



Team Rosters & Quick Facts

Men's 2015 Team Roster

Name	Yr.	Hometown (Last School)
Ben Anderson	Jr.	Clive, Iowa (West Des Moines Valley)
Michael Destache	Fr.	St. Paul, Minnesota (St. Paul Academy)
Andrew Dixon	Fr.	Bettendorf, Iowa (Pleasant Valley)
Kevin Docherty	Jr.	Saint Paul, Minn. (Cretin-Derham Hall)
Ian Eklin	Fr.	Plymouth, Minnesota (Wayzata)
Nate Ferree	jr.	Appleton, Wis. (Xavier)
Sam Fourman	Sr.	Oak Park, Illinois (Oak Park)
Daniel Gardarsson	*Fr.	Coralville, Iowa (West)
Anthony Gregorio	Jr.	Palatine, Ill. (Palatine)
Michael Hart	Jr.	West Branch, Iowa (West Branch)
Bailey Hesse-Withbroe	Fr.	Stillwater, Minnesota (Stillwater)
Daniel Huff	Jr.	Waverly, Iowa (Waverly-Shell Rock)
David Kampf	Fr.	Rolling Prairie, Indiana (New Prairie)
Kallin Khan	Fr.	Lisle, Illinois (St. Ignatius College Prep)
Eric Lenz	Fr.	Tipton, Iowa (Tipton)
Samuel McElhiney	So.	Bettendorf, Iowa (Pleasant Valley)
Michael Melchert	So.	Monticello, Iowa (Monticello)
Christian Moore	Fr.	Naperville, Illinois (Naperville North)
Jack Moss	Fr.	Bettendorf, Iowa (Pleasant Valley)
Cole Mullins	Fr.	West Des Moines, Iowa (Valley)
Daniel Murphy	Fr.	Marion, Iowa (Linn-Mar)
Charles Nash	Fr.	Deerfield, Illinois (Deerfield)
Brook Price	So.	Iowa City, Iowa (City)
Taylor Soltys	Jr.	Naperville, Ill. (Neuqua Valley)
Daniel Soto	Fr.	West Des Moines, Iowa (Valley)
Dylan Southall	Fr.	Cedar Falls, Iowa (Cedar Falls)

Women's 2015 Team Roster

Name	Yr.	Hometown (Last School)
Maria Bote Gonzalez	So.	Merida, Spain (Colegio Salesianos Maria Auxiliadora)
Kelly Breen	So.	Palatine, Ill. (Fremd)
Courtney Bruns	So.	West Branch, Iowa (West Branch)
Lindsey Bruns	Jr.	West Branch, Iowa (UN-Omaha)
Anna Eisenzimmer	So.	Mineral Point, Wis. (Mineral Point)
Ashley Epinosa	Fr.	Lindenhurst, Illinois (Lake Villa)
Maaik Frerking	So.	Waverly, Iowa (Waverly Shell Rock)
Alana Jones	Jr.	Laguna Hills, Calif. (Laguna Hills)
Taylor Majher	*Fr.	Naperville, Ill. (Naperville)
Kara Neustrom	*Fr.	West Des Moines, Iowa (Valley)
Carolyn Newhouse	Jr.	Marion, Iowa (Linn-Mar)
Elizabeth Niedert	*Fr.	Glen Ellyn, Illinois (Glendbard South)
Lauren Optarny	Fr.	McHenry, Illinois (McHenry East)
Abby Sears	Fr.	Bettendorf, Iowa (Bettendorf)
Andrea Shine	Fr.	Crystal Lake, Illinois (Prairie Ridge)
Madison Waymire	So.	Grimes, Iowa (Dallas Center-Grimes)
Tess Wilberding	Jr.	Troy, Mich. (Birmingham Seaholm)

* - redshirt freshman

Men's Cross Country Team Quick Facts

2014 Big Ten Cross Country Championship Finish (Pts.): ... 10th (275)
 2014 NCAA Regional Cross Country Finish (Pts.): 14th (370)
 NCAA Qualifiers Returning/Lost 0/0
 All-Region Returning/Lost: 1/0
 Letterwinners Returning/Lost: 8/2

Men's Cross Country Historical Quick Facts

Highest Big Ten Championships Team Place (Yrs.):.....1st (1961, 1966)
 Highest NCAA Regional Team Place (Pts., Yr.):.....1st (79, 2002)
 Highest NCAA Championships Team Place (Yr.):..... 2nd (1955)
 NCAA Champions: 1 - Deacon Jones, 1955
 All-Americans:5 student-athletes, 7 honors
 NCAA Regional Champions:.....1 - Micah VanDenend, 2006
 All-Region Honorees:.....20 student-athletes, 40 honors
 Big Ten Champions:6 student-athletes, 9 titles
 All-Big Ten Honorees:8 student-athletes, 10 honors
 USTFCCCA All-Academic Team Members:7 student-athletes,
 7 honors
 Academic All-Big Ten Honorees:.....43 student-athletes, 92 honors

Women's Cross Country Team Quick Facts

2014 Big Ten Cross Country Finish (Points): 11th (300)
 2014 NCAA Midwest Regional Finish (Points): 13th (396)
 NCAA Qualifiers Returning/Lost 0/0
 All-Region Returning/Lost: 0/0
 Letterwinners Returning/Lost: 3/4

Women's Cross Country Historical Quick Facts

Highest Big Ten Championships Team Place (Pts., Yr.):..1st (74, 1982)
 Highest NCAA Regional Team Place (Pts., Yr.):..... 3rd (118, 2006),
 3rd (111, 2007)
 Highest NCAA District Champ's Team Place (Yr.): 2nd (1986, 1991)
 Highest NCAA Championships Team Place (Pts., Yr.): . 8th (249, 1982)
 All-Americans:11 student-athletes, 14 honors
 NCAA Regional Champions:.....2 student-athletes, 3 honors
 All-Region Honorees:.....12 student-athletes, 17 honors
 Big Ten Champions:2 - Tracy Dahl, 1992; Diane Nukuri, 2007
 All-Big Ten Honorees:14 student-athletes, 19 honors
 USTFCCCA All-Academic Team Members:5 student-athletes,
 6 honors
 Academic All-Big Ten Honorees:.....76 student-athletes, 132 honors



