

IOWA Cross Country 2017

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



November 7, 2017

CROSS COUNTRY CONTACT: JACK ROSSI | EMAIL: JACK-ROSSI@UIOWA.EDU | Phone: 319-335-9411 | hawkeyesports.com

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.)
Oct. 13	Bradley Pink Classic (Peoria, Ill.)
Oct. 29	Big Ten Championships (Bloomington, Ind.)
Nov. 10	NCAA Regionals (Ames, Iowa)
Nov. 18	NCAA Championships (Louisville, Ky.)

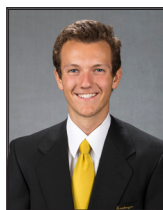
IOWA COACHING STAFF

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 See.....	Director of Operations

RUNNERS TO WATCH



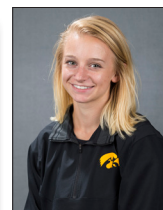
Nathan Mylenek
10K PR: 32:02.0



Ian Eklin
10K PR: 31:33.6



Madison Waymire
6K PR: 21:01.8



Andrea Shine
6K PR: 20:47.3

THIS WEEK

The University of Iowa men's and women's cross country teams continue their postseason at the 2017 NCAA Midwest Regional in Ames, Iowa, on the ISU Cross Country Course. The women's 6,000-meters will begin at 10:45 a.m. (CT) followed by the men's 10,000-meters at 11:45 a.m. Admission is free.

HOW TO FOLLOW

Results are posted on the Iowa cross country Twitter account: @Iowa XC_TF and online at hawkeyesports.com.

QUALIFYING FOR THE NCAA CHAMPIONSHIPS

- There are 31 team spots up for grabs around the country with the top two teams in each region claiming automatic bids for the NCAA Championships. 13 bids are at-large and are selected based upon a review of the team's regular season competitions and finish at the regional and conference competitions.
- For those not selected as part of a team, 38 individuals per gender will be selected (top four per region) as long as the individual has placed in the top 25 of the region. In addition, two athletes will be selected as at-large bids, but still have to finish in the top 25 of the region.

2017 BIG TEN CHAMPIONSHIPS

- The Iowa men and women competed at the 2017 Big Ten Championships in Bloomington, Indiana, on Oct. 29. The men finished 10th with 235 points and the women placed 11th with 303 points.
- Individually, the men improved a total of 247 spots after six of Iowa's runners improved on their finish in 2016. Sophomore Nathan Mylenek recorded the biggest jump, placing 69 spots better, going from 97th to a team-leading 28th place.
- The women had four student-athletes improve from a year ago, led by junior Andrea Shine, who led the team in 29th place -- her fifth time finishing as Iowa's No. 1 runner this season.



A DRAMATIC IMPROVEMENT

- The Hawkeyes saw dramatic individual improvement at the Big Ten Championships on Oct. 29. Six men and four women improved upon their 2016 finish.
- The men improved a total of 247 spots. Sophomore Nathan Mylenek saw the biggest year-over-year improvement, moving up 69 spots from 97th place to 28th.
- Senior Marta Gonzalez (+42) improved the most on the women’s side followed by junior Andrea Shine (+37), senior Madison Waymire (+25), and sophomore Julie Hollensbe (+17).

10K NOTABLES

- The men will compete in their first 10,000 meter race of the season at the NCAA Midwest Regional. Junior Ian Eklin led Iowa at last year’s regional meet, finishing 62nd with a time of 31:33.6.

6K NOTABLES

- The 2017 NCAA Midwest Regional marks the fourth 6,000-meter race for the Hawkeye women. They finished 11th in their previous 6K race at the Big Ten Championships. Sophomore Andrea Shine has finished runner-up in two 6K races this season, setting two personal bests. Her 20:47.3 at the Bradley “Pink” Classic ranks ninth all-time.

MYLENEK CREATING A LEGACY

- Sophomore Nathan Mylenek won two races during the regular season (Woody Greeno Invite and Bradley Pink Invite) and is the first Hawkeye to win multiple races since Jeff Thode in 2009.
- Mylenek also set three personal bests and entered Iowa’s all-time top 10 list in the 6,000 meters.

SHINING THIS SEASON

- Junior Andrea Shine is looking to become the third straight Hawkeye to lead the team in every race during a season. She would join senior Madison Waymire (2015) and recently graduated Tess Wilberding (2016).

NEXT UP FOR THE HAWKEYES

Select Hawkeyes can qualify for the NCAA Cross Country National Championships in Louisville, Kentucky, Nov. 18. The women’s 6,000-meters will begin at 9:45 a.m. (CT) and the men’s 10,000-meter race starts at 10:45 a.m.

