IOWA HAWKEYES 4

University of Iowa Athletic Communications - Jordan Bucher, Cross Country



CROSS COUNTRY WEEKLY RELEASE

2014 SCHEDULE

<u>Date</u>	Opponent (Location)	Time
8/29	at Bulldog 4K Classic (Des Moines, Iowa)	5 p.m.
9/12	at Illinois State Invitational (Normal, III.)	5 p.m.
9/20	Big Ten Preview (Iowa City, Iowa)	8 a.m.
10/03	at Notre Dame Invitational (South Bend, Ind.)1 p.m.
10/18	at Pre-National Invitational (Terre Haute, Ind.).10 a.m.
11/02	Big Ten Championships (Iowa City, Iowa)10):45 a.m.
11/14	NCAA Midwest Regional (Peoria, III.)	1 p.m.
11/22	NCAA Championships (Terre Haute, Ind.)	.11 a.m.

All times are Central and subject to change.

Home events in BOLD.

2014 OUICK FACTS

General Information

Location: Iowa City, Iowa Enrollment: 31,498 Conference: Big Ten

Facility: Ashton Cross Country Course

Coaching Information

Head Coach: Lavne Anderson

Year at Iowa: 12th

Alma Mater, Year: The Citadel, 1989

Volunteer Assistant Coach: John Michael Brandt

Year at Iowa: 1st

Alma Mater, Year: Iowa, 2014

Media Information

Cross Country SID: Jordan Bucher

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FOLLOW THE HAWKEYES

Facebook: U of I Cross Country and Track & Field

Twitter: @lowaXC TF **Instagram:** iowaxctf

*Follow the Hawkeyes for updates on the team throughout the 2014 season.

THIS WEEK

The University of Iowa cross country team heads to Terre Haute, Indiana for the Pre-National Invitational on Saturday. Competition begins at 10 a.m. at the LaVern Gibson Championship Cross Country Course. The men compete on an 8,000-meter course and the women will compete in the 6,000-meters.

IN THE RANKINGS

The men's team moved up one spot since the latest USTFCCCA polls, released Oct. 6. The Hawkeves are ranked ninth in the Midwest Region.

LAST OUTING

The Hawkeyes competed in the Notre Dame Invitational on Oct. 3 in South Bend, Indiana. Senior Kevin Lewis was lowa's top finisher in the five mile Blue Division race, placing 31st place (23:54) to lead lowa to a 16th finish in a 24-team field.

The women were led by sophomore Carolyn Newhouse, who completed the 5,000-meter course in 17:39. The team finished 7th in the Gold Division out of 27 teams. Freshman Marta Bote Gonzalez was lowa's second finisher (17:43).

2013 PRE-NATIONAL INVITATIONAL

Senior Kevin Lewis has led the Hawkeves in his previous eight races, including the 2013 Pre-National Invitational where he ran a collegiate best 8,000-meter time of 24:15. Also recording a collegiate best time at last season's event was junior Nate Ferree, who crossed the finish line in 24:58.

On the women's side, sophomore Tess Wilberding clocked a collegiate best time in the 6,000-meters, crossing the line in 22:36. Sophomore Katie Adams led the Hawkeyes at the 2013 Pre-National race, finishing 66th in a time of 22:16 to help lowa to a 13th place finish out of 35 teams.

HAWKEYE TOP FINISHERS

The Hawkeye women have had a different leader in each of their races this season. Top finishers for Iowa include freshman Courtney Bruns (Bulldog 4K Classic), Adams (Illinois State Invitational), junior Jocelyn Todd (Big Ten Preview), and Newhouse (Notre Dame Invitational).

2014 BIG TEN CHAMPIONSHIPS

lowa will host the 2014 Big Ten Championships at the Ashton Cross Country Course on Nov. 2. This year's meet marks the 100th running of the Big Ten Men's Cross Country Championships. For more information the B1G Championships page at hawkeyesports.com.

THOUGHTS FROM ANDERSON

Phone: 319-335-9411

"Our goal this weekend is to compete in a manner that reflects our training and gain additional momentum that we can carry forward to the Big Ten Championships. Lifetime best performances should be the goal for each individual and a collective team effort that ensures we are competitive against the field."

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Men's To	p 10	All-Time	Best	Performers
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6,000 Meters						
1.	Eric MacTaggart	18:18	2005 Hawkeye Invite			
2.	Jeff Thode	18:21	2009 Hawkeye Invite			
3.	Dan Haut	18:24	2005 Hawkeye Invite			
4.	Jeff Kent	18:27	2005 Hawkeye Invite			
5.	Nick Holmes	18:30	2009 Hawkeye Invite			
6.	Adam Roche	18:33	2005 Hawkeye Invite			
	Sam Bailin	18:33	2009 Hawkeye Invite			
	Kevin Lewis	18:33	2013 Iowa Invite			
9.	Jesse Luciano	18:40	2008 Hawkeye Invite			
10.	Tommy Tate	18:41	at 2006 Early Bird Invite			

