



Kineke Alexander

Senior - Sprints

Glenside, St. Vincent

& the Grenadines

St. Joseph's Convent Mariaqua

Career Highlights -- 2006 NCAA Indoor 400-meter champion (52.16)... six-time all-American... only Hawkeye in school history to earn all six all-America honors in the same event... five-time Big Ten champion... Iowa's only two-time NCAA

Midwest Regional champion... four-time all-region honoree... set school records in 200 (23.49), 400 (51.48) and 600 meters (1:27.84), and as part of 1,600-meter relay (3:40.52) indoors, and 400 meters (51.35) outdoors... ran on five of the top 10 1,600-meter relays in school history.

2007 -- Indoor - all-American, placing second in 400 meters (51.48) at NCAA Championships... two-time Big Ten champion, winning titles in 200 (23.67) and 400 meters (52.23)... first team all-Big Ten... Big Ten Women's Track Athlete of the Year and Athlete of the Championships... USTFCCCA Midwest Regional Athlete of the Year... set school record in 400 (51.48) meters... set school and Iowa Recreation Building records in 600 meters (1:27.84)... automatically qualified for NCAA Championships in 400 meters (52.01) and provisionally qualified in 200 meters (23.67)... **Outdoor** - all-American, placing sixth in 400 meters (52.13) at NCAA Championships... NCAA Midwest Region 400-meter champion (52.34), automatically qualifying for NCAA Championships and earning all-region honors... Big Ten 400-meter champion (52.15)... ran that event for the first time during the outdoor season at the conference meet... qualified for NCAA regional in 400 meters (52.15) and as part of 1,600-meter relay (3:39.36)... Iowa's nominee for Big Ten Female Athlete of the Year... ran second leg on 1,600-meter relay that placed third (3:39.64) at Big Ten Championships... ran lead leg on 1,600-meter relay that placed sixth at Drake Relays, running a season-best 3:39.36 in the prelims... that time ranks third in school history... ran second leg on distance medley relay that placed sixth at Drake in 11:25.05, which ranks second in school history... ran collegiate-best 800 meters (2:16.15) at Musco Twilight IX... letterwinner.

The Alexander File

- 2006 NCAA Indoor 400-Meter Champion •
 - Six-Time All-American •
 - Five-Time Big Ten Champion •
- NCAA Midwest Regional 400-Meter Champion •
 - Four-Time All-Region Selection •
- 2007 Big Ten Indoor Track Athlete of the Year •
- 2007 Big Ten Indoor Track Athlete of the Championships •
- Iowa's Nominee for 2006 & 2007 Big Ten Female Athlete of the Year •
 - Big Ten Record Holder • School Record Holder •
 - Drake Relays Champion •

2006 -- Indoor - NCAA 400-meter champion... became Iowa's fourth NCAA individual champion and the first Hawkeye sprinter to win a national title with the win... won Big Ten titles in 200 and 400 meters... set Big Ten Championships record in 400 meters with her winning 52.31... set school and University of Wisconsin track records in 200 (23.49) and 400 meters (52.01) at Big Ten Championships... first team all-Big Ten... ran on 1,600-meter relay that set school record (3:40.52) and placed fourth at Iowa State Classic... also ran on 1,600-meter relay that placed second at Big Ten Championships in 3:42.44, which ranks second in school history... won 400 meters (52.88) at Husker Invite... won 200 meters at Panther Invite (24.13) and Iowa State Classic (23.87)... won 600 meters at Hawkeye Open with team-leading time of 1:36.89... **Outdoor** - runner-up in 400 meters at NCAA Championships, setting school record (51.35) and earning all-America honors... NCAA Midwest Regional 400-meter champion (51.75)... Iowa's nominee for Big Ten Female Athlete of the Year... won special invitation 400 meters (52.05) at Drake Relays... qualified for regional in 200 meters (23.58), 400 meters (51.83) and as part of 400 (45.11) and 1,600-meter relays (3:38.36)... the 200-meter time ranks second, the 1,600-meter relay time ranks second and the 400-meter relay ranks fifth in school history... won 400 meters (51.83) at Mt. SAC Relays and 200 meters (23.58) at Musco Twilight VIII... did not compete in the Big Ten Championships finals due to injury... posted second-fastest time in 200-meters and fourth-fastest time in 400 meters in Big Ten prelims... also ran on 800-meter relay (1:36.19) at Messersmith Invite, which ranks second in school history... letterwinner... won bronze medal in 400 meters (52.04) at CAC Games in Cartagena, Columbia.

2005 -- Indoor - all-American, placing sixth in 400 meters (54.06) at NCAA Championships... provisionally qualified for NCAA Championships in 400 meters (53.11)... runner-up in 400 meters (54.31) at Big Ten Championships... anchored 1,600-meter relay that placed fifth at Big Ten meet (3:48.54)... led team in 200, 400 and 600 meters, and ran on team-leading 1,600-meter and distance medley relays... **Outdoor** - all-American, placing seventh in 400 meters (51.94) at NCAA Championships... set then-school record (51.71) in NCAA semifinals... runner-up in 400 meters (52.34) at NCAA regional, earning all-region honors... qualified for NCAA regional in 400 meters, and as part of 400 and 1,600-meter relays... ran second leg on 1,600-meter relay that placed eighth at NCAA regional with a season-best 3:39.67, which led the team, earned all-region honors and ranks fifth in school history... ran second leg on 1,600-meter relay that placed third at Big Ten Championships (3:40.43), which ranks sixth on Iowa's all-time bests list... ran second leg on 400-meter relay that placed eighth at Drake Relays (45.30), which led the team and ranks seventh in school history... won 400 meters at Mt. SAC Relays (52.73), placed fourth at Big Ten Championships (53.89) and eighth in special invitation race (54.94) at Drake Relays... also led team in 200 meters... letterwinner... placed fourth in 400 meters (53.96) at Pan American Junior Championships in Windsor, Ontario... represented St. Vincent and the Grenadines at IAAF World Championships in Helsinki, Finland.

High School -- runner-up in under-20 400 meters at 2004 CARIFTA Junior Championships... set junior national record (53.83) in that event... also ran 400 meters at 2001 and 2003 World Youth Championships and 2001, 2002



TRACK & FIELD

Meet the Hawkeyes

and 2003 CARIFTA Junior Championships... coaches were Keith Joseph, Wilma Bertha and Gideon Labban.

Personal -- born February 21, 1986... history major.

Alexander's Collegiate Bests

Event	Time	Meet	Date
200 Meters (I)	23.49	at Big Ten Championships	2/26/06
400 Meters (O)	51.35	at NCAA Championships	6/10/06
600 Meters (I)	1:27.84	Hawkeye Invite	1/13/07
800 Meters (O)	2:16.15	Musco Twilight IX	4/21/07



Krista Anderson

Junior - Distance

Leeds, ND

Leeds High School

2007 -- Indoor - runner-up in mile with season-best 4:55.35 at Hawkeye Invite... placed fourth in 3,000 meters with a season-best 9:43.77 at Iowa State Classic...

Outdoor - redshirted... academic all-Big Ten... letterwinner.

2006 -- Indoor - provisionally qualified for NCAA Championships in 3,000 meters... led team in 3,000 (9:29.75) and 5,000 meters (16:48.95)... those collegiate bests rank sixth and ninth, respectively, in school history... placed 12th in 5,000 meters (16:48.95) at Big Ten Championships... anchored runner-up distance medley relay (11:29.54) at Big Ten meet, which ranks third in school history... second team all-Big Ten... runner-up in mile (4:51.79) at Hawkeye Open, which ranks ninth in school history... **Outdoor** - placed third in 3,000 meters (9:45.65) at Musco Twilight VIII and 10th in 5,000 meters (16:59.48) at Drake Relays... the 3,000-meter time ranks 10th in school history... placed 19th in 5,000 meters (17:02.33) at Big Ten Championships... letterwinner... **Cross Country** - placed fifth at Hawkeye Open (10:25-3,000 meters) and 12th at Auburn Invite (17:26-5,000 meters) with collegiate-best times which rank third and 10th, respectively, on Iowa's all-time bests list... also ran collegiate-best 6,000 meters (21:48) at NCAA Pre-Nationals, which ranks fifth in school history... placed 35th (22:09) at Big Ten Championships and 59th (22:36) at NCAA Midwest Regional... placed 225th (23:35) at NCAA Championships... academic all-Big Ten... letterwinner.

2005 -- Cross Country - redshirted.

High School -- five-time 3,200-meter state champion, holding overall state record in that event... two-time North Dakota female Gatorade track and field athlete of the year... three-time all-American, placing second at Nike national indoor meet senior year... two-time state cross country champion,

placing second twice... ran on two state champion 3,200-meter relays... set school record in 3,200 meters (10:36.95)... other best times were 4:56 in 1,600, 10:20.81 in 3,200 and 14:01 in cross country 4,000 meters... Wendy's High School Heisman state winner senior year... 2005 North Dakota state sportswriters and sportscasters athlete of the year... state female senior athlete of the year in cross country and track... National Honor Society member... class salutatorian... coached by Greg and Karen Anderson, and Jeff Manley.

Personal -- born May 30, 1986... daughter of Greg and Karen Anderson... elementary education major.

