



November 3, 2019

IOWA

Cross Country 2019 Notebook



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2019 IOWA CROSS COUNTRY SCHEDULE

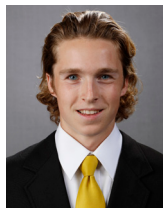
Date	Meet
Sept. 6	Hawkeye Invitational (Iowa City, Iowa)
Sept. 21	Woody Greeno Invite (Lincoln, Neb.)
Oct. 4	Notre Dame Invite (South Bend, Ind.)
Oct. 19	Pre-Nationals (Terre Haute, Ind.)
Nov. 3	Big Ten Championships (Columbus, Ohio)
Nov. 15	NCAA Regionals (Stillwater, Okla.)
Nov. 23	NCAA Championships (Terre Haute, Ind.)

IOWA COACHING STAFF

- Joey Woody**
Director of Track & Field
- Randy Hasenbank**
Associate Head Cross Country
Assistant Track & Field Coach
- Clive Roberts**
Associate Head Coach
- Jason Wakenight**
Assistant Coach, Director of Recruiting
- Eric Werskey**
Assistant Coach/Throws
- Paige Knodle**
Assistant Coach
- Kate Wakenight**
Director of Operations



HAWKEYES TO WATCH



Nathan Mylenek
8K PR: 23:53 (2019)



Spencer Smith
8K PR: 24:34 (2019)



Megan Schott
6K PR: 21:02 (2018)



Leah Kralovetz
6K PR: 21:24 (2019)

THIS WEEK

The University of Iowa men's and women's cross country teams travel to Columbus, Ohio, to compete at the 2019 Big Ten Championships on Sunday. The women's 6,000-meter race begins at 9:45 a.m. (CT). The men's 8,000 meters begins at 10:45 a.m. (CT). The race is held at Ohio State University Golf Club.

OHIO STATE UNIVERSITY GOLF CLUB

Home course to the Ohio State Buckeyes, the golf club is rated as one of the top collegiate courses in the nation. This is the first time in 12 years Ohio State has hosted the event. Parking for the championship will be located at 3600 Tremont Road, the Upper Arlington Municipal Building. Overflow parking will be open at Buckeye Lot 4. Admission and parking are free for the event.

HOW TO FOLLOW

Results are posted on the Iowa cross country Twitter account: [@iowa_XC_TF](https://twitter.com/iowa_XC_TF) and online at <http://pttiming.com/events/87931609>

HAWKEYES CONTINUE TO FIGHT

The women's team placed 24th at the Pre-National Invitational on Oct. 19. Senior Megan Schott was the top female runner for the Hawkeyes, placing 70th. The men finished 10th, placing above three nationally rank teams, Oklahoma State (14), Indiana (15), and Arkansas (27). Senior Nathan Mylenek led the men's team for the fourth straight week and recorded a new personal best in the 8,000 meters (23:53).

IN THE RANKINGS

The women rank eighth in the USTFCCCA Week 5 polls behind fellow Big Ten teams Illinois (1) and Minnesota (3). Iowa ranks above Nebraska (13) and Northwestern (14). The men stay at fourth in the polls for the second week in a row. They rank first among Big Ten teams in their conference, with Minnesota trailing in fifth, Nebraska (7), and Illinois (10). The men's team received a vote in the national polls on Oct. 8 for the first time since 2009.



MYLENEK NAMED BIG TEN ATHLETE OF THE WEEK

After leading Iowa to a first-place finish at the Hawkeye Invitational on Sept. 6, Nathan Mylenek was named Big Ten Athlete of the Week. The Big Ten weekly honor is the first of Mylenek’s career, and the first by a Hawkeye men’s cross country runner since Jeff Thode won the award in 2010.

TOP HAWKEYE FINISHER

Senior Nathan Mylenek has been the men’s top finisher eight races in a row. The last time this was accomplished was in 2010-2011 by Jeff Thode.

MEN’S TOP RUNNERS

Senior Nathan Mylenek returns this week as the men’s top finisher from the Pre-National Invitational on Oct. 19. He placed 20th overall out of 257 individuals. Mylenek ran a personal best (23:53) in the 8,000 meters. This time earned him a spot (9th) on the Top 10 All-Time Best list. Sophomore Spencer Smith is the men’s second top returner, recording a new personal best (24:34) at Pre-Nationals. The men finished sixth overall at the 2018 Big Ten Championships.

