

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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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
8K PR: 24:26.2



Dan Soto
8K PR: 24:55.2



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 compete at the 2017 Big Ten Championships in Bloomington, Indiana on Sunday. The men's 8,000 meters begins at 9:45 a.m. (CT) followed by the women's 6,000 meters at 10:45 a.m.

HOW TO FOLLOW

Results are posted on the Iowa cross country Twitter account: **@Iowa XC_TF** and online at **hawkeyesports.com**. The 2017 Big Ten Championships will air on BTN on a tape delay on Monday, Oct. 30 at 7:30 p.m. (CT).

HAWKEYES RANKED 5TH IN MIDWEST REGION

- The University of Iowa men's cross country team is ranked fifth in the Midwest Region, jumping up one spot in the latest United States Track & Field and Cross Country Coaches Association poll. It ties the men's highest ranking in program history.

TWICE AS NICE

- A week after besting five regionally ranked opponents at the Joe Piane Invitational, the Hawkeye men won the Bradley Pink Classic, defeating three more regionally ranked midwest teams (No. 3 Missouri, No. 9 Kansas State, and No. 14 Illinois). This marks Iowa's second team win of the season. The Hawkeye previously took home the team title at the Woody Greeno Invitational on Sept. 29.
- Nathan Mylenek won his second 8,000 meter race of the season with a personal-best time of 24:26.2

SCOUTING THE BIG TEN

- The Hawkeye men square off against four nationally ranked opponents, including Michigan (13), Michigan State (15), Minnesota (18), and Penn State (30).



- The women go toe-to-toe with six nationally ranking opponents, including Penn State (9), Michigan (10), Wisconsin (17), Minnesota (19), Michigan State (20), and Indiana (29).

8K NOTABLES

- The Hawkeye men are running in their second 8,000 meter race of the season. Sophomore Nathan Mylenek boats the fastest personal-best time of the team with a time of 24:26.2, set at the 2017 Bradley Pink Classic.

6K NOTABLES

- The 2017 Big Ten Championships marks the third 6,000-meter race for the Hawkeye women. They finished third in their previous 6K race at the Woody Greeno Invite and ninth at the Bradley Invite on Oct. 13. Sophomore Andrea Shine has finished runner-up in both 6K races this season, setting two personal bests. Her 20:47.3 at Bradley 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 INTO BIG TENS

- Junior Andrea Shine enters the Big Ten Championships with two second-place finishes this season. The Crystal Lake, Illinois, native entered Iowa’s all-time top 10 in the 4,000 meters (7th) and the 6,000 meters (9th).
- Shine was Iowa’s no. 2 runner at last year’s Big Ten Championships, running a 22:50.7 in the 6,000 meters.

WAYMIRE RETURNS TO BIG TENS

- Senior Madison Waymire returns for her final Big Ten Cross Country Championships. Waymire has two top-10 finishes this season -- Hawkeye Invite (8th) and Woody Greeno Invite (7th). She was Iowa’s No. 3 runner in 2016, recording a 23:09.7 (78).
- Waymire entered Iowa’s top ten in the 4,000 meters at the Hawkeye Invitational, running 14:03 for eighth all-time.

NEXT UP FOR THE HAWKEYES

The Hawkeyes continue the postseason at the NCAA Regionals on Nov. 10 in Ames, Iowa.

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 GardarssonRJR.	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 NeustromRJR.	West Des Moines, Iowa
Elizabeth NiedertRJR.	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	26:08.8
Daniel Gardarsson	18:36.9	25:51.8	27:36.1
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	25:46.1
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	22:41.6
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	Oklahoma State	Big 12
2	Minnesota	Big Ten
3	Iowa State	Big 12
4	Illinois	Big Ten
5	Iowa	Big Ten
6	Tulsa	American
7	Bradley	Missouri Valley
8	Nebraska	Big Ten
9	UMKC	WAC
10	Missouri	SEC
11	South Dakota State	Summit League
12	Kansas State	Big 12
13	Saint Louis	Atlantic 10
14	Drake	Missouri Valley
15	Wichita State	American

WOMEN

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



MEET-BY-MEET RESULTS

Women	Hawkeye Invite	Woody Greeno/Dirksen Invite	at Joe Piane Notre Dame Invite	Bradley "Pink" Classic
	Sept. 1	Sept. 16	Sept. 29	Oct. 14
	4,000 meters	6,000 meters	5,000 meters	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)
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)	
Julie Hollensbe	14:38.0 (17)	22:24.4 (13)	18:16.0 (45)	22:00.3 (46)
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
Addie Swanson	16:26.4 (54)			
Andrea Shine	13:58.7 (6)	21:31.9 (2)	17:16.0 (5)	20:47.3 (2)
Madison Waymire	14:03.3 (8)	22:08.4 (7)	17:36.5 (12)	21:36.8 (24)
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	Woody Greeno/Dirksen Invite	at Joe Piane Notre Dame Invite	Bradley "Pink" Classic
	Sept. 1	Sept. 16	Sept. 29	Oct. 14
	6,000 meters	8,000 meters	5 Miles	8,000 Meters
Brandon Cooley	18:45.9 (26)	26:07.8 (7)	24:55.3 (74)	25:19.3 (25)
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)
Daniel Gardarsson	18:36.9 (20)	27:36.1 (42)	25:51.8 (136)	
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)
Evan Jacobs	20:35.4 (66)			
Daniel Murphy			26:07.5 (12) - Open	25:46.1 (60)
Nathan Mylenek	18:26.4 (15)	25:42.8 (1)	24:32.9 (44)	24:26.2 (1)
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)
Karson Sommer	19:00.6 (29)	26:49.9 (25)	26:15.4 (156)	25:45.2 (57)
Daniel Soto	18:41.5 (23)	25:48.0 (4)	24:52.6 (69)	24:59.6 (12)
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..... 23:01at 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..... 30:281993
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, 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 15:55at 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. **Andrea Shine** 20:47 at 2017 Bradley Pink Classic
10. Kayla Beattie..... 20:54at 2011 Wisconsin Invite