Anderson's Collegiate Bests

Event	Time	Meet	Date
Mile (I)	4:51.79	Hawkeye Open	1/14/06
3,000 Meters (I)	9:29.75	at Alex Wilson Invite	3/4/06
3,000 Meters (CC)	10:25	Hawkeye Open	9/9/06
5,000 Meters (I)	16:48.95	at Big Ten Championships	2/26/06
5,000 Meters (CC)	17:26	at Auburn Invite	9/30/06
6,000 Meters (CC)	21:48	at Pre-Nationals	10/14/06



2007 All-Region Cross Country Honorees (l-r):
Racheal Marchand, Meghan Armstrong, Diane Nukuri

The Anderson File

• Academic All-American •

TRACK & FIELD

Meet the Hawkeyes



Meghan Armstrong

Senior - Distance

Tualatin, OR

Tualatin High School

Career Highlights--two-time all-American... four-time all-region honoree... set school record in 1,500 meters (4:17.41).

2007 -- Indoor - all-American, placing eighth in mile (4:49.07) at NCAA Championships...

placed fifth in mile (4:47.03) and 3,000 meters (9:40.91) at Big Ten Championships... NCAA provisional qualifier in mile (4:41.18) and 3,000 meters (9:27.95)... led team in 800 meters (2:12.79), mile (4:41.18) and 3,000 meters (9:27.95)... the 800 and 3,000-meter times rank ninth and fourth, respectively, in school history... **Outdoor** - placed fifth in 1,500 meters (4:21.56) at NCAA regional to automatically qualify for NCAA Championships and earn all-region honors... her season-best 1,500-meter time of 4:20.92 led team... ran 4:21.44 in 1,500-meter prelims at NCAA Championships... qualified for NCAA regional in 1,500 meters (4:20.92) and 5,000 meters (16:18.74)... placed seventh in 1,500 meters (4:20.92) and eighth in 5,000 meters (16:48.50) at Big Ten Championships... placed 17th in 5,000 meters (16:18.74) at Stanford Invite, which ranks fourth in school history... won 1,500 meters in a meet record-setting 4:21.86 at Musco Twilight IX... placed seventh in special invitation 1,500 meters (4:22.54) at Drake Relays... also ran lead leg on distance medley relay that placed sixth (11:25.05) at Drake... that time ranks second in school history... academic all-Big Ten... letterwinner.

2006 -- Indoor - all-American... placed ninth in mile (4:46.65) at NCAA Championships... placed fourth in mile (4:46.23) at Big Ten Championships... ran collegiate-best mile (4:40.59) at Alex Wilson Invite to qualify for NCAA meet... that time led team and ranks second in school history... ran on runner-up distance medley relay (11:29.54) at Big Ten meet, which ranks third in school history... second team all-Big Ten... won mile at Iowa State Classic (4:45.43), Jack Johnson Classic (4:48.14) and Hawkeye Open (4:50.97)... **Outdoor** - runner-up in 1,500 meters (4:23.33) at NCAA regional, earning all-region honors... qualified for regional in 1,500 (4:17.41) and 5,000 meters (16:29.09)... set school record in 1,500 meters (4:17.41) with runner-up finish at Big Ten Championships... second team all-Big Ten... led team in 800 (2:10.15), 3,000 (9:28.03) and 5,000 meters (16:29.09)... the 1,500 and 3,000-meter times rank sixth and fifth, respectively, in school history... placed third in special invitation 1,500 meters (4:26.01) at Drake

Relays... academic all-Big Ten... letterwinner... **Cross Country** - set school 6,000-meter record (20:34) with 13th-place finish at NCAA Pre-Nationals... earned all-region honors with eighth-place finish (21:05) at NCAA Midwest Regional... placed 43rd (21:33) at NCAA Championships... earned second team all-Big Ten honors, placing 13th (20:54) at Big Ten Championships... ran collegiate bests and placed second at Hawkeye Open (10:01-3,000 meters) and Auburn Invite (16:26-5,000 meters)... both times rank second on Iowa's all-time bests list... academic all-Big Ten... letterwinner.

2005 -- Indoor - led team in mile (4:53.38)... placed 16th in 5,000 meters (17:29.42) at Big Ten meet... **Outdoor** - placed ninth in 1,500 meters (4:33.59) at NCAA regional... led team in 1,500 meters (4:27.10)... won 3,000 meters (9:49.70) at Musco Twilight VII... placed fifth in 1,500 (4:27.68) and 20th in 5,000 meters (17:29.53) at Big Ten meet... won 1,500 meters (4:33.61) at Shamrock Invite... ran on seventh-place distance medley relay (11:34.04) and seventh-place 3,200-meter relay (8:54.27) at Drake Relays... those times rank third and fourth, respectively, in school history... letterwinner...

Cross Country - led team in 3,000 (10:25), 5,000 (17:04) and 6,000 meters (20:49)... placed ninth at NCAA regional (21:09), earning all-region honors... placed 79th (20:56) at NCAA Championships... first Hawkeye to cross finish line in six races... set then-school and Ashton Course 3,000-meter record with her winning 10:25 at Hawkeye Invite... placed second (17:04) at Willamette Invite, 16th (21:43) at Big Ten meet and 22nd (20:49) at NCAA Pre-Nationals... academic all-Big Ten... letterwinner.

2004 -- Cross Country - competed in five races... placed third (14:34-4,000 meters) at Hawkeye Triangular, which ranks third in school history... ran season best 5,000 meters (18:01:30) at Murray Keatinge Invite... finished 24th (22:02) in 6,000 meters at Big Ten Championships and 36th (21:39:04) at NCAA regional... letterwinner.

High School -- three-time state runner-up and district champion in cross country... three-time state and district champion in 1,500 and 3,000 meters... four-time first team all-state in cross country and track... named third team all-West at the Foot Locker meet as a junior... set school records in 1,500 meters (4:35), 3,000 meters (9:53) and cross country 5,000 meters (17:24)... four-time team MVP in cross country and track... two-time cross country team captain... National Honor Society member... named Multinomial Athletic Club Scholar Athlete... coaches were Paul Zitzelberger and Brent MacDermot.

Personal -- born January 6, 1986... daughter of Danny and Diana Armstrong... integrative psychology major.

Armstrong's Collegiate Bests

Event	Mark	Meet	Date
800 Meters (O)	2:10.15	at Tom Botts Invite	4/15/06
1,500 Meters (O)	4:17.41	at Big Ten Championships	5/14/06
Mile (I)	4:40.59	at Alex Wilson Invite	3/4/06
3,000 Meters (I)	9:27.95	at Meyo Invite	2/3/07
3,000 Meters (CC)	10:01	Hawkeye Open	9/9/06
4,000 Meters (CC)	14:33	Hawkeye Triangular	9/10/04
5,000 Meters (O)	16:18.74	at Stanford Invite	3/31/07
5,000 Meters (CC)	16:26	at Auburn Invite	9/30/06
6,000 Meters (CC)	20:34	at Pre-Nationals	10/14/06

The Armstrong File

- Two-Time All-American •
- Four-Time All-Region • Two-Time NCAA Cross Country Qualifier •
- Two-Time Second Team All-Big Ten •
- Four-Time Academic All-Big Ten • Academic All-American •
- School Record Holder •



TRACK & FIELD

Meet the Hawkeyes



Caleigh Bacchus
Sophomore - Jumps
Cascade, Trinidad & Tobago
Bishop Anstey High School

2007 -- Indoor - placed third in high jump with collegiate-best 5-5 at Carle/Health Alliance Classic... posted collegiate-best long jump (17-1 1/2) at Husker Invite...
Outdoor - placed sixth in high jump with a collegiate-best 5-5 at Auburn Tiger Classic... placed 12th in high jump (5-4 1/4)

at Big Ten Championships... placed second in high jump at Aztec Classic (5-3), third at Simpson Invite (5-4 1/4) and fourth at Musco Twilight IX (5-3)... letterwinner.

High School -- best marks were 5-8 1/2 in high jump and 18-7 in long jump... placed third in high jump and seventh in long jump at 2006 CARIFTA Games, placing fourth in high jump and ninth in long jump at that meet in 2005... coached by Heathcliffe Thorne... earned outstanding academic achievement honor.

Personal -- born June 4, 1988... daughter of Reginald and Phyllis Bacchus... mass communications major.

Bacchus' Collegiate Bests

Event	Mark	Meet	Date
Long Jump (I)	17-2 (5.23 m)	at Cyclone Invite	2/9/07
High Jump (I)	5-5 (1.65 m)	at Carle/Health Alliance Invite	1/27/07
High Jump (O)	5-5 (1.65 m)	at Auburn Tiger Classic	4/7/07



Senior Erin O'Hern



Jolly Burke
Sophomore - Distance
Waunakee, WI
Madison-Edgewood HS

2007 -- Indoor - placed fourth in mile (5:03.47) at Hawkeye Invite... anchored distance medley relay to ninth-place finish (12:31.55) at Big Ten Championships...
Outdoor - redshirted... letterwinner.

2006 -- Cross Country - placed 42nd (22:26) at Big Ten Championships, 71st

at NCAA Midwest Regional (22:51) and 211th at NCAA Championships (23:20)... ran collegiate bests at Hawkeye Open (10:43-3,000 meters), Auburn Invite (16:59-5,000 meters) and NCAA Pre-Nationals (22:10-6,000 meters), with each time ranking eighth on Iowa's all-time best performers list... letterwinner... placed fifth (22:16) at U.S. Junior Cross Country Championships in Boulder, CO, qualifying for a spot on the U.S. Junior National team.