WOMEN’S TOP RUNNERS

Senior Megan Schott finished 70th overall at the Pre-National Invitational on Oct. 19. Looking towards Sunday, Schott is the Hawkeyes top women’s returner in the 6,000 meters with a career best (21:02) at the Bradley “Pink” Classic on Oct. 12, 2018. Freshman Leah Kralovetz is the women’s second top performer placing 92nd at Pre-Nationals with a new personal best in the 6,000 meters (21:24). The women finished ninth overall at the 2018 Big Ten Championships.

HAWKEYE NEWCOMERS

Freshman Leah Kralovetz was the second finisher, with a new personal best (21:24), for the Hawkeye women at the Pre-National Invite on Oct. 19 Terre Haute, Indiana. Kralovetz was the only freshman to run for the Hawkeyes in the blue division at Pre-Nationals. Junior transfer Elyse Prescott placed 123 at Pre-Nationals, third for the Hawkeye women. She recorded a personal best in the 6,000 meters (21:40).

NEXT UP FOR THE HAWKEYES

The Hawkeyes will travel to the NCAA Regionals on Nov. 15 in Stillwater, Oklahoma.

LINK UP WITH THE HAWKEYES

For an inside look at the Iowa cross country program and to access exclusive coverage, “like” The University of Iowa Cross Country and Track & Field Facebook page and follow @IowaXC_TF on Twitter.

2019 ROSTER

Men

Brandon Cooley	Sr.	Bettendorf, Iowa
Noah Healy	Jr.	Frankfort, Ill.
Daniel Murphy	Sr.	Marion, Iowa
Nathan Mylenek	Sr.	Clarkston, Mich.
Jeff Roberts	Jr.	River Vale, N.J.
Luke Sampson	Sr.	Little Chute, Wis.
Reece Smith	Fr.	Garner, Iowa
Spencer Smith	So.	Chicago, Ill.
Karson Sommer	Sr.	Bettendorf, Iowa
Konnor Sommer	So.	Bettendorf, Iowa
Nick Trattner	Fr.	Naperville, Ill.

Women

Logan Akason	So.	Waukee, Iowa
Mary Arch	Jr.	Iowa City, Iowa
Taylor Arco	Sr.	Mission Viejo, Calif.
Ashley Bryja	Jr.	Chicago, Ill.
Emma Gordan	So.	Ankeny, Iowa
Maggie Gutwein	Fr.	Monticello, Ind.
Anna Hostetler	So.	Parnell, Iowa
Mallory King	Sr.	Davenport, Iowa
Leah Kralovetz	Fr.	Denmark, Wis.
Kylie Latham	So.	Ottumwa, Iowa
Grace McCabe	So.	Clarendon Hills, Ill.
Jessica McKee	So.	Johnston, Iowa
Elyse Prescott	Jr.	Urbandale, Iowa
Wren Renquist	Jr.	Okinawa, Japan
Madeline Rhomberg	Fr.	Cascade, Iowa
Tia Saunders	Sr.	Iowa City, Iowa
Megan Schott	Sr.	Des Moines, Iowa
Gabby Skopec	Jr.	Coralville, Iowa
Patty Teggatz	So.	Hampton, Iowa
Sidney Vancil	So.	Clive, Iowa
Macie Weber	Jr.	Cascade, Iowa
Lindsay Welker	Jr.	Terre Haute, Ind.
Aly Weum	So.	Stoughton, Wis.
Jordan Winke	So.	Albia, Iowa



Men's Top 10 All-Time Best Performers

6,000 Meters

1. Ian Eklin 18:102017 Hawkeye Invite
2. Michael Melchert 18:122016 Hawkeye Invite
3. **Nathan Mylenek 18:16 2019 Hawkeye Invite**
4. Eric MacTaggart 18:182005 Hawkeye Invite
5. **Daniel Murphy..... 18:19 2019 Hawkeye Invite**
6. Jeff Thode..... 18:212009 Hawkeye Invite
7. **Luke Sampson 18:22 2019 Hawkeye Invite**
8. Dan Haut 18:242005 Hawkeye Invite
9. **Spencer Smith 18:25 2019 Hawkeye Invite**
10. Jeff Kent 18:272005 Hawkeye Invite

