



TRACK & FIELD

Interim Head Coach Layne Anderson



Layne Anderson Head Cross Country Coach Interim Head Track & Field Coach Fifth Year at Iowa

Layne Anderson is in his fifth year as head women's cross country coach and his first season as interim head track and field coach. Anderson served as an assistant women's track and field coach for the Hawkeyes the past four seasons.

In his four years with the cross country team, the Hawkeyes have made strong strides toward recapturing the program's success of the 1980's. The squad made a major step in that direction in 2006, qualifying for the NCAA Championships as a team for the first time in 14 years and posting its highest Big Ten finish (sixth) since 1993. The Hawkeyes also recorded their highest finish at the NCAA Midwest Regional meet (third) under Anderson. The team has improved its finish at the Big Ten and regional meets each of the last four years, and has set school records in the 3,000, 4,000, 5,000 and 6,000 meters.

Seniors Meghan Armstrong, Racheal Marchand and Diane Nukuri led the Hawkeyes in 2006. Nukuri and Marchand earned all-America honors,

making Iowa one of nine schools to crown two all-Americans. Nukuri was named Midwest Region Runner of the Year when she captured the regional meet title. All three earned spots on the all-region team, while Armstrong and Marchand earned all-Big Ten honors. Nukuri set school records in the 3,000 and 5,000 meters, while she and Armstrong shared the 6,000-meter mark.

Armstrong became Anderson's first NCAA Cross Country Championships qualifier at Iowa, placing 79th at the 2005 national meet. She and Marchand earned all-region honors at the 2005 meet, becoming the third and fourth all-region honorees during Anderson's tenure. Sarah Arens (2003) was the first Hawkeye to earn the honors under Anderson, and Nikki Chapple (2004) was the second.

The Iowa cross country team has also had success in the classroom under Anderson. The team earned academic all-America honors from the Women's Intercollegiate Cross Country Coaches Association all four seasons, while Arens (2003) and Armstrong (2005) each earned individual academic all-America recognition. Arens was also Iowa's nominee for NCAA Woman of the Year in 2004. Eighteen Hawkeyes have earned academic all-Big Ten honors.

Anderson has also had success with the middle distance and distance corps in the last four track seasons. During that time the Hawkeyes crowned three all-Americans, posted 19 national qualifiers and 13 regional qualifiers. Armstrong is a two-time all-American in the mile, while Nukuri



Anderson guided the 2006 Hawkeye cross country team to its first NCAA Championships appearance in 14 years.

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Anderson and the late Head Coach James Grant

earned all-America honors in the 10,000 meters in 2007. Nukuri also won Iowa's first 5,000-meter title at the Drake Relays last season.

Iowa was one of four schools in the nation to have NCAA indoor qualifying marks in the 800 meters, mile, 3,000 meters, 5,000 meters and distance medley relay in 2004. Tennessee, Stanford and Kentucky were the other three schools to achieve those standards.

Anderson served as head men's and women's cross country coach and assistant track coach at Auburn University (1997-2002). During his tenure, he coached seven all-Americans, two SEC champions, 15 all-SEC honorees and 58 academic all-SEC performers. He also coached eight individual school record holders and four relays to school records. Anderson helped the men's team to four top-15 finishes at the NCAA Outdoor Championships and two top-20 placings at the NCAA Indoor Championships; and the women's squad to three top-15 finishes at the national indoor meet and one at the NCAA outdoor meet. The men's highest national finish was

third place in 2000, while the women's was 11th in 2002.

The Tiger cross country team produced four all-South Region performers, two NCAA individual qualifiers, four team titles, three individual titles and two SEC Athlete of the Week Award recipients under Anderson. He served as meet director for the annual Auburn Cross Country Invitational, which featured over 600 runners, and the 2000 NCAA South Regional Cross Country Championships.

He was an assistant men's cross country and track and field coach at Texas Tech (1996-97), where he coached six Red Raiders to nine all-America honors. In 1997, the men's track and field team placed 11th at the NCAA Outdoor Championships and 21st at the national indoor meet. He also coached one GTE academic all-district award recipient.

He served as the administrative assistant to the Faculty Athletics Representative at Auburn (1994-96), which included a one-year stint as administrative assistant to the Graduate Program Officer (1994-95). Anderson was a graduate teaching assistant at Auburn (1991-94) and The

Citadel (1989-91). During his graduate assistantship at Auburn, he worked with 1991 World Champion and 1996 Olympic silver medallist Samuel Matete and two-time Olympian Tommy Asinga.