High School -- runner-up at state cross country meet senior year (14:32), placing third as a junior (15:20)... placed fourth in 1,600 (5:13) and 3,200 (11:19) meters at state meet senior year... placed 20th at 2006 USA Junior Cross Country Nationals (21:57-6,000 meters)... won 3,200 meters (11:09) at Midwest senior spotlight meet... placed 11th (17:55-5,000 meters) at 2005 Footlocker Midwest Cross Country Regional... three-time conference champion and two-time runner-up... city and sectional cross country champion senior year... two-time city track champion, winning sectional title as a senior... earned runner of the year honors as a senior... first team all-state in cross country senior year... three-time track team MVP, earning honor twice in cross country... set school records in cross country 4,000 meters (14:19), cross country 5,000 meters (18:19) and track 3,200 meters (10:57)... other best time was 5:07 in 1,600 meters... also lettered two years in soccer, earning all-conference, team MVP and team captain honors and making the state leading points list... class valedictorian... National Honor Society member... conference academic top 10... coached by Gary Thornton and Kara Lynch.

Personal -- born January 29, 1988... daughter of Jeff and Julie Burke... psychology major.

Burke's Collegiate Bests

Event	Mark	Meet	Date
Mile (I)	5:03.47	Hawkeye Invite	1/13/07
3,000 Meters (CC)	10:43	Hawkeye Open	9/9/06
5,000 Meters (CC)	16:59	at Auburn Invite	9/30/06
6,000 Meters (CC)	22:10	at Pre-Nationals	10/14/06

The Burke File

• 2007 U.S. Junior National Cross Country Team Member •



Mandy Chandler
Junior - Throws
Chariton, IA
Chariton High School

2007 -- Indoor - led team in shot put (41-4 1/4)... threw season-best shot put (41-4 1/4) at Carle/Health Alliance Classic... placed second in shot put (40-6 3/4) and fifth in weight throw (46-4) at Iowa Invite... **Outdoor** - led team in shot put (39-1 1/4)... posted collegiate-best hammer throw (138-

1) at Auburn Tiger Classic... that mark ranks seventh in school history... placed 10th in shot put (39-1 1/4) and 19th in hammer throw (117-10) at Musco Twilight IX... letterwinner.

2006 -- Indoor - led team in shot put (43-2 1/4)... threw season-best shot put (43-2 1/4) at Jack Johnson Classic... that mark ranks 10th in school history... won shot at Hawkeye Open (41-6) and Iowa Open (41-1 1/2)...

Outdoor - led team in shot put with a collegiate-best 46-0 at Tom Botts Invite... that mark ranks eighth in school history... letterwinner.

High School -- state and conference champion in shot put as a senior... placed 15th in discus at state meet (111-3) and 2nd at conference meet (119-6) senior year... two-time all-state in track... best marks are 40-10 in shot put and 119-6 in discus... lettered three years in basketball and volleyball, earning all-conference honors in both sports... National Honor Society member... principal's honor roll student... coaches were Jim Swanson and Deb Seufferer.

Personal -- born November 25, 1986... daughter of Greg and Kristi Chandler... pre-physical therapy major.

Chandler's Collegiate Bests

Event	Mark	Meet	Date
Shot Put (O)	46-0 (14.02 m)	at Tom Botts Invite	4/15/06
Weight Throw (I)	46-4 (14.12 m)	Iowa Invite	2/16/07
Hammer Throw (O)	138-1 (42.08 m)	at Auburn Tiger Classic	4/6/07



Jennie Docherty
Junior - Middle Distance
St. Paul, MN
Cretin-Derham Hall

2007 -- redshirted.

2006 -- Indoor - ran season-best 800 meters (2:18.67) at Iowa State Classic... runner-up in 800 meters (2:19.00) at Iowa Open...

Outdoor - ran collegiate-best 800 meters (2:15.69) at Big Ten Championships... ran collegiate-best 1,500 meters (4:48.01) at

Musco Twilight VIII... letterwinner... **Cross Country** - placed fifth (15:09-4,000 meters) at Early Bird Invite, 26th (11:07) at Hawkeye Open and 63rd (18:36) at Auburn Invite, with collegiate best performances... academic all-Big Ten... letterwinner.

2005 -- Cross Country - redshirted.

High School -- all-state and team captain senior year... conference 800-meter champion as a sophomore... ran on 3,200-meter relay that placed fifth at state meet and second at sectionals senior year... set school records in 800 meters (2:20.71) and as part of 1,600 (4:03.90) and 3,200-meter relays (9:27)... lettered four years in track, three in soccer and two in basketball... soccer team won sectional and conference team titles... earned nine distinguished academic achievement awards... National Honor Society member... earned four academic letters and was on President's list four years... school's top female student-athlete senior year... coaches were Andy Bischoff and Chris Babcock.

Personal -- born May 21, 1987... daughter of Jim and Bev Docherty... both her parents ran track and cross country at Iowa... pre-business major.

Docherty's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	2:15.69	at Big Ten Championships	5/13/06
1,500 Meters (O)	4:48.01	Iowa Musco Twilight VIII	4/22/06
3,000 Meters (CC)	11:07	Hawkeye Open	9/9/06
4,000 Meters (CC)	15:09	at Early Bird Invite	9/1/06
5,000 Meters (CC)	18:36	at Auburn Invite	9/30/06



TRACK & FIELD

Meet the Hawkeyes



Katie Ellis

Sophomore - Distance

Barrington, IL

Wauconda High School

2007 -- Indoor - won mile (5:15.32) at Iowa Invite... **Outdoor** - placed fifth in 1,500 meters (4:48.60) at Aztec Classic.

2006 -- Cross Country - placed eighth at Early Bird Invite (15:45-4,000 meters), 18th at Auburn Invite (17:45-5,000 meters) and 22nd at Hawkeye Open (10:57-3,000

meters) with collegiate-best times... letterwinner.

High School -- two-time conference and sectional champion... six-time all-conference, five-time all-section and two-time all-state in track... placed sixth in 3,200 meters (11:13) and ninth in 1,600 meters (5:17) at state meet sophomore year... four-time all-conference in cross country, earning all-region and all-section honors senior year... three-time cross country and two-time track team MVP ... set school records in 800 meters (2:18.3), 1,600 meters (5:08.7), 3,200 meters (11:02.5), cross country three miles (17:57), cross country 5,000 meters (19:14) and as part of 3,200-meter relay (10:21.9)... Illinois state scholar... academic all-state and all-conference... National Honor Society member... coached by Al Willhoit and Chuck Neary.

Personal -- born July 13, 1988... daughter of Steve and Nancy Ellis... sister, Jenny, runs track and cross country at Olivet Nazarene... English and cinema major.

Ellis Collegiate Bests

Event	Mark	Meet	Date
1,500 Meters (O)	4:48.60	at Aztec Track Classic	3/17/07
Mile (I)	5:15.32	Iowa Invite	2/16/07
3,000 Meters (CC)	10:57	Hawkeye Open	9/9/06
4,000 Meters (CC)	15:45	at Early Bird Invite	9/1/06
5,000 Meters (CC)	17:45	at Auburn Invite	9/30/06

Esche's Collegiate Bests

Event	Mark	Meet	Date
Mile (I)	5:11.82	at Husker Invite	2/4/06
1,500 Meters (O)	4:52.56	at Jim Duncan Invite	4/16/05
3,000 Meters (O)	10:22.11	at Missouri Relays	3/30/07
3,000 Meters (CC)	10:53	Hawkeye Open	9/9/06
4,000 Meters (CC)	14:59	at Early Bird Invite	9/1/06
5,000 Meters (I)	17:46.19	at Iowa State Classic	2/11/06
5,000 Meters (CC)	17:50	at Auburn Invite	9/30/06
6,000 Meters (CC)	22:27	at Pre-Nationals	10/15/05
10,000 Meters (O)	38:45.97	at Big Ten Championships	5/13/05



Molly Esche

Senior - Distance

Waukesha, WI

West High School

2007 -- Indoor - ran season-best mile (5:11.84) at Hawkeye Invite, 3,000 meters (10:27.14) at Meyo Invite and 5,000 meters (18:08.67) at Iowa State Classic... **Outdoor** - placed seventh with collegiate-best 3,000 meters (10:22.11) at Missouri Relays... ran season-best 1,500 meters (4:57.20) at

Aztec Classic... academic all-Big Ten... letterwinner.

2006 -- Indoor - ran collegiate-best 17:46.19 in 5,000 meters at Iowa State Classic... also ran collegiate-best mile (5:11.82) at Husker Invite and season-best 3,000 meters (10:23.54) at Jack Johnson Classic... placed 25th in 5,000 meters (18:29.45) at Big Ten Championships... **Outdoor** - redshirted... academic all-Big Ten... letterwinner... **Cross Country** - placed 60th (22:56) at Big Ten Championships, 92nd (23:14) at NCAA Midwest Regional and 247th (24:25) at NCAA Championships... ran collegiate bests at Hawkeye Open (10:53-3,000 meters), Early Bird Invite (14:59-4,000 meters) and Auburn Invite (17:50-5,000 meters)... the 4,000-meter time ranks 10th on Iowa's all-time best performers list... academic all-Big Ten... letterwinner.