IOWA TRACK AND FIELD 2015-16 MEDIA GUIDE

Cross Country

2014 Men's Season Review

Bulldog 4K Classic

August 29 - Des Moines, Iowa
4,000 meters - 1st/5 teams (24 points)

Individual Results

Place	Name	Time
1.	Ben Anderson	12:30
4.	Taylor Soltys	12:37
5.	Brook Price	12:42
6.	Matt Butler	12:43
8.	Anthony Gregorio	12:47
12.	Michael Hart	12:56
21.	Josh Sindelar	13:03
23.	Connor Simmons	13:05
25.	Sam McElhiney	13:15

Illinois State Invite

September 12 - Normal, Ill.
8,000 Meters - 1st/7 teams (48 points)

Individual Results

Place	Name	Time
4.	Kevin Lewis	24:22
9.	Ben Anderson	24:42
10.	Ben Witt	24:46
12.	Anthony Gregorio	24:54
13.	Taylor Soltys	24:58
14.	Nate Ferree	25:00
31.	Michael Melchert	25:32
34.	Daniel Huff	25:42
35.	Matt Butler	25:44
38.	Brook Price	25:50
39.	Sam Fourman	25:53
45.	Michael Hart	26:00
53.	Sam McElhiney	26:08
54.	Josh Sindelar	26:09
62.	Connor Simmons	26:23

Big Ten Preview

September 20 - Iowa City, Iowa
8,000 meters - 2nd/4 teams (50 points)

Individual Results

Place	Name	Time
3.	Kevin Lewis	24:44.72
8.	Ben Anderson	25:17.52
11.	Ben Witt	25:17.81
12.	Anthony Gregorio	25:21.16
17.	Nate Ferree	25:42.76
20.	Taylor Soltys	25:54.44
22.	Michael Melchert	26:16.01
23.	Daniel Huff	26:19.22
27.	Sam Fourman	26:46.40
29.	Brook Price	26:52.67
33.	Matt Butler	27:10.01
36.	Josh Sindelar	27:19.27
37.	Sam McElhiney	27:45.10
39.	Connor Simmons	27:59.50

Notre Dame Invite

October 3 - South Bend, Ind.
Five miles - 16th/24 teams (412 points)

Individual Results - White Race

Place	Name	Time
31.	Kevin Lewis	23:54.2
63.	Ben Anderson	24:18.9
102.	Anthony Gregorio	24:33.6
114.	Kevin Docherty	24:39.2
117.	Taylor Soltys	24:40.8
127.	Ben Witt	24:47.3
153.	Nate Ferree	25:00.4
171.	Michael Melchert	25:17.0
189.	Daniel Huff	25:54.1

Pre-National Invitational

October 18 - Terre Haute, Ind.
8,000 meters - 18th/46 teams (520 points)

Individual Results - Open Race

Place	Name	Time
73.	Ben Anderson	25:17.2
80.	Nate Ferree	25:21.0
105.	Anthony Gregorio	25:28.4
121.	Ben Witt	25:36.5
141.	Kevin Docherty	25:44.2
226.	Daniel Huff	26:21.0
270.	Taylor Soltys	26:48.6

Big Ten Championships

November 2 - Iowa City, Iowa
8,000 meters - 8th/12 teams (191 points)

Team Results

Place	Team	Points
1.	Wisconsin	47
2.	Michigan	77
3.	Penn State	92
4.	Indiana	95
5.	Michigan State	117
6.	Illinois	159
7.	Minnesota	160
8.	Iowa	191
9.	Purdue	253
10.	Ohio State	277
11.	Nebraska	332
12.	Rutgers	397

Individual Results

Place	Athlete	Time
6.	Kevin Lewis	23:52.2
34.	Ben Witt	24:24.1
44.	Kevin Docherty	24:39.0
50.	Anthony Gregorio	24:46.5
64.	Michael Melchert	25:06.6
68.	Ben Anderson	25:15.4
70.	Daniel Huff	25:15.8
71.	Sam Fourman	25:18.0
95.	Nate Ferree	26:10.7

NCAA Midwest Regional

November 14 - Ames, Iowa
10,000 meters - 7th/29 teams

Team Results - Top 20 Teams

Place	Team	Points
1.	Oklahoma State	63
2.	Tulsa	77
3.	Iowa State	110
4.	Minnesota	128
5.	Illinois	137
6.	Oklahoma	148
7.	Iowa	261
8.	Southern Illinois	281
9.	Bradley	283
10.	Loyola	291
11.	Illinois State	315
12.	Drake	317
13.	Kansas	330
14.	South Dakota State	387
15.	Wichita State	400
16.	North Dakota State	423
17.	Missouri	451
18.	St. Louis	475
19.	South Dakota	505
20.	Nebraska	542

Individual Results

Place	Athlete	Time
19.	Kevin Lewis	* 30:35.5
46.	Kevin Docherty	30:58.5
47.	Ben Witt	30:59.1
71.	Anthony Gregorio	31:11.9
80.	Nate Ferree	31:20.4
108.	Ben Anderson	31:48.1
132.	Michael Melchert	32:11.8

* -- All-Region

**Bulldog 4K Classic**

August 29 - Des Moines, Iowa
4,000 meters - 4th/5 teams (73 points)

Individual Results

Place	Name	Time
8.	Courtney Bruns	15:08
12.	Jocelyn Todd	15:24
14.	Carolyn Newhouse	15:26
18.	Kelly Breen	15:43
21.	Grace Haerr	15:51
36.	Alana Jones	16:39

Illinois State Invite

September 12 - Normal, Ill.
5,000 Meters - 2nd/7 teams (62 points)

Individual Results

Place	Name	Time
6.	Katie Adams	17:51
8.	Samantha Zishka	17:56
15.	Courtney Martin	18:08
16.	Courtney Bruns	18:09
17.	Tess Wilberding	18:10
18.	Jocelyn Todd	18:10
21.	Carolyn Newhouse	18:17
22.	Lisa Gordon	18:19
27.	Marta Bote Gonzalez	18:26
36.	Kelly Breen	18:44
49.	Lindsey Bruns	19:06
58.	Alana Jones	19:25
62.	Grace Haerr	19:39

