

IOWA HAWKEYES



University of Iowa Athletic Communications – Jack Rossi, Cross Country Contact

CROSS COUNTRY WEEKLY RELEASE

October 26, 2016

2016 SCHEDULE

Date	Opponent (Location)	Time
9/2	Hawkeye Invitational (Iowa City, Iowa)	6 p.m.
9/9	Illinois State (Normal, Illinois).....	5 p.m.
9/24	Roy Griak Invitational (Minneapolis)	12:20 p.m.
10/1	Regional Preview (Iowa City, Iowa) ..	8:30 a.m.
10/14	Bradley Classic	3:30 p.m.
10/15	Pre-Nationals (Terre Haute, Indiana).....	11 a.m.
10/30	Big Ten Championship (Minneapolis).....	10 a.m.
11/11	NCAA Midwest Regional (Iowa City, Iowa) ..	11 a.m.
11/19	NCAA Championships (Terre Haute, Indiana)	TBA

All times are Central and subject to change.
Home events in **BOLD**.

2016 QUICK FACTS

General Information

Location: Iowa City, Iowa

Founded: 1847

Enrollment: 33,334

School Colors: Black and Gold

Nickname: Hawkeyes

Conference: Big Ten

President: Bruce Harreld

Director of Athletics: Gary Barta

Cross Country Administrator: Mark Hankins

Facility: Ashton Cross Country Course

Coaching Information

Head Coach: Randy Hasenbank

Year at Iowa: 1st

Alma Mater, Year: Wichita State, 1990

Volunteer Assistant Coach: John Michael Brandt

Year at Iowa: 3rd

Alma Mater, Year: Iowa, 2013

FOLLOW THE HAWKS

Facebook: U of I Cross Country and Track & Field

Twitter: @IowaXC_TF

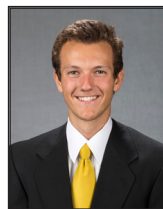
Instagram: iowaxctf

World Wide Web: hawkeyesports.com

RUNNERS TO WATCH



Ben Anderson
8K PR: 24:20.6



Ian Eklin
8K PR: 25:02.7



Madison Waymire
6K PR: 21:01.8



Tess Wilberding
6K PR: 21:16.9

THIS WEEK

The University of Iowa men's and women's cross country teams start their postseason run at the Big Ten Championships in Minneapolis, on Sunday. The women's 6,000-meters begins at 10 a.m. (CT) and the men's 8,000-meters follow at 11 a.m. on the Les Bolstad Golf Course.

HOW TO FOLLOW

The event is televised live on Big Ten Network. Results will be posted on the Iowa cross country Twitter account: @IowaXC_TF and online at hawkeyesports.com.

LAST TIME OUT

The Hawkeyes split up to run two races on Oct. 14 and Oct. 15. The first race was the Bradley Classic in Peoria, Illinois. The women placed 24th and the men placed 16th. The team set 11 personal bests during the two races.

Freshman Claire Dupuis led the women, placing 40th overall with a career-best 21:49. Freshman Julie Hollensbe finished second for the Hawkeyes, recording a time of 22:37. On the men's side, freshmen Nathan Mylenek, Brandon Cooley, and Luke Sampson finished first, second, and third for the Hawkeyes, respectively. Mylenek and Cooley both recorded career-bests while sophomores Cole Mullins and Khallin Khan also notched career-best times.

The next day, Iowa competed at Pre-Nationals in Terre Haute, Indiana in preparation for the post-season. Senior Tess Wilberding continued to lead Iowa, finishing the 6,000-meters in 21:46. Sophomore Lauren Opatrny followed, racing to a career-best 21:52 and sophomore Andrea Shine was a couple seconds shy of her season best with a 21:56. The men were led by senior Ben Anderson (25:19) for the third time this season, while seniors Anthony Gregorio (25:35) and Kevin Docherty (26:53) recorded season bests.

LES BOLSTAD ROUND 2

The Hawkeyes will return to Minneapolis for the second time this season. Iowa competed at the Les Bolstad Golf Course at the annual Roy Griak Invitational on Sept. 24. The men finished 15th and the women were 24th.

LAST YEAR AT BIG TENS

In 2015, the Hawkeyes traveled to Evanston, Illinois, to compete in the Big Ten Championships. The team finished in 10th place overall. Michael Melchert and Madison Waymire both had career days, placing in Iowa's All-Time list in the 8,000-meters and 6,000-meters, respectively.