2005 -- Indoor - placed 18th in 3,000 meters (10:28.90) at Big Ten Championships... ran season-best mile (5:15.87) at Gold Country Classic... **Outdoor** - placed 17th in 10,000 meters with a collegiate-best 38:45.97 at Big Ten meet... ran collegiate-best 1,500 meters (4:52.56) at Jim Duncan Invite... letterwinner... **Cross Country** - ran collegiate-best 6,000 meters (22:27) at NCAA Pre-Nationals, which ranks 10th on Iowa's all-time bests list... placed seventh at Hawkeye Invite (10:54) and 34th (18:13) at Willamette Invite, with season best performances... placed 53rd (23:16) at Big Ten Championships and 69th (23:16) at NCAA regional... academic all-Big Ten... letterwinner.

2004 -- Cross Country -- competed in five races... placed 57th at Murray Keating Invite (19:10.00), 81st at Big Ten Championships (23:56) and 121st at NCAA regional (23:16.94)... letterwinner.

High School -- ran on two-time conference champion two-mile relay... placed sixth in 3,200 meters at state track meet and 14th at state cross country meet senior year... three-time first team all-conference in cross country and six-time in track... Foot Locker all-Midwest cross country team selection... team co-captain and MVP in cross country and track senior year... coaches were Chris Ramsey, John Chandler and Jenny Bangle.

Personal -- born December 28, 1985... daughter of Phil and Jeanne Esche... older brother Matt ran on the Iowa men's cross country and track teams... communication studies major.

TRACK & FIELD

Meet the Hawkeyes



Brittany Graham

Junior - Distance

Wheaton, IL

Wheaton Warrenville South HS

2007 -- Indoor - did not compete... **Outdoor** - redshirted.

2006 -- Indoor - redshirted... **Outdoor** - ran collegiate-best 1,500 meters (5:16.70) at Musco Twilight VIII... **Cross Country** - did not compete.

2005 -- Cross Country - placed 48th

(11:55) at Hawkeye Invite.

High School -- cross country team captain senior year... placed seventh in conference indoor 3,200 meters as a junior and seventh in conference outdoor 3,200 meters as a senior... lettered three years in track and two in cross country... best times were 2:35 in 800 meters, 5:40 in 1,600 meters, 12:01 in 3,200 meters and 19:13 in cross country three miles... also competed in volleyball... earned academic all-conference and IHSA scholastic achievement awards in cross country and track... four-year honor roll student... coach was Rob Harvey.

Personal -- born June 3, 1987... daughter of Bob and Diane Graham.



Seniors Jessica Schmidt and Molly Esche

Graham's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	5:16.70	Musco Twilight VIII	4/22/06
3,000 Meters (CC)	11:55	Hawkeye Invite	9/2/05



Kara-Aretha Graham

Sophomore - Sprints

London, United Kingdom

Forest Girls School

2007 -- Indoor - won 200 meters at Iowa Invite (26.12)... part of runner-up 1,600-meter relay at Iowa Invite (3:58.23)... ran 200 meters at the Frank Sevigne Husker Invite (25.68) and Big Ten meet (25.83)...

Outdoor - qualified for NCAA regional as part of 1,600-meter relay that placed sixth in 3:39.36 at Drake Relays... that time ranks third in school history... placed sixth in 200 meters at Musco Twilight IX (25.34) and seventh at John Jacobs Invite (25.05)... member of ninth-place sprint medley relay (3:59.34) at Drake Relays... that time ranks third in school history... letterwinner.

High School -- member of the 2004 national champion team at English schools (Essex)... 2006 national relay champions at English schools (London)... school record holder in the 100 and 200 meters and long jump... seven-time district champion... team captain 2002-04... best times were 12.52 in 100 meters, 24.38 in 200 meters, 40.22 in 300 meters and 58.27 in 400 meters... coached by Christine Bowemaker and Lloyd Cowan

Personal -- born June 2006... daughter of Beverley and Carl Graham... psychology major.

Graham's Collegiate Bests

Event	Time	Meet	Date
200 Meters (O)	25.05	at John Jacobs Invite	4/14/07
400 Meters (O)	59.80	at Missouri Relays	3/31/07



TRACK & FIELD

Meet the Hawkeyes



Rachel Hawks

Junior - Distance

Marshalltown, IA

Marshalltown High School

2007 -- Indoor - placed fourth with collegiate-best mile (5:21.37) at Iowa Invite... **Outdoor** - ran collegiate-bests in 800 meters (2:29.74) at Musco Twilight IX and 1,500 meters (5:02.91) at John Jacobs Invite.

2006 -- Indoor - placed second in mile with season-best 5:25.97 at Iowa Open...

Outdoor - ran season-best 1,500 meters (5:07.39) at Tom Botts Invite and collegiate-best 3,000 meters (11:07.70) at Messersmith Invite... **Cross Country** - placed third at Early Bird Invite (15:33-4,000 meters) and 31st at Hawkeye Open (11:30-3,000 meters)... academic all-Big Ten... letterwinner.

2005 -- Cross Country - placed 50th (11:58) at Hawkeye Invite.

High School -- two-time all-conference in cross country, earning all-district honors as a junior... best times were 2:27 in 800, 11:37 in 3,000 and 15:13 in cross country... academic all-state in cross country, graduating with a 4.0 grade-point average... honor roll student... coaches were Larry Kester, Doug Bacon and Mark Chardulious.

Personal -- born December 28, 1986... daughter of Bruce and Deb Hawks... biomedical engineering major.

Hawks' Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	2:29.74	Musco Twilight IX	4/21/07
1,500 Meters (O)	5:02.91	at John Jacobs Invite	4/13/07
Mile (I)	5:21.37	Iowa Invite	2/16/07
3,000 Meters (O)	11:07.70	at Messersmith Invite	4/8/06
3,000 Meters (CC)	11:30	Hawkeye Open	9/9/06
4,000 Meters (CC)	15:33	at Early Bird Invite	9/1/06

Kerr's Collegiate Bests

Event	Mark	Meet	Date
60 Hurdles (I)	8.75	Iowa Open	1/15/05
100 Hurdles (O)	14.21	Musco Twilight IX	4/21/07
200 Meters (O)	25.49	at Drake Relays	4/25/07
400 Hurdles (O)	1:04.64	at Shamrock Invite	3/18/06
800 Meters (O)	2:27.66	at Big Ten Champ's	5/12/07
Long Jump (O)	18-2 1/4 (5.54 m)	at Big Ten Champ's	5/12/07
High Jump (I)	5-4 1/2 (1.64 m)	at Big Ten Champ's	2/25/07
Shot Put (O)	37-6 (11.43 m)	at Big Ten Champ's	5/13/05
Javelin (O)	157-0 (47.85 m)	at Big Ten Champ's	5/12/07
Pentathlon (I)	3,553 points	at Big Ten Champ's	2/24/07
Heptathlon (O)	5,332 points	at Big Ten Champ's	5/12/07



Tammilee Kerr

Senior - Multi-Events/Javelin

Portmore St. Catherine, Jamaica

Wolmer's Girl's High School

2007 -- Indoor - led team in pentathlon with a collegiate-best 3,553 points, which ranks third in school history... placed ninth in pentathlon (3,553) at Big Ten Championships... runner-up in 60-meter hurdles (9.06) and long jump (17-8 3/4) at Hawkeye Invite... posted collegiate-

best high jump (5-4 1/2) as part of Big Ten pentathlon... **Outdoor** - NCAA provisional qualifier in heptathlon, placing fourth with a school-record 5,332 points at Big Ten Championships... placed 22nd in heptathlon at NCAA Championships (5,204)... qualified for NCAA regional in javelin throwing a collegiate-best 157-0 as part of Big Ten heptathlon... that mark ranks second in school history... placed fourth in 100-meter hurdles (14.48), 200 meters (25.79) and high jump (5-4 1/4) as part of Big Ten heptathlon... placed fourth in javelin (142-1) as part of NCAA heptathlon... placed eighth in javelin at Big Ten meet (139-5) and 11th at NCAA regional (151-4)... academic all-Big Ten... letterwinner.

2006 -- Indoor - placed 12th in pentathlon (3,443) at Big Ten meet... placed fifth in pentathlon (3,383) at Husker Invite... **Outdoor** - placed sixth in javelin (141-0) at Big Ten Championships... threw season-best javelin (141-9) at Springtime Invite... academic all-Big Ten... letterwinner.

2005 -- Indoor - placed 16th in pentathlon (3,417) at Big Ten meet... won long jump (18-1 3/4) at Iowa Open, which ranks ninth in school history... ran collegiate-best 60-meter hurdles (8.75) at Iowa Open, which ranks seventh in school history... **Outdoor** - placed 10th in heptathlon (4,924) at Big Ten meet, which led team... placed seventh in javelin (133-7) at Big Ten meet and third (136-11) at Shamrock Invite... letterwinner.

High School -- two-time junior national and national club championships javelin champion... won javelin and placed third in heptathlon at National High School Championships junior year, and won long jump as a freshman... three-time track team captain... placed fourth in heptathlon and fifth in javelin at 2003 CARIFTA Championships... coached by Michael Carr and Michael Vassell.

Personal -- born May 13, 1986... daughter of Winston Kerr and Ceva McPherson-Kerr... athletic training major.



Christine Kotarba

Senior - Distance
Elmhurst, IL
York High School

2007 -- Indoor - did not compete... **Outdoor** - placed 23rd in 3,000 meters (11:16.24) at Musco Twilight IX.

2006 -- Indoor - did not compete... **Outdoor** - redshirted... **Cross Country** - did not compete.