Big Ten Preview

September 20 - Iowa City, Iowa
6,000 meters - 5th/5 teams (113 points)

Individual Results

Place	Name	Time
27.	Jocelyn Todd	22:21.48
29.	Katie Adams	22:26.99
31.	Samantha Zishka	22:31.04
36.	Tess Wilberding	22:42.96
38.	Marta Bote Gonzalez	22:48.97
40.	Courtney Martin	23:08.22
46.	Carolyn Newhouse	23:18.95
49.	Kelly Breen	23:26.89
52.	Alana Jones	23:35.16
57.	Lindsey Bruns	23:42.08
67.	Grace Haerr	24:41.67

Notre Dame Invite

October 3 - South Bend, Ind.
5,000 meters - 7th/27 teams (220 points)

Individual Results - White Race

Place	Name	Time
35.	Carolyn Newhouse	17:39.9
43.	Marta Bote Gonzalez	17:43.0
45.	Tess Wilberding	17:44.3
48.	Katie Adams	17:47.3
49.	Jocelyn Todd	17:47.8
56.	Courtney Martin	17:52.2
58.	Lisa Gordon	17:54.8
64.	Samantha Zishka	17:58.6
150.	Courtney Bruns	18:49.2

Pre-National Invitational

October 18 - Terre Haute, Ind.
6,000 meters - 3rd/33 teams (246 points)

Individual Results - Open Race

Place	Name	Time
31.	Carolyn Newhouse	22:27.0
35.	Katie Adams	22:32.2
54.	Samantha Zishka	22:57.0
57.	Jocelyn Todd	22:59.8
73.	Courtney Martin	23:10.1
91.	Tess Wilberding	23:21.8

Big Ten Championships

November 2 - Iowa City, Iowa
6,000 meters - 11th/14 teams (300 points)

Team Results

Place	Team	Points
1.	Michigan State	26
2.	Wisconsin	55
3.	Michigan	93
4.	Ohio State	127
5.	Minnesota	139
6.	Indiana	159
7.	Penn State	174
8.	Purdue	241
9.	Illinois	252
10.	Northwestern	268
11.	Iowa	300
12.	Rutgers	328
13.	Nebraska	347
14.	Maryland	445

Individual Results

Place	Athlete	Time
50.	Katie Adams	21:21.5
60.	Samantha Zishka	21:29.6
66.	Carolyn Newhouse	21:40.4
72.	Jocelyn Todd	21:47.8
81.	Courtney Martin	22:03.0
84.	Marta Bote Gonzalez	22:04.9
94.	Tess Wilberding	22:28.0
107.	Kelly Breen	22:50.0
115.	Anne Reischmann	23:13.5

NCAA Midwest Regional

November 14 - Peoria, Ill.
6,000 meters - 13th/32 teams (396 points)

Team Results - Top 20 Teams

Place	Team	Points
1.	Iowa State	66
2.	Minnesota	125
3.	Bradley	175
4.	Tulsa	180
5.	Oklahoma State	191
6.	Missouri	205
7.	South Dakota	244
8.	Kansas State	283
9.	Oklahoma	306
10.	Illinois	321
11.	Northwestern	367
12.	Wichita State	391
13.	Iowa	396
14.	Kansas	469
15.	Southern Illinois	471
16.	Illinois State	488
17.	South Dakota State	488
18.	North Dakota State	496
19.	Drake	510
20.	UMKC	533

Individual Results

Place	Athlete	Time
58.	Samantha Zishka	21:23.2
67.	Marta Bote Gonzalez	21:27.8
79.	Carolyn Newhouse	21:30.9
80.	Tess Wilberding	21:31.0
112.	Jocelyn Todd	21:53.5
118.	Katie Adams	21:54.9
128.	Courtney Martin	22:02.9



2014 Women's Season Best Times

Athlete	4,000 Meters	6,000 Meters.....	8,000 Meters
Katie Adams.....	--	17:47.3	21:21.5
Marta Bote Gonzalez.....	--	17:43.0	21:27.8
Kelly Breen	15:43	18:44	22:50.0
Courtney Bruns	15:08	18:09	--
Lindsey Bruns	--	19:06	23:42.08
Lisa Gordon	--	17:54.8	--
Grace Haerr	15:51	19:39	24:41.67
Alana Jones.....	16:39	19:25	23:35.16
Courtney Martin.....	--	17:52.2	22:02.9
Shannon Maser	--	--	--
Carolyn Newhouse	15:26	17:39.9	21:30.9
Anne Reischmann.....	--	--	23:13.5
Jocelyn Todd	15:24	17:47.8	21:47.8
Tess Wilberding	--	17:44.3	21:31.0
Samantha Zishka	--	17:56	21:23.2

2014 Men's Season Best Times

Athlete	4,000 Meters	5 Miles.....	8,000 Meters.....	10,000 Meters
Ben Anderson.....	12:30	24:18.9	24:42	31:48.1
Matt Butler	12:43	--	25:44	--
Kevin Docherty	--	24:39.2	24:39.0	30:58.5
Nate Ferree	--	25:00.4	25:00	31:20.4
Sam Fourman	--	--	25:18.0	--
Anthony Gregorio.....	12:47	24:33.6	24:46.5	31:11.9
Michael Hart.....	12:56	--	26:00	--
Daniel Huff	--	25:54.1	25:15.8	--
Kevin Lewis.....	--	23:54.2	23:52.2	30:35.5
Sam McElhiney	13:15	--	26:08	--
Michael Melchert	--	25:17.0	25:06.6	32:11.8
Brook Price	12:42	--	25:50	--
Connor Simmons	13:05	--	26:23	--
Josh Sindelar.....	13:03	--	26:09	--
Taylor Soltys	12:37	24:40.8	24:58	--
Ben Witt	--	24:47.3	24:24.1	30:59.1

