



Cross Country Contact: Natalie Johnson

September 10, 2004

IOWA MEN'S & WOMEN'S CROSS COUNTRY
HAWKEYE MEN AND WOMEN DOMINATE TRIANGULAR

IOWA CITY, IA -- The University of Iowa men's and women's cross country teams delivered top performances Friday night at the Bill and James Ashton Cross Country Course in Iowa City. The Hawkeye men defeated Loyola (17- 39) and edged out Wisconsin (27-28) in the double dual meet. The women defeated Loyola (22-33) and Northwestern (18-39).

In the women's 4,000 meter race, Iowa ran to a 1-2-3 finish. Sophomore **Nikki Chapple** led the Hawkeyes, winning in 14:09 and finishing 23 seconds ahead of her teammates sophomore **Shannon Stanley** and freshman **Meghan Armstrong** who placed second and third. **Stanley** finished in 14:32 just ahead of **Armstrong** in 14:33. Iowa Freshman **Racheal Marchand** finished sixth in 14:48 while **Lisa Bonistalli** placed 13th in 15:35.

In the men's 8,000 meter race, senior **Matt Esche** led a race to the finish amongst his Hawkeye teammates with a third place finish in 25:22. In a close finish freshman **Eric MacTaggart** and junior **Dan Haut** finished fourth and fifth, both running times of 25:23. Sophomores **Micah VanDenend** and **Jeff Kent** placed eighth and ninth in 25:39 and 25:46. Senior **Anthony Rakaric** ran 26:42 to finish 16th and freshman **Jonathan Ruud** placed 18th in 27:57. Wisconsin sophomore Bobby Lockhart won the race in 25:10 followed by his teammate Ben Gregory placing second in 25:22.

The Iowa men will travel to Minneapolis, MN September 25 to compete in the Roy Griak Invitational. The women will join the men on October 2 when both teams travel to Orono, ME to run at the Murray Keating Invitational.

WOMEN'S TEAM SCORES

Iowa 22, Loyola 33
Loyola 23, Northwestern 32
Iowa 18, Northwestern 39

MEN'S TEAM SCORES

Iowa 17, Loyola 39
Iowa 27, Wisconsin 28
Wisconsin 18, Loyola 39

WOMEN'S INDIVIDUAL RESULTS

(Top Five Plus Iowa Finishers)

- | | |
|-------------------------------------|--------------|
| 1. Nikki Chapple (Iowa) | 14:09 |
| 2. Shannon Stanley (Iowa) | 14:32 |
| 3. Meghan Armstrong (Iowa) | 14:33 |
| 4. Maureca Lambert (Loyola) | 14:41 |
| 5. Amanda Domich (Loyola) | 14:41 |
| 6. Racheal Marchand (Iowa) | 14:48 |
| 13. Lisa Bonistalli (Iowa) | 15:35 |
| 15. Molly Esche (Iowa) | 15:40 |
| 16. Jessica Schmidt (Iowa) | 15:40 |
| 17. Jenni Capista (Iowa) | 15:42 |
| 18. Christine Kotarba (Iowa) | 15:45 |
| 20. Laura Spencer (Iowa) | 15:50 |
| 21. Michelle Sokol (Iowa) | 15:57 |
| 23. Laura Pearson (Iowa) | 16:06 |
| 29. Vanessa Menze (Iowa) | 17:00 |

MEN'S INDIVIDUAL RESULTS

(Top Five Plus Iowa Finishers)

- | | |
|-----------------------------------|--------------|
| 1. Bobby Lockhart (Wisconsin) | 25:10 |
| 2. Ben Gregory (Wisconsin) | 25:22 |
| 3. Matt Esche (Iowa) | 25:22 |
| 5. Eric MacTaggart (Iowa) | 25:23 |
| 6. Dan Haut (Iowa) | 25:23 |
| 8. Micah VanDenend (Iowa) | 25:39 |
| 9. Jeff Kent (Iowa) | 25:46 |
| 16. Anthony Rakaric (Iowa) | 26:42 |
| 17. Jonathan Ruud (Iowa) | 27:57 |





THE UNIVERSITY OF IOWA

SPORTS INFORMATION

