



September 15, 2018

IOWA

Cross Country 2018 Notes



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2018 IOWA CROSS COUNTRY SCHEDULE

Date	Meet
Aug. 31	Hawkeye Invitational (Iowa City, Iowa)
Sept. 15	Woody Greeno Invite (Lincoln, Neb.)
Sept. 28	Notre Dame Invite (South Bend, Ind.)
Oct. 12	Bradley Invitational (W) (Peoria, Ill.)
Oct. 13	Pre-Nationals (M) (Madison, Wis.)
Oct. 19	Illinois Open (Champaign, Ill.)
Oct. 28	Big Ten Championships (Lincoln, Neb.)
Nov. 9	NCAA Regionals (Peoria, Ill.)
Nov. 17	NCAA Championships (Madison, Wis.)

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 Wakenight**
Director of Operations



HAWKEYES TO WATCH



Nathan Mylenek
8K PR: 24:26 (2017)



Ian Eklin
8K PR: 25:02 (2015)



Andrea Shine
6K PR: 20:46 (2017)



Megan Schott
6K PR: 21:57 (2017)

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 compete at Mahoney Golf Course, site of the 2018 Big Ten Championships, with student-athletes from 26 teams. Four B1G programs compete alongside Iowa, including Michigan, Minnesota, Rutgers and host Nebraska. 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](#) and online at [hawkeyesports.com](#). They will also be posted at [huskers.com](#).

HAWKEYES START STRONG

- The Hawkeyes started the season off with two second-place finishes at the Hawkeye Invitational (Aug. 31), earning eight wins overall. Both teams had wins over Iowa Central, Northern Iowa, Illinois State and Drake.
- Andrea Shine won the Hawkeye Invitational women's 4,000 meters in 14:07.5. On the men's side, Dan Soto and Ian Eklin finished the men's 6,000 meters in 18:44.3, placing ninth and tenth, respectively.

IN THE RANKINGS

- The men's team holds its Midwest Regional ranking at eighth in the weekly USTFCCA polls and compete this week against No. 4 Minnesota, No. 9 Nebraska, and No. 11 North Dakota State.
- The women bettered their ranking by two spots, moving to 10th for the first week of the Midwest Regional polls. Among the competition this week are No. 2 Minnesota, No. 4 South Dakota, and No. 15 North Dakota State.

MEN'S TOP RUNNERS

- Junior Nathan Mylenek and senior Daniel Soto return to the Woody Greeno Invitational as the top Hawkeye competitors from 2017. Mylenek won the men's 8,000 meters in 25:42.8, while Eklin placed second in the 2017 event, finishing in 25:45.2.



- Senior Daniel Soto was Iowa's top runner at the Hawkeye Invite (Aug. 31), finishing ninth in 18:44.3 to lead the Hawkeyes for the second time in his career. He also recorded the second fastest 8,000 meters among Hawkeyes (24:59.6) at the Bradley "Pink" Classic (Oct. 13, 2017).

WOMEN'S TOP RUNNERS

- Senior Andrea Shine returns to the Woody Greeno Invitational for the second time after finishing in the Hawkeyes' first scoring position and second place (21:31.9) overall at the 2017 event.
- Megan Schott will make her 6,000 meters debut for the Hawkeyes after finishing in the second scoring position at the 2018 Hawkeye Invite. Schott recorded her best 6,000 meters (21:18) at the 2017 NCAA Regionals as a member of the Iowa State Cyclones.

HAWKEYE NEWCOMERS NOTABLES

- Joining Shine and Schott in scoring positions at the 2018 Hawkeye Invite were freshmen Anna Hostetler and Grace McCabe, and sophomore Jordan Winke, who competed in her first collegiate 4,000 meters at the Hawkeye Invite. Hostetler and McCabe finished 14th (14:51) and 15th (14:52), respectively, while Winke closed the final scoring position at 22nd (15:06) in the 57-person spread.
- On the men's side, freshman Spencer Smith completed his first 6,000-meter race in 12th place (18:49) overall and in the third scoring position for the Hawkeyes.

NEXT UP FOR THE HAWKEYES

The Hawkeyes head to South Bend, Indiana, to compete at the Notre Dame Invite on Friday, Sept. 28.

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 **@IowaXC_TF** on Twitter.

2018 ROSTERS

Men

Brandon Cooley So.	Bettendorf, Iowa
Ian Eklin Jr.	Plymouth, Minn.
Daniel Gardarsson Jr.	Reykjavik, Iceland
Noah Healy Fr.	Frankfort, Ill.
Bailey Hesse-Withbroe Jr.	Stillwater, Minn.
Evan Jacobs Fr.	Sycamore, Ill.
Michael Melchert Sr.	Monticello, Iowa
Daniel Murphy Jr.	Marion, Iowa
Nathan Mylenek So.	Clarkston, Mich.
Jeff Roberts Fr.	River Vale, N.J.
Luke Sampson So.	Little Chute, Wis.
Spencer Smith Fr.	Chicago, Ill.
Karson Sommer So.	Bettendorf, Iowa
Konnor Sommer Fr.	Bettendorf, Iowa
Daniel Soto Jr.	W. Des Moines, Iowa

Women

Logan Akason Fr.	Waukee, Iowa
Mary Arch So.	Iowa City, Iowa
Taylor Arco Jr.	Mission Viejo, Calif.
Ashley Bryja So.	Chicago, Ill.
Lily Campbell Fr.	Clive, Iowa
Maddie Carver So.	Urbandale, Iowa
Ashley Espinosa Sr.	Lindenhurst, Ill.
Sophia Gilbert Fr.	Atkins, Iowa
Emma Gordan Fr.	Ankeny, Iowa
Julie Hollensbe Jr.	Williamsburg, Iowa
Anna Hostetler Fr.	Parnell, Iowa
Mallory King Jr.	Davenport, Iowa
Kylie Latham Fr.	Ottumwa, Iowa
Grace McCabe Fr.	Clarendon Hills, Ill.
Jessica McKee Fr.	Johnston, Iowa
Wren Renquist So.	Okinawa, Japan
Tia Saunders Jr.	Iowa City, Iowa
Megan Schott Sr.	Des Moines, Iowa
Andrea Shine Sr.	Crystal Lake, Ill.
Addie Swanson So.	Bettendorf, Iowa
Patty Teggatz Fr.	Hampton, Iowa
Elzerie van Dyk Fr.	Johnston, Iowa
Sidney Vancil Fr.	Clive, Iowa
Macie Weber Jr.	Cascade, Iowa
Lindsay Welker Jr.	Terre Haute, Ind.
Aly Weum So.	Stoughton, Wis.
Jordan Winke So.	Albia, Iowa



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. Nathan Mylenek 29:53 at 2017 NCAA Regional
2. Jeff Thode..... 29:55 at 2010 NCAA Regional
3. Daniel Soto 30:04 at 2017 NCAA Regional
4. Matt Esche 30:10 at 2002 NCAA Regional
5. Jesse Luciano..... 30:17 at 2008 NCAA Champ's
6. Micah VanDenend..... 30:26 at 2002 NCAA Regional
7. Kevin Herd..... 30:28 1993
8. Joe Welter 30:28 at 2002 NCAA Regional
9. Brandon Cooley 30:29 at 2017 NCAA Regional
10. Tony Rakaric..... 30:31 at 2002 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 Champs. - 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 Champs. - 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
10. Nikki Chapple 14:09 2004 Hawkeye Triangular

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 20:46 at 2017 NCAA Regional
10. Kayla Beattie..... 20:54 at 2011 Wisconsin Invite