

2019 MIAC Women's Cross Country Championship Preview

Posted: Oct 31, 2019

NORTHFIELD, Minn. – The 2019 Minnesota Intercollegiate Athletic Conference (MIAC) women's cross country regular season comes to a conclusion this Saturday when runners from across the conference converge on the campus of Carleton College for the 2019 MIAC Cross Country Championships. For the first time ever, the Knights will host the conference meet on their own home campus. The 12-team women's six-kilometer race is set to begin at 12:00 p.m. on Saturday.



CHAMPIONSHIP 101

Carleton is the two-time defending MIAC champion and has won seven women's cross country titles in the last decade. St. Thomas (2008, 2016) and St. Olaf (2010) have been the only teams able to disrupt the Knights' run in the last ten years.

Since 1981, five different schools have won MIAC women's cross country championships, with the Tommies holding the MIAC record with 17 total team titles, including the first nine from 1981-89. Carleton ranks second all-time with 10 team championships, followed by St. Olaf with nine. St. Thomas has also had the most individual champions with 10, while St. Olaf has the next most with six, and Carleton, Bethel, and Macalester have each had five.

Ten of last year's 15 All-Conference runners return to race this season, including **Emma Greenlee** (Carleton-2nd), **Amanda Mosborg** (Carleton-3rd), **Lisa Fisher** (St. Olaf-4th), **Bryony Hawgood** (St. Olaf-6th), **Helen Dolan** (Hamline-8th), **Marietta Geist** (Carleton-9th), **Abby Goff** (Saint Benedict-10th), **Helen Schuda** (Carleton-11th), **Olivia Moll** (St. Thomas-13th), and **Becca Wilkin** (St. Thomas-14th). Of those returners, three women - Greenlee, Hawgood, and Mosborg - have the opportunity to become three-time All-MIAC honorees, a feat achieved by just 39 individuals in conference history.

Once the results of the 2019 MIAC Women's Cross Country Championship are tabulated and deemed final, a short awards ceremony will follow around 1:00 p.m. The top 15 runners will be honored as All-Conference selections, with runners finishing in places 16-to-25 receiving All-Conference Honorable Mention. The championship team will also be honored with the presentation of the MIAC Championship plaque.

FOLLOW THE ACTION

Fans who are not traveling to Northfield will have access to unofficial results soon after the action concludes courtesy of [Wayzata Results](#).

The MIAC has a championship home page for the event, that will serve as the online home of the meet. The championship page will include results and photos as they become available.

Parking is free to fans in attendance; however, spectators should anticipate a 15-minute walk from parking to the course. For runner and spectator safety, no dogs or other pets are allowed at the meet. Exceptions will be made only for trained service animals required for assisting individuals with disabilities.

| [Championship Home Page](#) | [Results](#) | [Course Map](#) | [Parking](#) | [Spectator Information](#) |

IN THE POLLS

Three MIAC squads are nationally-ranked in the latest [USTFCCCA Top 35 Poll](#). Carleton leads the way at No. 9, with St. Thomas not far behind at No. 14 and Gustavus making an appearance at No. 32. The Knights and Tommies are 1-2 in the [Central Region Rankings](#), while Gustavus is No. 4, St. Olaf is No. 5, and Concordia is No. 8.

NAMES TO KNOW

Augsburg first-year **Zoe Barany** led the Auggies with a time of 24:14.5 at the Tori Neubauer Invitational earlier this month. Barany was the team's top finisher in three of four regular season meets this fall.

Bethel sophomore **Anna Hage** was the team's top finisher at the Tori Neubauer Invitational on October 19, crossing the line with a season-best time of 23:55.3. An All-Conference honoree two years ago, Hage competed in her first 6K race since the 2017 NCAA Division III Championships this past September.

Carleton junior **Amanda Mosborg** posted a time of 21:27.4 at the Connecticut College Invitational two weeks ago, surpassing her previous personal best by 28 seconds. Mosborg has placed in the top five in three races this season, as well as each of her two previous MIAC meets.

Concordia junior **Merritt Miller** posted her fastest 5K time of the season two weeks ago at the NDSU Bison Open, finishing in 18:41. Miller has been the Cobbers' top finisher at three of the team's five races this season.

Gustavus senior **Tierney Winter** led the Gusties with a fifth-place finish at the Tori Neubauer Invitational, crossing the line with a personal-best time 22:08.1, tied for the 12th-fastest 6K time in program history. Winter has three top-five finishes this season.

Hamline junior **Helen Dolan** handled the 6K Tori Neubauer Invitational course in 22:08.1 for a sixth-place finish two weeks ago. Dolan has placed among the top-six in each of her last three races and no lower than 13th all season.

Macalester sophomore **Danielle Freshwaters** finished the Tori Neubauer Invitational in 23:43.1 to lead the Scots. Freshwaters has been the team's top finisher at four races this season.

Saint Benedict sophomore **Tracy Renier** paced CSB with a time of 23:44.6 at the KollegeTown Invitational on October 19. Renier has been the Bennies' top finisher at all five meets this season.

St. Catherine junior **Julia Clark** set a new personal record with a time of 24:10.7 at the KollegeTown Invitational two weeks ago. Clark has led the Wildcats in all four races this year.

Saint Mary's senior **Danielle Franke** clocked in at 24:28.9 at the Tori Neubauer Invitational and has led the Cardinals in every race this season. Franke was also the team's top finisher at each of the last two MIAC Championships.

St. Olaf senior **Bryony Hawgood** finished fourth individually and first among Division III competitors at the Tori Neubauer Invitational. Hawgood finished in 21:54.6 and has placed among the top-four at every competition this season, including a trio of first-place results.

St. Thomas sophomore **Olivia Moll** has led the Tommies at three races this season, including a pair of first-place finishes. Moll most recently placed 14th overall at the Tori Neubauer Invitational with a 6K time of 22:45.2.

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