2005 -- Indoor - placed 21st in 3,000 meters (10:45.94) at Big Ten meet... ran collegiate-best 3,000 meters (10:44.91) at Husker Invite and collegiate-best mile (5:17.45) at Iowa State Classic... **Outdoor** - ran season-best 1,500 meters (5:01.19) at Shamrock Invite... academic all-Big Ten... letterwinner... **Cross Country** - redshirted.

2004 -- Indoor - redshirted... **Outdoor** - placed eighth in 5,000 meters (18:38.28) at Musco Twilight VI... letterwinner... **Cross Country** - competed in five races... ran collegiate-best 6,000 meters (22:33:70) at NCAA Pre-National... that time ranks seventh in school history... placed 44th (18:50:50) at Murray Keating Invite... academic all-Big Ten... letterwinner.

2003 -- Cross Country - ran collegiate-best 5,000 meters (18:32) at Willamette Invite.

High School -- four-time all-conference in cross country and track... two-time all-region in cross country... won indoor mile conference title... all-section in cross country and team captain senior year... academic all-conference in cross country and track... two-time Most Improved Runner in cross country and track, earning sportsmanship award senior year... National Honor Society and Math National Honor Society member... coaches were Larry Bassett, Wendy Ihms and Annette Schulte.

Personal -- born October 11, 1984... daughter of Richard and Maryann Kotarba... her brother, Steve, played baseball at Indiana University... elementary education major.

Kotarba's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	5:00.47	at Long Beach State	4/17/04
Mile (I)	5:17.45	at Iowa State Classic	2/12/05
3,000 Meters (I)	10:44.91	at Husker Invite	2/5/05
3,000 Meters (CC)	11:17	Hawkeye Invite	8/29/03
4,000 Meters (CC)	15:45	Hawkeye Triangular	9/10/04
5,000 Meters (O)	18:38.28	Musco Twilight VI	5/1/04
5,000 Meters (CC)	18:32	at Willamette Invite	10/4/03
6,000 Meters (CC)	22:33.7	at NCAA Pre-Nationals	10/16/04

The Marchand File

- All-American •
- Two-Time All-Region Honoree •
- All-Big Ten Selection •



Racheal Marchand

Senior - Distance
Valparaiso, IN
Valparaiso High School

Career Highlights -- cross country all-American... two-time all-region honoree.

2007 -- Indoor - placed 11th in 5,000 meters at Big Ten Championships (17:04.29) and 13th at Cyclone Classic (17:19.60)... placed

31st in 3,000 meters (10:13.79) at Mayo Invite... **Outdoor** - placed sixth in 5,000 meters with a collegiate-best 16:27.72 at NCAA regional, earning all-region honors... that time ranks sixth in school history... ran 16:41.35 in 5,000-meter prelims at NCAA Championships... NCAA provisional qualifier in 10,000 meters with collegiate-best 34:50.37 for third place at Big Ten Championships... that time ranks sixth in school history... qualified for NCAA regional in 5,000 meters (16:35.04) at Drake Relays... placed third in 3,000 meters (9:45.50) at Musco Twilight IX, which ranks ninth in school history... letterwinner.

2006 -- Indoor - placed 11th in 3,000 meters (10:01.58) at Big Ten Championships... **Outdoor** - placed seventh in 5,000 meters (17:17.01) at NCAA regional, earning all-region honors... qualified for regional meet in 5,000 meters (16:48.07)... provisionally qualified for NCAA Championships in 10,000 meters (34:51.68), leading team in that event... placed eighth in 10,000 meters (34:51.68) and 11th in 5,000 meters (16:48.07) at Big Ten Championships... placed 14th in 5,000 meters (17:10.29) at Drake Relays... placed fifth in 3,000 meters (10:01.49) at Iowa Musco Twilight VIII... won 3,000 meters (10:28.45) at Shamrock Invite... letterwinner... **Cross Country** - all-American, placing 30th (21:18) at NCAA Championships... placed ninth at NCAA Midwest Regional (21:07), earning all-region honors... placed 12th at Big Ten Championships (21:05), earning second team all-Big Ten honors... ran collegiate bests at Hawkeye Open (10:29-3,000 meters), Auburn Invite (17:02-5,000 meters) and NCAA Pre-Nationals (20:53-6,000 meters)... those times rank sixth, ninth and third, respectively, on Iowa's all-time bests list... letterwinner.

2005 -- Indoor - placed 20th in mile (5:12.34) at Minnesota Invite... **Outdoor** - placed 27th in 5,000 meters (18:08.54) and ran season-best 1,500 meters (4:41.96) at Big Ten Championships... letterwinner... **Cross Country** - placed 18th (21:38) at NCAA regional, earning all-region honors... placed 22nd at Big Ten Championships (21:59), 31st at Willamette Invite (18:11) and sixth at Hawkeye Invite (10:53)... placed 72nd (21:41) at NCAA Pre-Nationals... letterwinner.

2004 -- Cross Country - competed in five races... ran season best 6,000 meters (21:45:07) for 41st place at NCAA regional... placed 21st at Big Ten Championships and 28th (18:18:30) at Murray Keatinge Invite... letterwinner.

High School -- all-American, placing 10th at Footlocker National Cross Country meet senior year... placed fourth at Footlocker Regional Cross



TRACK & FIELD

Meet the Hawkeyes

Country meet as a senior... 2003 Footlocker finalist... won two conference titles... four-time all-conference and all-state, earning all-area honors three years... two-time team MVP... team captain senior year... set school records in 800 meters (2:15), 3,200 meters (10:45) and cross country 4,000 meters (14:12)... coaches were Karen DeVries, Mick Cavanaugh and Jim McCall.

Personal -- born December 23, 1985... daughter of Hector and Debbie Marchand... interdisciplinary studies major.

Marchand's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	4:39.69	at Aztec Track Classic	3/17/07
Mile (I)	5:12.16	at Husker Invite	2/4/06
3,000 Meters (O)	9:45.50	Musco Twilight IX	4/21/07
3,000 Meters (CC)	10:29	Hawkeye Open	9/9/06
4,000 Meters (CC)	14:48	Hawkeye Triangular	9/10/04
5,000 Meters (O)	16:27.72	at NCAA Regional	5/25/07
5,000 Meters (CC)	17:02	at Auburn Invite	9/30/06
6,000 Meters (CC)	20:53	at Pre-Nationals	10/14/06
10,000 Meters (O)	34:50.37	at Big Ten Championships	5/12/07



**Senior
Monica Mims**



Monica Mims

Senior - Middle Distance
Iowa City, IA
City High School

2007 -- Indoor - ran collegiate-best 600 meters(1:35.54)at Big Ten Championships... won that event at Iowa Invite (1:38.05) and placed third (1:38.99) at Hawkeye Invite... **Outdoor -** anchored 1,600-meter relay that placed sixth at Drake Relays, running a season-best and NCAA regional-qualifying

3:39.36 in the prelims... that time ranks third in school history... anchored third-place 1,600-meter relay (3:39.64) at Big Ten Championships, which ranks fourth in school history... ran collegiate-best 400 meters (57.98) at Musco Twilight IX... academic all-Big Ten... letterwinner.

2006 -- Indoor - led team in 600 yards, running a collegiate-best 1:27.53 at Iowa State Classic... **Outdoor -** ran season-best 400 meters (59.55) at Shamrock Invite and collegiate-best 800 meters (2:18.04) at Musco Twilight VIII... academic all-Big Ten... letterwinner.

2005 -- Indoor - placed fifth in 800 meters at Gold Country Classic (2:24.73)... ran season-best 600 yards (1:30.12) at Iowa State Classic...

Outdoor - ran season-best 2:29.48 in 800 meters at Jim Duncan Invite... academic all-Big Ten... letterwinner.

2004 -- Indoor - runner-up in 600 meters with a season-best 1:40.20 at Hawkeye Invite... won 600 (1:40.52) at Iowa Open... **Outdoor -** redshirted.

2003 -- Cross Country - redshirted.

High School -- ran on six state champion and four conference champion relays... set state meet and school record as part of distance medley relay (4:03.56)... set school records as part of 1,600 (3:56.94) and 3,200-meter relays (9:11)... ran on 3,200-meter relay that placed fourth at Adidas National Championships junior year... two-time track team MVP... track and cross country team captain senior year... National Honor Society member... coaches were Tom Mittman and Terry Coleman.

Personal -- born December 12, 1984... daughter of Fred and Susan Mims... father played basketball and baseball at Iowa, played baseball for the Houston Astros and is one of Iowa's Associate Athletics Directors... mother ran track and cross country at Iowa... her brother, Jeremy, runs track for Nike, her brother, Corey, runs track at the University of Kansas and her sister, Kelsey, runs track at Iowa... African-American world studies major.

