



October 19, 2019

IOWA

Cross Country 2019 Notebook



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2019 IOWA CROSS COUNTRY SCHEDULE

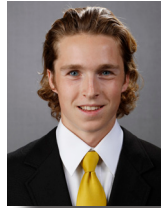
Date	Meet
Sept. 6	Hawkeye Invitational (Iowa City, Iowa)
Sept. 21	Woody Greeno Invite (Lincoln, Neb.)
Oct. 4	Notre Dame Invite (South Bend, Ind.)
Oct. 19	Pre-Nationals (Terre Haute, Ind.)
Nov. 3	Big Ten Championships (Lincoln, Neb.)
Nov. 15	NCAA Regionals (Peoria, Ill.)
Nov. 23	NCAA Championships (Madison,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

IOWA COACHING STAFF

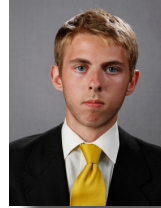
- Joey Woody**
Director of Track & Field
- Randy Hasenbank**
Associate Head Cross Country
Assistant Track & Field Coach
- Clive Roberts**
Associate Head Coach
- Jason Wakenight**
Assistant Coach, Director of Recruiting
- Eric Werskey**
Assistant Coach/Throws
- Paige Knodle**
Assistant Coach
- Kate Wakenight**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



HAWKEYES TO WATCH



Nathan Mylenek
8K PR: 24:00 (2018)



Brandon Cooley
8K PR: 24:36 (2018)



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



Anna Hostetler
6K PR: 21:25 (2018)

THIS WEEK

The University of Iowa men's and women's cross country teams travel to Terre Haute, Indiana, on Saturday, October 19. The Hawkeyes compete at the Pre-National meet on Saturday. The women's 6,000-meter race begins at 10 a.m. (CT). The men's 8,000 meters begins at 10:35 a.m. The race is held at the LaVern Gibson Championship Cross Country Course. Admission for spectators will be \$5, cash only.

LAVERN GIBSON CHAMPIONSHIP CROSS COUNTRY COURSE

Home course to the Indiana State Sycamores, and located miles from the city of Terre Haute, it is the centerpiece of the Wabash Valley Family Sports Center. The course sits on the site of a reclaimed coal mine. It is known for its challenging mix of uphill and downhill sections. Earlier this year, the start line was re-structured.

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/87931607>.

HAWKEYES CONTINUE TO FIGHT

The women's team placed 22nd at the Joe Piane Notre Dame Invite on Oct. 4. Senior Megan Schott was the top female runner for the Hawkeyes with a personal best (17:14). Then men finished 12th, placing above two nationally rank teams, Colorado State (13) and Wyoming (18). Nathan Mylenek led the men's team for the third straight week.

IN THE RANKINGS

The women rank seventh in the USTFCCA Week 4 polls behind fellow Big Ten teams Minnesota (1) and Illinois (2). The men jump up to fourth in the polls. They rank first among Big Ten teams in their conference, with Minnesota trailing them in fifth. The men's team received a vote in the national polls for the first time since 2009.

MYLENENK 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.



MEN'S TOP RUNNERS

Senior Nathan Mylenek returns this week as the men's top finisher from the Notre Dame Invite on Oct. 4. He placed 29th overall out of 167 individuals. Mylenek ran a personal best (24:00) in the 5 miles. He is the top runner for the men in the 8,000 meters with a time of 24:00.5, set at the Big Ten Championships on Oct. 28, 2018. Brandon Cooley ran a personal best (24:40) in the 5 miles at the Notre Dame Invite. He is among five other men to earn personal bests on Oct. 4. He follows Mylenek in the second spot for the 8,000 meters. He ran 24:36 at the 2018 Big Ten Championships.

WOMEN'S TOP RUNNERS

Senior Megan Schott finished 64th overall at the Notre Dame Invite. Looking towards Saturday, 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. Sophomore Anna Hostetler has the second best time, a career best (21:25) in the 6,000 meters at the 2018 Bradley "Pink" Classic.

HAWKEYE NEWCOMERS

Junior Elyse Prescott was the second finisher for the Hawkeye women at the Notre Dame Invite on Oct. 4 in South Bend, Indiana. She ran a career best (17:24) in the 5,000 meters. Leah Kralovetz was the only freshman to run for the Hawkeyes at the Notre Dame Invite. She placed 176th with a time of 18:29.

NEXT UP FOR THE HAWKEYES

The Hawkeyes head to the Big Ten Championships on Nov. 3 in Columbus, Ohio.

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 18:10 2017 Hawkeye Invite
2. Michael Melchert 18:12 2016 Hawkeye Invite
3. **Nathan Mylenek 18:16 2019 Hawkeye Invite**
4. Eric MacTaggart 18:18 2005 Hawkeye Invite
5. **Daniel Murphy 18:19 2019 Hawkeye Invite**
6. Jeff Thode 18:21 2009 Hawkeye Invite
7. **Luke Sampson 18:22 2019 Hawkeye Invite**
8. Dan Haut 18:24 2005 Hawkeye Invite
9. **Spencer Smith 18:25 2019 Hawkeye Invite**
10. Jeff Kent 18:27 2005 Hawkeye 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. Kevin Lewis 23:52 at 2014 Big Ten Champ's
9. Andy Napier 23:56 at 2008 Auburn Invite
10. Michael Melchert 23:57 at 2015 Big Ten Champ's

10,000 Meters

1. **Nathan Mylenek 29:53 at 2017 NCAA Regional**
2. Jeff Thode 29:55 at 2010 NCAA Regional
3. Daniel Soto 30:04 at 2017 NCAA Regional
4. Matt Esche 30:10 at 2002 NCAA Regional
5. Jesse Luciano 30:17 at 2008 NCAA Champ's
6. Micah VanDenend 30:26 at 2002 NCAA Regional
7. Kevin Herd 30:28 1993
8. Joe Welter 30:28 at 2002 NCAA Regional
9. **Brandon Cooley 30:29 at 2017 NCAA Regional**
10. Tony Rakaric 30:31 at 2002 NCAA Regional

Women's Top 10 All-Time Best Performers

3,000 Meters

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. Tess Wilberding 10:20 2016 Hawkeye Invite
6. Amanda Hardesty 10:21 2009 Hawkeye Invite
- Lauren Hardesty 10:21 2010 Hawkeye Invite
- Madison Waymire 10:21 2016 Hawkeye Invite
9. Kelsey Hart 10:22 2011 Iowa Invite
10. Shannon Stanley 10:25 2006 Hawkeye Open

4,000 Meters

1. Diane Nukuri 13:14 2007 Hawkeye Open
2. Kayla Beattie 13:41 2012 Toledo Bubble Buster
3. Megan Ranegar 13:45 2012 Toledo Bubble Buster
4. Meghan Armstrong 13:47 2007 Hawkeye Open
- Mareike Schrulle 13:47 2012 Toledo Bubble Buster
6. Nicole Benson 13:52 2012 Toledo Bubble Buster
7. Andrea Shine 13:58 2017 Hawkeye Invite
8. Jolly Burke 14:03 2007 Hawkeye Open
- Madison Waymire 14:03 2017 Hawkeye Invite
10. Nikki Chapple 14:09 2004 Hawkeye Triangular

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

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. Andrea Shine 20:46 at 2017 NCAA Regional
10. Kayla Beattie 20:54 at 2011 Wisconsin Invite

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