

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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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. 15	Bradley Invitational (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: 25:09.3



Ian Eklin
8K PR: 25:02.7



Madison Waymire
6K PR: 21:01.8



Andrea Shine
4K PR: 21:40.2

THIS WEEK

The University of Iowa men's and women's cross country teams travel to Lincoln, Nebraska, to compete at the Woody Greeno Invite on Saturday. The Hawkeyes are one of 28 teams running in the race. The women's 6,000-meter race begins at 10 a.m. (CT). The men's 8,000 meters begins at 10:45 a.m.

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 hawkeyesports.com. They will also be posted at huskers.com or nwusports.com.

HAWKEYES START STRONG

The 2017 Hawkeye Invitational was scored as individual dual meets. The University of Iowa women's cross country team won four out of five duals. They had wins over Drake, Northern Iowa, Illinois State, and Iowa Central. The men's team won four out of six duals. They had wins over Drake, Northern Iowa, Creighton, and Illinois State.

HAWKEYES ENTER TOP 10

- Junior Andrea Shine moved into seventh all-time in 4,000 meters with a time of 13:58.7 at the Hawkeye Invitational on Sept. 1.
- Junior Madison Waymire also cracked Iowa's top 10 for the 4,000 meters with a time of 14:03.3 in the Hawkeye Invitational and is now ninth all-time.
- Junior Ian Eklin set a new school record for the 6,000 meters with a time of 18:10.7, placing 10th at the Hawkeye Invitational. Eklin surpasses current Hawkeye, Michael Melchert who set the previous record (18:12) at the 2016 Hawkeye Invitational.
- Nathan Mylenek also made it into the record book in 6,000 meters with a time of 18:26.4 in The Hawkeye Invitational. Mylenek finished 15th and is now fifth all-time for the Hawkeyes.



MEN'S TOP RUNNERS

Junior Ian Eklin and sophomore Nathan Mylenek are both running at the 2017 Woody Greeno Invite. This marks the first time both student-athletes have ran in this race. Eklin was Iowa's top runner at the Hawkeye Invitational placing 10th with a time of 18:10.7, while Mylenek finished 15th with a time of 18:26.4. Eklin ran his 8,000 meter season best at last year's Regional Preview with a time of 25:34.1. His collegiate best time is 25:02.7. Mylenek's 2016 season-best and collegiate best 8,000 meters time is 25:09.3 at the Bradley Classic.

GIRL'S TOP RUNNERS

Senior Madison Waymire and junior Andrea Shine will both be running in the Woody Greeno Invite for the Hawkeyes. Shine was the first finisher for Iowa at the Hawkeye Invitational finishing sixth with a time of 13:58.7. Waymire's 14:03.3 time was good enough for eighth, and Iowa's second finisher at this year's Hawkeye Invitational. Shine's 2016 6,000 meters best time was 21:47.6 at the NCAA Regional. Her collegiate best is 21:40.2 at the Bradley Pink Classic in 2015. Waymire had a time of 21:53.4 at the NCAA Regional last year for her season-best 6,000 meter time. Her collegiate best came at the 2015 Big Ten Championships when she ran a time of 21:08.8.

NEWCOMER NOTABLES

- Freshman Noah Healy will run in his second-career race this weekend. The freshman was Iowa's top newcomer finisher for the men in his Hawkeye debut. Healy finished 54th with a time of 19:27.4
- Sophomore transfer, Maren Jeppson, was the Hawkeyes top newcomer finisher for the women in her Hawkeye debut at the Hawkeye Invitational. Jeppson finished 31st with a time of 15:18.5. The sophomore will run her in her second race at the Woody Greeno Invite.

NEXT UP FOR THE HAWKEYES

The Hawkeyes head to South Bend, Indiana, for the Norte Dame Invite on Sept. 29.

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.
M addie 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 Veron, 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.



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. Kayla Beattie..... 20:54at 2011 Wisconsin Invite
10. **Madison Waymire..... 21:01 at 2015 Big Ten Champ's**