**Men's Top 10 All-Time Best Performers****6,000 Meters**

1. Eric MacTaggart 18:18 2005 Hawkeye Invite
2. Jeff Thode..... 18:21 2009 Hawkeye Invite
3. Dan Haut 18:24 2005 Hawkeye Invite
4. Jeff Kent 18:27 2005 Hawkeye Invite
5. Nick Holmes 18:30 2009 Hawkeye Invite
6. Adam Roche 18:33 2005 Hawkeye Invite
- Sam Bailin..... 18:33 2009 Hawkeye Invite
- Kevin Lewis..... 18:33 2013 Iowa Invite**
9. Jesse Luciano 18:40 2008 Hawkeye Invite
10. Tommy Tate 18:41 at 2006 Early Bird 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 Champ's**
9. Andy Napier 23:56 at 2008 Auburn Invite
10. Brendan Camplin..... 24:01 at 2008 Auburn Invite

10,000 Meters

1. Jeff Thode..... 29:55 at 2010 NCAA Regional
2. Matt Esche 30:10 at 2002 NCAA Regional
3. Jesse Luciano..... 30:17 at 2008 NCAA Champ's
4. Micah VanDenend..... 30:26 at 2002 NCAA Regional
5. Kevin Herd..... 30:28 1993
6. Joe Welter 30:28 at 2002 NCAA Regional
7. Tony Rakaric..... 30:31 at 2002 NCAA Regional
- 8. Kevin Lewis..... 30:35 at 2014 NCAA Regional**
9. Dan Haut 30:39 at 2002 NCAA Regional
10. Alex Webster..... 30:40 at 2006 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

Eric MacTaggart, Iowa - Hawkeye Invitational - 9/2/05..... 18:18

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. Amanda Hardesty..... 10:21 2009 Hawkeye Invite
- Lauren Hardesty 10:21 2010 Hawkeye Invite
7. Kelsey Hart 10:22 2011 Iowa Invite
8. Shannon Stanley..... 10:25 2006 Hawkeye Open
- Krista Anderson 10:25 2006 Hawkeye Open
- Racheal Marchand..... 10:25 2008 Hawkeye Invite

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. Jolly Burke 14:03 2007 Hawkeye Open
8. Nikki Chapple 14:09 2004 Hawkeye Triangular
9. Krista Anderson 14:14 2007 Hawkeye Open
- 10. Lisa Gordon..... 14:17 2012 Toledo Bubble Buster**

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 Champ's
5. Jolly Burke 16:33 at 2007 Auburn Invite
6. Jenny Spangler 16:34 at 1983 Big Ten Champ's
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 Champ's
2. Mareike Schrulle..... 19:43 at 2012 NCAA Champ's
3. Racheal Marchand..... 19:54 at 2008 NCAA Champ's
4. Meghan Armstrong 20:07 at 2007 NCAA Regional
5. Jolly Burke 20:20 at 2007 Big Ten Champ's
6. Betsy Flood..... 20:22 at 2010 NCAA Regional
7. McKenzie Melander 20:41 at 2011 Big Ten Champ's
8. Megan Ranegar 20:43 at 2012 NCAA Champ's
9. Kayla Beattie..... 20:54 at 2011 Wisconsin Invite
10. Nikki Chapple 21:04 at 2004 NCAA Regional



IOWA TRACK AND FIELD 2015-16 MEDIA GUIDE

Cross Country Champions & Honorees



Meghan Armstrong



Jennifer Brower



Tracy Dahl



Nan Doak



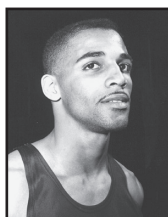
Renee Doyle



Rich Ferguson



Kevin Herd



Deacon Jones



Jeanne Kruckeberg



Racheal Marchand



Diane Nukuri



Mareike Schrulle



Jenny Spangler



Stetson Steele



Jeff Thode



Micah VanDenend



Ted Wheeler



Larry Wiczorek

National & Regional Champions & Honorees

NCAA Champion

Deacon Jones 1957

All-Americans

Men's

Kevin Herd 1992-93
Deacon Jones..... 1957
Stetson Steele..... 1998
Jeff Thode 2010
Ted Wheeler 1952
Larry Wiczorek..... 1966-67

Women's

Meghan Armstrong 2007
Jennifer Brower 1991
Tracy Dahl 1991-92
Nan Doak 1980, 1982-83
Renee Doyle 1986
Jeanne Kruckeberg 1990
Racheal Marchand..... 2006, 2008
Diane Nukuri..... 2006-07
Mareike Schrulle..... 2012
Jenny Spangler..... 1983

Honda Sports Awards Nominee

Nan Doak 1983
Diane Nukuri..... 2007

NCAA Regional Champion & Athlete of the Year

Men's

Micah VanDenend 2006

Women's

Diane Nukuri..... 2006-07
Racheal Marchand..... 2008

NCAA All-Region Team

Men's

Mark Battista 2009
Trent Corey 1997, 2001
Matt Esche..... 2002-05
Dan Haut 2002, 2004-05
Nick Holmes..... 2011
Kevin Lewis 2013-14
Jesse Luciano 2007-08
Eric MacTaggart 2005-06, 2008
Nick Nordheim..... 1998-99, 2001
Jared Pittman 1997
Brian Rae 2003

NCAA All-Region Team (Con't)

Men's (Con't)

Tony Rakaric..... 2002, 2004
Adam Roche 2004-05
Paul Sarris 1998-99
Chad Schwitters 1998
Reed Steele..... 1998
Stetson Steele..... 1997-98
Jeff Thode 2009-11
Micah VanDenend 2002, 2005-06
Joe Welter 2001-02

Women's

Sarah Arens 2003
Meghan Armstrong 2005-07
Kayla Beattie 2011
Jolly Burke 2007
Nikki Chapple..... 2004
Brooke Eilers..... 2009
Betsy Flood 2010
Racheal Marchand..... 2005-06, 2008
McKenzie Melander 2011
Diane Nukuri..... 2006-07
Megan Ranegar 2012
Mareike Schrulle..... 2012
Sarah Spencer Perry 2008



Big Ten Champions

Men's

Rich Ferguson	1952-53
Jock Hunn	1926
Deacon Jones.....	1958
H.R. Phelps	1923-24
James Tucker	1961
Larry Wiczorek.....	1966-67