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 CooleySo.....	Bettendorf, Iowa
Kevin DochertySr.	St. Paul, Minn.
Ian EklinJr.	Plymouth, Minn.
Daniel GardarssonR.Jr.	Reykjavik, Iceland
Noah HealyFr.	Frankfort, Ill.
Bailey Hesse-Withbroe	Jr.	Stillwater, Minn.
Evan JacobsFr.	Sycamore, Ill.
Michael MelchertSr.	Monticello, Iowa
Daniel MurphySo.	Marion, Iowa
Nathan MylenekSo.	Clarkston, Mich.
Jeff RobertsFr.	River Vale, NJ.
Luke SampsonSo.	Little Chute, Wis.
Karson SommerSo.	Bettendorf, Iowa
Daniel SotoJr.	West Des Moines, Iowa
Michael WestphalSo.....	Urbandale, Iowa

Women

Mary ArchFr.....	Iowa City, Iowa
Taylor ArcoSo.	Mission Viejo, Calif.
Maddie CarverFr.	Urbandale, Iowa
Grace CoenSo.	Newton, Iowa
Amber DeckerSo.	Marion, Iowa
Claire DupuisSo.	Gilbert, Iowa
Ashley EspinosaJr.	Lindenhurst, Ill.
Marta GonzalezSr.	Merida, Spain
Julie HollensbeSo.	Williamsburg, Iowa
Maren JeppsonFr.	Mount Vernon, Iowa
Mallory KingSo.	Davenport, Iowa
Kara NeustromR.Jr.	West Des Moines, Iowa
Elizabeth NiedertR.Jr.	Glen Ellyn, Ill.
Lauren OpatrnyJr.	McHenry, Ill.
Wren RenquistFr.....	Okinawa City, Japan
Tia SaundersSo.	Iowa City, Iowa
Andrea ShineJr.	Crystal Lake, Ill.
Addie SwansonFr.....	Bettendorf, Iowa
Madison WaymireSr.	Grimes, Iowa
Macie WeberSo.	Cascade, Iowa
Lindsay WelkerSo.	Terre Haute, Ind.
Aly WeumFr.	Stoughton, Wisc.



2017 SEASON LEADERS

MEN

Athlete	6,000m	5 Mile	8,000m
Brandon Cooley	18:45.9	24:55.3	25:19.3
Ian Eklin	18:10.7*	25:08.5	25:24.2
Daniel Gardarsson	18:36.9	25:51.8	26:09.2
Noah Healy	19:27.4	27:06.7	27:00.6
Bailey Hesse-Withbroe	18:46.7	25:15.3	25:05.4
Evan Jacobs	20:35.4	--	--
Nathan Mylenek	18:26.4	24:32.9	24:26.2
Daniel Murphy	--	26:07.5	25:31.2
Luke Sampson	--	25:31.1	25:24.8
Karson Sommer	19:00.6	26:15.4	25:45.2
Daniel Soto	18:41.5	24:52.6	24:59.6
Jeff Roberts	19:38.1	26:59.5	28:45.2
Michael Westphal	19:25.8	26:28.5	26:31.8

WOMEN

Athlete	4,000m	5,000m	6,000m
Mary Arch	15:36.7	19:18.2	23:35.6
Taylor Arco	17:04.9	--	--
Marta Bote Gonzalez	14:33.0	18:14.1	21:49.2
Maddie Carver	--	21:37.8	--
Amber Decker	17:08.3	--	--
Ashley Espinosa	14:57.1	18:56.2	23:14.3
Julie Hollensbe	14:38.0	18:16.0	22:00.3
Maren Jeppson	15:18.5	--	23:52.4
Mallory King	15:53.4	--	--
Elizabeth Niedert	16:11.7	19:43.2	24:09.8
Kara Neustrom	16:23.2	20:28.6	--
Lauren Opatrny	--	18:57.4	22:28.2
Wren Renquist	15:48.5	20:29.6	24:43.7
Andrea Shine	13:58.7	17:16.0	20:47.3
Addie Swanson	16:26.4	--	--
Madison Waymire	14:03.3	17:36.5	21:36.8
Macie Weber	15:46.1	19:44.8	24:13.1
Alyson Weum	16:49.7	--	--

* school record

MIDWEST REGION RANKINGS

MEN

Rank	School	Conference
1	Iowa State	Big 12
2	Oklahoma State	Big 12
3	Illinois	Big Ten
4	Minnesota	Big Ten
5	Bradley	Missouri Valley
6	Tulsa	American
7	Nebraska	Big Ten
8	Iowa	Big Ten
9	UMKC	WAC
10	South Dakota State	Summit League
11	Missouri	SEC
12	Kansas State	Big 12
13	North Dakota State	Summit League
14	Wichita State	American
15	Illinois State	Missouri Valley

