# 2026 Minnesota Gopher Women's Cross Country Performance List

| | Cyclone Preview<br>5K Race (9/4)<br>Ames, Iowa | Griak Invitational<br>6K Race (9/18)<br>Fort Snelling, Minn. | Loyola Lakefront<br>6K Race (9/25)<br>Chicago, Ill. | Nuttycombe Invite<br>6K Race (10/9)<br>Madison, Wis. | Autumn Classic<br>6K Race (10/17)<br>St. Joseph, Minn. | Winona State Invite<br>6K Race (10/23)<br>Winona, Minn. | Big Ten Champs<br>6K Race (10/31)<br>Madison, Wis. | NCAA Regional<br>6K Race (11/13)<br>Ames, Iowa |
|---|---|---|---|---|---|---|---|---|
| Avery Cuper (Jr.) | 19:17.8 (47,21) | **22:23.5 (111,20)** | DNS | -- | 23:16.8 (13/7) | 23:59.1 (40/10) | -- | -- |
| Zoie Dundon (5th) | 17:41.8 (16,9) | 20:04.5 (5,3) | **20:03.36 (28,3)** | 20:59.6 (117,4) | -- | -- | 20:49.2 (48/6) | -- |
| Keira Friedrich (Fr.) | 17:27.8 (13,7) | **20:39.9 (17,8)** | 20:50.92 (93,9) | *21:41.2 (36,3) | -- | 22:03.9 (4/1) | -- | -- |
| Elizabeth Hall (So.) | 18:21.7 (30, 15) | **21:29.0 (58,13)** | DNS | *22:22.8 (73,7) | -- | -- | -- | |
| Macy Hanson (So.) | 18:11.6 (27,14) | 20:51.2 (25,10) | ***20:36.60 (4,1)** | *21:08.5 (19,1) | -- | -- | 20:59.9 (59/8) | -- |
| Norah Hushagen (So.) | 17:24.4 (11,6) | **20:25.4 (14,7)** | 20:30.42 (67,7) | 21:22.2 (169,5) | -- | -- | 20:52.1 (52/7) | -- |
| Taylor Isabel (Sr.) | 17:02.5 (8,5) | **20:07.0 (9,5)** | 20:24.53 (57,6) | 20:44.9 (92,3) | -- | -- | 20:43.6 (39/4) | -- |
| Delia Johnson (Sr.) | 18:28.3 (32,16) | **21:39.1 (68,14)** | DNS | -- | 23:01.5 (7/6) | 23:59.1 (33/7) | -- | -- |
| Carley LaMotte (Fr.) | 17:41.9 (17,10) | **21:18.3 (47,12)** | *21:24.20 (27,4) | *21:45.0 (44,5) | -- | -- | -- | -- |
| Charlotte Lange (Sr.) | DNS | DNS | DNS | -- | -- | -- | -- | -- |
| Jazleen Malherek-Osorio (Fr.) | 16:56.9 (6,3) | **19:57.3 (3,2)** | 20:06.70 (32,4) | 21:40.4 (188,7) | -- | -- | 20:38.7 (37/3) | -- |
| Avery Marasco-Johnson (So.) | 17:44.7 (18,11) | **20:45.6 (21,9)** | *21:10.58 (16,2) | *22:09.2 (63,6) | -- | 22:24.4 (7/3) | -- | -- |
| Laura McClary (So.) | 17:37.8 (15,8) | 21:06.6 (33,11) | **20:37.86 (77,8)** | 21:09.7 (21,2) | -- | -- | 21:02.0 (66/9) | -- |
| Caroline Mendyk (Sr.) | 18:31.3 (34,17) | **21:41.3 (71,15)** | DNS | -- | 22:27.5 (2/2) | 23:21.2 (16/5) | -- | -- |
| Grace Mignone (Sr.) | 18:35.7 (37,19) | **21:54.2 (79,17)** | DNS | -- | 22:53.1 (6/5) | 23:35.0 (19/6) | -- | -- |
| Caitlyn Osanai (Jr.) | 18:10.3 (26,13) | DNS | ***21:20.81 (23,3)** | -- | -- | -- | -- | -- |
| Nadia Phillips (Sr.) | 17:52.6 (21,12) | 20:24.0 (13,6) | 20:57.29 (96,10) | 21:44.3 (42,4) | -- | 22:17.1 (6/2) | -- | -- |
| Izzy Roemer (5th) | 16:54.7 (5,2) | **20:06.3 (8,4)** | 20:13.92 (43,5) | 21:08.3 (140,5) | -- | -- | 20:43.8 (40/4) | -- |
| Isabelle Schmitz (Jr.) | 16:59.3 (7,4) | 19:44.8 (1,1) | **19:34.66 (5,2)** | 20:16.4 (48,2) | -- | -- | 19:58.1 (6/2) | -- |
| Audrey Ward (Fr.) | 18:34.6 (36,18) | **21:55.0 (80,18)** | DNS | -- | 22:15.9 (1/1) | 23:16.7 (13/4) | -- | -- |
| Grace Weber (Sr.) | 18:51.3 (43,21) | 22:00.2 (87,19) | DNS | -- | **20:43.4 (3/3)** | 24:05.0 (34/8) | -- | -- |
| Ali Weimer (5th) | 16:15.3 (1,1) | DNS | 19:26.79 (4,1) | 19:46.9 (24,1) | -- | -- | 19:51.0 (5/1) | -- |
| Mya Werner (Fr.) | 18:36.9 (39,20) | **21:44.8 (73,16)** | DNS | -- | 22:51.6 (5/4) | 24:09.0 (36/9) | -- | -- |
| **Team Finish** | **1st of 6** | **1st of 17** | **2nd of 17** | **13th of 33** | **--** | **--** | **--** | **--** |
| Individual Scorers | 1-5-6-7-8 | 1-3-5-8-9 | 4-5-28-32-43 | 24-48-92-117-140 | -- | -- | -- | -- |
| Non-Scorers | (11) - (13) | (13) - (14) | (55) - (65) | (169)-(188) | -- | -- | -- | -- |

