

# IOWA



Sept. 16, 2022

## Cross Country 2022 Notebook



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### 2022 IOWA CROSS COUNTRY SCHEDULE

Date	Meet	Results
Sept. 2	Hawkeye Invite (Iowa City, Iowa)	M: 1st/W: 1st
Sept. 9	Big Ten Preview (Ann Arbor, Mich.)	M: 3rd/W: 6th
Sept. 16	Redbird Invite (Normal, Ill.)	5:00 p.m.
Sept. 30	Gans Creek Classic (Columbia, Mo.)	TBA
Oct. 14	Bradley Pink Classic (Peoria, Ill.)	TBA
Oct. 15	Weis-Crockett Invite (Stillwater, Okla.)	TBA
Oct. 21	Illinois Invite (Champaign, Ill.)	TBA
Oct. 28	Big Ten Championships (Ann Arbor, Mich.)	TBA
Nov. 11	NCAA Midwest Regional (Columbia, Mo.)	TBA
Nov. 19	NCAA Championships (Stillwater, Okla.)	TBA

### IOWA COACHING STAFF

**Joey Woody**  
Director of Track & Field/Cross Country

**Randy Hasenbank**  
Associate Head Coach for Cross Country  
Assistant Track & Field Coach

**Jason Wakenight**  
Assistant Coach, Director of Recruiting

**Hannah Sieperda**  
Assistant Director of Operations

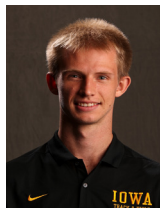
### HOW TO FOLLOW

Results are posted on the Iowa cross country Twitter account: @Iowa XC\_TF and online at hawkeyesports.com/tracklive.

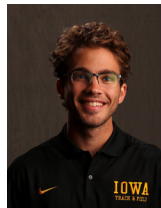
Live Results: [bit.ly/3oe0MM](https://bit.ly/3oe0MM)



### HAWKEYES TO WATCH



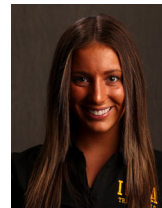
Kal Lewis  
8K PR: 24:49.4



Eli Ward  
8K PR: 27:31.9



Lillian Schmidt  
Making 6K Debut



Maggie Gutwein  
6K PR: 23:27.9

### THIS WEEK

The University of Iowa men's and women's cross country teams take to the road again this week, heading to Normal, Illinois on Friday for the Redbird Invite. The meet is hosted by Illinois State at the Weibring Golf Course. The women's 6,000-meter race begins at 5:00pm CT, while the men's 8,000-meter race kicks off at 5:45pm. Live results will be found at ShaZam Racing.

### IN THE RANKINGS

The University of Iowa men's cross country team is ranked No. 5 in this week's USTFCCA Midwest Region poll. Iowa moved up nine spots from the initial preseason poll. The Hawkeyes are the highest ranked Big Ten team in the Midwest top 15, with Illinois ranked No. 6 and Minnesota ranked No. 7. Seven additional Big Ten teams are ranked in their respective regions, including Indiana, Michigan, Michigan State, Ohio State, Penn State, Purdue and Wisconsin.

The University of Iowa women's cross country team is ranked No. 14 in this week's USTFCCA Midwest Region poll. The Hawkeyes are one of five Big Ten teams ranked in the Midwest top 15, including No. 3 Illinois, No. 4 Northwestern, No. 5 Minnesota, and No. 13 Nebraska. The remaining nine Big Ten teams are also ranked in their respective regions.

### LAST TIME OUT...

The University of Iowa men's and women's cross country teams took to the road for the first time in 2022, competing at the Big Ten Preview. In the women's 6,000-meter race, Iowa had strong showings from senior Emma Gordon (21:44.5), who finished 16th overall, junior Kelli Tosic (22:20.5) and freshman Jalyssa Blazek (22:24.1). Senior Maddie Block finished fourth for Iowa, setting a PR of 22:48.0. Junior Brooke McKee rounded out the top five Hawkeye finishers with a time of 22:51.9. Iowa posted an average time of 22:25.8 and came away with 147 points.

The men's 6,000-meter race saw four Hawkeye PRs and two top-10 individual finishes. The Hawkeyes were paced by the season debuts of senior Nick Trattner and junior Max Murphy. Trattner led the Hawkeyes with an eighth-place finish and PR of 18:18.3, while Murphy crossed the line in ninth at 18:19.1. Sophomore Ian Geisler sped across the line with a personal best of 18:39.2, good for 15th overall. Sophomore Jack Pendergast finished 18th, recording a PR of 18:43.5. Freshman Miles Sheppard rounded out the top five Hawkeye finishers with a time of 18:53.7. Another Iowa PR was set by senior Konnor Sommer (18:59.2). The Hawkeyes had an average time of 18:34.8 and earned 75 points, placing third as a team.

### LOOKING AHEAD

Following the season opener, the Hawkeyes will have six regular season meets including a pair of meets that will preview the NCAA postseason sites. The Gans Creek Invite (Sept. 30) at the Gans Creek Cross Country Course in Columbia, Missouri, will give the Hawkeyes a look at the course that will play host to the NCAA Midwest Regional. The Weis-Crockett Invite (Oct. 15) at OSU Cross Country Course will serve as a preview meet of the 2022 NCAA Championships (Nov. 19) site in Stillwater, Oklahoma. The Big Ten Championships will be hosted by Michigan in Ann Arbor on Oct. 28 and the NCAA Midwest Regional will take place Nov. 11 back in Columbia, Missouri. Teams and student-athletes that advance past the Midwest Regional will compete at the 2022 NCAA Cross Country Championships.



