



### Men's 2021 Team Roster

Name	Yr.	Hometown (Last School)
Will Arbanas	Fr.	Kirkwood, Missouri (Kirkwood)
Ian Geisler	So.	Lake in the Hills, Ill. (Huntley)
Jack Gschwendtner	Fr.	Eden Prairie, Minnesota (Eden Prairie)
Isaac Hartman	Fr.	Eden Prairie, Minnesota (Eden Prairie)
Blake Hayden	Fr.	Minnetonka, Minnesota (Wayzata)
Noah Healy	Sr.	Frankfort, Ill. (Lincoln-Way East)
Colin Hill	Fr.	Elmhurst, Illinois (York)
Aidan King	So.	St. Charles, Ill. (East)
Daniel Kylsh	So.	Elmhurst, Ill. (York)
Kal Lewis	So.	Shelter Island, N.Y. (Shelter Island)
Max Murphy	So.	Bettendorf, Iowa (Pleasant Valley)
Jack Pendergast	So.	Cedar Rapids, Iowa (Cedar Rapids Prairie)
Jeff Roberts	Sr.	River Vale, N.J. (Pascack Valley)
Konnor Sommer	Sr.	Bettendorf, Iowa (Pleasant Valley)
Nick Trattner	Jr.	Naperville, Ill. (Naperville North)
Eli Ward	So.	Waterloo, Ill. (Waterloo)

### Women's 2021 Team Roster

Name	Yr.	Hometown (Last School)
Amber Aesoph	So.	Sioux City, Iowa (Bishop Heelan Catholic)
Logan Akason	Sr.	Waukee, Iowa (Waukee)
Madeline Block	Fr.	Marion, Iowa (Linn-Mar)
Grace Bookin-Nosbisch	So.	Ottumwa, Iowa (Ottumwa)
Alli Bookin-Nobisch	So.	Ottumwa, Iowa (Ottumwa)
Claire Edmondson	So.	Dubuque, Iowa (Senior)
Bryce Gidel	So.	Humoldt, Iowa (Humboldt)
Emma Gordon	Sr.	Ankeny, Iowa (Centennial)
Maggie Gutwein	Jr.	Monticello, Ind. (Mid-Prairie)
Mallory King	Sr.	Davenport, Iowa (Assumption)
Kaitlin Knappe	Fr.	Tecumseh, Michigan (Tecumseh)
Leah Kralovetz	Jr.	Denmark, Wis. (Denmark)
Kylie Latham	Sr.	Ottumwa, Iowa (Ottumwa)
Grace McCabe	Sr.	Clarendon Hills, Ill. (Hinsdale Central)
Brooke McKee	Sr.	Johnston, Iowa (Johnston)
Jessica McKee	Sr.	Johnston, Iowa (Johnston)
Lauren McMahan	Fr.	Ankeny, Iowa (Ankeny)
Katie Moore	So.	Olathe, Kan. (St. James Academy)
Sarah Murphy	Fr.	Marion, Iowa (Linn-Mar)
Clare Mary Pitcher	So.	Franklin, Wis. (Franklin)
Wren Renquist	Sr.	Okinawa, Japan (Kadena)
Abby Ryon	So.	Mount Pleasant, Iowa (Mount Pleasant)
Miriam Sandeen	Fr.	Eden Prairie, Minnesota (Eden Prairie)
Lilian Schmidt	Fr.	Dubuque, Iowa (Dubuque Senior)
Chloe Skidmore	Fr.	Marion, Iowa (Linn-Mar)
Gabby Skopec	Jr.	Coralville, Iowa (Iowa City West)
Samantha Strauss	Fr.	Johnston, Iowa (Johnston)
Kelli Tosic	So.	Grayslake, Ill. (Grayslake North)
Ellie Twedt	So.	Elkhart, Iowa (Ballard)

### Coaching & Staff Information

Cross Country Head Coach (Yrs. at Iowa) ..... Randy Hasenbank (5th)  
 Alma Mater ..... Wichita State  
 Email Address ..... randy-hasenbank@uiowa.edu

### Men's Cross Country Team Quick Facts

2020 Big Ten Cross Country Championship Finish (Pts.): ...No score (n/a)  
 2020 NCAA Regional Cross Country Finish (Pts.): ..... n/a  
 NCAA Qualifiers Returning/Lost ..... 0/0  
 All-Region Returning/Lost: ..... 0/0  
 Letterwinners Returning/Lost: ..... 3/1

### Men's Cross Country Historical Quick Facts

Highest Big Ten Championships Team Place (Yrs.):.....1st (1961, 1966)  
 Highest NCAA Regional Team Place (Pts., Yr.):.....1st (79, 2002)  
 Highest NCAA Championships Team Place (Yr.):..... 2nd (1955)  
 NCAA Champions: ..... 1 - Deacon Jones, 1955  
 All-Americans: .....5 student-athletes, 7 honors  
 NCAA Regional Champions:.....1 - Micah VanDenend, 2006  
 All-Region Honorees:.....21 student-athletes, 43 honors  
 Big Ten Champions: ..... 6 student-athletes, 9 titles  
 All-Big Ten Honorees: .....9 student-athletes, 12 honors  
 Academic All-Big Ten Honorees:.....56 student-athletes, 135 honors

### Women's Cross Country Team Quick Facts

2020 Big Ten Cross Country Championship Finish (Pts.): ...No score (n/a)  
 2020 NCAA Regional Cross Country Finish (Pts.): ..... n/a  
 NCAA Qualifiers Returning/Lost ..... 0/0  
 All-Region Returning/Lost: ..... 0/0  
 Letterwinners Returning/Lost: ..... 3/0

