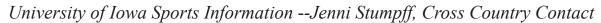
IOWA HAWKEYES





CROSS COUNTRY WEEKLY RELEASE

September 24, 2007

2007 Iowa Women's Season Schedule

8/31	at Western Illinois Open	NTS
9/15	Hawkeye Invitational	1st/4
9/30	at Auburn Invitational	
10/05	at Coe Hawk Invitational	
10/13	at Pre-NCAA Invitational	
	(Terre Haute, IN)	
10/28	at Big Ten Championships	
	(Columbus, OH)	
11/10	NCAA Midwest Regional	
	(Peoria, IL)	
11/19	NCAA Championships	
	(Terre Haute, IN)	

2007 Iowa Women's Individual Top Times

1 000

<u>4,000-meters</u>	
1. Diane Nukuri	13:14
2. Meghan Armstrong	13:47
3. Jolly Burke	14:03
4. Krista Anderson	14:14
5. Jessica Schmidt	14:21
6. Lauren Hardesty	14:28
7. Katie Ellis	14:48
8. Molly Esche	14:49
9. Amanda Hardesty	15:03
10. Rachel Hawks	15:36
11. Fionna Fallon	15:38
12. Kathryn Guess	15:51

<u>6,000-meters</u>

1. Fionna Fallon	24:26
2. Christin Kotarba	25:01
3. Kathryn Guess	25:02
4. Caitlin Wooldridge	25:50
5. Brittany Graham	26:08

NEXT TIME OUT-- The women's next competition will be September 30 at the Auburn Invitational at the Indian Pines Golf Course in Auburn, AL. The women will be running a 5K which will start at 9:30 a.m. The men's next meet will be September 29 at the Loyola's Lakefront Invitational. The meet will be held at Montrose Beach in Chicago, IL. The men will be running an 8K which will start at 12:15 p.m.

WOMEN'S LAST TIME OUT--The University of Iowa women's cross country team hosted the Hawkeye Invitational at the Ashton Cross Country Course. The women scored wins over Wichita State, Oregon State and Northern Iowa with senior **Diane Nukuri** winning the women's 4,000-meter race in 13:14. The time broke both the course and school records.

Six Hawkeyes finished in the top 10 and 14 ran their personal best for the women's team. Senior **Meghan Armstrong** placed second (13:47), followed by sophomore **Jolly Burke** (4th-14:03), sophomore **Krista Anderson** (6th-14:14), senior **Jessica Schmidt** (8th-14:21) and freshman **Lauren Hardesty** (9th-14:28).

MEN'S LAST TIME OUT--The University of Iowa men's team hosted the Hawkeye Invitational last Saturday at the Ashton Cross Country Course. The men scored wins over Wichita State and Northern Iowa with junior **Andy Napier** taking first place in the men's 8,000-meter race with a personal best, 25:02.

The men's youthful squad had nine finishers in the top 15 with nine personal best times. Sophomore **Jesse Luciano** placed third (25:27), followed by sophomore **Tommy Tate** (5th-25:33), freshman **Mark Battista** (8th-25:47), redshirt freshman **Bruce MacTaggart** (9th-26:07), sophomore **Brendan Camplin** (10th-26:13), sophomore **Jay Renaud** (11th-26:23), freshman **Sam Bailin** (13th-26:35), sophomore **Mike Stout** (14th-26:41)

THE RANKINGS—The United States Track and Field and Cross Country Coaches Association has released its preseason rankings for the 2007 season. The Hawkeye women are ranked 14th nationally and third in the Midwest region. The men's cross country team is ranked fifth in the Midwest region.

HAWKEYE WOMEN'S COACH LAYNE ANDERSON -- Layne Anderson is in his fifth year as head women's cross country coach at Iowa. In his four years with the cross country team, the Hawkeyes have made strong strides toward recapturing the program's success of the 1980's. The program took a major step in that direction in 2006, qualifying for the NCAA Championships as a team for the first time in 14 years and posting its highest Big Ten finish (sixth) since 1993. The Hawkeyes also recorded their highest finish at the NCAA Midwest Regional meet (third) under Anderson. Iowa has improved its finish at the NCAA midwest regional each season, placing ninth in 2003, seventh in 2004, sixth in 2005 and third in 2006.

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University of Iowa Sports Information -- Jenni Stumpff, Cross Country Contact

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	(Terre Haute, IN)

2007 Iowa Men's Individual Top Times

8,000-meters

1. Andy Napier	25:02
2. Jesse Luciano	25:27
3. Tommy Tate	25:33
4. Mark Battista	25:47
5. Bruce MacTaggart	26:07
6. Brendan Camplin	26:13
7. Jay Renaud	26:23
8. Sam Bailin	26:35
9. Mike Stout	26:41
10. Robert Ingram	27:18

HAWKEYE MEN'S COACH LARRY WIECZOREK -- Larry Wieczorek is in his 21st season as Iowa men's cross country coach. During his tenure, the cross country team has placed sixth or higher 10 times at the NCAA Regional Championships, has posted 29 all-region selections and qualified for the NCAA Championships five times. In 2004, the Hawkeyes recorded their highest placings under Wieczorek at the Big Ten (3rd) and NCAA Championships (13th). In 2002, Wieczorek was named Midwest Region Coach of the Year honors by the United States Cross Country Association after the Hawkeyes won the NCAA Regional for the first time in school history. Wieczorek was a two-time Big Ten champion and a member of Iowa's last Big Ten track championship team in 1967. Wieczorek still owns the Iowa record in the indoor two miles.

QUOTING COACH ANDERSON-- "We ran a little bit better than I had anticipated. Diane and Meghan did a tremendous job while several others did more than expected. Overall, I thought Oregon State and Wichita State were very solid. The meet was actually a lot closer than the score indicated."

QUOTING COACH WIECZOREK-- "Our goal for this season was to take incremental steps toward excellence. In this meet we, as a group took a big step. Andy Napier had an outstanding meet. It was his first win. To do it over UNI's Dorian Ulrey is a big win for him as an individual."