

IOWA HAWKEYES



University of Iowa Sports Information --Nathan Sheehan, Cross Country Contact

CROSS COUNTRY WEEKLY RELEASE

September 29, 2009

2009 Cross Country Season Schedule

9/4	Hawkeye Invitational (Iowa City, IA)	1st, 15-50
9/19	at Intercollegiate Meet (Ames, IA)	(M) 1st (W) 5th
10/3	at Wisconsin Invitational (Madison, WI)	11:00 a.m.
10/17	at Pre NCAA Invite (Columbus, OH)	
11/1	at Big Ten Championships (University Park, PA)	
11/14	at NCAA Regional (Terre Haute, IN)	
11/23	at NCAA Championships (Terre Haute, IN)	

2009 Men's Season Bests

6,000 Meters

Jeff Thode	18:21.70
Nick Holmes	18:30.56
Sam Bailin.....	18:33.97
Chase Kadlec	19:05.18
James Paul.....	19:06.35
Mark Battista.....	19:08.20
Tommy Tate	19:16.79
Jay Renaud.....	19:46.63
Mike Marbach.....	19:51.39

8,000 Meters

Jeff Thode	24:50
Jesse Luciano	25:21
Mark Battista.....	25:24
Brendan Camplin	25:50
Tommy Tate	26:09
James Paul.....	26:18
Nick Holmes	26:26
Jay Renaud.....	26:31
Chase Kadlec	26:42
Brian Marchese	27:14
Mike Marbach.....	27:23

THIS WEEK-- Iowa will head to Madison, WI, on October 3rd for the inaugural Wisconsin Adidas Invitational, the first race on the new Thomas Zimmer Championship Cross Country Course at University Ridge. Events are slated to begin at 11:00 a.m., with the men running an 8,000-meter race and the women running a 5,000-meter race at 11:45 a.m.

LAST TIME OUT -- The University of Iowa men's and women's squads were at Iowa State University for the 2009 Iowa Intercollegiate Cross Country Meet. Iowa won the men's 8,000 meters and the women finished fifth in the 5,000 meters.

Freshman **Jeff Thode** came through again with a first place finish for the Hawkeyes, crossing the line at 24:50. Senior **Jesse Luciano** and junior **Mark Battista** finished back-to-back at 25:21 and 25:24 in second and third place, respectively. In total, Iowa took seven of the top 10 places, with seniors **Brendan Camplin** (5th, 25:50) and **Tommy Tate** (6th, 26:09), junior **James Paul** (7th, 26:18), and sophomore **Nick Holmes** (9th, 26:26), helping Iowa earn the win.

The women were lead by freshman **Kelsey Hart**, (9th, 19:23), senior **Kelsey Stueland** (22nd, 20:04) and sophomore **Jackie Laesch** (23rd, 20:11) as the top three Iowa finishers. Sophomore **Susan Kuhl** (27th, 20:23), freshman **Sarah Boyd** (20:32) and sophomore **Jordan Williams** (65th, 23:04) were Iowa's other competitors.

USTFCCCA WEEK ONE POLL -- Both Iowa teams improved their positions in the US Track & Field and Cross Country Coaches Association poll for week one. The men's team moved to seventh in the Midwest Region, up one spot from the preseason poll. The women's team remains fourth in the region, but moved up to 33rd nationally.

TEAMS NAME 2009 CAPTAINS -- The University of Iowa men's and women's cross country teams have named their team captains. For the men, they are seniors **Brendan Camplin** and **Tommy Tate**. The women captains are senior **Jennie Docherty** and junior **Hannah Roeder**.

Tate is a three-time letterwinner whose 2008 Auburn Invite 8,000-meter finish of 23:46 ranks fifth all-time at Iowa. Camplin is a two-time letterwinner and two-time academic all-Big Ten honoree. His 2008 Auburn Invite 8,000-meter time of 24:01 ranks eighth all-time at Iowa.