### Women's Cross Country Historical Quick Facts

Highest Big Ten Championships Team Place (Pts., Yr.):..1st (74, 1982)  
 Highest NCAA Regional Team Place (Pts., Yr.):..... 3rd (118, 2006)  
 Highest NCAA Championships Team Place (Yr.):..... 3rd (111, 2007)  
 Highest NCAA District Champ's Team Place (Yr.): .... 2nd (1986, 1991)  
 Highest NCAA Championships Team Place (Pts., Yr.): . 8th (249, 1982)  
 All-Americans: .....11 student-athletes, 14 honors  
 NCAA Regional Champions:.....2 student-athletes, 3 honors  
 All-Region Honorees:.....14 student-athletes, 19 honors  
 Big Ten Champions: .....2 - Tracy Dahl, 1992; Diane Nukuri, 2007  
 All-Big Ten Honorees: .....14 student-athletes, 19 honors  
 Academic All-Big Ten Honorees:.....110 student-athletes, 212 honors



**MEN'S 2021 RESULTS**

**Date Meet..... Result**  
 1/30 at BIG Championships ..... NTS

**SEASON BEST TIMES**

**Athlete ..... 8,000 Meters**  
 Aidan King ..... 25:20.1  
 Spencer Smith ..... 25:34.5  
 Max Murphy ..... 25:40.9  
 Jack Pendergast ..... 25:59.3

**2021 BIG TEN CHAMPIONSHIPS**

**Individual Results**

**Place Athlete ..... Time**  
 44. Aidan King ..... 25:20.1  
 49. Spencer Smith ..... 25:34.5  
 53. Max Murphy ..... 25:40.9  
 66. Jack Pendergast ..... 25:59.3

**WOMEN'S 2021 RESULTS**

**Date Meet..... Result**  
 1/30 at BIG Championships ..... NTS

**SEASON BEST TIMES**

**Athlete ..... 6,000 Meters**  
 Gabby Skopec ..... 21:53.2  
 Kelli Tosic ..... 22:06.5  
 Emma Gordon ..... 22:42.1

**2021 BIG TEN CHAMPIONSHIPS**

**Individual Results**

**Place Athlete ..... Time**  
 50. Gabby Skopec ..... 21:53.2  
 61. Kelli Tosic ..... 22:06.5  
 80. Emma Gordon ..... 22:42.1



**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**
7. 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 Champs
9. Nathan Mylenek ..... 23:53 ..... at 2019 Pre-Nationals
10. Andy Napier ..... 23:56 ..... at 2008 Auburn Invite

**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 Champs
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 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. Betsy 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 ..... 2018 Hawkeye Invite

**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 Champs
5. Jolly Burke ..... 16:33 ..... at 2007 Auburn Invite
6. Jenny Spangler ..... 16:34 ..... at 1983 Big Ten Champs
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 Champs
2. Mareike Schrulle ..... 19:43 ..... at 2012 NCAA Champs
3. Racheal Marchand ..... 19:54 ..... at 2008 NCAA Champs
4. Meghan Armstrong ..... 20:07 ..... at 2007 NCAA Regional
5. Jolly Burke ..... 20:20 ..... at 2007 Big Ten Champs
6. Betsy Flood ..... 20:22 ..... at 2010 NCAA Regional
7. Andrea Shine ..... 20:35 ..... at 2018 Big Ten Champs
8. McKenzie Melander ..... 20:41 ..... at 2011 Big Ten Champs
9. Megan Ranegar ..... 20:43 ..... at 2012 NCAA Champs
10. Andrea Shine ..... 20:46 ..... at 2017 NCAA Regional



**Meghan Armstrong**



**Jennifer Brower**



**Tracy Dahl**



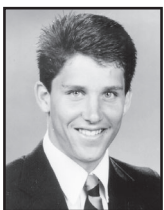
**Nan Doak**



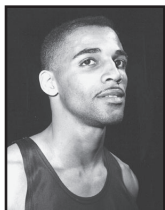
**Renee Doyle**



**Rich Ferguson**



**Kevin Herd**



**Deacon Jones**



**Jeanne Kruckeberg**



**Racheal Marchand**



**Diane Nukuri**



**Mareike Schrulle**



**Jenny Spangler**



**Stetson Steele**



**Jeff Thode**



**Micah VanDenend**



**Ted Wheeler**



**Larry Wiczorek**

**National & Regional Champions & Honorees**

**NCAA Champion**

Deacon Jones..... 1957

**All-Americans**

**Men's**

Kevin Herd ..... 1992-93  
Deacon Jones..... 1957  
Stetson Steele..... 1998  
Jeff Thode ..... 2010  
Ted Wheeler ..... 1952  
Larry Wiczorek..... 1966-67

**Women's**

Meghan Armstrong ..... 2007  
Jennifer Brower ..... 1991  
Tracy Dahl..... 1991-92  
Nan Doak..... 1980, 1982-83  
Renee Doyle ..... 1986  
Jeanne Kruckeberg ..... 1990  
Racheal Marchand..... 2006, 2008  
Diane Nukuri..... 2006-07  
Mareike Schrulle ..... 2012  
Jenny Spangler ..... 1983

**Honda Sports Awards Nominee**

Nan Doak..... 1983  
Diane Nukuri..... 2007

**NCAA Regional Champion & Athlete of the Year**

**Men's**

Micah VanDenend ..... 2006

**Women's**

Diane Nukuri..... 2006-07  
Racheal Marchand..... 2008

**NCAA All-Region Team**

**Men's**

Mark Battista ..... 2009  
Trent Corey..... 1997, 2001  
Matt Esche..... 2002-05  
Dan Haut ..... 2002, 2004-05  
Nick Holmes..... 2011  
Kevin Lewis ..... 2013-14  
Jesse Luciano ..... 2007-08  
Eric MacTaggart..... 2005-06, 2008  
Nathan Mylenek ..... 2018-19  
Nick Nordheim ..... 1998-99, 2001  
Jared Pittman ..... 1997  
Brian Rae ..... 2003  
Tony Rakaric ..... 2002, 2004  
Adam Roche ..... 2004-05  
Paul Sarris..... 1998-99