8,000 Meters

1.	Jesse Luciano	.23:01	.at 2008 Auburn Invite
2.	Micah VanDenend	23:39	.at 2006 Pre-Nationals
3.	Eric MacTaggart	23:24	.at 2008 Auburn Invite
4.	Jeff Thode	. 23:27	.at 2010 Bradley Classic
5.	Sam Bailin	. 23:36	.at 2008 Auburn Invite
6.	Tommy Tate	.23:46	.at 2008 Auburn Invite
7.	Mark Battista	. 23:48	.at 2008 Auburn Invite
8.	Andy Napier	. 23:56	.at 2008 Auburn Invite
9.	Brendan Camplin	24:01	.at 2008 Auburn Invite
10.	Bruce MacTaggart	24:04	.at 2008 Auburn Invite

10,000 Meters

1.	Jeff Thode	. 29:55	.at 2010 ľ	NCAA Regional
2.	Matt Esche	. 30:10	.at 2002 l	NCAA Regional
3.	Jesse Luciano	.30:17	.at 2008 l	NCAA Champ's
4.	Micah VanDenend	.30:26	.at 2002 l	NCAA Regional
5.	Kevin Herd	. 30:28	.1993	
6.	Joe Welter	. 30:28	.at 2002 l	NCAA Regional
7.	Tony Rakaric	.30:31	.at 2002 l	NCAA Regional
8.	Dan Haut	. 30:39	.at 2002 l	NCAA Regional
9.	Alex Webster	.30:40	.at 2006 l	NCAA Regional
10.	Nick Holmes	. 30:43	.at 2011 (Chili Pepper Festival

ASHION GLOSS GOUNTLY GOULSE RELULUS
Women's 3,000 Meters
Diane Nukuri, Iowa - Hawkeye Open - 9/9/069:47
Women's 4,000 Meters
Diane Nukuri, Iowa - Hawkeye Open - 9/15/07 13:14
Women's 6,000 Meters
Danette Doetzel, Michigan State - B1G Champ's - 10/31/04 20:33
Men's 6,000 Meters
Eric MacTaggart, Iowa - Hawkeye Invitational - 9/2/05 18:18
Men's 8,000 Meters
Simon Bairu, Wisconsin - Big Ten Champ's - 10/31/0423.45
Men's 10,000 Meters
Antonio Vega, Minnesota - NCAA Regional - 11/12/05 30:52

Women's Top 10 All-Time Best Performers

3,00	O IVIELEIS		
1.	Diane Nukuri	9:47	2006 Hawkeye Open
2.	Meghan Armstrong	10:01	2006 Hawkeye Open
3.	Brooke Eilers	10:15	2010 Iowa Invite
4.	Besty Flood	10:18	2010 Iowa Invite
5.	Amanda Hardesty	10:21	2009 Hawkeye Invite
	Lauren Hardesty	10:21	2010 Hawkeye Invite
7.	Kelsey Hart	10:22	2011 Iowa Invite
8.	Shannon Stanley	10:25	2006 Hawkeye Open
	Krista Anderson	10:25	2006 Hawkeye Open
	Racheal Marchand	10:25	2008 Hawkeye Invite

4,000 Meters

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ı	1.	Diane Nukuri	13:14	2007 Hawkeye Open	
ı	2.	Kayla Beattie	13:41	2012 Toledo Bubble Buste	r
ı	3.	Megan Ranegar	13:45	2012 Toledo Bubble Buste	r
ı	4.	Meghan Armstrong.	13:47	2007 Hawkeye Open	
ı		Mareike Schrulle	13:47	2012 Toledo Bubble Buste	r
ı	6.	Nicole Benson	13:52	2012 Toledo Bubble Buste	r
ı	7.	Jolly Burke	14:03	2007 Hawkeye Open	
ı	8.	Nikki Chapple	14:09	2004 Hawkeye Triangular	
ı	9.	Krista Anderson	14:14	2007 Hawkeye Open	
ı	10.	Lisa Gordon	14:17	2012 Toledo Bubble Buste	r

5,000 Meters

1.	Diane Nukuri	15:55	at 2007 Auburn Invite
2.	Racheal Marchand	16:15	at 2008 Auburn Invite
3.	Meghan Armstrong	16:25	at 2007 Auburn Invite
4.	Nan Doak	16:31	at 1983 Big Ten Champ's
5.	Jolly Burke	16:33	at 2007 Auburn Invite
6.	Jenny Spangler	16:34	at 1983 Big Ten Champ's
7.	Renee Doyle	16:41	at 1986 Purdue Invite
8.	Tracy Dahl	16:42	at 1991 Illinois St. Invite
9.	Sarah Spencer Perry	16:50	at 2008 Auburn Invite
10.	Brooke Eilers	16:53	at 2008 Auburn Invite

6,000 Meters

Phone: 319-335-9411

1.	Diane Nukuri	19:37	at 2007	NCAA Regional
			at 2007	Big Ten Champ's*
2.	Mareike Schrulle	19:43	at 2012	NCAA Champ's
3.	Racheal Marchand	19:54	at 2008	NCAA Champ's
4.	Meghan Armstrong	20:07	at 2007	NCAA Regional
5.	Jolly Burke	20:20	at 2007	Big Ten Champ's
6.	Betsy Flood	20:22	at 2010	NCAA Regional
7.	McKenzie Melander	20:41	at 2011	Big Ten Champ's
8.	Megan Ranegar	20:43	at 2012	NCAA Champ's
9.	Kayla Beattie	20:54	at 2011	Wisconsin Invite
10.	Nikki Chapple	21:04	at 2004	NCAA Regional

^{* -} This time is also the Big Ten Championships Record.