Mims' Collegiate Bests

Event	Time	Meet	Date
400 Meters (O)	57.98	Musco Twilight IX	4/21/07
600 Yards (I)	1:27.53	at Iowa State Classic	2/11/06
600 Meters (I)	1:35.54	at Big Ten Championships	2/24/07
800 Meters (O)	2:18.04	Musco Twilight VIII	4/22/06



Diane Nukuri

Senior - Distance

Pickering, Ontario

St. Charles Garnier High School

Butler County CC

Career Highlights -- two-time all-American... two-time all-region honoree... 2006 NCAA Midwest Regional Cross Country Champion... sets school 3,000 (9:47), 5,000 (16:10) and 6,000-meter (20:34) cross country records... set Ashton Cross

Country Course 3,000-meter record (9:47)... nine-time NJCAA national champion, winning two titles each in half marathon, mile, 3,000 meters and 5,000 meters, and one title in cross country for Butler Community College (2004-06)... 17-time NJCAA all-American... two-time NJCAA Indoor Athlete of the Meet... set NJCAA meet records in half marathon and indoor 5,000 meters... set NJCAA all-time records in half marathon, indoor 3,000 meters and indoor 5,000 meters... 11-time NJCAA Region VI champion, going undefeated at that meet two straight years... three-time NJCAA Region VI Athlete of the Meet... set NJCAA regional records in cross country, mile, 1,500 meters, 3,000 meters and 5,000 meters.

2007 -- Indoor - led team in 5,000 meters (16:24.50)... runner-up in 3,000 (9:32.75) and 5,000 meters (16:24.60) at Big Ten Championships... provisionally qualified for NCAA Championships in both events... best 3,000-meter time (9:28.41) ranks fifth and 5,000-meter time (16:24.50) ranks sixth in school history... runner-up in mile at Last Chance Qualifier with a collegiate-best 4:46.25, which ranks fifth in school history... won 5,000-meters (16:24.60) at Iowa State Classic... **Outdoor** - all-American, placing seventh in 10,000 meters (33:30.29) at NCAA Championships... that time led team and ranks second in school history... also led team in 3,000 (9:23.90) and 5,000 meters (16:15.28)... those time ran fourth and second, respectively, in school history... NCAA provisional qualifier in 10,000 meters... placed sixth in 1,500 meters (4:24.30) at NCAA regional, earning all-region honors... qualified for regional in 1,500 (4:20.95) and 5,000 meters (16:15.28)... won 5,000 meters at Drake Relays with a collegiate-best 16:15.28... won 1,500 meters (4:20.95) at Aztec Classic, which ranks third in school history... Big Ten runner-up in 5,000 meters (16:26.08), placing fourth in 10,000 meters (34:52.46)... set meet record

and ran collegiate best 3,000 meters (9:23.90) at Musco Twilight IX... ran lead leg on 3,200-meter relay that placed ninth (9:05.13) at Drake Relays... letterwinner.

2006 -- Cross Country - all-American placing eighth (21:05) at NCAA Championships... NCAA Midwest Regional Champion, winning the 6,000-meter race in a school record-setting 20:34... also won Hawkeye Open (9:47-3,000 meters) and Auburn Invite (16:10-5,000 meters) with school record-setting times... named Big Ten Women's Cross Country Runner of the Week (Oct. 3) for her performance at Auburn... set Ashton Cross Country Course 3,000-meter record (9:47) at Hawkeye Open... placed 16th at Big Ten Championships (21:16) and 63rd at NCAA pre-nationals (21:17)... letterwinner.

Previous College Experience -- competed for Butler County Community College (2004-06)... nine-time NJCAA national champion, winning two titles each in half marathon, mile, 3,000 meters and 5,000 meters, and one title in cross country... 17-time NJCAA all-American... two-time NJCAA Indoor Athlete of the Meet... set NJCAA meet records in half marathon and indoor 5,000 meters... set NJCAA all-time records in half marathon, indoor 3,000 meters and indoor 5,000 meters... 11-time Region VI champion, going undefeated at that meet two straight years... three-time Region VI Athlete of the Meet... set regional records in cross country, mile, 1,500 meters, 3,000 meters and 5,000 meters... set 11 school records at Butler... best times were 2:18 in 800 meters, 4:27.13 in 1,500 meters, 4:49 in mile, 34:30 in 1,000 meters, 16:36 in 5,000 meters, 17:15 in cross country 5,000 meters, 21:12 in cross country 6,000 meters and 1:16:01 in half marathon.

High School -- competed at 2000 Olympic Games for native country of Burundi in 5,000 meters... placed 17th at World Junior Cross Country Championships... coached by Coach Ross R.

Personal -- born December 1, 1984... daughter of Niyikundana Calinie and Bangirrcenga Stanley... communication studies major.

Nukuri's Collegiate Bests

Events	Time	Meet	Date
1,500 Meters (O)	4:20.95	at Aztec Track Classic	3/17/07
Mile (I)	4:46.25	at NCAA Qualifier	3/3/07
3,000 Meters (O)	9:23.90	Musco Twilight IX	4/21/07
3,000 Meters (CC)	9:47	Hawkeye Open	9/9/06
5,000 Meters (O)	16:15.28	at Drake Relays	4/26/07
5,000 Meters (CC)	16:10	at Auburn Invite	10/14/06
6,000 Meters (CC)	20:34	at NCAA Regional	11/11/06
10,000 Meters (O)	33:30.29	at NCAA Championships	6/7/07

The Nukuri File

- Two-Time All-American •
- 2006 Midwest Region Cross Country Champion •
- 2006 Midwest Region Cross Country Athlete of the Year •
- 2007 Drake Relays 5,000-Meter Champion •
- Two-Time All-Region Honoree •
- All-Big Ten Honoree •
- School Record Holder •



TRACK & FIELD

Meet the Hawkeyes



Erin O'Hern
Senior - Throws
Johnston, IA
Phillips Academy Andover

2007 -- did not compete.

2006 -- **Indoor** - runner-up in weight throw with a collegiate-best 51-11 at Iowa Open... that mark ranks second in school history... placed 15th in weight throw (49-9 3/4) at Big Ten meet... **Outdoor** - placed seventh in hammer at Musco Twilight VIII with a col-

legiate-best 166-0, which ranks second in school history... placed 12th in hammer (152-6) at Big Ten meet and second at Tom Botts Invite (156-2)... academic all-Big Ten... letterwinner.

2005 -- **Indoor** - placed fifth in weight throw (47-7 3/4) at Hawkeye Open...

Outdoor - placed fifth in hammer (158-0) at Musco Twilight VII and 19th at Big Ten Championships (148-9)... academic all-Big Ten... letterwinner.

2004 -- **Indoor** - led team in weight throw... placed fifth in weight throw with season-best 43-9 1/4 at Iowa Open... **Outdoor** - led team in discus... threw season-best hammer (130-8) at Tom Botts Invite ... threw collegiate-best discus (106-1) at Iowa Musco Twilight VI.

High School -- runner-up in shot (34-1) and discus (104-8) at New England Prep finals senior year... placed 29th in discus at 2002 USATF nationals... coach was Lou Bernieri.

Personal -- born August 2, 1985... daughter of Joe and Lynn O'Hern... father was an NCAA finalist in the weight throw for Princeton University track team... is in her second year of law school.

O'Hern's Collegiate Bests

Event	Distance	Meet	Date
Wt. Throw (I)	51-11 (15.82 m)	Iowa Open	2/17/06
Hammer (O)	166-0 (50.60 m)	Iowa Musco Twilight VIII	4/22/06
Discus (O)	106-1 (32.33 m)	Musco Twilight VI	5/1/04



Sophia Poncé
Sophomore
Sprints/Middle Distance
Rockton, IL
Hononegah High School

2007 -- **Indoor** - led team in 600 yards (1:24.55) and ran on team-leading 1,600 (3:42.75) and distance medley (12:31.55) relays... the 600-yard time ranks fifth and the 1,600-meter relay time ranks third in school history... ran on 1,600-meter relay

that placed sixth (3:45.45) and distance medley relay that placed ninth (12:31.55) at Big Ten Championships... placed second in 600 meters at Hawkeye Invite (1:36.59) and seventh at Jack Johnson Classic (1:36.57)...

Outdoor - led team in 800 meters (2:10.35) and ran on team-leading sprint medley (3:59.34) and distance medley (11:25.05) relays... the distance medley time ranks second and the sprint medley time ranks third in school history... placed ninth in 800 meters (2:13.40) at Big Ten Championships, running a collegiate-best 2:10.35 in the prelims... that time ranks seventh in school history... placed third in 800 meters (2:13.36) at Musco Twilight IX... ran on distance medley relay that placed sixth (11:25.05) and sprint medley relay that placed ninth (3:59.34) at Drake Relays... letterwinner.

High School -- won 400-meter state title (55.40) senior year, anchoring runner-up 800-meter medley relay to school record (1:45.61)... four-time conference champion... three-time conference and team MVP... three-time all-state, earning all-America honors as a junior... four-time all-conference... team captain senior year... set school records in 200 meters (25:11), 400 meters (55.31), 800 meters (2:21) and mile (5:18)... 2006 President's outstanding academic excellence award winner... coached by Mark McLarty.

Personal -- born April 9, 1988... daughter of Kenneth and Kathleen Poncé... chemistry major.

Poncé's Collegiate Bests

Event	Mark	Meet	Date
400 Meters (I)	58.61	at Cyclone Invitational	2/10/07
600 Yards (I)	1:24.55	at Frank Sevigne Husker Invite	2/2/07
600 Meters (I)	1:36.57	at Jack Johnson Classic	1/20/07
800 Meters (O)	2:10.35	Big Ten Championships	5/12/07

TRACK & FIELD

Meet the Hawkeyes



Jessica Schmidt

Senior - Distance

Hilliard, OH

Hilliard Davidson High School

2007 -- Indoor - ran collegiate-best mile (5:01.00) at Meyo Invite... placed seventh in mile (5:02.02) at Jack Johnson Classic... ran on team-leading distance medley relay (12:31.55) that placed ninth at Big Ten Championships... **Outdoor** - ran collegiate-best 1,500 meters (4:42.19) at Musco

Twilight IX and collegiate-best 800 meters (2:20.18) at Aztec Classic... anchored ninth-place 3,200-meter relay (9:05.13) at Drake Relays... academic all-Big Ten... letterwinner.

