



Oct. 4, 2019

# IOWA

# Cross Country 2019 Notebook



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## 2019 IOWA CROSS COUNTRY SCHEDULE

Date	Meet
Sept. 6	Hawkeye Invitational (Iowa City, Iowa)
Sept. 21	Woody Greeno Invite (Lincoln, Neb.)
<b>Oct. 4</b>	<b>Notre Dame Invite (South Bend, Ind.)</b>
Oct. 19	Pre-Nationals (Terre Haute, Ind.)
Nov. 3	Big Ten Championships (Lincoln, Neb.)
Nov. 15	NCAA Regionals (Peoria, Ill.)
Nov. 23	NCAA Championships (Madison, Wis.)

## IOWA COACHING STAFF

### Joey Woody

Director of Track & Field

### Randy Hasenbank

Associate Head Cross Country  
Assistant Track & Field Coach

### Clive Roberts

Associate Head Coach

### Jason Wakenight

Assistant Coach, Director of Recruiting

### Eric Werskey

Assistant Coach/Throws

### Paige Knodle

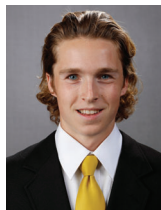
Assistant Coach

### Kate Wakenight

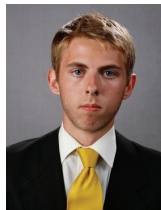
Director of Operations



## HAWKEYES TO WATCH



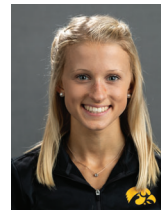
Nathan Mylenek  
8K PR: 24:00 (2018)



Brandon Cooley  
8K PR: 24:36 (2018)



Megan Schott  
5K PR: 17:28 (2018)



Leah Kralovetz  
5K PR: 17:31(2019)

### THIS WEEK

The University of Iowa men's and women's cross country teams travel to South Bend, Indiana to compete in the Joe Piane Notre Dame Invitation on Friday. The Hawkeyes compete at Notre Dame Burke Memorial Golf Course. The women's 5,000-meter race begins at 12 p.m. (CT). The men's 8,000 meters begins at 12:45 p.m. (CT) Admission for spectators is free.

### NOTRE DAME BURKE MEMORIAL GOLF COURSE

The course is set to host the 64th annual Joe Piane-Notre Dame Invitational on Friday, October 4. The course is located on the South West corner of Notre Dame campus with scenic views of the Golden Dome and Basilica.

### HOW TO FOLLOW

Results are posted on the Iowa cross country Twitter account: [@iowa XC\\_TF](https://twitter.com/iowa_xc_tf) and online at <https://enduranceracetiming.com/results.html>.

### HAWKEYES ARE UNDEFEATED

The University of Iowa men's and women's cross country team placed first overall for the second meet in a row. The last time both the men and women's team when into the third meet undefeated was back in 2010.

### IN THE RANKINGS

The women jump to seventh in the USTFCCA Week 1 polls behind fellow Big Ten teams Minnesota (3), Illinois (4), and Northwestern (6). The men stay steady at sixth in the poll. Only Minnesota (4) ranks higher among Big Ten schools.

### FRESHMAN ON TOP

Leah Kralovetz leads the women's team at the 2019 Woody Greeno Invite on Sept. 21. Out of 189 women, Kralovetz came in 4th with a personal best of 17:31.4 in the 5,000 meters. She continues to show improvement from week to week as she jumps from 8th place at the Hawkeye Invitational on Sept. 6, her first collegiate meet.



### MEN'S TOP RUNNERS

Senior Nathan Mylenek returns to the Notre Dame Invitational as the top Hawkeye competitor from the Woody Greeno Invite on Sept. 21. Mylenek finished fourth overall (24:44.8). Sophomore Spencer Smith is the Hawkeyes' top returner from the 2018 Notre Dame Invite, placing 12th (25:51.2). Four seniors compete for the third time at this invitational, Nathan Mylenek, Brandon Cooley, Karson Sommer, and Daniel Murphy.