**Men's NCAA All-Region Team (Cont.)**

Chad Schwitters..... 1998  
Reed Steele..... 1998  
Stetson Steele..... 1997-98  
Jeff Thode ..... 2009-11  
Micah VanDenend ..... 2002, 2005-06  
Joe Welter ..... 2001-02

**Women's**

Sarah Arens ..... 2003  
Meghan Armstrong ..... 2005-07  
Kayla Beattie..... 2011  
Jolly Burke ..... 2007  
Nikki Chapple..... 2004  
Brooke Eilers..... 2009  
Betsy Flood ..... 2010  
Leah Kralovetz ..... 2019  
Racheal Marchand..... 2005-06, 2008  
McKenzie Melander ..... 2011  
Diane Nukuri..... 2006-07  
Megan Ranegar ..... 2012  
Andrea Shine ..... 2017  
Mareike Schrulle ..... 2012  
Sarah Spencer Perry ..... 2008



**Big Ten Champions**

Men's

Rich Ferguson .....	1952-53
Jock Hunn .....	1926
Deacon Jones.....	1958
H.R. Phelps .....	1923-24
James Tucker .....	1961
Larry Wieczorek.....	1966-67

Women's

Tracy Dahl .....	1992
Diane Nukuri.....	2007

**Big Ten Athlete of the Year**

Women's

Tracy Dahl .....	1992
Diane Nukuri.....	2007

**Big Ten Women's Coach of the Year**

Jerry Hassard .....	1989
---------------------	------

**Big Ten Men's Freshman of the Year**

Jared Pittman .....	1993
Reed Steele.....	1998

**All-Big Ten Honorees**

Men's

Kevin Lewis .....	2014
Jesse Luciano .....	2008-09
Eric MacTaggart.....	2006
Nathan Mylenek.....	2018-19
Brian Rae .....	2003
Tony Rakaric.....	2003
Chad Schwitters.....	1997
Stetson Steele.....	1996
Jeff Thode .....	2010
Micah VanDenend .....	2004, 2006

Women's

Meghan Armstrong .....	2006-07
Erin Boland .....	1994
Jennifer Brower .....	1991
Jolly Burke .....	2007
Tracy Dahl .....	1991-92
Renee Doyle .....	1986-88
Betsy Flood .....	2010
Tami Hoskins.....	1989
Jennifer Johnson.....	1991
Jeanne Kruckeberg .....	1989
Racheal Marchand.....	2006, 2008
McKenzie Melander .....	2011
Diane Nukuri.....	2007
Mareike Schrulle.....	2012

**Big Ten Athlete of the Month**

Men's

Kevin Herd .....	September 1992
------------------	----------------

Women's

Tracy Dahl ...	Sept. 1990, Oct. 1992, Nov. 1992
----------------	----------------------------------

**Big Ten Athlete of the Week**

Men's

Trent Corey .....	Sept. 11, 2001
Matt Esche.....	Sept. 7, 2004
Jesse Luciano .....	Oct. 7, 2008
Eric MacTaggart.....	Sept. 6, 2005
Nathan Mylenek.....	Sept. 11, 2019
Jeff Thode .....	Oct. 19, 2010
Micah VanDenend .....	Sept. 17, 2002

Women's

Sarah Arens .....	Sept. 3, 2003
Meghan Armstrong .....	Sept. 6, 2005
Kayla Beattie.....	Sept. 11, 2012
Betsy Flood .....	Sept. 8, 2009
Lauren Hardesty .....	Sept. 7, 2010
Racheal Marchand.....	Oct. 7, 2008
Diane Nukuri.....	Sept. 18, 2007
Diane Nukuri.....	Oct. 2, 2007
Diane Nukuri.....	Oct. 16, 2007
Mareike Schrulle.....	Oct. 16, 2012

**Big Ten Sportsmanship Award**

Men's

Sam Bailin .....	2008
Brendan Camplin.....	2009
Mark Battista .....	2010
Cameron Rieger.....	2011
Ben Witt .....	2012
Nate Ferree.....	2013
Anthony Gregorio.....	2014
Ben Anderson .....	2015
Ben Anderson .....	2016
Brandon Cooley .....	2017-18
Noah Healy .....	2019
Aidan King .....	2020

Women's

Sarah Spencer Perry .....	2008
Brooke Eilers.....	2009
Kelsey Hart .....	2010
Mareike Schrulle.....	2011-12
Shannon Maser .....	2013
Carolyn Newhouse .....	2014
Madison Waymire .....	2015
Tess Wilberding .....	2016
Madison Waymire .....	2017
Anna Hostetler .....	2018
Elyse Prescott .....	2019
Kelli Tosic .....	2020

**USTFCCCA Academic Team**

Men's

2007, 2008, 2010, 2014, 2015, 2017, 2018, 2019
--

Women's

1995, 1997, 1999, 2000, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019
--

**USTFCCCA All-Academic Honorees**

Men's

Dan Haut .....	2004
Kevin Herd .....	1993
Kevin Lewis .....	2013
Jesse Luciano .....	2007-08
Chad Schwitters.....	1998
Stetson Steele.....	1998

Women's

Meghan Armstrong .....	2004-05
Sarah Arens .....	2004
Brooke Eilers.....	2009
Megan Ranegar .....	2012
Mareike Schrulle.....	2012
Andrea Shine .....	2017
Leah Kravolitz .....	2019

