

IOWA HAWKEYES



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

CROSS COUNTRY WEEKLY RELEASE

November 8, 2016

2016 SCHEDULE

Date	Opponent (Location)	Time
9/2	Hawkeye Invitational (Iowa City, Iowa)	6 p.m.
9/9	Illinois State (Normal, Illinois).....	5 p.m.
9/24	Roy Griak Invitational (Minneapolis)	12:20 p.m.
10/1	Regional Preview (Iowa City, Iowa) ..	8:30 a.m.
10/14	Bradley Classic	3:30 p.m.
10/15	Pre-Nationals (Terre Haute, Indiana).....	11 a.m.
10/30	Big Ten Championship (Minneapolis).....	10 a.m.
11/11	NCAA Midwest Regional (Iowa City, Iowa) ..	11 a.m.
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 Harreld
 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
10K PR: 31:17.9



Kevin Docherty
10K PR: 30:58.5



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 host the 2016 NCAA Midwest Regional on Friday at the Ashton Cross Country Course. The women's 6,000-meters begins at 11 a.m. (CT) followed by the men's 10,000-meters at 12 p.m.

HOW TO FOLLOW

Results will be posted on the Iowa cross country Twitter account: @IowaXC_TF and online at hawkeyesports.com.

CHAMPIONSHIP CENTRAL

Fans can visit hawkeyesports.com/NCAAREgional for more information on the event.

SELECTION PROCESS

A total of 31 teams will qualify for the NCAA D-1 Championships in Terre Haute, Indiana. The top two teams at each Regional automatically qualify leaving 13 at-large bids. The selection process looks at each team's performance in 2016, beginning after Sept. 26, along with their finish at the NCAA Regional. Individually, 38 additional athletes per gender will qualify and the top four runners at each regional not on a qualifying team will automatically be selected.

LAST YEAR AT REGIONALS

The Hawkeyes competed at the 2015 NCAA Midwest Regional in Lawrence, Kansas. The men's team tallied 408 points for a 15th place finish, while the women's 465 points landed them 19th. Junior Madison Waymire highlighted the day with a 37th place finish on the 6,000-meter course. Senior Ben Anderson paved the way for the men, placing 47th overall while setting a new personal-best (31:17)

POSTSEASON EXPERIENCE

Iowa's top finishers from the 2016 Big Ten Championships and 2015 NCAA Regional all returned in 2016. Madison Waymire, Andrea Shine, and Tess Wilberding return after leading the Hawkeyes in both postseason races. The men return their top five runners from the Big Ten Championships in Anthony Gregorio, Ian Eklin, Kevin Docherty, Daniel Gardarsson, and Ben Anderson. They also return three of their top finishers from NCAAs including Anderson, Gregorio, and Kevin Docherty.

IN THE RANKINGS

The University of Iowa men's and women's cross country teams remained in the USTFCCCA Midwest Regional Rankings for the fifth straight week following the release of the Oct. 31 polls. The women are No. 12 while the men are No. 14.

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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, Ga.
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.
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	So.	Griswold, Iowa
Mahnee Watts	Sr.	Bettendorf, Iowa
Madison Waymire	Jr.	Grimes, Iowa
Macie Weber	Fr.	Cascade, Iowa
Lindsay Welker	Fr.	Terre Haute, Ind.
Tess Wilberding	Sr.	Troy, Mich.

WILBERDING CONTINUES STELLAR SEASON

Senior Tess Wilberding has excelled in the 2016. Wilberding recorded her first career win at the Hawkeye Invite on Sept. 2 and followed with a second-place finish a week later at the Illinois State Invite. Wilberding has been Iowa's leading runner in every race this season and is seeking to become the third runner since 2000 to complete that feat (Arens 2000, Waymire 2015). Wilberding ranks in Iowa's top 10 all-time performances in the 3,000-meters.

LAST TIME OUT

The Hawkeyes traveled to Minneapolis for the Big Ten Championships at the Les Bolstad Golf Course. The women finished in 11th place with 318 points. Senior Tess Wilberding led the Hawkeyes for a sixth straight race. Sophomore Andrea Shine (22:50) recorded a 66th place finish and freshman Claire Dupuis (23:06) was 74th.

The men placed 12th with 341 points. Senior Ben Anderson led Iowa with a time of 25:45 and senior Kevin Docherty returned to his home state of Minnesota, recording a season-best 26:33. Sophomore Bailey Hesse-Withbroe (26:45), senior Anthony Gregorio (26:55), and freshman Nathan Mylenek (26:57) also cracked the team's top seven finishers.

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.

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 set by Eric MacTaggart 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 at the Hawkeye Invite, 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 Schroeder, 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.



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..... 23:01at 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..... 30:28 1993
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, 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 15:55at 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. Kayla Beattie..... 20:54at 2011 Wisconsin Invite
10. **Madison Waymire**..... **21:01** **at 2015 Big Ten Champ's**

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