

# IOWA Cross Country 2017

**1 Olympian**  
**1 NCAA Champion**  
**23 All-American Honors**  
**8 Big Ten Champions**  
**266 Academic All-Big Ten Honors**



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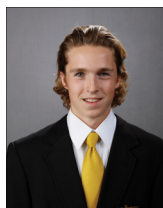
## 2017 IOWA CROSS COUNTRY SCHEDULE

Date	Meet
Sept. 1	Hawkeye Invitational (Iowa City, Iowa)
Sept. 16	Woody Greeno Invite (Lincoln, Neb.)
Sept. 29	Notre Dame Invite (South Bend, Ind.)
<b>Oct. 13</b>	<b>Bradley Pink Classic (Peoria, Ill.)</b>
Oct. 29	Big Ten Championships (Bloomington, Ind.)
Nov. 10	NCAA Regionals (Ames, Iowa)
Nov. 18	NCAA Championships (Louisville, Ky.)

## IOWA COACHING STAFF

<b>Joey Woody</b> .....	Director of Track & Field
<b>Randy Hasenbank</b> .....	Associate Head Cross Country Assistant Track & Field Coach
<b>Clive Roberts</b> .....	Associate Head Coach
<b>Jason Wakenight</b> .....	Assistant Coach Director of Recruiting
<b>Eric Werskey</b> .....	Assistant Coach/ Throws
<b>Paige Knodle</b> .....	Assistant Coach
<b>Kate See</b> .....	Director of Operations

## RUNNERS TO WATCH



**Nathan Mylenek**  
8K PR: 25:09.3



**Dan Soto**  
8K PR: 24:55.2



**Madison Waymire**  
6K PR: 21:01.8



**Andrea Shine**  
6K PR: 21:31.9

### THIS WEEK

The University of Iowa men's and women's cross country teams conclude the regular season Friday at the Bradley Pink Classic in Peoria, Illinois. The men compete in the Men's 8K Red Race at 3:15 p.m. (CT) and the women compete in the Women's 6K Red Race at 4 p.m.

### HOW TO FOLLOW

Results are posted on the Iowa cross country Twitter account: [@Iowa XC\\_TF](#) and online at [hawkeyesports.com](#).

### HAWKEYES RANKED 6TH IN MIDWEST REGION

- The University of Iowa men's cross country team is ranked sixth in the Midwest Region, jumping up six spots in the latest United States Track & Field and Cross Country Coaches Association poll. It marks the men's highest ranking since 2010 (fifth).
- The Hawkeye men placed 14th at the Joe Piane Invitational on Friday, finishing in front of five regionally ranked opponents, including No. 4 Florida State (South), No. 4 Baylor (South Central), No. 6 Butler (Great Lakes), No. 8 Notre Dame (Great Lakes), and No. 8 Wichita State (Midwest). Nathan Mylenek and Daniel Soto led the way for Iowa, placing 44th and 69th respectively.

### WHEN OPPORTUNITY KNOCKS

- The Hawkeye men are racing against 18 Midwest Region opponents, six of which are regionally ranked, including No. 7 Nebraska, No. 8 Missouri, No. 12 Bradley, No. 13 Wichita State, No. 14 Kansas State, and No. 15 Saint Louis.
- The men face off against two regionally ranked opponents from the Great Lakes Region. They are No. 11 Oakland, and No. 14 Marquette.
- The Women race against 20 Midwest Region opponents, including eight regionally ranked schools, No. 3 Missouri, No. 8 South Dakota, No. 9 Kansas State, No. 10 Northern Illinois, No. 11 Bradley, No. 12 Northern Iowa, No. 13 Loyola, and No. 14 Illinois State.



### 8K NOTABLES

- The Hawkeye men are running in their second 8,000 meter race of the season. They won their only other 8,000 meter race at the Woody Greeno Invite on Sept. 16. The Hawkeyes had four athletes place in the top-10, including Nathan Mylenek (first place), Ian Eklin (second place), Dan Soto (fourth place), and Brandon Cooley (seventh place).

### 6K NOTABLES

- The Bradley Pink Invite marks the second 6,000 meter race for the Hawkeye Women. They finished third in their previous 6K race at the Woody Greeno Invite. Iowa had three runners in the top-15 including Andrea Shine (first place), Madison Waymire (seventh place), and Julianna Hollensbe (13th place).