2006 -- Indoor - ran season-best mile (5:03.29) at Big Ten Championships and collegiate-best 3,000 meters (10:33.79) at Jack Johnson Classic...

Outdoor - led team in 3,000-meter steeplechase (11:20.85)... that time ranks fourth on Iowa's all-time best performers list... ran on distance medley relay that led team and placed 12th at Drake Relays (12:06.08)... ran season-best 1,500 meters (4:45.58) at Messersmith Invite... letterwinner...

Cross Country - only Hawkeye to compete in all seven races... placed 47th at NCAA Midwest Regional with a collegiate-best 22:20, which ranks ninth on Iowa's all-time bests list... placed 52nd at Big Ten Championships (22:44) and 202nd at NCAA Championships (23:05)... ran collegiate bests at Hawkeye Open (10:46-3,000 meters), Early Bird Invite (14:47-4,000 meters) and Auburn Invite (17:44-5,000 meters)... the 3,000 and 4,000 meters times rank ninth and seventh, respectively, in school history... letterwinner.

2005 -- Indoor - won mile (5:13.67) at Hawkeye Open... **Outdoor** - led team in 3,000-meter steeplechase (11:28.23)... runner-up in steeplechase (11:28.23) at Musco Twilight VII and placed 13th (11:32.82) at Big Ten Championships... letterwinner... **Cross Country** - placed 54th (23:16) at Big Ten Championships and 72nd (23:32) at NCAA Midwest Regional... ran season-bests at Hawkeye Invite (11:02-3,000 meters), Willamette Invite (18:54-5,000 meters) and NCAA Pre-Nationals (22:54-6,000 meters)... letterwinner.

2004 -- Cross Country - placed 75th (19:33:80) at Murray Keatinge Invite and 89th (24:24) at Big Ten meet... letterwinner.

High School -- ran on conference champion 3,200-meter relay and earned all-state honors junior year... earned all-America honors as part of 4xMile relay as a junior... placed third as a sophomore and fourth as a senior at conference cross country meet... placed second in 3,200 meters and fourth in 1,600 meters at conference meet senior year... four-time all-conference, three-time all-district and two-time team captain in cross country and track... National Honor Society member and four-year high honor roll student... coaches were Pat Schlect and Beth Forney.

Personal -- born December 31, 1985... daughter of John and Sandy Schmidt... health and sport studies major.

Schmidt's Collegiate Bests

Event	Time	Meet	Date
800 Meters (O)	2:20.18	at Aztec Classic	3/17/07
Mile (I)	5:01.00	at Meyo Invitational	2/3/07
1,500 Meters (O)	4:42.19	Musco Twilight IX	4/21/07
3,000 Meters (I)	10:33.79	at Jack Johnson Classic	1/21/06
3,000 Meters (CC)	10:46	Hawkeye Open	9/9/06
3,000 Steeplechase (O)	11:20.85	at Shamrock Invite	3/18/06
4,000 Meters (CC)	14:47	at Early Bird Invite	9/1/06
5,000 Meters (CC)	17:44	at Auburn Invite	9/30/06
6,000 Meters (CC)	22:20	at NCAA Regionals	11/11/06



Kelsey Stueland

Sophomore - Middle Distance

Tipton, IA

Tipton High School

2007 -- Indoor - ran season-best mile (5:31.25) at Iowa State Classic... **Outdoor** - placed 20th in 1,500 meters (5:15.66) at Musco Twilight IX.

High School -- three-time team state champion in track and cross-country... four-time track conference champion... four

time team cross-country conference champion... four time all-conference and all-district in cross-country... qualified for state cross country meet four times and state track meet eight times... placed fourth at the state cross-country meet as a junior... placed eighth at the state meet in the 1,500 meters as a junior... ran at the Drake relays on the 3,200-meter relay as a senior... best times were 15:15 in the 4,000 meters, 10:57 in the 3,000 meters, 4:58 in the 1,500 meters and 2:27 in the 800 meters... also played basketball... coached by Dave Vogelgesang, Jenny King and Dave Fetterman.

Personal -- born September 10, 1987... daughter of Mark and Karen Stueland... Nursing major.

Stueland's Collegiate Bests

Event	Time	Meet	Date
1,500 Meters (O)	5:20.61	Musco Twilight IX	4/21/07
Mile (I)	5:31.25	at Cyclone Invite	2/10/07



TRACK & FIELD

Meet the Hawkeyes



Rhonda-Kaye Trusty

Sophomore - Sprints
Brampton, Ontario
St. Marguerite D'youville HS

2007 -- Indoor - won 60 meters with a collegiate-best 7.63 at Iowa Invite...that time ranks sixth in school history... ran season-best 200 meters (24.94) at Iowa State Classic... **Outdoor** - led team in 200

meters (24.23)... qualified for NCAA regional as part of 400-meter relay (45.21) at Drake Relays... that time led team and ranks sixth in school history... ran collegiate bests in 100 meters (12.04) at Auburn Tiger Classic and 200 meters (24.23) at Aztec Classic... runner-up in 200 meters (24.55) at Musco Twilight IX... letterwinner.

High School -- four-time OFSAA champion... runner-up at Canadian Junior Nationals as a freshman and third as a sophomore... earned Myrtle Cook Trophy Award for best Canadian athlete age 16 and under... semifinalist in 100 meters at 2003 World Junior Championships... Canadian Pan-American Games team members... best times were 11.85 in 100 meters and 24.72 in 200 meters... coached by Randy Gillon.

Personal -- born January 10, 1988... daughter of Roy and Erica Trusty... biology major.

Trusty's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.63	Iowa Invitational	2/16/07
100 Meters (O)	12.04	at Auburn Tiger Classic	4/7/07
200 Meters (O)	24.23	at Aztec Classic	3/17/07



Renee White

Junior - Jumps/Sprints
Portmore, Jamaica
Wolmer's Girl's High School

Career Highlights -- set school indoor and outdoor triple jump records (41-5 3/4, 42-1 1/2).

2007 -- Indoor - set school triple jump record (41-5 3/4) at Iowa State Classic... placed seventh in triple jump (40-10 1/2) and eighth in long jump (19-2 1/2) at Big

Ten Championships... won triple jump (40-0 3/4) at Carle/Health Alliance Classic... won long jump (18-0 1/2) and 60 meters (7.88) at Hawkeye Invite... **Outdoor** - qualified for regional in triple jump with winning and school-record setting 42-1 1/2 for second place at Big Ten Championships... first Hawkeye in school history to jump over 42 feet in that event... won triple jump at Auburn Tiger Classic, setting then-school record 41-3 3/4... also led team in long jump (19-1 1/4)... placed sixth in triple jump (41-2 1/2) at Drake Relays... placed 12th in triple jump (41-0 1/2) at NCAA regional... won triple jump (40-7 3/4) and placed third in long jump (19-1 1/4) at Missouri Relays... won triple jump (40-3 1/4) and ran on winning 400-meter relay (46.23) at Musco Twilight IX... placed second in long jump at Aztec Classic (18-8 1/2) and fourth at John Jacobs Invite (18-9).

2006 -- Indoor - led team in long jump (19-3 1/4)... recorded season best long jump (19-3 1/4) at Husker Invite, which ranks second on Iowa's all-time best performers list... won long jump (19-1 1/4) at Hawkeye Open... **Outdoor** - qualified for NCAA regional in long jump (19-9 3/4)... that mark led team and ranks second in school history... placed 19th in long jump (19-2 3/4) at NCAA regional... won long jump (19-6) at Messersmith Invite... placed 14th in long jump (18-7) and 16th in triple jump (36-9 1/2) at Big Ten Championships... letterwinner.

High School -- represented Jamaica at CAC Games in Grenada, earning most outstanding athlete honors and winning three gold and one bronze medal... Class 4 champion at Boys and Girls Championships, winning gold in the hurdles and long jump... also won Class 3 gold medal in long jump and silver in hurdles, Class 2 silver medal in long jump and ran first leg on Class 1 bronze medal 400-meter relay... best marks are 19-11 3/4 in long jump and 40-0 3/4 in triple jump... coach was Michael Carr.

Personal -- born November 8, 1986... daughter of Cecil White, and Edward and Lorna Tingle... biology major.

White's Collegiate Bests

Event	Mark	Meet	Date
60 Meters (I)	7.83	at Jack Johnson Classic	1/20/07
100 Meters (O)	12.34	at Missouri Relays	3/31/07
200 Meters (O)	25.31	at Aztec Classic	3/16/07
Long Jump (O)	19-9 3/4 (6.04 m)	at Springtime Invite	4/1/06
Triple Jump (O)	42-1 1/2 (12.84 m)	at Big Ten's	5/13/07

TRACK & FIELD

Meet the Hawkeyes



Fionna Fallon

Sophomore - Distance
Des Moines, IA
Roosevelt High School
Portland State University

2007 -- redshirted indoor track season at Portland State University... ran 10:45 in 3,000 meters and 18:10 in 5,000 meters at Willamette Invite during outdoor season... best 1,500-meter time was 4:59.

