2022

2023 USTFCCCA North Region Athlete of the Year

Name	Institution	Class	Hometown High School	Previous Selections
Fiona Smith	Saint Benedict	Sr.	Dhahran, Saudi Arabia	2021 2022

2023 USTFCCCA North Region Coach of the Year

Name	Institution	Previous Selections
Donna Ricks	Carleton	2009 2014 2017 2018 2019 2022

2023 USTFCCCA Women's All-North Region

Name	Institution	Class	Hometown High School	Previous Selections
Mary Blanchard	Carleton	Sr.	Grinnell, Iowa	2021 2022
Aliya Larsen	Carleton	So.	Newport, Ore.	--
Sophie McManus	Carleton	Jr.	McCall, Idaho McCall-Donnelly	2022
Hannah Preisser	Carleton	So.	Chapel Hill, N.C. Carrboro	2022
Phoebe Ward	Carleton	Sr.	Dobbs Ferry, N.Y.	2021
Anne Kiolbasa	Saint Benedict	Sr.	Stillwater, Minn.	2022
Fiona Smith	Saint Benedict	Sr.	Dhahran, Saudi Arabia	2021 2022
Sophie Abernethy	St. Olaf	Jr.	Arvada, Colo. Standley Lake	--
Julia Everest	St. Olaf	Sr.	West Yellowstone, Mont.	2021 2022
Katie Gebert	St. Olaf	Sr.	Boise, Idaho	2022
Ella Landis	St. Olaf	So.	Middlebury, Vt. Union	--
Lauren Walda	St. Olaf	So.	Fort Wayne, Ind. South Side	2022

Alli Hendrickson St. Scholastica Sr. Becker, Minn. --

2023-24 CSC Academic All-America Team Member of the Year Women's Cross Country/Track & Field

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

2023-24 CSC Academic All-America Women's Cross Country/Track & Field

Name	Institution	Class	Hometown High School	Team	Previous Selections
Fiona Smith	Saint Benedict	Sr.	Dhahran, Saudi Arabia	First Team	2022 (2T) 2023 (1T)

2023-24 CSC Academic All-District Women's Cross Country/Track & Field

Name	Institution	Class	Hometown High School	Previous Selections
Mary Blanchard	Carleton	Sr.	Grinnell, Iowa	2023
Helen Cross	Carleton	Sr.	Nederland, Colo.	2023
Sophie McManus	Carleton	Jr.	McCall, Idaho McCall-Donnelly	2023
Hannah Preisser	Carleton	So.	Chapel Hill, N.C. Carrboro	--
Drew Frolek	Concordia	Jr.	Lidgerwood, N.D.	2023
Fiona Smith	Saint Benedict	Sr.	Dhahran, Saudi Arabia	2022 2023
Sophie Abernethy	St. Olaf	Jr.	Arvada, Colo. Standley Lake	--
Alison Bode	St. Olaf	Jr.	Minneapolis, Minn. Southwest	2023
Grace Moeller	St. Olaf	So.	Lake Crystal, Minn. Wellcome Memorial	--
Lauren Walda	St. Olaf	So.	Fort Wayne, Ind. South Side	--
Isabel Wyatt	St. Olaf	So.	Minneapolis, Minn. Southwest	--
Allison Hendrickson	St. Scholastica	Gr.	Becker, Minn.	--

2023 USTFCCCA All-Academic Women's Cross Country

Name	Institution	Class	Hometown High School	Previous Selections
Anna Cargill	Bethel	So.	Otsego, Minn. Rogers	--
Josie Harms	Bethel	Jr.	Slayton, Minn. Murray County Central	2022
Mary Blanchard	Carleton	Sr.	Grinnell, Iowa	2021 2022
Helen Cross	Carleton	Sr.	Nederland, Colo.	2021 2022
Nora Daley	Carleton	Fy.	Carrboro, N.C. Chapel Hill	--
Sophie McManus	Carleton	Jr.	McCall, Idaho McCall-Donnelly	2022

Hannah Preisser	Carleton	So.	Chapel Hill, N.C. Carrboro	2022
Libby Rowland	Carleton	Jr.	Tulsa, Okla. Holland Hall	2021 2022
Phoebe Ward	Carleton	Sr.	Dobbs Ferry, N.Y.	2021 2022
Annie Kiolbasa	Saint Benedict	Sr.	Stillwater, Minn.	2022
Fiona Smith	Saint Benedict	Sr.	Dhahran, Saudi Arabia	2021 2022
Sophie Abernethy	St. Olaf	Jr.	Arvada, Colo. Standley Lake	--
Alison Bode	St. Olaf	Jr.	Minneapolis, Minn. Southwest	2022
Julia Everest	St. Olaf	Sr.	West Yellowstone, Mont.	2021 2022
Katie Gebert	St. Olaf	Sr.	Boise, Idaho	2022
Ella Landis	St. Olaf	So.	Middlebury, Vt. Union	--
Grace Moeller	St. Olaf	So.	Lake Crystal, Minn. Wellcome Memorial	--
Lauren Walda	St. Olaf	So.	Fort Wayne, Ind. South Side	2022
Regan DeWitt	St. Scholastica	Fy.	Bemidji, Minn.	--
Maj Lis Helmer	St. Scholastica	Sr.	Duluth, Minn. East	2022
Allison Hendrickson	St. Scholastica	Gr.	Becker, Minn.	--