

# IOWA HAWKEYES



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

## CROSS COUNTRY WEEKLY RELEASE

September 28, 2016

### 2016 SCHEDULE

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

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



**Michael Melchert**  
8K PR: 23:57.5



**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 returns to Iowa City to compete in the Regional Preview on Oct. 1 at the Ashton Cross Country Course. Iowa is joined by Illinois (W), Nebraska (W), Northern Illinois (W), Northwestern (W), South Dakota (M/W), and Western Illinois (M/W). The women's 6,000-meters begins at 8:30 a.m. (CT) and the men's 8,000-meters starts at 9:15 a.m.

### HOW TO FOLLOW

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

### LAST TIME OUT

The Hawkeyes traveled to the Roy Griak Invitational in Minneapolis on Sept. 24. The men's team raced in the 8,000-meters and finished 15th overall, led by senior Ben Anderson's 34th place finish. The women ran in their longest race of the year in the 6,000-meters. Senior Tess Wilberding led the team for the third straight race, finishing 94th.

### IN THE RANKINGS

The University of Iowa men's and women's cross country teams entered the USTFCCA Midwest Regional Rankings on Sept. 12 following their performances at the Illinois State Invite. The men debuted at No. 13 while the women entered at No. 12. Both teams have maintained their rankings since entering the poll.

### OUT IN FRONT

Senior Tess Wilberding and junior Madison Waymire have excelled to start the 2016 regular season. Wilberding recorded her first career win at the Hawkeye Invite on Sept. 2 and followed up with a second-place finish a week later at the Illinois State Invite. Waymire has notched two third-place finishes, recording a personal best at the Hawkeye Invite in the 3,000-meters. Both runners rank in Iowa's top 10 all-time performances in the 3,000-meters.

On the men's side, junior Michael Melchert and senior Ben Anderson have placed 1-2 among Hawkeyes runners in each of the team's three races this season. Melchert broke Iowa's school record in the 6,000-meters in the season opener at the Hawkeye Invitational on Sept. 2, notching a sixth-place finish. The duo's best race came at the ISU invite where they finished second and fourth, respectively.

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**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, Georgia
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, Indiana
Tess Wilberding	Sr.	Troy, Mich.

**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.

**ROSTER BREAKDOWN**

The Hawkeye cross country team is comprised of 47 student-athletes -- 19 men and 28 women. The men's team has four freshmen, seven sophomores, two juniors, and five seniors. The women's team has 16 freshmen, seven sophomores, three juniors, and four seniors.

**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 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, 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.

**ASSISTANT COACH**

Jon Michael Brandt is in his third season as volunteer assistant coach. Brandt was a five-time letterwinner for Iowa, finishing his collegiate career with a 15th place finish at the Big Ten Outdoor Championships in the 10,000 meters.

**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 meet will be televised live by the Big Ten Network for the first time in its history. 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).

Iowa will host the NCAA Regional Preview on Oct. 1 at the Ashton Cross Country Course.



## 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..... 23:01 ..... 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, 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 ..... 15:55 ..... 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**

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