High School -- three-time state cross country qualifier... best cross country 4,000-meter time was 15:20... three-time Drake Relays and two-time state track meet competitor... ran best 3,000 meters (10:37) at Lincoln Invite... four-time all-conference in cross country and two time in track...two-time all-state and three-time all-district... ran on school-record setting 3,200-meter relay (9:36)... other best times were 4:55 in 1,500 meters, 10:37 in 3,000 meters, 15:20 in 4,000 meters, 18:10 in 5,000 meters and 24:26 in 6,000 meters... also played soccer for two years... graduated in top 15 percent of class... "A" and "B" honor roll student... coached by Jacob Kaemmer.

Personal -- born October 17, 1987... daughter of Ed Fallon and Kristin Maahs... psychology major.



Karessa Farley

Freshman - Hurdles
Bridgetown, Barbados
Queen's College HS

High School -- 100-meter hurdles high school champion senior year... named high school athlete of the year as a senior... four-time competitor at CARIFTA Games, earning bronze medal in 2006... best 100-meter hurdles time was 13.92... also competed at Central American Games

and Pan American Junior Championships... coached by Brian Holder and Gabriel Burnett... two-time national netball team member.

Personal -- born December 8, 1988... daughter of Matthew Farley and Alphine Farley... open major.



Kathryn Guess

Freshman - Distance
Des Moines, IA
Lincoln High School

High School -- cross country team captain senior year... placed 15th at state meet (11:05) and third at conference meet (11:19) in 3,000 meters as a senior... best times were 5:14 in 1,500 meters, 11:05 in 3,000 meters and 15:50 in 2.4 miles... coaches were Dawn Stallman, Darin Dowling and

Megan Dabroski... also played basketball and softball... graduated in top 15 percent of high school class.

Personal -- born May 25, 1989... daughter of Mark and Sue Guess... performing arts entrepreneurship major.



Amanda Hardesty

Freshman - Distance
Valparaiso, IN
Valparaiso High School

High School -- four time all-state cross country and two time in track... cross country team MVP and state all-star in cross country senior year... conference, sectional, and regional cross country champion senior year... second team all-regional at Footlocker meet... placed fifth as a junior

and senior, 16th as a sophomore and 32nd as a freshman at the state cross country meet... ran on 3,200-meter relay that placed second and placed seventh in mile at state track meet... her team placed second at state track meet... also competed in swimming... National Honor Society member... graduated with academic honors... coached were Karen Devries, Mick Cavanaugh and Jim McCall.

Personal -- born December 11, 1988... daughter of Mark and Mary Hardesty... twin sister, Amanda, also runs track and cross country at Iowa... pre-nursing major.



TRACK & FIELD

Meet the Hawkeyes



Lauren Hardesty

Freshman - Distance
Valparaiso, IN
Valparaiso High School

High School -- state 1,600-meter champion (4:56) junior year... four-time first team all-state in cross country and two-time in track... three-time cross country and track team MVP... state all-star in cross country senior year... conference (5:04) and district (5:10) 1,600-meter champion senior year...

placed fifth at state cross country meet sophomore year, seventh as a junior, 11th as a senior and 12th as a freshman... placed sixth in 1,600 meters, ninth in 800 meters and placed second as part of 3,200-meter relay at state meet senior year... coaches were Karen Devries, Mick Cavanaugh and Jim McCall... also competed in basketball and swimming... graduated with academic honors.

Personal -- born December 11, 1988... daughter of Mark and Mary Hardesty... twin sister, Amanda, also runs track and cross country at Iowa... open major.



Tiffany Hendricks

Freshman
Hurdles/Jumps/Multi-Events
Burlington, IA
Burlington High School

High School -- state champion as part of shuttle hurdle relay sophomore year, placing second as a senior... also placed fourth as part of sprint medley relay, fourth as part of 400-meter relay and fifth in long jump at state meet senior year... four-time

district champion and five-time district runner-up... two-time conference champion and three-time runner-up... two-time all-state, elite all-state and all-conference... three-time four-event qualifier at state meet... set school records in long jump (18-3 1/2) and as part of shuttle hurdle relay (1:00.96) and sprint medley relay (1:50.11)... other best times were 12.52 in 100 meters, 25.84 in 200 meters and 59.0 in 400 meters... coach was Maureen Heath... three-year letterwinner in volleyball... four-year honor roll student.

Personal -- born January 9, 1989... daughter of Michael and Gwendolyn Hendricks... psychology/pre-law major.



Lisa Mellecker

Freshman - Sprints
Coralville, IA
Iowa City West High School

High School -- four-time elite all-state and all-conference... ran on state champion distance medley relay freshman year... placed second in 200 meters as a junior and third as a senior and sophomore... ran on 800-meter relay that placed third at state meet three times... eight-time district

champion and three-time runner-up... three-time conference champion and seven-time runner-up... set school records in 100 (12.31) and 200 meters (25.18), and as part of 400 (48.74), 800 (1:43.27), 1,600-meter (3:54.03) and sprint medley relays (1:49.81)... coach was Mike Parker... also played basketball.

Personal -- born October 29, 1988... daughter of Dave and Margaret Mellecker... open major.



Kelsey Mims

Freshman - Sprints
Iowa City, IA
City High School

High School -- ran on three state champion cross country teams and one state champion track team... ran on state runner-up distance medley relay senior year... ran on two conference champion track and cross country teams... four-time Drake Relays qualifier... best times were

59.70 in 400 meters and 2:28 in 800 meters... coaches were Tom Mittman and Terry Coleman... also played basketball and was a member of high school dance team.

Personal -- born August 1, 1989... daughter of Fred and Susan Mims... father played basketball and baseball at Iowa, played baseball for the Houston Astros and is one of Iowa's Associate Athletics Directors... mother ran track and cross country at Iowa... her brother, Jeremy, runs track for Nike, her brother, Corey, runs track at the University of Kansas and her sister, Monica, runs track at Iowa... open major.



Abbie Mumpower

Freshman

Hurdles/Multi-Events/Sprints

Quincy, IL

Quincy High School

High School -- 2007 *Quincy Herald Whig* all-area track team member... won section and conference titles senior year... all-conference in track and cross country senior year... two-time team MVP... three-time state qualifier... four-year track letterwinner...

set school record in 100-meter hurdles (15.1)... other best marks were 47.9 in 300-meter hurdles, 12.5 in 100 meters, 27.6 in 200 meters, 62.8 in 400 meters, 2:45.3 in 800 meters, 2,478 points in pentathlon, 4-10 in high jump, 7-0 in pole vault, 28-5 in shot put, 64-8 in discus and 8.84 in 55-meter hurdles... coaches were Kerry Anders and Darren Bishop... also participated in cross country and gymnastics... academic all-conference in track and cross country senior year.

Personal -- born September 22, 1988... daughter of Curt and Ellen Mumpower... open major.



Bethany Praska

Freshman

Sprints/Middle Distance

Longmont, CO

Longmont Christian HS

High School -- three-time state champion and two-time runner-up... three-time all-state and all-region, earning all-conference honors twice... team MVP and conference track athlete of the year as a sophomore... six-time district champion and three-time

runner-up... five-time conference champion and three-time runner-up... set school record in 400 meters (55.7)... other best times were 12.9 in 100 meters, 25.13 in 200 meters and 21:21 in 800 meters... three-time state Junior Olympics champion... coach was Tim McIntire... two-time letterwinner in volleyball, earning all-state honorable mention and second team all-league honorable mention honors senior year... set school kill record in volleyball... also lettered in soccer... four-year honor roll student and academic letterwinner... Colorado High School Athletic Association athletic academic first team senior year.

Personal -- born June 10, 1989... daughter of Mark and Kathy Praska... pre-physical therapy major.



Kimberly Stanford

Freshman - Hurdles/Sprints

St. Michael, Barbados

Harrison College High School

High School -- team captain for two Barbados national teams in 2006... team captain for high school and athletic program teams senior year... state 100-meter hurdles champion senior year after placing second as a junior and third as a freshman... set school 100-meter hurdles record... best

times were 13.98 in 100-meter hurdles, 12.39 in 100 meters and 1:04.56 in 400-meter hurdles... coached by Adrian Thorn.

Personal -- born September 7, 1988... daughter of Patrick Carter and Rhonda Stanford... pre-medicine major.



Jessica Weckerly

Freshman - Throws

Sycamore, IL

Sycamore High School

High School -- conference discus champion junior year, placing second as a sophomore... two-time all-conference, team captain and team MVP... academic all-conference... set school discus record (118-6)... best shot put was 35-0... four-year honor roll student... coach was Joe McCormick.

Personal -- born January 14, 1989... daughter of Mike and Sandie Weckerly... biology major.



Caitlin Wooldridge

Freshman - Distance

Fox River Grove, IL

Cary-Grove High School

High School -- three-time all-conference... two-time all-region, all-section, all-area and state qualifier... two-time team captain and MVP... placed third at conference cross country meet sophomore year (21:06) and fifth as a junior (19:14)... set school indoor records in 1,000 (3:24.1), 1,600 (5:43.5)

and 3,200 meters (12:23.0)... coached by Mark Anderson... three-year letterwinner in soccer, earning all-conference and team captain honors senior year... four-year honor roll student... academic all-conference.

Personal -- born March 2, 1989... daughter of Gary and Janie Wooldridge... integrated physiology major.