**CoSIDA Academic All-American**

Chad Schwitters.....	1997
----------------------	------

**CoSIDA Academic All-District**

Kevin Herd .....	1990, 1992-93
Stetson Steele.....	1996, 1998

**Big Ten Distinguished Scholars**

Men's

Sam Bailin .....	2008
Dan Gardarsson .....	2017
Anthony Gregorio.....	2016
Kevin Lewis .....	2013
Luke Sampson.....	2018-19
Karson Sommer .....	2017-18, 20
Konnor Sommer .....	2020-21
Luke Sampson.....	2019

Women's

Katie Adams.....	2014-15
Logan Akason .....	2021
Mary Arch.....	2020
Ashley Espinosa .....	2018-19
Marta Bote Gonzalez .....	2016-17
Fionna Fallon .....	2008
Kelsey Hart .....	2011
Jessica McKee .....	2020
McKenzie Melander .....	2011
Elizabeth Niedert.....	2017
Lauren Opatrny.....	2017
Lena Placzek .....	2012
Marieke Schrulle.....	2012
Andrea Shine .....	2017-19
Addie Swanson .....	2019
Jocelyn Todd .....	2012-15
Madison Waymire .....	2017
Lindsay Welker .....	2017-19, 2021
Wren Renquist.....	2020
Macie Weber .....	2020
Ally Weum .....	2021
Samantha Zishka .....	2014



**Academic All-Big Ten**

**Men's**

L.J. Albrecht	1988-90
Ravi B'Have	1994, 1996
Sam Bailin	2008, 2010
Mike Biderman	2001
Bill Branigan	1992
David Brown	1987-90
Matt Butler	2013
Brendan Camplin	2007-10
Brandon Cooley	2017-19
Trent Corey	2000-01
Kevin Docherty	2014-16
Ian Eklin	2016-18
Nate Ferree	2013-16
Daniel Gardarsson	2015-17
Matt Gerard	1992-94
Anthony Gregorio	2014-16
Dan Haut	2002, 2004-05
Noah Healy	2018-20
Kevin Herd	1990, 1992-93
Daniel Huff	2015
Alan Jackson	2005
Chase Kadlec	2009-11
Kevin Lewis	2012-14
Ben Lloyd	2002-03
Jesse Luciano	2007-10
Eric MacTaggart	2005-06, 2008
Steve Marshall	1991-93
Pete McDowell	1993-94
Sean Moeller	1998-99, 2001
Andy Morris	1997, 1999
Steve Morrissey	1990-91
Daniel Murphy	2019
Andy Napier	2005-08
James Paul	2008-10
Jared Pittman	1995-96
Tim Pleskac	1998-99
Jay Renaud	2007-10
Cameron Rieger	2011-12
Jeff Roberts	2018, 2020
Marc Roehl	1991-94
Luke Sampson	2017-19
Paul Sarris	1997
Blake Schlotzhauer	2006
Chad Schwitters	1995-98
Spencer Smith	2020
Taylor Soltys	2014-15
Karson Sommer	2017-20
Konnor Sommer	2019
Dan Soto	2016, 2018
Stetson Steele	1996-98
Adam Thomas	2001
Nick Trattner	2020
Andy Weise	1986
Michael Westphal	2017
David White	1990-91

Ben Witt ..... 2012-14

**Women's**

Katie Adams	2014
Logan Akason	2019-20
Krista Anderson	2006-07
Lindsay Anderson	2009-10
Mary Arch	2018-20
Sarah Arens	2000, 2002-03
Meghan Armstrong	2005-07
Atalie Barber	2001, 2003
Holly Barnes	1992
Briana Benning	1994-97
Danielle Berndt	2010-11
Allison Billhardt	2005
Kerri Blackstone	1996
Marta Bote Gonzalez	2015-17
Kelly Breen	2014-16
Jennifer Brower	1989-91
Courtney Bruns	2015-16
Ashley Bryja	2019-20
Jolly Burke	2007
Katie Butler	2000
Jenni Capista	2003-04
Maddie Carver	2018
Megan Daniel	1994
Amber Decker	2017
Jennie Docherty	2006, 2009-10
Katie Donlon	2005
Claire Dupuis	2017
Brooke Eilers	2009-11
Katie Ellis	2007, 2009-10
Molly Esche	2005-07
Ashley Espinosa	2016-18
Fionna Fallon	2008-10
Shawn Fleck	1995
Betsy Flood	2009-11
Alienor Gilchrist	1997
Emma Gordon	2019-20
Lisa Gordon	2014
Keelin Gorman	2011
Kristin Haefke	1998
Amanda Hardesty	2010
Kelsey Hart	2010-12
Rachel Hawks	2006-07
Julie Hollensbe	2017
Anna Hostetler	2019
Jennifer Johnson	1991-93
Patricia Jones	1991
Jennifer Kiciak	1996-97
Mallory King	2017-20
Tricia Kiraly	1988
Natalie Kleinfelter	1993-94
Christine Kotarba	2004, 2007
Leah Kralovetz	2020
Jeanne Kruckeberg	1987-89
Kimberly Kruk	1994
Michelle Lahann	2000-02