Women's

Tracy Dahl	1992
Diane Nukuri.....	2007

Big Ten Athlete of the Year

Women's

Tracy Dahl	1992
Diane Nukuri.....	2007

Big Ten Coach of the Year

Women's

Jerry Hassard	1989
---------------------	------

Big Ten Freshman of the Year

Men's

Jared Pittman	1993
Reed Steele.....	1998

All-Big Ten Honorees

Men's

Kevin Lewis	2014
Jesse Luciano	2008-09
Eric MacTaggart	2006
Brian Rae	2003
Tony Rakaric.....	2003
Chad Schwitters	1997
Stetson Steele.....	1996
Jeff Thode	2010
Micah VanDenend	2004, 2006

Women's

Meghan Armstrong	2006-07
Erin Boland	1994
Jennifer Brower	1991
Jolly Burke	2007
Tracy Dahl	1991-92
Renee Doyle	1986-88
Betsy Flood	2010
Tami Hoskins.....	1989
Jennifer Johnson.....	1991
Jeanne Kruckeberg	1989
Racheal Marchand.....	2006, 2008
McKenzie Melander	2011
Diane Nukuri.....	2007
Mareike Schrulle.....	2012

Big Ten Athlete of the Month

Men's

Kevin Herd	September 1992
------------------	----------------

Women's

Tracy Dahl ...	Sept. 1990, Oct. 1992, Nov. 1992
----------------	----------------------------------

Big Ten Athlete of the Week

Men's

Trent Corey	Sept. 11, 2001
Matt Esche.....	Sept. 7, 2004
Jesse Luciano	Oct. 7, 2008
Eric MacTaggart	Sept. 6, 2005
Jeff Thode	Oct. 19, 2010
Micah VanDenend	Sept. 17, 2002

Women's

Sarah Arens	Sept. 3, 2003
Meghan Armstrong	Sept. 6, 2005
Kayla Beattie.....	Sept. 11, 2012
Betsy Flood	Sept. 8, 2009
Lauren Hardesty	Sept. 7, 2010
Racheal Marchand.....	Oct. 7, 2008
Diane Nukuri.....	Sept. 18, 2007
Diane Nukuri.....	Oct. 2, 2007
Diane Nukuri.....	Oct. 16, 2007
Mareike Schrulle.....	Oct. 16, 2012

Big Ten Sportsmanship Award

Men's

Sam Bailin	2008
Mark Battista	2010
Brendan Camplin	2009
Nate Ferree.....	2013
Anthony Gregorio	2014
Cameron Rieger	2011
Ben Witt	2012

Women's

Brooke Eilers.....	2009
Kelsey Hart	2010
Shannon Maser	2013
Carolyn Newhouse	2014
Sarah Spencer Perry	2008
Mareike Schrulle.....	2011, 2012

**Kevin
Docherty**



**Maria
Bote Gonzalez**



IOWA TRACK AND FIELD 2015-16 MEDIA GUIDE

Cross Country Academic Honorees

CoSIDA Academic All-American

Chad Schwitters 1997

CoSIDA Academic All-District

Kevin Herd 1990, 1992-93
Stetson Steele 1996, 1998

USTFCCCA Academic Team

Men's

2007, 2008, 2010, 2014

Women's

1995, 1997, 1999, 2000, 2003, 2004, 2005,
2006, 2007, 2008, 2009, 2010, 2011, 2012,
2013, 2014

USTFCCCA All-Academic Honorees

Men's

Dan Haut 2004
Kevin Herd 1993
Kevin Lewis 2013
Jesse Luciano 2007-08
Chad Schwitters 1998
Stetson Steele 1998

Women's

Meghan Armstrong 2004-05
Sarah Arens 2004
Brooke Eilers 2009
Megan Ranegar 2012
Mareike Schrulle 2012

Big Ten Distinguished Scholar

Men's

Sam Bailin 2008
Kevin Lewis 2013

Women's

Katie Adams 2014
Fionna Fallon 2008
Kelsey Hart 2011-12
McKenzie Melander 2011
Lena Placzek 2012
Marieke Schrulle 2012
Jocelyn Todd 2012-14
Samantha Zishka 2014

Academic All-Big Ten

Men's

L.J. Albrecht 1988-90
Ravi B'Have 1994, 1996
Sam Bailin 2008, 2010
Mike Biderman 2001
Bill Branigan 1992
David Brown 1987-90
Matt Butler 2013
Brendan Camplin 2007-10
Trent Corey 2000-01
Kevin Docherty 2014

Nate Ferree 2013-14
Matt Gerard 1992-94
Anthony Gregorio 2014
Dan Haut 2002, 2004-05
Kevin Herd 1990, 1992-93
Alan Jackson 2005
Chase Kadlec 2009-11
Kevin Lewis 2012-14
Ben Lloyd 2002-03
Jesse Luciano 2007-10
Eric MacTaggart 2005-06, 2008
Steve Marshall 1991-93
Pete McDowell 1993-94
Sean Moeller 1998-99, 2001
Andy Morris 1997, 1999
Steve Morrissey 1990-91
Andy Napier 2005-08
James Paul 2008-10
Jared Pittman 1995-96
Tim Pleskac 1998-99
Jay Renaud 2007-10
Cameron Rieger 2011-12
Marc Roehl 1991-94
Paul Sarris 1997
Blake Schlotzhauer 2006
Chad Schwitters 1995-98
Taylor Soltys 2014
Stetson Steele 1996-98
Adam Thomas 2001
Andy Weise 1986
David White 1990-91
Ben Witt 2012-14

Women's

Katie Adams 2014
Krista Anderson 2006-07
Lindsay Anderson 2009-10
Sarah Arens 2000, 2002-03
Meghan Armstrong 2005-07
Atalie Barber 2001, 2003
Holly Barnes 1992
Briana Benning 1994-97
Danielle Berndt 2010-11
Allison Billhardt 2005
Kerri Blackstone 1996
Kelly Breen 2014
Jennifer Brower 1989-91
Jolly Burke 2007
Katie Butler 2000
Jenni Capista 2003-04
Megan Daniel 1994
Jennie Docherty 2006, 2009-10
Katie Donlon 2005
Brooke Eilers 2009-11
Katie Ellis 2007, 2009-10
Molly Esche 2005-07