8,000 Meters

1. Jesse Luciano 23:01at 2008 Auburn Invite
2. Micah VanDenend..... 23:39at 2006 Pre-Nationals
3. Eric MacTaggart 23:24at 2008 Auburn Invite
4. Jeff Thode..... 23:27at 2010 Bradley Classic
5. Sam Bailin..... 23:36at 2008 Auburn Invite
6. Tommy Tate 23:46at 2008 Auburn Invite
7. Mark Battista..... 23:48at 2008 Auburn Invite
8. Kevin Lewis..... 23:52at 2014 Big Ten Champ's
9. **Nathan Mylenek 23:53 at 2019 Pre-Nationals**
10. Andy Napier 23:56at 2008 Auburn Invite

10,000 Meters

1. **Nathan Mylenek 29:53 at 2017 NCAA Regional**
2. Jeff Thode..... 29:55at 2010 NCAA Regional
3. Daniel Soto 30:04at 2017 NCAA Regional
4. Matt Esche 30:10at 2002 NCAA Regional
5. Jesse Luciano 30:17at 2008 NCAA Champ's
6. Micah VanDenend..... 30:26at 2002 NCAA Regional
7. Kevin Herd..... 30:281993
8. Joe Welter 30:28at 2002 NCAA Regional
9. **Brandon Cooley 30:29 at 2017 NCAA Regional**
10. Tony Rakaric..... 30:31at 2002 NCAA Regional

Ashton Cross Country Course Records

Women's 3,000 Meters

Diane Nukuri, Iowa - Hawkeye Open - 9/9/06.....9:47

Women's 4,000 Meters

Diane Nukuri, Iowa - Hawkeye Open - 9/15/07..... 13:14

Women's 6,000 Meters

Leah O'Connor, Michigan St. - Big Ten Champs. - 11/2/14 19:26

Men's 6,000 Meters

Festus Lagat, Iowa State - Hawkeye Invitational - 9/1/17.....17:49

Men's 8,000 Meters

Malachy Schrobilgen, Wisconsin - Big Ten Champs. - 11/2/14.23:35

Men's 10,000 Meters

Antonio Vega, Minnesota - NCAA Regional - 11/12/05 30:52

Women's Top 10 All-Time Best Performers

3,000 Meters

1. Diane Nukuri 9:472006 Hawkeye Open
2. Meghan Armstrong 10:012006 Hawkeye Open
3. Brooke Eilers..... 10:152010 Iowa Invite
4. Besty Flood..... 10:182010 Iowa Invite
5. Tess Wilberding 10:202016 Hawkeye Invite
6. Amanda Hardesty..... 10:212009 Hawkeye Invite
- Lauren Hardesty 10:212010 Hawkeye Invite
- Madison Waymire 10:212016 Hawkeye Invite
9. Kelsey Hart 10:222011 Iowa Invite
10. Shannon Stanley..... 10:252006 Hawkeye Open

4,000 Meters

1. Diane Nukuri 13:142007 Hawkeye Open
2. Kayla Beattie..... 13:412012 Toledo Bubble Buster
3. Megan Ranegar 13:452012 Toledo Bubble Buster
4. Meghan Armstrong 13:472007 Hawkeye Open
- Mareike Schrulle..... 13:472012 Toledo Bubble Buster
6. Nicole Benson..... 13:522012 Toledo Bubble Buster
7. Andrea Shine 13:582017 Hawkeye Invite
8. Jolly Burke 14:032007 Hawkeye Open
- Madison Waymire 14:032017 Hawkeye Invite
10. Nikki Chapple 14:092004 Hawkeye Triangular

5,000 Meters

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

6,000 Meters

1. Diane Nukuri 19:37at 2007 NCAA Regional
at 2007 Big Ten Champ's
2. Mareike Schrulle..... 19:43at 2012 NCAA Champ's
3. Racheal Marchand..... 19:54at 2008 NCAA Champ's
4. Meghan Armstrong 20:07at 2007 NCAA Regional
5. Jolly Burke 20:20at 2007 Big Ten Champ's
6. Betsy Flood..... 20:22at 2010 NCAA Regional
7. McKenzie Melander 20:41at 2011 Big Ten Champ's
8. Megan Ranegar 20:43at 2012 NCAA Champ's
9. Andrea Shine 20:46at 2017 NCAA Regional
10. Kayla Beattie..... 20:54at 2011 Wisconsin Invite