Jackie Laesch	2011
Kylie Latham	2019-20
Jennifer Lisy	1992
Shannon Maser	2012-13
Grace McCabe	2019-20
Jessica McKee	2019-20
Amy McReil	1991-92
McKenzie Melander	2009-11
Georgia Millward	2001-03
Jennifer Moore	1987-89
Amy Murphy	1999
Sarah Murray	1993
Haley Newbrough	1997
Carolyn Newhouse	2014
Elizabeth Niedert	2016-17
Kara Neustrom	2017
Val Oltman	1999
Lauren Opatrny	2016-17
Kiersten Pauling	1994-96
Lena Placzek	2012-13
Rachel Price	2013
Megan Ranegar	2010-12
Katherin Rehn	2011
Wren Renquist	2018-20
Ericka Roberts	2000-02
Hannah Roeder	2009-10
Janeth Salazar	1987
Christine Salsberry	1990-93
Tia Saunders	2018-20
Jill Scheibel	1996
Jessica Schmidt	2007
Kristi Schmidt	1999
Kim Schneckloth	1986-89
Jennifer Schoonover	1994
Megan Schott	2019
Mareike Schrulle	2012
Anna Shearer	1999-2000
Andrea Shine	2016-18
Gabby Skopec	2020
Michelle Sokol	2002, 2004
Jenny Spangler	1985
Laura Spencer	2004
Shannon Stanley	2004
Tina Stec	1991-93
Sherri Suppelsa	1986
Patty Teggatz	2020
Jocelyn Todd	2012-14
Jamie Voss	1992
Madison Waymire	2016-17
Macie Weber	2018-19
Lindsay Welker	2017-20
Aly Weum	2018-20
Tess Wilberding	2014-16
Jordan Winke	2018-19
Samantha Zishka	2014



# Cross Country Men's All-Time Letterwinners

Albrecht, L.J. .... 1988-90	Eastland, Dave ..... 1968-71	Hunn, Leonard E. .... 1925-28	Kitt, Roland ..... 1966-69
Albright, Robert ..... 1941	Ebert, Leroy ..... 1952-54	Hunter, William ..... 1914-15	Knoedel, James J. .... 1970-71
Allen, Shaun ..... 1998-01	Eckhardt, Gerald ..... 1944	Hymon, W. Paul ..... 1912-13	Kramer, Larry ..... 1961-64
Anderson, Ben ..... 2013-16	Edwards, James ..... 1978	Ingram, Robert ..... 2007	Kruse, Arthur ..... 1919-20
Ashton, George C. .... 1921-22	Eklin, Ian ..... 2015-18	Jackson, Alan ..... 2005	Kurth, Steve ..... 1995-97
Ashton, James Ed ..... 1962-63	Esche, Matt ..... 2002-05	Jacobs, Evan ..... 2017	Labond, Curtis ..... 1966-68
Ashton, William ..... 1960	Everingham, Will ..... 1928	Jamison, Orlin ..... 1916	Lainson, Bernard ..... 1951
Atkins, Bobby ..... 1999-2000	Everman, Wayne ..... 1954-55	Jans, Paul A. .... 1910-11	Langer, Dave ..... 1979
Bailin, Sam ..... 2007-08, 2010	Fanthouser, John ..... 1942	Jeffers, Clyde ..... 1904-05	Layne, Michael ..... 1997-99
Baker, Lawrence ..... 1961	Fearing, Ken ..... 1959-62	Jensen, Chris ..... 2003	Lewis, Bernard ..... 1945
Bakker, Mike... 1994-95, 1997-98	Feeldy, Chad ..... 1994-96	Jensen, Richard ..... 1968-70	Lewis, H. Mount ..... 1909-11
Barron, Ben ..... 2003	Ferguson, Richard ..... 1951-55	Jones, Charles N, ..... 1955-58	Lewis, Kevin ..... 2011-14
Battista, Mark ..... 2007-10	Ferree, Nate ..... 2013-16	Jones, Douglas H. .... 1968	Lillwitz, Tim ..... 1999-2000
Bender, Arnold N. .... 1924	Ferree, Tom ..... 1978-80	Kadlec, Chase ..... 2008-11	Lindeman, James ..... 1977
Benjerdas, T.D. .... 1920	Fischer, Gary W. .... 1960-63	Keatinge, Murray ..... 1954-56	Lister, Donald ..... 1914-15
Bentz, Robert LE ..... 1943	Fishba, Ugh H. RI ..... 1949	Keil, Richard L. .... 1941-42	Lloyd, Ben ..... 2002-03
Betz, Leighton A. .... 1959	Flage, David ..... 1933-34	Keller, Keith ..... 1947-48	Loechel, Thomas ..... 1970-73
Biderman, Mike ..... 2001	Fletcher, Robert Ash. .... 1956-59	Kelly, Thomas ..... 1928-30	Lord, Richard ..... 1943
Brady, Frank H. .... 1927-28	Foster, Richard ..... 1922	Kent, Jeff. .... 2004-06	Luciano, Jesse ..... 2006-09
Brandenberg, H. .... 1921	Fourman, Sam ..... 2014	King, Aidan ..... 2020	Lyle, James ..... 1936-38
Brandt, Jon Michael. .... 2010-12	Frazier, Carl ..... 1966-69		
Branigan, Bill. .... 1992	Frazier, Harry ..... 1956		
Brown, David ..... 1987, 1989-90	Frazier, William ..... 1961-65		
Brown, Keith Lav. .... 1948-55	Fritsch, Raymond ..... 1940		
Brown, Ray Kenne. .... 1979-81	Fudge, Arthur ..... 1951-54		
Brubacher, Theod. .... 1964-67	Furst, Don ..... 1975-76		
Burney, William ..... 1944	Gale, Sean ..... 1992-94		
Bush, Warren L. .... 1968	Gardarsson, Daniel ..... 2015-17		
Butler, Matt ..... 2013	Gardner, Russell ..... 1928		
Bye, Bill E. .... 1949	Gee, George ..... 1916		
Camplin, Brendan ..... 2007-09	Gerard, Matthew ..... 1992-94		
Campisi, Leo A. .... 1932-34	Greenlee, Donald ..... 1959-61		
Carlson, Herman ..... 1923	Greenlee, Ron ..... 1965		
Carman, Kenneth ..... 1949-50	Gregorio, Anthony 2012, 2014-16		
Chaney, Sam ..... 2012-13	Griffith, Ron ..... 1965-68		
Clancy, Thomas R. .... 1974-78	Griswold, Joe ..... 1949		
Clark, John Jay ..... 1969-73	Hakes, Montague ..... 1928		
Clarke, Eric Lloyd ..... 1957-58	Hanson, Mark ..... 1995		
Clarke, George W. .... 1962-63	Hartmann, H.W. .... 1915-16		
Coffie, Harry E. .... 1927	Hass, Edward ..... 1934-35		
Collins, John ..... 1949	Hassen, Galen ..... 1951		
Cook, Dale ..... 1912	Hausler, Leland ..... 1916-17		
Cooley, Brandon ..... 2016-19	Haut, Dan ..... 2001-02, 2004-05		
Copeland, Jack ..... 1948-49	Healy, Noah ..... 2017-19		
Corey, Trent ..... 1997-2001	Henderson, Robert ..... 1933-34		
Criswell, John W. .... 1969-71	Herd, Kevin J. .... 1989-94		
Cue, John L. .... 1927	Hermeier, Raymond ..... 1957-59		
Cutler, Allan J. .... 1942	Hermeier, Richard ..... 1955-59		
Davis, S. Jack ..... 1949-51	Hesse-Withbroe, Bailey. .... 2015-18		
Delashmutt, Ed ..... 1979-81	Hill, Jack L. .... 1957-60		
Docherty, Kevin ..... 2013-16	Hindt, William ..... 1913-15		
Docherty, James ..... 1974-76	Hinrich, Joel H. .... 1940-41		
Donovan, James ..... 1995	Holland, Stephen ..... 1971-72		
Dotseth, Frank ..... 1958-59	Hollatz, Troy ..... 1993		
Drew, John ..... 1957	Holmes, Nick ..... 2009, 2011-12		
Duggan, Earle ..... 1949-52	Hotz, William ..... 1906-08		
Dunsworth, Ira W. .... 1954-56	Huff, Daniel ..... 2014		