S300 Carver-Hawkeye Arena
Iowa City, IA 52242

Phone: 319-335-9411

E-mail: jack-rossi@uiowa.edu
hawkeyesports.com



2016 ROSTER

Men

Ben Anderson	Sr.	Clive, Iowa
Brandon Cooley	Fr.	Bettendorf, Iowa
Kevin Docherty	Sr.	St. Paul, Minn.
Ian Eklin	So.	Plymouth, Minn.
Nate Ferree	Sr.	Appleton, Wis.
Daniel Gardarsson	RSo.	Reykjavik, Iceland
Anthony Gregorio	Sr.	Palatine, Ill.
Bailey Hesse-Withbroe	So.	Stillwater, Minn.
Adam Jones	Sr.	Columbus, Ga.
Kallin Khan	So.	Lisle, Ill.
Michael Melchert	Jr.	Monticello, Iowa
Cole Mullins	So.	West Des Moines, Iowa
Daniel Murphy	So.	Marion, Iowa
Nathan Mylenek	Fr.	Clarkston, Mich.
Charles Nash	So.	Deerfield, Ill.
Brook Price	Jr.	Iowa City, Iowa
Luke Sampson	Fr.	Little Chute, Wis.
Karson Sommer	Fr.	Bettendorf, Iowa
Daniel Soto	So.	West Des Moines, Iowa

Women

Taylor Arco	Fr.	Mission Viejo, Calif.
Kelly Breen	RJr.	Palatine, Ill.
Grace Coen	Fr.	Newton, Iowa
Amber Decker	Fr.	Marion, Iowa
Alex Dodds	Fr.	Davenport, Iowa
Claire Dupuis	Fr.	Gilbert, Iowa
Maria Eastman	Fr.	Victoria, Minn.
Ashley Espinosa	So.	Lindenhurst, Ill.
Lauren Gibbs	Fr.	Mililani, Hawaii
Marta Gonzalez	Jr.	Merida, Spain
Julie Hollensbe	Fr.	Williamsburg, Iowa
Marlie Houston	Fr.	Oconomowoc, Wis.
Alana Jones	Sr.	Laguna Hills, Calif.
Mallory King	Fr.	Davenport, Iowa
Hunter Koenigsfeld	Fr.	Cedar Rapids, Iowa
Kara Neustrom	RSo.	West Des Moines, Iowa
Elizabeth Niedert	RSo.	Glen Ellyn, Ill.
Lauren Opatrny	So.	McHenry, Ill.
Tia Saunders	Fr.	Iowa City, Iowa
Haley Schroeder	Fr.	Elkader, Iowa
Abby Sears	So.	Bettendorf, Iowa
Andrea Shine	So.	Crystal Lake, Ill.
Jordyn Sindt	Sr.	Griswold, Iowa
Mahnee Watts	Sr.	Bettendorf, Iowa
Madison Waymire	Jr.	Grimes, Iowa
Macie Weber	Fr.	Cascade, Iowa
Lindsay Welker	Fr.	Terre Haute, Ind.
Tess Wilberding	Sr.	Troy, Mich.

IN THE RANKINGS

The University of Iowa men's and women's cross country teams remained in the USTFCCA Midwest Regional Rankings for the fifth straight week following the release of the Oct. 17 polls. The women are No. 12 while the men are No. 14.

WILBERDING CONTINUES STELLAR SEASON

Senior Tess Wilberding has excelled in the 2016. Wilberding recorded her first career win at the Hawkeye Invite on Sept. 2 and followed with a second-place finish a week later at the Illinois State Invite. Wilberding has been Iowa's leading runner in every race this season and is seeking to become the third runner since 2000 to complete that feat (Arens 2000, Waymire 2015). Wilberding ranks in Iowa's top 10 all-time performances in the 3,000-meters.

HASENBANK TAKES CROSS COUNTRY LEAD

Randy Hasenbank was named interim associate head cross country coach/ assistant track and field coach in August. Hasenbank spent the past five seasons at Loyola University Chicago where he won numerous accolades, including being named Horizon League Coach of the Year five times as well as coaching nine All-Americans.