WOMEN

Rank	School	Conference
1	Minnesota	Big Ten
2	Iowa State	Big 12
3	Oklahoma State	Big 12
4	Missouri	SEC
5	Northwestern	Big Ten
6	Bradley	Missouri Valley
7	South Dakota	Summit League
8	Kansas	Big 12
9	Oklahoma	Big 12
10	Tulsa	American
11	Northern Iowa	Missouri Valley
12	Northern Illinois	Mid-American
13	Loyola-Chicago	Missouri Valley
14	Iowa	Big Ten
15	Creighton	Big East

As of 10/30/17



MEET-BY-MEET RESULTS

Women	Hawkeye Invite Sept. 1 4,000 meters	Woody Greeno/Dirksen Invite Sept. 16 6,000 meters	Joe Piane Notre Dame Invite Sept. 29 5,000 meters	Bradley "Pink" Classic Oct. 14 6,000 Meters	Big Ten Champs Oct. 29 6,000 Meters
Mary Arch	15:36.7 (37)	23:36.1 (41)	19:18.2 (133)	23:35.6 (25) - Open	
Taylor Arco	17:04.9 (58)				
Marta Bote Gonzalez	14:33.0 (14)		18:14.1 (38)	21:49.2 (35)	22:20.2
Maddie Carver	21:37.8 (53) - Open				
Amber Decker	17:08.3 (59)				
Ashley Espinosa	14:57.1 (24)	23:14.3 (34)	18:56.2 (102)		23:18.9
Julie Hollensbe	14:38.0 (17)	22:24.4 (13)	18:16.0 (45)	22:00.3 (46)	22:51.8
Maren Jeppson	15:18.5 (31)	23:52.4 (46)			
Mallory King	15:53.4 (46)				
Kara Neustrom	16:23.2 (53)		20:38.6 (46) - Open		
Elizabeth Niedert	16:11.7 (48)	24:32.6 (72)	19:43.2 (34) - Open	24:09.8 (45) - Open	
Lauren Opatrny			18:57.4 (103)	22:41.6 (99)	
Wren Renquist	15:48.5 (42)	24:43.7 (84)	20:29.6 (43) - Open	25:54.3 (90) - Open	22:28.2
Addie Swanson	16:26.4 (54)				
Andrea Shine	13:58.7 (6)	21:31.9 (2)	17:16.0 (5)	20:47.3 (2)	21:08.7
Madison Waymire	14:03.3 (8)	22:08.4 (7)	17:36.5 (12)	21:36.8 (24)	21:42.2
Macie Weber	15:46.1 (41)	25:01.3 (95)	19:44.8 (157)	24:13.1 (47) - Open	
Alyson Weum	16:49.7 (56)				

Men	Hawkeye Invite Sept. 1 4,000 meters	Woody Greeno/Dirksen Invite Sept. 16 8,000 meters	Joe Piane Notre Dame Invite Sept. 29 5 Miles	Bradley "Pink" Classic Oct. 14 8,000 Meters	Big Ten Champs Oct. 29 8,000 Meters
Brandon Cooley	18:45.9 (26)	26:07.8 (7)	24:55.3 (74)	25:19.3 (25)	25:27.3
Kevin Docherty	18:39.0 (21) UN				
Ian Eklin	18:10.7 (10) *	25:45.2 (2)	25:08.5 (97)	26:08.8 (83)	25:24.2
Daniel Gardarsson	18:36.9 (20)	27:36.1 (42)	25:51.8 (136)		26:09.2
Noah Healy	19:27.4 (54)	27:44.8 (43)	27:06.7 (20) - Open	27:00.6 (28) - Open	
Bailey Hesse-Withbroe	18:46.7 (27)	26:33.3 (15)	25:15.3 (105)	25:05.4 (16)	25:15.2
Evan Jacobs	20:35.4 (66)				
Daniel Murphy			26:07.5 (12) - Open	25:46.1 (60)	25:31.2
Nathan Mylenek	18:26.4 (15)	25:42.8 (1)	24:32.9 (44)	24:26.2 (1)	24:57.6
Jeff Roberts	19:38.1 (59)	28:45.2 (53)	26:59.5 (19) - Open		
Luke Sampson		27:34.2 (41)	25:31.1 (119)	25:24.8 (30)	25:47.3
Karson Sommer	19:00.6 (29)	26:49.9 (25)	26:15.4 (156)	25:45.2 (57)	25:57.0
Daniel Soto	18:41.5 (23)	25:48.0 (4)	24:52.6 (69)	24:59.6 (12)	25:04.3
Michael Westphal	19:25.8 (52)	27:14.5 (34)	26:28.6 (15) - Open	26:31.8 (10) - Open	

* School Record



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. **Andrea Shine** 20:47 at 2017 Bradley Pink Classic
10. Kayla Beattie..... 20:54 at 2011 Wisconsin Invite