*Stetson Steele was a three-time All-American, two-time all-region and six-time academic All-Big Ten honoree in cross country and track from 1996-2000. He holds the school 10,000-meter record, and in 2000 he won the Drake Relays 5,000-meter title and was Iowa's Big Ten Medal of Honor winner.*



Lyle, Ralph .....	1957-58	Meyer, David .....	1941
MacDonald, Peter.....	1964-66	Miller, Fred .....	1921
MacTaggart, Bruce .....	2008	Mitvalsky, Richard .....	1932
MacTaggart, Eric..	2004-06, 2008	Moeller, Sean .....	1998-2001
Maiden, Sydner .....	1945	Moenck, Heath .....	2007
Mak, Leo.....	1913	Moldenhauer, Way.....	1954
Marasco, Frank.....	1917-18	Morch, Herbert O. ....	1951-53
Marshall, Steve.....	1991-93	Morris, Andy.....	1997-2000
Mawe, William .....	1960	Morrissey, Steve.....	1991-92
McCabe, Dennis.....	1969	Murphy, W. H. ....	1944-45
McCllanahan, Rich.....	1946-48	Murphy, Daniel.....	2016-19
McDermott, Eric .....	2000	Murphy, Max.....	2020
McDowell, Peter.....	1993-94	Murray, Harold H.....	1920-21
McElroy, Robert .....	1933	Murray, Jack A. ....	1944-45
Melchert, Michael	2014-16, 2018	Mylenek, Nathan.....	2016-19
Melnick, Sidney .....	1934	Napier, Andy.....	2005-08
Messer, Kenneth .....	1964-65	Naylor, Myrel.....	1930