(Overall Individual Finish, Team Finish) | UA indicates Unattached | OR indicates Open Race | ALT indicates named Alternate | **Bold** indicates career-best time | DNS indicates Did Not Start | DNF indicates Did Not Finish | * indicates Team Captain | NTS indicates No Team Score

* (ran in an open division or a different race other than the 'championship' race)

# Minnesota Gophers Women's Cross Country All Time Lists

## All-Time Top-20 6K Times

| | | |
|---|---|---|
| **1. Ali Weimer** | **19:25.0** | **11/1/2024** |
| **2. Ali Weimer** | **19:26.79** | **9/25/2026** |
| **3. Isabelle Schmitz** | **19:34.66** | **9/25/2026** |
| 4. Bethany Hasz | 19:36.4 | 11/20/2021 |
| **5. Ali Weimer** | **19:38.5** | **10/19/2024** |
| **6. Isabelle Schmitz** | **19:44.8** | **9/18/2026** |
| **7. Ali Weimer** | **19:46.8** | **10/4/2024** |
| **8. Ali Weimer** | **19:46.9** | **10/9/2026** |
| **9. Ali Weimer** | **19:48.85** | **11/15/2024** |
| 10. Megan Hasz | 19:48.9 | 11/20/2021 |
| **11. Ali Weimer** | **19:51.0** | **10/30/2026** |
| 12. Stephanie Price | 19:55.5 | 10/31/2010 |
| 13. Emma Atkinson | 19:55.5 | 11/1/2024 |
| 14. Abby Kohut-Jackson | 19:56.8 | 11/20/2021 |
| **15. Jazleen Malherek-Osorio** | **19:57.3** | **9/18/2026** |
| **16. Isabelle Schmitz** | **19:58.1** | **10/30/2026** |
| 17. Stephanie Price | 20:01.5 | 11/13/2010 |
| **18. Zoie Dundon** | **20:03.36** | **9/25/2026** |
| **19. Zoie Dundon** | **20:05.6** | **9/18/2026** |
| **20. Izzy Roemer** | **20:06.3** | **9/18/2026** |