### MEN'S TOP RUNNERS

- Sophomore Nathan Mylenek and junior Dan Soto will both be running in this year's Bradley Pink Classic. This marks Mylenek's second, and Soto's third time running in this race.
- Mylenek was Iowa's top finisher at last year's Bradley Pink Classic when he ran his personal best 25:09.3.
- Mylenek and Soto will both be running in their second 8,000 meter race of the season this weekend. Mylenek placed first with a time of 25:42.8 at the Woody Greeno Invite on Sept. 16, and Soto finished fourth with a time of 25:48.0. Soto's personal best in the 8k is 24:55.2.

### WOMEN'S TOP RUNNERS

- Senior Madison Waymire and junior Andrea Shine will be competing in their second 6,000 meter race this Friday.
- Waymire was Iowa's top finisher at the Bradley Pink Classic in 2015, placing 32nd with a time of 21:01.8. Shine was Iowa's third finisher (82nd) with a time of 22:07.0.
- Shine ran her 6K collegiate best earlier this season at the Woody Greeno Invite. The junior won the race with a time of 21:31.9. Waymire placed seventh at the same event with a time of 22:08.4. Waymire's 6K personal best came at the 2015 Big Ten Championships when she ran a time of 21:01.8.

### NEXT UP FOR THE HAWKEYES

The Hawkeyes postseason begins Oct. 29 at the Big Ten Championships in Bloomington, Indiana.

### LINK UP WITH THE HAWKEYES

For an inside look at the Iowa cross country program and to access exclusive coverage, "like" The University of Iowa Cross Country and Track & Field Facebook page and follow @Iowa XC T&F on Twitter.

## 2017 ROSTERS

### Men

Brandon Cooley	.....So.....	Bettendorf, Iowa
Kevin Docherty	.....Sr.....	St. Paul, Minn.
Ian Eklin	.....Jr.....	Plymouth, Minn.
Daniel Gardarsson	.....RJr.....	Reykjavik, Iceland
Noah Healy	.....Fr.....	Frankfort, Ill.
Bailey Hesse-Withbroe	Jr.....	Stillwater, Minn.
Evan Jacobs	.....Fr.....	Sycamore, Ill.
Michael Melchert	.....Sr.....	Monticello, Iowa
Daniel Murphy	.....So.....	Marion, Iowa
Nathan Mylenek	.....So.....	Clarkston, Mich.
Jeff Roberts	.....Fr.....	River Vale, NJ.
Luke Sampson	.....So.....	Little Chute, Wis.
Karson Sommer	.....So.....	Bettendorf, Iowa
Daniel Soto	.....Jr.....	West Des Moines, Iowa
Michael Westphal	.....So.....	Urbandale, Iowa

### Women

Mary Arch	.....Fr.....	Iowa City, Iowa
Taylor Arco	.....So.....	Mission Viejo, Calif.
Maddie Carver	.....Fr.....	Urbandale, Iowa
Grace Coen	.....So.....	Newton, Iowa
Amber Decker	.....So.....	Marion, Iowa
Claire Dupuis	.....So.....	Gilbert, Iowa
Ashley Espinosa	.....Jr.....	Lindenhurst, Ill.
Marta Gonzalez	.....Sr.....	Merida, Spain
Julie Hollensbe	.....So.....	Williamsburg, Iowa
Maren Jeppson	.....Fr.....	Mount Veron, Iowa
Mallory King	.....So.....	Davenport, Iowa
Kara Neustrom	.....RJr.....	West Des Moines, Iowa
Elizabeth Niedert	.....RJr.....	Glen Ellyn, Ill.
Lauren Opatrny	.....Jr.....	McHenry, Ill.
Wren Renquist	.....Fr.....	Okinawa City, Japan
Tia Saunders	.....So.....	Iowa City, Iowa
Andrea Shine	.....Jr.....	Crystal Lake, Ill.
Addie Swanson	.....Fr.....	Bettendorf, Iowa
Madison Waymire	.....Sr.....	Grimes, Iowa
Macie Weber	.....So.....	Cascade, Iowa
Lindsay Welker	.....So.....	Terre Haute, Ind.
Aly Weum	.....Fr.....	Stoughton, Wisc.



### 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 Champ's
9. Andy Napier ..... 23:56 .....at 2008 Auburn Invite
10. Michael Melchert ..... 23:57 ..... at 2015 Big Ten Champ's

#### 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

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**
9. Nikki Chapple ..... 14:09 ..... 2004 Hawkeye Triangular
10. Krista Anderson ..... 14:14 ..... 2007 Hawkeye Open

#### 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. **Madison Waymire..... 21:01 ..... at 2015 Big Ten Champ's**