



Jan. 30, 2021

IOWA

Cross Country 2020-21 Notebook



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2019 IOWA CROSS COUNTRY SCHEDULE

Date	Meet
Jan. 30	Big Ten Championships (Shelbyville, Ind.)

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



Max Murphy
5K PR: 14:28
(2021/TF)



Spencer Smith
8K PR: 24:34.7
(2019/XC)



Kelli Tosic
5K PR: 17:21
(2021/TF)



Gabby Skopec
5K PR: 17:24
(2021/TF)

THIS WEEK

The University of Iowa men's and women's cross country teams travel to Shelbyville, Indiana, to compete at the Big Ten Championships on Saturday. The Hawkeyes compete at the Blue River Course. The women's 6,000-meter race begins at 11:30 a.m. (CT). The men's 8,000 meters begins at 1 p.m.

BIG TEN CHAMPIONSHIPS

The Big Ten Conference will crown a team and individual champion in both the men's and women's races. Not all Big Ten schools are scheduled to compete, and Iowa will not record a team score. Each team must have five runners to be eligible for the team title.

HOW TO FOLLOW

The meet will be streamed live on BTN+ and results will be posted on the Iowa cross country Twitter account: [@iowa_XC_TF](https://twitter.com/iowa_XC_TF) and online at Hawkeyesports.com. The meet will also air on the Big Ten Network at 11:30 a.m. (CT) Saturday, Feb. 6. The event can also be seen Feb. 7 at 7 a.m, Feb. 8 at 10 a.m. and Feb. 9 at 2 p.m.

HAWKEYES TO WATCH

The University of Iowa men's and women's cross country team will be sending Max Murphy (first appearance), Spencer Smith (third appearance), Aiden King (first appearance), Jack Pendergast, Kelli Tosic (first appearance), Gabby Skopec (first appearance), and Emma Gorden (second appearance) to compete at the Big Ten Championships.

QUOTING COACH RANDY HASENBANK

"Right now we are in track season, so we will have a few kids focus on track and we will also take a few men and women on both sides for cross country. The kids that are going are really excited to get out there.

"Kelli Tosic has been a fantastic newcomer to the program, She has broken five minutes in the mile and she's run a great 5k in 17:21. Max Murphy has been really impressive, he went 4:08 in the mile and then 14:28 so he is prepared. The distance program has made its biggest progress during the indoor track season, it's where we get fast and we are dialed into that training program. We have Nebraska on the road next week and then a big home meet two weeks later."



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. **Nathan Mylenek 18:16 2019 Hawkeye Invite**
4. Eric MacTaggart 18:18 2005 Hawkeye Invite
5. **Daniel Murphy 18:19 2019 Hawkeye Invite**
6. Jeff Thode 18:21 2009 Hawkeye Invite
7. **Luke Sampson 18:22 2019 Hawkeye Invite**
8. Dan Haut 18:24 2005 Hawkeye Invite
9. **Spencer Smith 18:25 2019 Hawkeye Invite**
10. Jeff Kent 18:27 2005 Hawkeye 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