A three-time Southern Conference individual champion, Anderson set 10 school records at The Citadel and was named team MVP three times. He was a member of a USATF national champion distance medley relay. A three-time academic all-Southern Conference selection, Anderson was named to the Dean's List four times and the Gold Stars list twice.

The son of an Army Officer, Anderson graduated from Frankfurt American High School in 1985. He was a five-time Department of Defense Schools champion in the 800 and 1,500 meters and was named Department of Defense Schools European High School Runner of the Year twice.

Anderson holds two degrees from The Citadel. He earned a bachelor's (1989) and masters of education (1991), both in health and physical education. His wife's name is Alexis.

Anderson At Iowa

Year	Big Ten Finish/Points	Regional Finish/Points	National Finish/Points
2003	11th/241	9th/283	--/--
2004	7th/170	7th/235	--/--
2005	7th/170	6th/182	--/--
2006	6th/112	3rd/118	17th/409

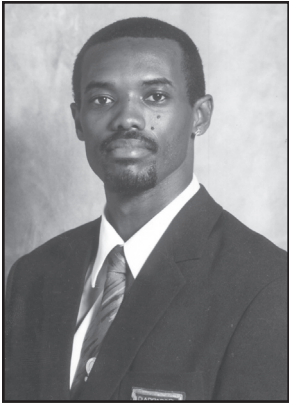
The Anderson File

- 2 Cross Country All-Americans
- 22 Track All-Americans
- 31 Iowa All-Time Top 10 Performers in Cross Country
- 63 Iowa All-Time Top 10 Performers in Track
- 7 NCAA All-Midwest Region Cross Country Performers
- 8 NCAA All-Midwest Region Track Performers
- 4 Academic All-America Cross Country Team Awards
- 37 Academic All-Big Ten Performers In Cross Country and Track



TRACK & FIELD

Assistant Coach Victor Houston



Victor Houston Assistant Coach Fourth Year at Iowa

Victor Houston is in his fourth season as assistant women's track coach at the University of Iowa. His main area of responsibility will be the sprints, hurdles, field events and multi-events.

During his tenure, Hawkeye field event competitors have earned four all-America honors, sent eight qualifiers to the NCAA

Championships and set school records 13 times. Iowa has also sent 12 field event student-athletes to the NCAA Midwest Regional. In 2007, Houston took over coaching the hurdles, where he guided senior Tiffany Johnson to Iowa's first 100-meter hurdles title at the regional meet. Johnson broke her own school record in that event and became the first Hawkeye to win consecutive titles at the Drake Relays.

Also in 2007, seniors Peaches Roach, Johnson and Becca Franklin, junior Tammilee Kerr and sophomore Renee White helped raised the standard for Hawkeye field events. All five qualified for the NCAA Midwest Regional, making it the largest group of field event competitors to participate in the meet in school history. Roach earned her fourth all-America honor and fifth Big Ten title in the high jump. Kerr set the school heptathlon record and became the first Hawkeye under Houston to compete at the NCAA Championships in the multi-events. White broke Johnson's school indoor and outdoor triple jump records, becoming the first Hawkeye in school history to jump over 42 feet outdoors. Franklin broke her own school records in the weight and hammer throws.

In 2006, Roach earned two all-America honors in the high jump, breaking the school's 23-year-old outdoor high jump record. Johnson broke her own indoor and outdoor triple jump school records, placing third in that event at the Big Ten outdoor meet and fourth indoors. White qualified for the NCAA regional meet in the long jump, and Franklin set the school weight throw record.

In his first season with the Hawkeyes, three Hawkeyes set four field event school records. Johnson set school records in the indoor and outdoor triple jump, Roach set the indoor high jump mark and Franklin smashed the outdoor hammer throw record by over 20 feet.

Roach earned all-America honors in the indoor high jump, while senior Kamesha Marshall provisionally qualified for the national indoor meet in the pentathlon.

Houston joined the Hawkeyes after a three-year stint as assistant coach at the University of Texas-El Paso. He served as jumps coach, while overseeing the multi-event athletes and short hurdlers for the men's and women's track teams. In three seasons with the Miners, Houston trained four all-Americans, nine NCAA qualifiers, four NCAA all-region placers, five WAC Champions and 70 all-Western Athletic Conference (WAC) finishers. Three-time all-American Henderson Dottin and all-American Desiree Crichlow set the men's and women's Barbados national high jump record while under Houston's training. Dottin's mark was 7-3 1/2 (2.23 m), while Crichlow's mark of 6-2 (1.88 m) set the school record. Crichlow also jumped 43-7 (13.30 m) in the triple jump. Houston coached 2002 all-American Adrian Ghioroae in the triple jump and Andy Champman, a 5-9 athlete who high jumped 7-0 1/2 (2.15 m) and pole vaulted 15-7 (4.75 m) in 2004.

