



Iowa Cross Country Contact: Chris Brewer

November 15, 2003

IOWA CROSS COUNTRY

MEN PLACE THIRD, WOMEN NINTH AT NCAA MIDWEST REGIONAL

Stillwater, OK – The University of Iowa men’s and women’s cross country teams earned top ten finishes at the NCAA Mid west Regional Championship today on the campus of Oklahoma State. The men’s team finished third with 129 team points while the women finished ninth with 283 team points.

Sophomores Brian Rae and Matt Esche led the Hawkeyes in the men’s 10,000-meter race. Rae was Iowa’s top finishing individual for the second time this season. The Naperville, IL, native finished the course in 31:19, the 17th fastest time in school history. Esche finished in the top ten for the second time in as many years by completing the course in 31:26, tenth overall. The Waukesha, WI, native finished fifth at the 2002 Midwest Regional.

The Hawkeyes finished 51 points behind regional champion and host Oklahoma State. The Cowboys were paced by three top ten competitors, including first place finisher Mindaugas Pukstas. Minnesota placed second for the second straight year. The Gophers finished with 89 team points, nine more the OSU and 30 points ahead of the third-place Hawkeyes.

The Iowa women concluded their season with a ninth-place finish. Senior Sarah Arens led the Hawkeyes in her final collegiate cross country meet, completing the 6,000-meter race in 22:00, 16th overall. Arens’ effort fell two seconds short of matching the fastest 6,000-meter time in school history, a record she already holds. The Remsen, IA, native now holds the seven fastest 6K times in Iowa women’s cross country history.

Freshman Nikki Chapple turned in the eighth fastest 6K time in school history by completing the course in 22:31, 32nd overall. Freshman Shannon Stanley and senior Georgia Millward also engraved their name in the Iowa record books with their performances today. Stanley finished third among Hawkeyes with a time of 23:09, the 12th fastest time in school history. Millward’s efforts earned her the 16th fastest time in school history. The senior completed her final race as a Hawkeye in 23:26.

Women’s team champion Nebraska finished the meet with 60 team points to earn an automatic bid to the NCAA Championships. Missouri finished a close second with 63 points to earn the second and final automatic bid. The Tigers were able to claim the individual champion in Amanda Bates. Bates finished the meet in 21:18 to edge Nebraska’s Ann Gaffigan by five seconds.

The defending regional champion Hawkeye men narrowly missed an opportunity to earn an automatic bid to the NCAA Championships by placing third overall. The top two teams in each regional championship earn automatic bids to the NCAA meet in Cedar Falls, IA. Iowa could still receive an at-large invitation to compete at the national meet but will have to wait until Monday to learn its fate. Thirteen at-large selections are distributed to complete the 31-team field.





MEN'S TEAM RESULTS (top five)

1. Oklahoma State	78
2. Minnesota	89
3. IOWA	129
4. Kansas	136
5. Loyola (IL)	139

MEN'S INDIVIDUAL RESULTS (top three plus IOWA)

1. Mindaugas Pukstas (Oklahoma St)	30:39
2. Benson Chesang (Kansas)	30:41
3. Mathew Chesang (Kansas State)	31:02
4. Jason Woolhouse (Oklahoma St.)	31:05
5. Brent Wilberts (Drake)	31:07
7. Brian Rae (IOWA)	31:19
10. Matt Esche (IOWA)	31:26
31. Tony Rakaric (IOWA)	32:12
37. Dan Trainor (IOWA)	32:19
44. Ben Lloyd (IOWA)	32:28
50. Adam Roche (IOWA)	32:35
123. Chris Jensen (IOWA)	35:01

WOMEN'S TEAM RESULTS (top five plus IOWA)

1. Nebraska	60
2. Missouri	63
3. Illinois	105
4. SW Missouri State	157
5. Kansas	171
9. IOWA	283

WOMMEN'S INDIVIDUAL RESULTS (top three plus IOWA)

1. Amanda Bates (Missouri)	21:18
2. Ann Gaffigan (Nebraska)	21:23
3. Jessica Eldridge (Oklahoma)	21:27
16. Sarah Arens (IOWA)	22:00
32. Nikki Chapple (IOWA)	22:31
62. Shannon Stanley (IOWA)	23:09
81. Georgia Millward (IOWA)	23:26
92. Ashley Merry (IOWA)	23:40
115. Jenni Capista (IOWA)	24:17
117. Atalie Barber (IOWA)	24:21

