



October 19, 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	Joe Piane - Notre Dame Invite (South Bend, Ind.)
Oct. 12	Bradley "Pink" Classic (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/Cross Country

Randy Hasenbank
Associate Head Cross Country Coach
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

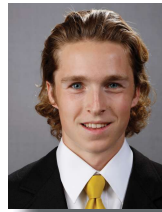
Kate Wakenight
Director of Operations



HAWKEYES TO WATCH



Daniel Soto
8K PR: 24:45 (2018)



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



Andrea Shine
5K PR: 17:10 (2018)



Megan Schott
5K PR: 17:28 (2018)

THIS WEEK

The University of Iowa men's and women's cross country teams travel to Champaign, Illinois to compete in the Illini Open on Friday. The teams will race at University of Illinois Arboretum. The women's 5,000 meters starts at 4 p.m. (CT). The men's 8,000 meters begins at 4:40 p.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 [FightingIllini.com](#).

HAWKEYES RANKED 6TH IN MIDWEST REGION

- The University of Iowa men's cross country team is ranked sixth in the Midwest Region, jumping up three spots in the latest United States Track & Field and Cross Country Coaches Association poll.
- The women's team is ranked eighth in the USTFCCCA Midwest Regional poll in week five.

CHANGE OF PACE

Nathan Mylenek and Megan Schott led the Hawkeyes in their respective races last weekend. Mylenek ran his fastest 8,000 meters of the year in 24:39.7 at NCAA Pre-Nationals hosted in Madison, Wis. Schott ran a personal best 6,000 meters in 21:02.2 at the Bradley "Pink" Classic.

5K NOTABLES

- The Illini Open marks the second 5,000-meter race for the Hawkeye women. Senior Andrea Shine finished in first scoring position for the Hawkeyes at the Joe Piane - Notre Dame Invite on Sept. 28

8K NOTABLES

- The Hawkeye men are running their third 8,000-meter race of the season. They placed second at the Woody Greeno Invite on Sept. 15, and 16th at the NCAA Pre-Nationals on Oct. 13. Daniel Soto and Nathan Mylenek scored in the first and second scoring positions in both races, alternating positions in each race.



WOMEN'S TOP RUNNERS

- Andrea Shine was the top finisher in the 5,000 meters this season, and Megan Schott finished in a close second scoring position at the Joe Plane - Notre Dame Invitational.
- Schott was Iowa's top runner at the Bradley "Pink" Classic this past week.
- Shine has led the Hawkeyes in three of four races.
- The Hawkeye women prove to have a strong freshmen class. At the Bradley "Pink" Classic, Anna Hostetler finished in the third scoring position (21:25.8), Grace McCabe in fourth (21:54.0), and Jessica McKee closed out the final scoring position (22:25.6) with season best 6,000-meter times. Hostetler has finished in the third scoring position in all four races this season.

MEN'S TOP RUNNERS

- Senior Daniel Soto and junior Nathan Mylenek will both be running in the Illini Open 8,000 meters, following consecutive one, two finishes at Woody Greeno Invite and Joe Plane-Notre Dame Invite, and NCAA Pre-Nationals.
- Mylenek was Iowa's top finisher at NCAA Pre-Nationals. He led Iowa in five of six races last year.
- Soto has been Iowa's top finisher in three of four races.
- At Wisconsin, the Hawkeyes saw career top finishes from junior Karson Sommer and sophomore Noah Healy in the "Cardinal" Pre-National 8,000 meters. Sommer and Healy each bested their 8,000 meter times, finishing 25:08.2 and 25:39.5, respectively.
- In the "Gray" open Pre-Nationals 8,000 meters, senior Daniel Murphy and sophomore Jeff Roberts each picked up career-best times of 25:27.5 and 26:12.1, respectively.

NEXT UP FOR THE HAWKEYES

The post season begins Oct. 28 at the Big Ten Championships hosted by Nebraska.

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	Jr.	Bettendorf, Iowa
Ian Eklin	Sr.	Plymouth, Minn.
Noah Healy	So.	Frankfort, Ill.
Bailey Hesse-Withbroe	Sr.	Stillwater, Minn.
Michael Melchert	Sr.	Monticello, Iowa
Daniel Murphy	Sr.	Marion, Iowa
Nathan Mylenek	Jr.	Clarkston, Mich.
Jeff Roberts	So.	River Vale, N.J.
Luke Sampson	Jr.	Little Chute, Wis.
Spencer Smith	Fr.	Chicago, Ill.
Karson Sommer	Jr.	Bettendorf, Iowa
Konnor Sommer	Fr.	Bettendorf, Iowa
Daniel Soto	Sr.	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.
Maddie Carver	So.	Urbandale, Iowa
Ashley Espinosa	Sr.	Lindenhurst, Ill.
Sophia Gilbert	Fr.	Atkins, Iowa
Emma Gordan	Fr.	Ankeny, 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.
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