Roeder was a letterwinner in her first season with the Iowa cross country team in 2008, and was Iowa's third finisher in the NCAA Championships, running a collegiate-best 6,000 meters (21:39). Docherty is a long-time competitor at Iowa who has lettered in both cross country and track.

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2009 Women's Season Bests

3,000 Meters

Betsy Flood.....	10:20.25
Amanda Hardesty.....	10:21.51
Brooke Eilers	10:24.51
Lindsay Anderson	10:36.73
Megan Lessard.....	10:40.20
Hannah Roeder.....	10:41.26
Jennie Docherty	10:42.34
Fionna Fallon	10:44.61
Lauren Hardesty.....	10:49.56
Megan Ranegar.....	10:52.68
Katie Ellis.....	10:55.08
Jackie Laesch	11:03.18
Kelsey Hart	11:12.54
Alissa Duffy.....	11:21.11

5,000 Meters

Kelsey Hart.....	19:23
Kelsey Stueland	20:04
Jackie Laesch	20:11
Susan Kuhl.....	20:23
Sarah Boyd.....	20:32
Jordan Williams	23:04

University of Iowa Quick Facts

Location	Iowa City, IA
Founded.....	1847
Enrollment.....	30,328
Conference	Big Ten
School Colors.....	Black and Gold
President.....	Sally Mason

FLOOD EARNS WEEKLY HONORS -- University of Iowa sophomore **Betsy Flood** was one of three student-athletes named Big Ten Women's Cross Country Runner of the Week on September 8, following her performance at the Hawkeye Invite. This is Flood's first weekly honor, with the last Hawkeye to earn this honor being Racheal Marchand on October 7, 2008.

Flood shares the weekly laurel with Michigan junior Danielle Tauro and Penn State sophomore Caitlin Lee. The Men's Cross Country Runner of the Week was Alex Russeau, a junior at Michigan State.

HAWKEYE WOMEN'S COACH LAYNE ANDERSON -- Layne Anderson is in his second year as head coach of the University of Iowa women's cross country and track and field teams. He has served as the women's cross country coach for the past six seasons, and was the interim head women's track coach in 2008. From 2003-07, he served as an assistant women's track coach for the Hawkeyes.

In Anderson's six years with the cross country team, the Hawkeyes have made strong strides toward recapturing the program's success of the 1980's. The team qualified for the NCAA Championships the last three seasons after a 14-year absence from the meet. In 2008, the Hawkeyes placed sixth at the Big Ten meet and fourth at the NCAA Midwest Regional, marking the third straight season that Iowa has placed sixth or higher at the conference race and fourth or higher at the regional meet. During Anderson's tenure, the Hawkeyes have also set school records in the 3,000, 4,000, 5,000 and 6,000 meters.

HAWKEYE MEN'S COACH LARRY WIECZOREK -- Larry Wieczorek is in his 23rd season as head men's cross country coach and is in his 14th season as head men's track coach at the University of Iowa. He served as an assistant track coach for 12 years before taking the helm in 1997.

Wieczorek took over the men's cross country program in 1987, and has since shifted his track responsibilities to the distance corps. During his tenure, the cross country team has placed sixth or higher 10 times at the NCAA Regional Championships, has posted 33 all-region selections and qualified for the NCAA Championships five times. In 2002, Wieczorek was named Midwest Region Coach of the Year by the United States Cross Country Association after the Hawkeyes won the NCAA Regional for the first time in school history. In 2004, the Hawkeyes recorded their highest placings under Wieczorek at the Big Ten (3rd) and NCAA Championships (13th). He has coached several Hawkeyes to individual honors - including 2006 NCAA Midwest Regional Men's Athlete of the Year Micah VanDenend and Iowa's two Big Ten Cross Country Freshman of the Year honorees in Jared Pittman (1993) and Reed Steele (1998).

UP NEXT -- Iowa will travel to the familiar territory of Indiana State University at Terre Haute, IN, for the Pre-NCAA Invite on Oct 17.

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