### WOMEN'S TOP RUNNERS

Freshman Leah Kralovetz is the top finisher for the women's team at the Woody Greeno Invite on Sept. 21. She came in 4th out of 189 (17:31.4). Senior Megan Schott finished 8th (17:41.7).

### HAWKEYE NEWCOMERS

Three new athletes ran at the Woody Greeno Invite on Sept. 21. Freshmen Nick Trattner placed 45th (26:00.6). For the women, Freshman Leah Kralovetz was the women's top finisher in 4th (17:31.4). Maggie Gutwein finished in the top 50 (19:11.2).

### NEXT UP FOR THE HAWKEYES

The Hawkeyes head to Terre Haute, Indiana to compete at Pre-Nationals on Oct. 19 at 10 a.m. (CT).

### 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 @IowaXC\_TF on Twitter.

## 2019 ROSTER

### Men

Brandon Cooley	Sr.	Bettendorf, Iowa
Noah Healy	Jr.	Frankfort, Ill.
Daniel Murphy	Sr.	Marion, Iowa
Nathan Mylenek	Sr.	Clarkston, Mich.
Jeff Roberts	Jr.	River Vale, N.J.
Luke Sampson	Sr.	Little Chute, Wis.
Brendan Scott	Fr.	Bettendorf, Iowa
Reece Smith	Fr.	Garner, Iowa
Spencer Smith	So.	Chicago, Ill.
Karson Sommer	Sr.	Bettendorf, Iowa
Konnor Sommer	So.	Bettendorf, Iowa
Nick Trattner	Fr.	Naperville, Ill.

### Women

Logan Akason	So.	Waukee, Iowa
Mary Arch	Jr.	Iowa City, Iowa
Taylor Arco	Sr.	Mission Viejo, Calif.
Ashley Bryja	Jr.	Chicago, Ill.
Emma Gordan	So.	Ankeny, Iowa
Maggie Gutwein	Fr.	Monticello, Ind.
Anna Hostetler	So.	Parnell, Iowa
Mallory King	Sr.	Davenport, Iowa
Leah Kralovetz	Fr.	Denmark, Wis.
Kylie Latham	So.	Ottumwa, Iowa
Grace McCabe	So.	Clarendon Hills, Ill.
Jessica McKee	So.	Johnston, Iowa
Elyse Prescott	Jr.	Urbandale, Iowa
Wren Renquist	Jr.	Okinawa, Japan
Madeline Rhomberg	Fr.	Cascade, Iowa
Tia Saunders	Sr.	Iowa City, Iowa
Megan Schott	Sr.	Des Moines, Iowa
Gabby Skopec	Jr.	Coralville, Iowa
Patty Teggatz	So.	Hampton, Iowa
Sidney Vancil	So.	Clive, Iowa
Macie Weber	Jr.	Cascade, Iowa
Lindsay Welker	Jr.	Terre Haute, Ind.
Aly Weum	So.	Stoughton, Wis.
Jordan Winke	So.	Albia, Iowa



## 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. **Nathan Mylenek ..... 18:16 ..... 2019 Hawkeye Invite**
4. Eric MacTaggart ..... 18:18 ..... 2005 Hawkeye Invite
5. **Daniel Murphy ..... 18:19 ..... 2019 Hawkeye Invite**
6. Jeff Thode ..... 18:21 ..... 2009 Hawkeye Invite
7. **Luke Sampson ..... 18:22 ..... 2019 Hawkeye Invite**
8. Dan Haut ..... 18:24 ..... 2005 Hawkeye Invite
9. **Spencer Smith ..... 18:25 ..... 2019 Hawkeye Invite**
10. Jeff Kent ..... 18:27 ..... 2005 Hawkeye 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. **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 Champ's
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 Champs. - 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 Champs. - 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
7. Lauren Hardesty ..... 10:21 ..... 2010 Hawkeye Invite
8. 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
5. 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
9. Madison Waymire ..... 14:03 ..... 2017 Hawkeye Invite
10. Nikki Chapple ..... 14:09 ..... 2004 Hawkeye Triangular

### 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. Andrea Shine ..... 20:46 ..... at 2017 NCAA Regional
10. Kayla Beattie ..... 20:54 ..... at 2011 Wisconsin Invite