HAWKEYES IN THE TOP 10

Junior Michael Melchert placed among Iowa's top 10 all-time performers in his first race in 2016. The Monticello, Iowa, native broke an 11 year-old-record set by Eric MacTaggart in the 6,000-meters at the Hawkeye Invitational on Sept. 2 with a time of 18:12. On the women's side, senior Tess Wilberding (10:20.4) and junior Madison Waymire (10:21.9) broke into the top 10 at the Hawkeye Invite, placing fifth and tying for sixth in Iowa history, respectively, in the women's 3,000-meters.

HAWKEYE NEWCOMERS

The men's cross country team added 21 student-athletes to its 2016 roster including 16 women and six men. Brandon Cooley, Adam Jones, Nathan Mylenek, Luke Sampson and Karson Sommer join the men's team. Taylor Arco, Grace Coen, Amber Decker, Alex Dodds, Claire Dupuis, Maria Eastman, Lauren Gibbs, Julie Hollensbe, Marlie Houston, Mallory King, Hunter Koenigsfeld, Tia Saunders, Haley Schroder, Macie Weber, and Lindsay Welker join the women's team.

HAWKEYES EXCEL IN CLASSROOM

Eight current Hawkeye student-athletes were named to the 2015 Big Ten Fall Academic All-Conference team -- Kevin Docherty, Marta Bote Gonzalez, Kelly Breen, Nate Ferree, Daniel Gardarsson, Anthony Gregorio, Daniel Huff, and Tess Wilberding. Gregorio and Gonzalez were named Big Ten Distinguished Scholars by being letterwinners and maintaining a Grade Point Average (GPA) of 3.7 or higher in at least their second academic year.

HAWKEYES HOST NCAA REGIONAL

The Hawkeyes are proud to be hosting the 2016 NCAA Midwest Regional on Nov. 11 at the Ashton Cross Country Course in Iowa City. The women's 6,000-meter race begins at 11 a.m. (CT) and the men's 10,000-meter race starts at 12 p.m. (CT).



Men's Top 10 All-Time Best Performers

6,000 Meters

1. **Michael Melchert** 18:12 **2016 Hawkeye Invite**
2. Eric MacTaggart 18:18 2005 Hawkeye Invite
3. Jeff Thode..... 18:21 2009 Hawkeye Invite
4. Dan Haut 18:24 2005 Hawkeye Invite
5. Jeff Kent 18:27 2005 Hawkeye Invite
6. Nick Holmes 18:30 2009 Hawkeye Invite
7. Adam Roche 18:33 2005 Hawkeye Invite
Sam Bailin..... 18:33 2009 Hawkeye Invite
Kevin Lewis..... 18:33 2013 Iowa Invite
10. Jesse Luciano..... 18:40 2008 Hawkeye Invite

8,000 Meters

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

10,000 Meters

1. Jeff Thode..... 29:55at 2010 NCAA Regional
2. Matt Esche 30:10at 2002 NCAA Regional
3. Jesse Luciano..... 30:17at 2008 NCAA Champ's
4. Micah VanDenend..... 30:26at 2002 NCAA Regional
5. Kevin Herd..... 30:28 1993
6. Joe Welter 30:28at 2002 NCAA Regional
7. Tony Rakaric..... 30:31at 2002 NCAA Regional
8. Kevin Lewis..... 30:35at 2014 NCAA Regional
9. Dan Haut 30:39at 2002 NCAA Regional
10. Alex Webster..... 30:40at 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, MSU - B1G Champ's - 11/2/14 19:26

Men's 6,000 Meters

Toby Hardwick Iowa - Hawkeye Invitational - 9/2/15 17:57

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

6,000 Meters

1. Diane Nukuri 19:37at 2007 NCAA Regional
..... at 2007 Big Ten Champ's
2. Mareike Schrulle..... 19:43at 2012 NCAA Champ's
3. Racheal Marchand..... 19:54at 2008 NCAA Champ's
4. Meghan Armstrong 20:07at 2007 NCAA Regional
5. Jolly Burke 20:20at 2007 Big Ten Champ's
6. Betsy Flood..... 20:22at 2010 NCAA Regional
7. McKenzie Melander 20:41at 2011 Big Ten Champ's
8. Megan Ranegar 20:43at 2012 NCAA Champ's
9. Kayla Beattie..... 20:54at 2011 Wisconsin Invite
10. **Madison Waymire**..... **21:01** **at 2015 Big Ten Champ's**

* - This time is also the Big Ten Championships Record.