Fionna Fallon 2008-10
Shawn Fleck 1995
Betsy Flood 2009-11
Alienor Gilchrist 1997
Lisa Gordon 2014
Keelin Gorman 2011
Kristin Haefke 1998
Amanda Hardesty 2010
Kelsey Hart 2010-12
Rachel Hawks 2006-07
Jennifer Johnson 1991-93
Patricia Jones 1991
Jennifer Kiciak 1996-97
Tricia Kiraly 1988
Natalie Kleinfelter 1993-94
Christine Kotarba 2004, 2007
Jeanne Kruckeberg 1987-89
Kimberly Kruk 1994
Michelle Lahann 2000-02
Jackie Laesch 2011
Jennifer Lisz 1992
Shannon Maser 2012-13
Amy McRell 1991-92
McKenzie Melander 2009-11
Georgia Millward 2001-03
Jennifer Moore 1987-89
Amy Murphy 1999
Sarah Murray 1993
Haley Newbrough 1997
Carolyn Newhouse 2014
Val Oltman 1999
Kiersten Pauling 1994-96
Lena Placzek 2012-13
Rachel Price 2013
Megan Ranegar 2010-12
Katherin Rehn 2011
Ericka Roberts 2000-02
Hannah Roeder 2009-10
Janeth Salazar 1987
Christine Salsberry 1990-93
Jill Scheibel 1996
Jessica Schmidt 2007
Kristi Schmidt 1999
Kim Schneckloth 1986-89
Jennifer Schoonover 1994
Mareike Schrulle 2012
Anna Shearer 1999-2000
Michelle Sokol 2002, 2004
Jenny Spangler 1985
Laura Spencer 2004
Shannon Stanley 2004
Tina Stec 1991-93
Sherri Suppelsa 1986
Jocelyn Todd 2012-14
Jamie Voss 1992
Tess Wilberding 2014



Albrecht, L.J. 1988-90	Eastland, Dave 1968-71	Ingram, Robert 2007	Kurth, Steve 1995-97
Albright, Robert 1941	Ebert, Leroy 1952-54	Jackson, Alan 2005	Labond, Curtis 1966-68
Allen, Shaun 1998-01	Eckhardt, Gerald 1944	Jamison, Orlin 1916	Lainson, Bernard 1951
Anderson, Ben 2014	Edwards, James 1978	Jans, Paul A. 1910-11	Langer, Dave 1979
Ashton, George C. 1921-22	Esche, Matt 2002-05	Jeffers, Clyde 1904-05	Layne, Michael 1997-99
Ashton, James Ed 1962-63	Everingham, Will 1928	Jensen, Chris 2003	Lewis, Bernard 1945
Ashton, William 1960	Everman, Wayne 1954-55	Jensen, Richard 1968-70	Lewis, H. Mount 1909-11
Atkins, Bobby 1999-00	Fanthouser, John 1942	Jones, Charles N. 1955-58	Lewis, Kevin 2011-14
Bailin, Sam 2007-08, 2010	Fearing, Ken 1959-62	Jones, Douglas H. 1968	Lillwitz, Tim 1999-2000
Baker, Lawrence 1961	Feeldy, Chad 1994-96	Kadlec, Chase 2008-11	Lindeman, James 1977
Bakker, Mike 1994-95, 97-98	Ferguson, Richard 1951-55	Keatinge, Murray 1954-56	Lister, Donald 1914-15
Barron, Ben 2003	Ferree, Nate 2013-14	Keil, Richard L. 1941-42	Lloyd, Ben 2002-03
Battista, Mark 2007-10	Ferree, Tom 1978-80	Keller, Keith 1947-48	Loechel, Thomas 1970-73
Bender, Arnold N. 1924	Fischer, Gary W. 1960-63	Kelly, Thomas 1928-30	Lord, Richard 1943
Benjerd, T.D. 1920	Fishba, Ugh H. RI 1949	Kent, Jeff 2004-06	Luciano, Jesse 2006-09
Bentz, Robert LE 1943	Flage, David 1933-34	Kitt, Roland 1966-69	Lyle, James 1936-38
Betz, Leighton A. 1959	Fletcher, Robert Ash 1956-59	Knoedel, James J. 1970-71	Lyle, Ralph 1957-58
Biderman, Mike 2001	Foster, Richard 1922	Kramer, Larry 1961-64	MacDonald, Peter 1964-66
Brady, Frank H. 1927-28	Fourman, Sam 2014	Kruse, Arthur 1919-20	MacTaggart, Bruce 2008
Brandenberg, H. 1921	Frazier, Carl 1966-69		
Brandt, Jon Michael 2010-12	Frazier, Harry 1956		
Branigan, Bill 1992	Frazier, William 1961-65		
Brown, David 1987, 1989-90	Fritsch, Raymond 1940		
Brown, Keith Lav. 1948-55	Fudge, Arthur 1951-54		
Brown, Ray Kenne. 1979-81	Furst, Don 1975-76		
Brubacher, Theod. 1964-67	Gale, Sean 1992-94		
Burney, William 1944	Gardner, Russell 1928		
Bush, Warren L. 1968	Gee, George 1916		
Butler, Matt 2013	Gerard, Matthew 1992-94		
Bye, Bill E. 1949	Greenlee, Donald 1959-61		
Camplin, Brendan 2007-09	Greenlee, Ron 1965		
Campisi, Leo A. 1932-34	Gregorio, Anthony 2012, 2014		
Carlson, Herman 1923	Griffith, Ron 1965-68		
Carman, Kenneth 1949-50	Griswold, Joe 1949		
Chaney, Sam 2012-13	Hakes, Montague 1928		
Clancy, Thomas R. 1974-78	Hanson, Mark 1995		
Clark, John Jay 1969-73	Hartmann, H.W. 1915-16		
Clarke, Eric Lloyd 1957-58	Hass, Edward 1934-35		
Clarke, George W. 1962-63	Hassen, Galen 1951		
Coffie, Harry E. 1927	Hausler, Leland 1916-17		
Collins, John 1949	Haut, Dan 2001-02, 2004-05		
Cook, Dale 1912	Henderson, Robert 1933-34		
Copeland, Jack 1948-49	Herd, Kevin J. 1989-94		
Corey, Trent 1997-01	Hermeier, Raymond 1957-59		
Criswell, John W. 1969-71	Hermeier, Richard 1955-59		
Cue, John L. 1927	Hill, Jack L. 1957-60		
Cutler, Allan J. 1942	Hindt, William 1913-15		
Davis, S. Jack 1949-51	Hinrich, Joel H. 1940-41		
Delashmutt, Ed 1979-81	Holland, Stephen 1971-72		
Docherty, Kevin 2013-14	Hollatz, Troy 1993		
Docherty, James 1974-76	Holmes, Nick 2009, 2011-12		
Donovan, James 1995	Hotz, William 1906-08		
Dotseth, Frank 1958-59	Huff, Daniel 2014		
Drew, John 1957	Hunn, Leonard E. 1925-28		
Duggan, Earle 1949-52	Hunter, William 1914-15		
Dunsworth, Ira W. 1954-56	Hymon, W. Paul 1912-13		



