



November 15, 2019

IOWA

Cross Country 2019 Notebook



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2019 IOWA CROSS COUNTRY SCHEDULE

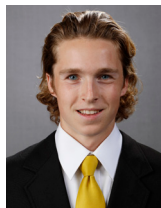
Date	Meet
Sept. 6	Hawkeye Invitational (Iowa City, Iowa)
Sept. 21	Woody Greeno Invite (Lincoln, Neb.)
Oct. 4	Notre Dame Invite (South Bend, Ind.)
Oct. 19	Pre-Nationals (Terre Haute, Ind.)
Nov. 3	Big Ten Championships (Columbus, Ohio)
Nov. 15	NCAA Regionals (Stillwater, Okla.)
Nov. 23	NCAA Championships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

IOWA COACHING STAFF

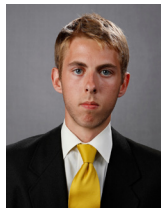
- Joey Woody**
Director of Track & Field
- Randy Hasenbank**
Associate Head Cross Country
Assistant Track & Field Coach
- Clive Roberts**
Associate Head Coach
- Jason Wakenight**
Assistant Coach, Director of Recruiting
- Eric Werskey**
Assistant Coach/Throws
- Paige Knodle**
Assistant Coach
- Kate Wakenight**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



HAWKEYES TO WATCH



Nathan Mylenek
10K PR: 29:53 (2017)



Brandon Cooley
10K PR: 30:29(2017)



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



Leah Kralovetz
6K PR: 21:16 (2019)

THIS WEEK

The University of Iowa men's and women's cross country teams travel to Stillwater, Oklahoma, to compete at the 2019 NCAA Regionals on Friday. The women's 6,000-meter race begins at 10:30 a.m. (CT). The men's 10,000 meters begins at 11:30 a.m. (CT). The race is held at Oklahoma State University Cross Country Course.

OSU CROSS COUNTRY COURSE

Home course to the Pokes, The OSU Cross Country Course underwent a recent multi-million dollar renovation in preparation for the 2019 Midwest Regional and the 2020 NCAA Cross Country Championships. Construction began in June 2018 and was completed in late July 2019. The course was lengthened to 10K and offers four different loop configurations for the runners: 8K, 6K, 5K and 2K.

HOW TO FOLLOW

Results are posted on the Iowa cross country Twitter account: [@Iowa XC_TF](#) and online at www.flotrack.org

HAWKEYES CONTINUE TO FIGHT

The women's team placed ninth at the Big Ten Championship on Nov. 3. Freshman Leah Kralovetz was the top finisher for the Hawkeye women, placing 42nd. The men finished 10th. Senior Nathan Mylenek led the men's team for the fifth straight week and finished 10th earning All-Big Ten Honors. Junior Elyse Prescott and junior Noah Healy earned Big Ten Sportsmanship honors for the 2019 season.

IN THE RANKINGS

The women rank 10th in the USTFCCA Week 6 polls behind fellow Big Ten teams Illinois (1) and Minnesota (3). Iowa ranks above Nebraska (11). The men rank ninth in the polls. They trail Nebraska (6) and Minnesota (7) and rank above Illinois (10) within the Big Ten conference. The men's team received a vote in the national polls on Oct. 8 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.



TOP HAWKEYE FINISHER

Senior Nathan Mylenek has been the men’s top finisher nine races in a row. Mylenek surpasses Jeff Thode’s record of eight straight races in 2010-11 and behind Kevin Herd with 12 straight wins in 1993-94.

MEN’S TOP RUNNERS

Senior Nathan Mylenek returns this week as the men’s top finisher from the 2019 Big Ten Championships on Nov. 3. He placed 10th overall, earning All-Big Ten honors. Mylenek holds the school record for the Hawkeyes in the 10,000 meters (29:53), set at the 2017 NCAA Regionals. Senior Brandon Cooley is the men’s second top returner, recording a 30:29 in the 10,000 meters at the 2017 NCAA Regional meet. Cooley ranks ninth on the Top 10 All-Time Best list. The men finished seventh last year at the NCAA Regional meet. Micah VanDenend was the last person for Iowa to win the NCAA Regional meet in 2006.

WOMEN’S TOP RUNNERS

Freshman Leah Kralovetz led the Hawkeye women at the Big Ten Championships on Nov. 3. She recorded a personal best (21:16) in the 6,000 meters, placing 42nd. Senior Megan Schott returns with the top 6,000 meters time (21:02) from the 2018 Bradley “Pink” Classic. The women finished 12th out of 34 teams at last year’s NCAA Regional meet on Nov. 9, 2018.

HAWKEYE NEWCOMERS

Freshman Leah Kralovetz was the women’s top finisher at the Big Ten Championships. She finished 42nd with a new career best in the 6,000 meters. Junior Elyse Prescott finished in the Hawkeye’s third spot with a 56th place finish and a new personal best (21:28) in the 6,000 meters.

NEXT UP FOR THE HAWKEYES

The Hawkeyes will wait to see who advances to the NCAA Championships on Nov. 23 in Terre Haute, Ind. The last time the men’s team went to the NCAA Championships was in 2006. Their highest place (13th) was in 2004. The women’s team went to the championship in 2008 and placed 10th in 2007.

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
- Tia Saunders Sr. Iowa City, Iowa
- Megan Schott Sr. Des Moines, Iowa
- Gabby Skopec Jr. Coralville, Iowa
- Patty Teggatz So. Hampton, 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