Houston ran the 110 and 400-meter hurdles for his native Barbados at the 2000 Olympic Games in Sydney. He also competed in the decathlon at the 1996 Olympic Games in Atlanta, and placed 17th in that event at the 1997 World Championships in Athens, Greece. A native of St. Michael, Barbados, Houston set several national records, including the 60-meter hurdles (7.75), 400-meter hurdles (49.21) and decathlon (7,777).

His international competition also includes the Central American and Caribbean (CAC) Championships, the CAC Games, the Pan American Games and the Commonwealth Games. He won the 400-meter hurdles and placed second in the 110-meter hurdles at the 1999 CAC Championships. He placed fourth in the 400-meter hurdles at the 1998 CAC Games, and placed fifth in that event at the 1998 Commonwealth Games.

Houston's collegiate competition included stints at San Jacinto College and Auburn. While at San Jacinto, he set the NJCAA pentathlon record (4,201). At Auburn, he won the 1996 NCAA decathlon title and placed seventh in that event at the 1997 national meet. The four-time all-American also placed third in the 55-meter hurdles in 1996 and fourth in that event in 1997 at the NCAA meet. He set Auburn school records in the decathlon (7,766), pentathlon (4,086), and ranks in the top 10 in the 110-meter hurdles, indoor and outdoor long jump (25-11 1/2), indoor high jump, triple jump and javelin.

Houston graduated from Auburn in 1999 with a degree in criminal justice.



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Hawkeye Coaching & Support Staff



Shellene Williams Interim Assistant Coach First Year at Iowa

Shellene Williams is in her first season as interim assistant coach with the University of Iowa women's track and field program. She will be assisting with the sprint group.

Williams made a strong impact on the University of Iowa women's sprinting events in a short time. She was an all-American in the 400 meters in 2004, and four-time Big Ten champion at Iowa (2003-04). She is one of only four student-athletes in school history to win at least four Big Ten titles during a career, and one of three to win two Big Ten titles at the same meet. Williams still holds outdoor school records in the 200 meters (23.50-2004) and as part of the 1,600-meter relay (3:36.26-2003), and also set the University of Iowa Recreation

Building 400-meter record (54.17-2004). Six of her indoor marks and seven outdoor marks still rank in Iowa's all-time top 10.

She transferred to Iowa from Barton Community College, where she was a two-time all-American, two-time regional champion and part of the 2002 NJCAA national champion 400-meter relay team that set a national record of 43.84.

Williams has also been successful in international competition. She ran on the Jamaican 400-meter relay squad that placed third at the 2003 Pan American Games and on the 1,600-meter relay that placed third at the 2003 World Championships. She also placed sixth in the 400 meters at the 2003 Jamaican National Championships.

A native of Old Harbour, Jamaica, Williams was a four-time Jamaican National Junior team member who competed at the World Junior Athletic Championships and the CARIFTA Games. She earned a degree in communication studies from Iowa, and is currently pursuing a degree in student affairs.

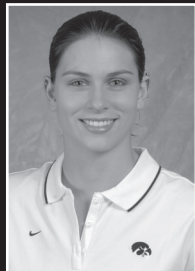
Hawkeye Support Staff



Paula Jantz
Administration



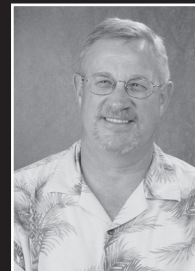
Kristi Higby
Secretary



Becca Franklin
Volunteer Assistant
Coach



Damon Davis
Strength Coach



Andy Winkelmann
Academic Advisor



Laura Burgett
Manager



Doug West
Athletic Trainer



Susan Butcher
Athletic Training
Graduate Student



Mike Sepiol
Athletic Training
Student



Randy Jensen
Facilities



Randy McCray
Facilities



TRACK & FIELD

2007-08 Season Preview

In collegiate athletics, teams must annually rebuild to recover from losses due to graduation. The 2007-08 University of Iowa women's track and cross country teams will have that yearly hurdle to clear, as well as a more significant one - the loss of longtime Head Coach James Grant.

Grant passed away in July at the age of 60 after a two-year battle with cancer. He, and his staff, had the Hawkeyes moving in the right direction. During his 11-year tenure, the Hawkeyes crowned one NCAA champion, 15 all-Americans, 26 Big Ten champions, three NCAA Midwest regional champions, 28 all-region honorees and 81 regional qualifiers, and set 30 school records. Also, during that time, 61 Hawkeyes earned 111 academic all-Big Ten honors. As a team, Iowa placed third at the 2004 Big Ten Indoor Championships in Iowa City, which tied the team's highest conference finish in school history.