Nelson, Paul H. ....	1935	Smith, Andrew.....	2010
Nelson, Robert .....	1936	Smith, N.E.....	1912
Nie, Bruce .....	1988-89	Smith, Spencer .....	2018-20
Nordheim, Nick .....	1998-2001	Snook, William H. ....	1949
Novotny, David.....	1994-95	Soltys, Taylor .....	2012, 2015
Oxley, John R. ....	1946-47	Sommer, Karson .....	2016-19
Paul, James.....	2008-10	Sommer, Konnor .....	2018-19
Paul, Joe .....	1976-77	Soto, Daniel .....	2015-18
Payne, Arthur .....	1922-23	Speers, Maurice.....	1925-26
Pendergast, Jack.....	2020	Stark, Maurie.....	1942
Pershing, Steve.....	1975-77	Steele, Ryan.....	1998-99
Peters, Chris .....	1995	Steele, Stetson.....	1995-99
Phelps, Harold R. ....	1923-25	Steffen, Mark A. ....	1970-72
Pinkerton, Volne.....	1928	Steinberg, Albert .....	1911
Pirkil, Jeff.....	1982-83, 1985-86	Stevenson, Gerold .....	1941
Pittman, Jared .....	1994-98	Stiller, Martin .....	1936
Pleskac, Tim.....	1998-2000	Stone, Gerald L. ....	1950
Pratt, Raymond O.....	1934, 1936	Sumner, M.L. ....	1912-13
Presteman, Gregory .....	1978	Swift, Mark .....	1974
Price, Bradley D. ....	1979-81	Swisher, Michael .....	1972
Price, Brook .....	2014	Szabo, Steve .....	1966-68
Prince, Earl S.....	1942	Tate, Tommy .....	2006-09
Pristine, Leonard .....	1921	Terbell, Floyd O. ....	1924
Purvis, Donald L. ....	1936	Tice, Robert W.....	1971
Rae, Brian .....	2002-05	Thode, Jeff.....	2009-11
Rakaric, Tony .....	2001-04	Thomas, Adam.....	1998-01
Reid, Morrison.....	1971-72	Tiernan, Stephen .....	1964
Renaud, Jay .....	2007-09	Trainor, Dan.....	2001-03
Reko, Rodney .....	1992-95	Traphagen, Stephen .....	2002-03
Reyes, William A. ....	1964-65	Trattner, Nicholas.....	2019
Rieger, Cameron.....	2011-12	Trimble, Bruce W.....	1957-59
Ristine, Leonard.....	1920-21	Trimble, Ralph .....	1960-62
Roberts, Jeff .....	2017-19	Tucker, Jim .....	1959-61
Roche, Adam .....	2003-05	Tupper, Richard .....	1947-48
Roehl, Mark.....	1991-93	Vacik, George J. ....	1940
Roller, Robert J. ....	1970	Vanatta, Lyell.....	1930
Roseman, Garry.....	1990-93	Vanderwilt, Robert .....	1943
Rosenberg, Norman .....	1931-32	VanDenend, Micah	2002, 2004-06
Sampson, Luke .....	2016-19	Vonahsen, Virgil .....	1950-52
Santino, William .....	1974-76	Walker, Leland C.....	1963
Sarris, Paul.....	1997-2000	Webster, Alex.....	2005
Saur, Wayne .....	1974	Welt, Donald .....	1941
Schlotzhauer, Blake .....	2005-06	Welter, Joe .....	2000-02
Schutman, Ben .....	2000	Westphal, Michael .....	2017
Schum, Robert L. ....	1969-71	Wheeler, Ted S. ...	1951-52, 1955
Schwitters, Chad.....	1995-99	Wickey, Howard .....	1929-30
Seashore, Robert.....	1922	Wieczorek, Lawrence .....	1965-67
Selsor, Evan .....	2011	Wilfong, Caleb .....	2012-13
Sampson, Luke .....	2017	Wilkes, Quenten.....	1956
Shaffer, Quentin.....	2013	Williams, Derrick .....	1963
Shaw, Robert J.....	1914	Wisgerhof, Max V. ....	1934
Sheets, Lawrence .....	1963-64	Witt, Ben .....	2011-14
Sheldon, Jay A. ....	1972, 1974-75	Workman, Robert.....	1941-42
Sheldon, John H.....	1922	Wren, Richard T.....	1946
Sitko, John .....	1934	Young, Nick.....	2011
Slater, Albert L.....	1943-44	Zacher, Eugene R.....	1922
Slingsby, Tim.....	1988-89	Zaruba, Arnold J. ....	1944



**Micah VanDenend won the 2007 Big Ten 10,000-meter outdoor track title and holds the school outdoor 5,000-meter record.. He was the 2006 NCAA Midwest Regional Cross Country Meet Champion and Male Athlete of the Year. The four-time all-region honoree competed for Iowa from 2002-07.**





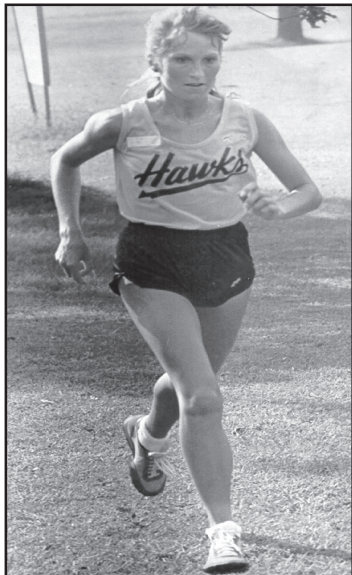
# Cross Country Women's All-Time Letterwinners

Adams, Katie.....2013-14  
 Anderson, Krista .....2006-07  
 Anderson, Lindsay .....2008-09  
 Andrews, Karen .....1978-80  
 Arch, Mary.....2017-19  
 Arens, Sarah 1999-2000, 2002-03  
 Armstrong, Meghan .....2004-07  
 Ballweg, Rachel .....1997  
 Barber, Atalie .....2000-03  
 Beattie, Kayla.....2011  
 Benning, Briana .....1993-96  
 Benson, Nicole.....2011-12  
 Berndt, Danielle....2008, 2010-11  
 Billhart, Allison .....2005  
 Blossfeld, Suzanne .....1978-79  
 Boddicker, Bev .....1977-80  
 Boland, Erin .....1991-94  
 Bote Gonzalez, Marta .....2014-17  
 Breen, Kelly.....2015-16  
 Brower, Jennifer.....1988-91  
 Brown, Nicole .....1994-96  
 Bruns, Courtney.....2015  
 Bryja, Ashley.....2018-19  
 Burke, Jolly .....2006-07  
 Butler, Katie .....1999-2000  
 Capista, Jenni.....2001, 2003-04  
 Carver, Maddie .....2017-18  
 Chapple, Nikki.....2003-05  
 Chow, Sophia .....2000  
 Coleman, Becky .....1993-96  
 Connely, Michelle .....1977

Dahl, Tracy .....1989-92  
 Daniel, Megan .....1993  
 Davis, Eileen .....1978-79  
 Deluca, Sarah C. Abel.....1979-81  
 Dixon, Pamela .....1978  
 Doak (Davis), Nan .....1980-84  
 Dobrowolski, Anne .....1981-85  
 Docherty, Jennie.....2006, 2009  
 Donlon, Katie .....2001-03  
 Doyle, Renee .....1985-88  
 Drapcho, Rosemary .....1978-81  
 Dresselhaus, Ann.....1978-80  
 Drulis, Julie .....1997-98  
 Dunlop, Amy.....1977-79  
 Dupuis, Claire .....2016  
 Eilers, Brooke.....2008-11  
 Ellis, Katie .....2006-07, 2009  
 Esche, Molly .....2004-07  
 Espinosa, Ashley.....2016-18  
 Fallon, Fionna .....2008-09  
 Feltes, Teresa .....1977-78  
 Fleck, Shawn.....1993-95  
 Flood, Betsy .....2008-11  
 Flynn, Erin.....1978-82  
 Freund, Kay.....1978-81  
 Gilchrist, Alienor.....1996-97  
 Gordon, Emma .....2018-20  
 Gordon, Lisa .....2012  
 Gorman, Keelin.....2011  
 Griffin, Maggie.....1996-99  
 Gripp, Sue .....1977