Stetson Steele was a three-time All-American, two-time all-region and six-time academic all-Big Ten honoree in cross country and track from 1996-2000. He holds the school 10,000-meter record, and in 2000 he won the Drake Relays 5,000-meter title and was Iowa's Big Ten Medal of Honor winner.



IOWA TRACK AND FIELD 2015-16 MEDIA GUIDE

Cross Country

Women's All-Time Letterwinners

MacTaggart, Eric.. 2004-06, 2008
Maiden, Sydner1945
Mak, Leo.....1913
Marasco, Frank..... 1917-18
Marshall, Steve..... 1991-93
Mawe, William1960
McCabe, Dennis.....1969
McClanahan, Rich 1946-48
McDermott, Eric.....2000
McDowell, Peter..... 1993-94
McElroy, Robert1933
Melchert, Michael2014
Melnick, Sidney1934
Messer, Kenneth 1964-65
Meyer, David.....1941
Miller, Fred1921

Mitvalsky, Richard1932
Moeller, Sean 1998-01
Moenck, Heath2007
Moldenhauer, Way.....1954
Morch, Herbert O. 1951-53
Morris, Andy..... 1997-00
Morrissey, Steve..... 1991-92
Murphy, W. H. 1944-45
Murray, Harold H..... 1920-21
Murray, Jack A. 1944-45
Napier, Andy..... 2005-08
Naylor, Myrel.....1930
Nelson, Paul H. 1935
Nelson, Robert1936
Nie, Bruce 1988-89
Nordheim, Nick 1998-01

Novotny, David 1994-95
Oxley, John R. 1946-47
Paul, James 2008-10
Paul, Joe 1976-77
Payne, Arthur 1922-23
Pershing, Steve 1975-77
Peters, Chris1995
Phelps, Harold R. 1923-25
Pinkerton, Volne.....1928
Pirkil, Jeff 1982-83, 85-86
Pittman, Jared 1994-98
Pleskac, Tim 1998-00
Pratt, Raymond O.1934, 36
Presteman, Gregory1978
Price, Bradley D. 1979-81
Price, Brook2014
Prince, Earl S.....1942
Pristine, Leonard1921
Purvis, Donald L.....1936
Rae, Brian 2002-05
Rakaric, Tony 2001-04
Reid, Morrison..... 1971-72
Renaud, Jay 2007-09
Rerko, Rodney 1992-95
Reyes, William A..... 1964-65
Rieger, Cameron..... 2011-12
Ristine, Leonard..... 1920-21
Roche, Adam 2003-05
Roehl, Mark 1991-93
Roller, Robert J.1970
Roseman, Garry 1990-93
Rosenberg, Norman 1931-32
Santino, William 1974-76
Sarris, Paul..... 1997-00
Saur, Wayne1974
Schlotzhauer, Blake 2005-06
Schutman, Ben2000
Schum, Robert L. 1969-71
Schwitters, Chad..... 1995-99
Seashore, Robert.....1922
Selsor, Evan2011
Shaffer, Quentin2013
Shaw, Robert J.1914
Sheets, Lawrence 1963-64
Sheldon, Jay A. 1972, 74-75
Sheldon, John H.1922
Sitko, John1934
Slater, Albert L. 1943-44
Slingsby, Tim..... 1988-89
Smith, Andrew2010

Smith, N.E.1912
Snook, William H.1949
Soltys, Taylor2012
Speers, Maurice..... 1925-26
Stark, Maurie.....1942
Steele, Ryan..... 1998-99
Steele, Stetson..... 1995-99
Steffen, Mark A. 1970-72
Steinberg, Albert1911
Stevenson, Gerold1941
Stillier, Martin1936
Stone, Gerald L.1950
Sumner, M.L. 1912-13
Swift, Mark1974
Swisher, Michael1972
Szabo, Steve 1966-68
Tate, Tommy 2006-09
Terbell, Floyd O.1924
Tice, Robert W.....1971
Thode, Jeff..... 2009-11
Thomas, Adam..... 1998-01
Tiernan, Stephen1964
Trainor, Dan..... 2001-03
Traphagen, Stephen 2002-03
Trimble, Bruce W..... 1957-59
Trimble, Ralph 1960-62
Tucker, Jim 1959-61
Tupper, Richard 1947-48
Vacik, George J.1940
Vanatta, Lyell.....1930
Vanderwilt, Robert1943
VanDenend, Micah 2002, 2004-06
Vonahsen, Virgil 1950-52
Walker, Leland C.....1963
Webster, Alex.....2005
Welt, Donald1941
Welter, Joe 2000-02
Wheeler, Ted S. 1951-52, 55
Wickey, Howard 1929-30
Wieczorek, Lawrence 1965-67
Wilfong, Caleb 2012-13
Wilkes, Quenten.....1956
Williams, Derrick1963
Wisgerhof, Max V.1934
Witt, Ben 2011-14
Workman, Robert..... 1941-42
Wren, Richard T.....1946
Young, Nick.....2011
Zacher, Eugene R.1922
Zaruba, Arnold J.1944



Micah VanDenend holds three school records and won the 2007 Big Ten 10,000-meter outdoor track title. He was the 2006 NCAA Midwest Regional Cross Country Meet Champion and Male Athlete of the Year. The four-time all-region honoree competed for Iowa from 2002-07.