Head Women's Cross Country Coach **Layne Anderson** was named Interim Head Women's Track Coach in August. He and Assistant Coach **Victor Houston** will take Grant's charge to keep the Hawkeyes moving toward the top.

"This has been a difficult time for Iowa Athletics with the passing of Coach Grant," said Anderson. "He provided great leadership for our track and cross country programs and for student-athletes over the past 21 years. I am humbled,

**Senior
Kineke Alexander**



**Senior
Meghan
Armstrong**



at this time, to be named the interim head coach and look forward to working with our administration as we plan for the future."

A strong group of successful seniors return for the 2007-08 seasons. Sprinter **Kineke Alexander**, distance runners **Meghan Armstrong**, **Racheal Marchand** and **Diane Nukuri** and multi-event competitor **Tammilee Kerr** have posted outstanding individual performances in the past and look to add to their list of accomplishments in their final seasons at Iowa.

"The firepower is there to improve past finishes at the Big Ten and NCAA meets," said Anderson. "Our goal is to finish in the top three or four in the conference and in the top 15 nationally. We have a lot of potential across the board in cross country and track."

Alexander won a 2006 NCAA indoor title and is the only Hawkeye in school history to earn six all-America honors in the same event (400 meters). The five-time Big Ten champion holds five Hawkeye school records and is Iowa's only two-time NCAA Midwest regional champion. In 2007, she was named Athlete of the Year and Athlete of the Championships at the Big Ten indoor meet. Armstrong is a two-time all-American and four-time all-region selection. Marchand earned all-America honors in cross country last season and is a two-time all-region honoree. Nukuri, the 2006 NCAA Midwest Regional Cross Country Champion, earned two all-America honors and two all-region honors in her first season at Iowa. She set three school and one facility record in cross country. Kerr set the school heptathlon record in 2007 and became one of the first Hawkeyes in recent history to qualify for the NCAA championships in that event.

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2007-08 Season Preview

Those five, as well as several other underclassmen and newcomers will have to be at their best to help fill the spaces left by three graduated seniors. Gone are **Peaches Roach**, **Tiffany Johnson** and **Becca Franklin**. Roach was a four-time all-American in the high jump and the only Hawkeye in school history to win five Big Ten titles in one event. She and Johnson set the school record for most times qualified to the regional meet (10), and were regular competitors on sprint relays. Johnson became the first Hawkeye in school history to win consecutive Drake Relay titles, winning the 100-meter hurdles in 2006 and 2007. The trio also hold seven school records.

"Tiffany, Peaches and Becca made contributions to this program which helped us reach our current level," explained Anderson. "They will be missed, but it is up to the experienced upperclassmen to step up and show the newcomers that everyone has the potential to improve our team finishes, in both cross country and track."

Here is an event-by-event look at the 2007-08 Hawkeyes:

Sprints/Relays

Alexander is the most accomplished returnee, and Coach Anderson is hoping she will go out with a bang. Hampered by leg injuries most of the 2007 outdoor track season, she only ran the 400 meters at the Big Ten, NCAA regional and NCAA Championships.

"The plan is to help Kineke stay as healthy as possible the entire year so we can see exactly what she is capable of," he explained. "She is a catalyst for the rest of our squad. If she is doing well, her abilities seem to pick everyone else up and inspire their performances."

Her success in the 200, 400 and 600 has been well-documented, but Alexander has also been a solid part of Iowa's 1,600-meter relays - running on five of the top 10 in school history.

Sophomores **Rhonda-Kaye Trusty**, **Kara-Aretha Graham** and **Sophia Poncé** got a year of experience in the sprints last season. Junior **Renee White** has also competed in the sprints and relays. Trusty led Iowa in the outdoor 200 meters (24.23) and ran the second-fastest 60 (7.63) and 100-meter times (12.04). Poncé led the team in the indoor 600 yards (1:24.55), outdoor 800 meters (2:10.35) and ran on the team-leading 1,600-meter and distance medley relays indoors and sprint and distance medley relays outdoors. Graham will run the 200 and 400 meters as the coaches look to

transition her into longer races.

Newcomers **Karessa Farley** (Bridgetown, Barbados), **Lisa Mellecker** (Iowa City, IA), **Kelsey Mims** (Iowa City, IA), **Abbie Mumpower** (Quincy, IL) and **Kimberly Stanford** (St. Michael Barbados) will be expected to provide immediate depth in the short sprints and relays, while **Bethany Praska** (Longmont, CO) will compete in the longer sprints and relays.