Gutwein, Maggie .....2019  
 Haefke, Kristen .....1997-98  
 Hamilton, Jana.....1979-80  
 Hardesty, Amanda .....2007-10  
 Hardesty, Lauren.....2007-10  
 Hart, Kelsey .....2009-12  
 Hawks, Rachel .....2006  
 Hedlund, Laurie .....1977-78  
 Hentges, Leah .....1999  
 Hoehle, Zanetta .....1978-81  
 Hollensbe, Julie .....2016-17  
 Hoeman, Carissa.....1998  
 Hoskins, Tami.....1987-91  
 Hostetler, Anna.....2018  
 Houston, Marlie.....2016  
 Jeppson, Maren.....2017  
 Johnson, Jennifer.....1990-93  
 Jones, Alana.....2013, 2015  
 Kiciak, Jennifer.....1995-96  
 Kintzel, Denise .....1977-78  
 Kleinfelter, Natalie .....1993-95  
 Kotarba, Christine.....2004, 2007  
 Kralovetz, Leah .....2019  
 Krekeler, Rebecca Ann ....1978-79  
 Kruckeberg, Jeanne .....1987-89  
 Kruck, Kim.....1994  
 Kubitz, Christine ...1995-96, 1998  
 Laesch, Jackie .....2011  
 Lahann, Michelle .....1999-2002  
 Lambrecht, Carol .....1977-78  
 Latham, Kylie .....2018-19  
 Lessard, Megan .....2009  
 Luber, Hannah .....2010  
 Lund, Yvonne Irene.....1979-80  
 Lynberg, Michele M. Dr. .1977-78  
 Marchand, Racheal 2004-06, 2008  
 Marshall, Sue.....1977  
 Martin, Courtney .....2012-14  
 Maser, Shannon.....2012-13  
 McCabe, Grace .....2018-19  
 McDowell, Tina.....1991-94  
 McKee, Jessica .....2018-19  
 Melander, McKenzie.....2009-11  
 Millward, Georgia .....2000-03  
 Mims, Susan .....1977-80  
 Mitchell, Elizabeth .....1978-79  
 Murphy, Amy .....1998-99  
 Murray, Megan .....1998  
 Nelson, Major Sue .....1977-78  
 Newbrough, Haley.....1996-97  
 Newhouse, Carolyn .....2014-15  
 Neustrom, Kara.....2014-17  
 Niedert, Elizabeth .....2014-17  
 Nukuri, Diane.....2006-07

Oltman, Valerie.....1998  
 Opatrny, Lauren.....2016-17  
 Pare, Anne .....1996  
 Pauling, Kiersten.....1993-96  
 Pearson, Laura .....2004  
 Perry, Sarah Spencer.....2008  
 Placzek, Lena .....2012-13  
 Prescott, Elyse .....2019  
 Price, Rachel .....2013  
 Quigley, Kristina.....1999  
 Ranegar, Megan.....2010-12  
 Rehn, Katherin.....2010-11  
 Renquist, Wren.....2017-19  
 Roberts, Ericka.....1999-2002  
 Roeder, Hannah .....2008-09  
 Roehl, Becky .....1994-97  
 Ruffcorn, Ann.....1999  
 Salazar, Nina .....1998  
 Saliba, Cindy .....2012  
 Salsberry, Christine .....1991-93  
 Schaefer, Chrissy.....2006  
 Scheibel, Jill .....1995-98  
 Schleusner, Mary .....2010  
 Schmidt, Jessica .....2004-07  
 Schmidt, Kristi.....1998-99  
 Schoonover, Jennifer .....1993  
 Schott, Megan .....2018-19  
 Schrulle, Mareike.....2011-12  
 Shearer, Anna .....1998  
 Shine, Andrea .....2015-18  
 Sims, Sharon .....1977-78  
 Skopec, Gabby .....2020  
 Sokol, Michelle .....2001-02, 2004  
 Spangler, Jenny.....1981-83  
 Sparks, Staci.....1993  
 Spencer, Laura .....2004  
 Stanley, Shannon .....2003-06  
 Stec, Tina .....1990-93  
 Swartzrock, Diane.....1978-80  
 Teggatz, Patty.....2018-19  
 Thompson, Becca .1999-00, 2002  
 Todd, Jocelyn .....2012-14  
 Todd, Stephanie.....1977-80  
 Totic, Kelli .....2020  
 Vandervoort, Martha.....1991-94  
 Van Dyk, Elzerie .....2018  
 Vitense, Mandi .....1996-98  
 Von Muenster, Shannon .....2001  
 Waymire, Madison .....2015-17  
 Weber, Macie .....2017-19  
 Wilberding, Tess .....2013-16  
 Winke, Jordan.....2018-19  
 Williams, Julie.....1979-81  
 Zishka, Samantha.....2013-14



*Nan Doak was Iowa's first cross country All-American, earning a total of three honors (1980, 1982-82).*



*Tracy Dahl was Iowa's first Big Ten Cross Country Champion. The two-time All-American (1991-92) won the title and was named Big Ten Female Cross Country Athlete of the Year in 1992.*