

2021 MIAC Women's Cross Country Championship Preview

Posted: Oct 29, 2021

NORTHFIELD, Minn. – The 2021 Minnesota Intercollegiate Athletic Conference (MIAC) women's cross country season reaches its apex this Saturday when runners from across the conference converge on the campus of St. Olaf College for the 2021 MIAC Cross Country Championships. It is the fourth time since 1991 that the Oles have hosted the conference meet, and the first time since 2018. The 12-team women's six-kilometer race is set to begin at 12:00 p.m. on Saturday.



CHAMPIONSHIP 101

Carleton is the three-time defending MIAC champion and has won eight women's cross country titles since 2009. The MIAC did not host a cross country championship meet in 2020-21 due to the COVID-19 pandemic. This will be the first MIAC Cross Country Championship meet following conference membership changes in July 2021, when the University of St. Thomas transitioned to NCAA Division I and The College of St. Scholastica joined the MIAC as its 13th full member.

Since 1981, five different schools have won MIAC women's cross country championships. St. Thomas holds the MIAC record with 17 total team titles, including the first nine from 1981-89. Carleton ranks second all-time with 11 team championships, followed by St. Olaf with nine. St. Thomas has also had the most individual champions with 10, while Carleton and St. Olaf have the next most with six, and Bethel and Macalester have each had five. The Knights have boasted two of the last three individual conference champions (2017, 2019).

Once the results of the 2021 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 [Fast Finish 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.

| [Championship Home Page](#) | [Rosters](#) | [Results](#) | [Course Map](#) |

IN THE POLLS

Carleton and St. Olaf are ranked Nos. 22 and 23, respectively, in the most recent [U.S. Track & Field and Cross Country Coaches Association Top 35 Poll](#), released on October 20.

MIAC teams also make up half of the [North Region's Top 10](#) teams with Carleton at No. 3, St. Olaf at No. 4, Gustavus at No. 6, Saint Benedict at No. 7, and Bethel at No. 10 in the October 19 USTFCCCA regional rankings.

ALL-CONFERENCE RETURNERS

Carleton junior [Clara Mayfield](#) (3rd, 2019) is the only previous All-MIAC honoree competing in the women's championship race on Saturday. St. Olaf's [Ellen Mickelson](#) (16th, 2019), Hamline's [Alexandra Maddux](#) (20th, 2019), and Saint Benedict's [Tracy Renier](#) (23rd, 2019) each previously earned honorable mention distinction.

AROUND THE MIAC

Augsburg sophomore [Isabelle Daniels](#) saw a massive improvement on the 6K course at the Tori Neubauer Invitational on 10/15, shaving more than two minutes off her previous personal best by clocking in at 30:50.26.

Bethel senior [Grace Cole](#) was the Royals' top finisher for the second consecutive race at the Augustana Interregional Invitational on 10/16. Cole placed 53rd overall with a time of 23:09 - the 14th fastest 6K time in program history.

Carleton junior [Clara Mayfield](#) propelled the Knights to victory at the 23-team Lewis & Clark Invitational in Estacada, Ore. on 10/16. Mayfield posted a seventh-place individual finish in the 246-runner field after crossing the line at 21:28.5.

Concordia first-year [Drew Frolek](#) covered the 6K Tori Neubauer Invitational course on 10/15 in a season-best time of 23:26.47, good for 38th place overall. Her previous top time was 24:04.00 at the Carleton Invite on 9/25.

Gustavus senior **Elizabeth Donnelly** was the Gusties' top finisher at the Tori Neubauer Invitational on 10/15. Donnelly placed 17th overall, finishing the race in 22:46.21.

Hamline senior **Alexandra Maddux** paced the Pipers with a 32nd place finish at the Tori Neubauer Invitational on 10/15. Maddux clocked in at 23:08.92.

Macalester sophomore **Maria Blaesing** crossed the finish line first for the Scots at the Tori Neubauer Invitational on 10/15, completing the 6K course in 23:07.68 to place 30th overall. Blaesing's time helped Macalester place sixth out of 20 teams at the meet.

Saint Benedict sophomore **Fiona Smith** broke her own school record for the second time at the Lewis & Clark Invite on 10/16. In a field that included runners from all Divisions of the NCAA as well as NAIA and NJCAA programs, Smith finished fourth overall out of 246 runners with a time of 21:01.4 - 26 seconds faster than her previous 6K record. Her finish helped the Bennies take eighth out of 23 teams at the Invite.

St. Catherine senior **Julia Clark** led the Wildcats with a time of 24:18 at the Hamline Invitational on 10/1. Clark's time was good for 20th place at the meet.

Saint Mary's sophomore **Amanda Tuvey** toured the six-kilometer course at the Tori Neubauer Classic on 10/15 in a season-best time of 25:16. The Cardinals' top three runners all finished within 41 seconds of each other.

St. Olaf first-year **Sofia Carlson** was the top finisher for the Oles at the Inter-Regional Border Battle on 10/16, placing 24th overall with a personal-best 6K time of 23:12.5. The time was more than 40 seconds faster than her previous collegiate best and helped St. Olaf to a third-place finish among 35 teams, including seven national-ranked squads.

St. Scholastica sophomore **Maj-Lis Helmer** placed sixth overall for the second straight race in a field that featured 283 runners at the Tori Neubauer Invitational on 10/15. Helmer finished with the fifth-fastest 6k time in program history at 22:19.04 - 33 seconds faster than her time at the Blugold Invitational two weeks prior.

LEAGUE LEADERS

2021 MIAC 6K Top Times

Overall		
<u>Name</u>	<u>Time</u>	<u>Meet</u>
Fiona Smith, Saint Benedict	21:01.40	Lewis & Clark Invitational (10/16)
Fiona Smith, Saint Benedict	21:27.40	Running of the Cows (9/25)
Clara Mayfield, Carleton	21:28.50	Lewis & Clark Invitational (10/16)
Clara Mayfield, Carleton	22:01.70	Running of the Cows (9/25)
Helen Cross, Carleton	22:12.40	Lewis & Clark Invitational (10/16)
Maj-Lis Helmer, St. Scholastica	22:19.04	Tori Neubauer Invitational (10/15)
Libby Rowland, Carleton	22:21.40	Lewis & Clark Invitational (10/16)
Clara Mayfield, Carleton	22:24.10	St. Olaf Invitational (9/18)
Helen Cross, Carleton	22:44.10	Running of the Cows (9/25)
Elizabeth Donnelly, Gustavus	22:46.21	Tori Neubauer Invitational (10/15)