## All-Time Top-10 6K Times At...

***NCAA Championships***

| | | |
|---|---|---|
| 1. Bethany Hasz | 19:36.4 | 2021 |
| 2. Megan Hasz | 19:48.9 | 2021 |
| 3. Abby Kohut-Jackson | 19:56.8 | 2021 |
| 4. Megan Duwell | 20:06.9 | 2009 |
| **5. Ali Weimer** | **20:10.5** | **2024** |
| 6. Ladia Albertson-Junkans | 20:19.3 | 2005 |
| 7. Bethany Hasz | 20:25.2 | 2020-21 |
| 8. Emily Brown | 20:26.5 | 2005 |
| 9. Liz Berkholtz | 20:29.1 | 2015 |
| 10. Bethany Hasz | 20:29.3 | 2017 |

***NCAA Regional Championships***

| | | |
|---|---|---|
| **1. Ali Weimer** | **19:48.85** | **2024** |
| 2. Stephanie Price | 20:01.5 | 2010 |
| 3. Emma Atkinson | 20:13.86 | 2024 |
| 4. Megan Duwell | 20:14.5 | 2009 |
| 5. Liz Berkholtz | 20:16.8 | 2014 |
| **6. Isabelle Schmitz** | **20:17.69** | **2024** |
| **7. Izzy Roemer** | **20:18.09** | **2024** |
| 8. Megan Hasz | 20:18.8 | 2017 |
| 9. Madeline Strandemo | 20:19.7 | 2017 |
| 10. Molly Kayfes | 20:20.9 | 2013 |

## Big Ten Championship History

**All-Time Top-10 6K Times**

| | | |
|---|---|---|
| **1. Ali Weimer** | **19:25.0** | **2024** |
| **2. Ali Weimer** | **19:51.0** | **2026** |
| 3. Emma Atkinson | 19:55.5 | 2024 |
| 4. Stephanie Price | 19:55.5 | 2010 |
| **5. Isabelle Schmitz** | **19:58.1** | **2026** |
| 6. Erin Reidy | 20:08.5 | 2024 |
| **7. Izzy Roemer** | **20:10.5** | **2024** |
| **8. Isabelle Schmitz** | **20:12.6** | **2024** |
| 9. Bethany Hasz | 20:13.2 | 2020-21 |
| 10. Madeline Strandemo | 20:13.5 | 2017 |

### Individual Champions

| | |
|---|---|
| 1987 | Eileen Donaghy |
| 2020-21 | Bethany Hasz |
| 2021 | Megan Hasz |

### Team Champions

| |
|---|
| 2007 |
| 2008 |
| 2021 |

## All-Time All-Americans

| | | |
|---|---|---|
| Cathie Twomey | 1976 | 12th* |
| Cathie Twomey (2) | 1977 | 6th* |
| Jody Eder | 1984 | 14th |
| Jody Eder (2) | 1985 | 21st |
| Rasa Michniovaite | 1998 | 16th |
| Ladia Albertson-Junkans | 2005 | 21st |
| Emily Brown | 2005 (2) | 29th |
| Ladia Albertson-Junkans (2) | 2006 | 19th |
| Emily Brown (2) | 2006 (2) | 29th |
| Jaime Cheever | 2007 | 33rd |
| Megan Duwell | 2008 | 32nd |
| Megan Duwell (2) | 2009 | 7th |
| Stephanie Price | 2010 | 31st |
| Bethany Hasz | 2020-21 | 8th |
| Bethany Hasz (2) | 2021 | 7th |
| Megan Hasz | 2021 (2) | 23rd |
| Abby Kohut-Jackson | 2021 (3) | 39th |

* - AIAW Championships