Adams, Katie.....2013-14
 Anderson, Krista2006-07
 Anderson, Lindsay2008-09
 Andrews, Karen1978-80
 Arens, Sarah 1999-2000, 2002-03
 Armstrong, Meghan2004-07
 Ballweg, Rachel1997
 Barber, Atalie2000-03
 Beattie, Kayla2011
 Benning, Briana1993-96
 Benson, Nicole.....2011-12
 Berndt, Danielle....2008, 2010-11
 Billhart, Allison2005
 Blossfeld, Suzanne1978-79
 Boddicker, Bev1977-80
 Boland, Erin1991-94
 Bote Gonzalez, Marta2014
 Brower, Jennifer.....1988-91
 Brown, Nicole1994-96
 Burke, Jolly2006-07
 Butler, Katie1999-00
 Capista, Jenni.....2001, 2003-04
 Chapple, Nikki.....2003-05
 Chow, Sophia2000
 Coleman, Becky1993-96
 Connelly, Michelle1977
 Dahl, Tracy1989-92
 Daniel, Megan1993
 Davis, Eileen1978-79

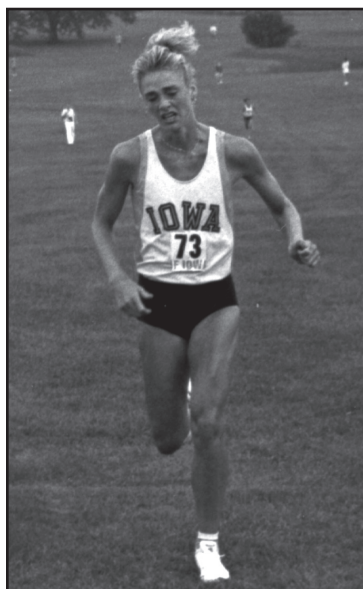
Deluca, Sarah C. Abel.....1979-81
 Dixon, Pamela1978
 Doak (Davis), Nan1980-84
 Dobrowolski, Anne1981-85
 Docherty, Jennie2006, 2009
 Donlon, Katie2001-03
 Doyle, Renee1985-88
 Drapcho, Rosemary1978-81
 Dresselhaus, Ann1978-80
 Drulis, Julie1997-98
 Dunlop, Amy1977-79
 Eilers, Brooke2008-11
 Ellis, Katie2006-07, 2009
 Esche, Molly2004-07
 Fallon, Fiona2008-09
 Feltes, Teresa1977-78
 Fleck, Shawn1993-95
 Flood, Betsy2008-11
 Flynn, Erin1978-82
 Freund, Kay1978-81
 Gilchrist, Alienor1996-97
 Gordon, Lisa2012
 Gorman, Keelin2011
 Griffin, Maggie1996-99
 Gripp, Sue1977
 Haefke, Kristen1997-98
 Hamilton, Jana1979-80
 Hardesty, Amanda2007-10
 Hardesty, Lauren2007-10

Hart, Kelsey2009-12
 Hawks, Rachel2006
 Hedlund, Laurie1977-78
 Hentges, Leah1999
 Hoehle, Zanetta1978-81
 Hoeman, Carissa1998
 Hoskins, Tami1987-91
 Johnson, Jennifer1990-93
 Jones, Alana2013
 Kiciak, Jennifer1995-96
 Kintzel, Denise1977-78
 Kleinfelter, Natalie1993-95
 Kotarba, Christine2004, 2007
 Krekeler, Rebecca Ann1978-79
 Kruckeberg, Jeanne1987-89
 Kruck, Kim1994
 Kubitz, Christine ...1995-96, 1998
 Laesch, Jackie2011
 Lahann, Michelle1999-2002
 Lambrecht, Carol1977-78
 Lessard, Megan2009
 Lubber, Hannah2010
 Lund, Yvonne Irene1979-80
 Lynberg, Michele M. Dr. .1977-78
 Marchand, Racheal 2004-06, 2008
 Marshall, Sue1977
 Martin, Courtney2012-14
 Maser, Shannon2012-13
 McDowell, Tina1991-94

Melander, McKenzie2009-11
 Millward, Georgia2000-03
 Mims, Susan1977-80
 Mitchell, Elizabeth1978-79
 Murphy, Amy1998-99
 Murray, Megan1998
 Nelson, Major Sue1977-78
 Newbrough, Haley1996-97
 Newhouse, Carolyn2014
 Nukuri, Diane2006-07
 Oltman, Valerie1998
 Pare, Anne1996
 Pauling, Kiersten1993-96
 Pearson, Laura2004
 Perry, Sarah Spencer2008
 Placzek, Lena2012-13
 Price, Rachel2013
 Quigley, Kristina1999
 Ranegar, Megan2010-12
 Rehn, Katherin2010-11
 Roberts, Ericka1999-2002
 Roeder, Hannah2008-09
 Roehl, Becky1994-97
 Ruffcorn, Ann1999
 Salazar, Nina1998
 Saliba, Cindy2012
 Salsberry, Christine1991-93
 Schaefer, Chrissy2006
 Scheibel, Jill1995-98
 Schleusner, Mary2010
 Schmidt, Jessica2004-07
 Schmidt, Kristi1998-99
 Schoonover, Jennifer1993
 Schrulle, Mareike2011-12
 Shearer, Anna1998
 Sims, Sharon1977-78
 Sokol, Michelle2001-02, 2004
 Spangler, Jenny1981-83
 Sparks, Staci1993
 Spencer, Laura2004
 Stanley, Shannon2003-06
 Stec, Tina1990-93
 Swartzrock, Diane1978-80
 Thompson, Becca .1999-00, 2002
 Todd, Jocelyn2012-14
 Todd, Stephanie1977-80
 Vandervoort, Martha1991-94
 Vitense, Mandi1996-98
 Von Muenster, Shannon2001
 Wilberding, Tess2013-14
 Williams, Julie1979-81
 Zishka, Samantha2013-14



Nan Doak was Iowa's first cross country all-American, earning a total of three honors (1980, 1982-82).



Jennifer Brower was an all-American for the Hawkeyes in 1991. She also ran on the 1991 Iowa squad that posted a second-place finish at the NCAA district meet - it's highest finish there in school history.



Tracy Dahl was Iowa's first Big Ten Cross Country Champion. The two-time all-American (1991-92) won the title and was named Big Ten Female Cross Country Athlete of the Year in 1992.