



Men's Top 10 All-Time Best Performers

6,000 Meters

1. Ian Eklin 18:10 2017 Hawkeye Invite
2. Michael Melchert 18:12 2016 Hawkeye Invite
3. Eric MacTaggart 18:18 2005 Hawkeye Invite
4. Jeff Thode 18:21 2009 Hawkeye Invite
5. Dan Haut 18:24 2005 Hawkeye Invite
6. **Nathan Mylenek 18:26 2017 Hawkeye Invite**
7. Jeff Kent 18:27 2005 Hawkeye Invite
8. Nick Holmes 18:30 2009 Hawkeye Invite
9. Ben Anderson 18:31 2016 Hawkeye Invite
10. Adam Roche 18:33 2005 Hawkeye Invite
Sam Bailin 18:33 2009 Hawkeye Invite
Kevin Lewis 18:33 2013 Iowa Invite

8,000 Meters

1. Jesse Luciano 23:01 at 2008 Auburn Invite
2. Micah VanDenend 23:39 at 2006 Pre-Nationals
3. Eric MacTaggart 23:24 at 2008 Auburn Invite
4. Jeff Thode 23:27 at 2010 Bradley Classic
5. Sam Bailin 23:36 at 2008 Auburn Invite
6. Tommy Tate 23:46 at 2008 Auburn Invite
7. Mark Battista 23:48 at 2008 Auburn Invite
8. Kevin Lewis 23:52 at 2014 Big Ten Champs
9. Andy Napier 23:56 at 2008 Auburn Invite
10. Michael Melchert 23:57 at 2015 Big Ten Champs

10,000 Meters

1. **Nathan Mylenek 29:53 at 2017 NCAA Regional**
2. Jeff Thode 29:55 at 2010 NCAA Regional
3. Daniel Soto 30:04 at 2017 NCAA Regional
4. Matt Esche 30:10 at 2002 NCAA Regional
5. Jesse Luciano 30:17 at 2008 NCAA Champs
6. Micah VanDenend 30:26 at 2002 NCAA Regional
7. Kevin Herd 30:28 1993
8. Joe Welter 30:28 at 2002 NCAA Regional
9. **Brandon Cooley 30:29 at 2017 NCAA Regional**
10. Tony Rakaric 30:31 at 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 Champ's - 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 Champ's - 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 9:47 2006 Hawkeye Open
2. Meghan Armstrong 10:01 2006 Hawkeye Open
3. Brooke Eilers 10:15 2010 Iowa Invite
4. Besty Flood 10:18 2010 Iowa Invite
5. Tess Wilberding 10:20 2016 Hawkeye Invite
6. Amanda Hardesty 10:21 2009 Hawkeye Invite
Lauren Hardesty 10:21 2010 Hawkeye Invite
Madison Waymire 10:21 2016 Hawkeye Invite
9. Kelsey Hart 10:22 2011 Iowa Invite
10. Shannon Stanley 10:25 2006 Hawkeye Open

4,000 Meters

1. Diane Nukuri 13:14 2007 Hawkeye Open
2. Kayla Beattie 13:41 2012 Toledo Bubble Buster
3. Megan Ranegar 13:45 2012 Toledo Bubble Buster
4. Meghan Armstrong 13:47 2007 Hawkeye Open
Mareike Schrulle 13:47 2012 Toledo Bubble Buster
6. Nicole Benson 13:52 2012 Toledo Bubble Buster
7. Andrea Shine 13:58 2017 Hawkeye Invite
8. Jolly Burke 14:03 2007 Hawkeye Open
Madison Waymire 14:03 2017 Hawkeye Invite
10. Andrea Shine 14:07 2018 Hawkeye Invite

5,000 Meters

1. Diane Nukuri 15:55 at 2007 Auburn Invite
2. Racheal Marchand 16:15 at 2008 Auburn Invite
3. Meghan Armstrong 16:25 at 2007 Auburn Invite
4. Nan Doak 16:31 at 1983 Big Ten Champs
5. Jolly Burke 16:33 at 2007 Auburn Invite
6. Jenny Spangler 16:34 at 1983 Big Ten Champs
7. Renee Doyle 16:41 at 1986 Purdue Invite
8. Tracy Dahl 16:42 at 1991 Illinois St. Invite
9. Sarah Spencer Perry 16:50 at 2008 Auburn Invite
10. Brooke Eilers 16:53 at 2008 Auburn Invite

6,000 Meters

1. Diane Nukuri 19:37 at 2007 NCAA Regional
..... at 2007 Big Ten Champs
2. Mareike Schrulle 19:43 at 2012 NCAA Champs
3. Racheal Marchand 19:54 at 2008 NCAA Champs
4. Meghan Armstrong 20:07 at 2007 NCAA Regional
5. Jolly Burke 20:20 at 2007 Big Ten Champs
6. Betsy Flood 20:22 at 2010 NCAA Regional
7. Andrea Shine 20:35 at 2018 Big Ten Champs
8. McKenzie Melander 20:41 at 2011 Big Ten Champs
9. Megan Ranegar 20:43 at 2012 NCAA Champs
10. **Andrea Shine 20:46 at 2017 NCAA Regional**