Hurdles

The departed Johnson led the Hawkeyes in the 60 and 100-meter hurdles the past four years and holds the school records in those events. Graduated senior **Aditya Jones** also led the Hawkeyes in the 400-meter hurdles the past two years. Kerr, Mumpower and freshman **Tiffany Hendricks** (Burlington, IA) will have to step in and compete immediately.

Middle Distance/Distance

The Hawkeyes should be very strong in these events as they return all of the team-leading performers from 2007 and will add several impressive newcomers. Returning all-Americans Armstrong, Nukuri and Marchand

will lead the distance corps. Nukuri led the Hawkeyes in the indoor 5,000 meters (16:24.50) and the outdoor 3,000 (9:23.90), 5,000 (16:15.28) and 10,000 meters (33:30.29). Armstrong led the team in the mile (4:41.18) and 3,000 meters (9:27.95) indoors and the 1,500 meters (4:20.92) outdoors.

Sophomore **Krista Anderson**, redshirt freshman **Jolly Burke** and freshmen twins **Amanda** and **Lauren Hardesty** (Valparaiso, IN) will also be asked to contribute.

Seniors **Molly Esche**, **Christine Kotarba** and **Jessica Schmidt**, juniors **Brittany Graham** and **Rachel Hawks**, sophomore **Katie Ellis** and newcomers **Kathryn Guess** (Des Moines, IA) and **Caitlin Wooldridge** (Fox River Grove, IL) will provide depth in the longer distances.

Senior **Monica Mims**, Poncé, junior **Jennie Docherty** and sophomore **Kelsey Stueland** make up the middle distance corps. Praska may also contribute here as the season progresses.

Throws

Kerr, senior **Erin O'Hern** and junior **Mandy Chandler** return for the Hawkeyes in the throws, but Franklin's performances in the weight and hammer throws will be missed. Kerr was a regional qualifier in the javelin and her season-best performance of 157-0 from



Senior
Diane Nukuri



TRACK & FIELD

2007-08 Season Preview

2007 ranks second in school history. Chandler led the team in the shot put (41-4 1/4 indoor, 39-1 1/4 outdoor) last season, while O'Hern has experience in the shot put, weight throw, hammer throw and discus.

Jumps

Roach and Johnson were consistent stars in the horizontal and vertical jumps, and while they will be missed, White and sophomore **Caleigh Bacchus** will fill in the gaps. White set school triple jump records last season (41-5 3/4 indoor, 42-1 1/2 outdoor) and led the team in the outdoor long jump (42-1 1/2). She became the first Hawkeye to jump over 42 feet in the triple jump. Newcomers Farley and Hendricks will provide depth.

Multi-Events

Kerr returns after setting the school heptathlon record and qualifying for the NCAA Championships. Mumpower will also compete in the multi-events.

Cross Country

The combination of individual strength, talented depth and outstanding newcomers gives the 2007 cross country team potential for great success.

"We are excited to have talented depth," said Anderson. "While we've had strong individuals, we've had a hard time closing the gap between our top finishers and the rest of the squad. That affects our team finish. Provided everyone stays healthy, we'll have a strong top three in Meghan, Diane and Racheal. We'll have six or seven runners to battle for the remaining spots. The extra depth will allow us to have fresh bodies competing during the season,

Senior Racheal Marchand



which should help our team finishes at the end of the season."

The squad made a major step in that direction in 2006, qualifying for the NCAA Championships, as a team, for the first time in 14 years and posting its highest Big Ten finish (sixth) since 1993. The Hawkeyes also recorded their highest finish at the NCAA Midwest regional meet (third) under Anderson. The team has improved its finish at the Big Ten and regional meets each of the last four years, and has set school records in the 3,000, 4,000, 5,000 and 6,000 meters.

Armstrong, Marchand and Nukuri led the Hawkeyes in 2006. Nukuri and Marchand earned all-America honors, making Iowa one of nine schools to crown two all-Americans. Nukuri was named Midwest Region Runner of the Year when she captured the regional meet title. All three earned spots on the all-region team, while Armstrong and Marchand earned all-Big Ten honors. Nukuri set school records in the 3,000 and 5,000 meters, while she and Armstrong shared the 6,000-meter mark.

Burke, Anderson, Schmidt, Esche and Ellis all return with experience and the ability to battle for one of the lineup spots. Returnees Docherty, Ellis, Graham, Hawks and Kotarba will look to break into the lineup.

The Hardesty twins lead the newcomers and could make an immediate impact. Guess and Wooldridge will provide depth.

Senior Tammilee Kerr

