



2025 MIAC Women's Cross Country Awards

2025 MIAC Women's Cross Country Athlete of the Year

Name	Institution	Class	Hometown	High School	Previous Selections
Claire Vukovics	Carleton	Fy.	St. Paul, Minn.	Highland Park	--

2025 MIAC Women's Cross Country Rookie of the Year

Name	Institution	Class	Hometown	High School
Claire Vukovics	Carleton	Fy.	St. Paul, Minn.	Highland Park

2025 MIAC Women's Cross Country Coach of the Year

Name	Institution	Previous Selections
Donna Ricks	Carleton	1995 2004 2005 2009 2011 2013 2014 2015 2017 2018 2019 2022 2023

2025 MIAC Women's Cross Country All-Conference

Finish	Name	Institution	Class	Hometown	High School	Previous Honors
1	Claire Vukovics	Carleton	Fy.	St. Paul, Minn.	Highland Park	--
2	Hannah Preisser	Carleton	Sr.	Chapel Hill, N.C.	Carrboro	2022 2023 2024
3	Molly Liston	Gustavus	Sr.	Richfield, Minn.	The Blake School	2024
4	Mya Slavin	Saint Mary's	So.	St. Charles, Minn.	St. Charles	2024 (HM)
5	Lauren Walda	St. Olaf	Sr.	Fort Wayne, Ind.	South Side	2022 2023 2024
6	Ingrid Norquist	Macalester	So.	Minneapolis, Minn.	Anoka	--
7	Aliya Larsen	Carleton	Sr.	Newport, Ore.	Newport	2023 (HM) 2024
8	Regan Niemi	St. Scholastica	Jr.	Bemidji, Minn.	Bemidji	2023 (HM) 2024
9	Lauren Tittel	Carleton	Fy.	Sherwood, Ore.	Oregon Episcopal School	--
10	Kate Fox	Macalester	So.	Seattle, Wash.	Roosevelt	2024
11	Amelia Campbell	Carleton	Fy.	Portland, Ore.	Grant	--
12	Abigale Lindquist	St. Olaf	So.	Inver Grove Heights, Minn.	Simley	2024 (HM)
13	Lucy Upton	Bethel	Fy.	Cedar Grove, Wis.	Living Word Lutheran	--
14	Addison Enfield	Gustavus	Fy.	Northfield, Minn.	Northfield	--
15	Nicole Peterson	Carleton	Fy.	Iowa City, Iowa	Iowa City	--

2025 MIAC Women's Cross Country Honorable Mention

Finish	Name	Institution	Class	Hometown	High School	Previous Honors
16	Anna Cargill	Bethel	Sr.	Otsego, Minn.	Rogers	2023 (HM) 2024 (HM)
17	Ashley Nelson	Concordia	So.	Rice, Minn.	Sartell	--
18	Anna Forbord	Gustavus	Fy.	Northfield, Minn.	Northfield	--
19	Brooklyn Hart	Concordia	So.	Buffalo, Minn.	Buffalo	--
20	Isabel Wyatt	St. Olaf	Sr.	Minneapolis, Minn.	Southwest	2024 (AC)
21	Molly Kate McCloskey	St. Olaf	Sr.	Denver, Colo.	Regis Jesuit	2024 (HM)
22	Ella Landis	St. Olaf	Sr.	Middlebury, Vt.	Union	2023 (HM) 2024 (AC)
23	Daphne Grobstein	Saint Benedict	Fy.	Golden Valley, Minn.	Hopkins	--
24	Abby Wood	St. Scholastica	So.	Circle Pines, Minn.	Centennial	--
25	Kelyn Henry-Prelich	Concordia	So.	Hastings, Neb.	Hastings	--