## TRATTNER MAKING HISTORY

Nick Trattner became the first underclassmen in over a decade to lead the Hawkeye men for the first two races of the 2021 season (Jeff Thode in 2010). Thode is one of the most decorated Hawkeyes in history, recording two individual national championship appearances and one All-America honor in 2010, placing 30th. Trattner finished third at the 2021 Hawkeye Invite and sixth at the Dirksen-Greeno Invite. Trattner added a ninth-place finish on Oct. 1 at the Gans Creek Classic, finishing behind senior teammate Noah Healy. Trattner led the Hawkeyes again at the Bradley Pink Classic, finishing eighth to log his fourth top-10 finish of the season. Trattner led the Hawkeyes for the fourth time at the Big Ten Championships with a top-45 finish.

## MEN'S TOP RUNNERS

Senior Nick Trattner returns for his third cross country season with the Hawkeyes. In 2021, Trattner earned four top-10 finishes and held an 8K personal record of 24:14.5. He placed second at the 2021 Hawkeye Invite with a 6K collegiate-best of 18:22.1. Fellow senior Konnor Sommer competed in five of six races last year and posted season bests in the 8K at the Bradley Pink Classic (25:17.1) and 10K at the NCAA Midwest Regional (33:32.31). Junior Jack Pendergast was one of six Hawkeyes to compete in all six races last season. He was Iowa's third finisher at the 2021 Hawkeye Invite (18:46.7). Junior Kal Lewis also competed in all six races last year and was Iowa's second finisher at the NCAA Midwest Regional, placing 52nd (31:38.71). Junior Max Murphy returns from injury after finishing third for the Hawkeyes at the 2020 Big Ten Championships.

## WOMEN'S TOP RUNNERS

Junior Kelli Tasic returns for her third season with the Hawkeyes. In 2021, Tasic was Iowa's top finisher in the first three races of the season. She placed 11th at the 2021 Hawkeye Invite (14:23.4). Junior Brooke McKee competed in five of six races last year and was Iowa's top finisher at the BIG Championships (21:53.7). Senior Maddie Block posted season bests at the 2021 Hawkeye Invite (15:48.3) and 6,000-meter Gans Creek Invite (22:56.9). Senior Emma Gordon was one of four Hawkeyes to compete in all six races in 2021. She ran a collegiate best at the 2021 Hawkeye Invite (14:35.7). Junior Amber Aesoph posted a season-best 6K time at the 2021 NCAA Midwest Regional (22:21.20).

## HAWKEYE NEWCOMERS

The University of Iowa cross country team added 14 student-athletes to its 2022 roster. Seven men join the Hawkeyes: Brayden Burnett, Nate Harbert, Carson Houg, Hayden Kuhn, Eli Naumann, Will Ryan, and Miles Sheppard. On the women's side, the seven new Hawkeyes include Ana Barroso, Jalyssa Blazek, Rowan Boulter, Gabby Cortez, Lily Johannes, Ellie Rathe, and Aleah Tenpas.

## HAWKEYE STATE

Of the 32 women on Iowa's roster, 23 hail from the Hawkeye State. Seven additional states, including Illinois (2), Wisconsin (2), Indiana, Michigan, Minnesota, Kansas, and Texas are represented. On the men's side, ten of the 19 members are from Iowa. Illinois is represented by five student-athletes, while Minnesota is the home of two Hawkeyes. Colorado and New York are each represented with one student-athlete.

## NEXT UP FOR THE HAWKEYES

The Hawkeyes head to Columbia, Missouri for the Gans Creek Classic on Friday, September 30th.

## 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 the Hawks on Twitter (@IowaXC\_TF) and Instagram (@IowaXCtf). Follow live results at [hawkeyesports.com/tracklive](http://hawkeyesports.com/tracklive).

## 2022 ROSTER

### Men

Brayden Burnett	Fr.	Cedar Falls, Iowa
Ian Geisler	So.	Lake in the Hills, Ill.
Nate Harbert	Fr.	Highlands Ranch, Co.
Isaac Hartman	RSFr.	Eden Prairie, Minn.
Blake Hayden	RSFr.	Minnetonka, Minn.
Carson Houg	Fr.	Urbandale, Iowa
Aidan King	Jr.	St. Charles, Ill.
Daniel Klysh	Jr.	Elmhurst, Ill.
Hayden Kuhn	Fr.	Marion, Iowa
Kal Lewis	Jr.	Shelter Island, N.Y.
Max Murphy	Jr.	Bettendorf, Iowa
Eli Naumann	Fr.	Peosta, Iowa
Jack Pendergast	Jr.	Cedar Rapids, Iowa
Will Ryan	Fr.	Waukee, Iowa
Miles Sheppard	Fr.	Keokuk, Iowa
Konnor Sommer	Sr.	Bettendorf, Iowa
Nick Trattner	Sr.	Naperville, Ill.
Eli Ward	So.	Waterloo, Ill.
Yohana Yual	So.	Des Moines, Iowa

### Women

Amber Aesoph	Jr.	Sioux City, Iowa
Ana Barroso	Fr.	Aurora, Ill.
Jalyssa Blazek	Fr.	Lawler, Iowa
Maddie Block	Sr.	Marion, Iowa
Alli Bookin-Nosbisch	Jr.	Ottumwa, Iowa
Grace Bookin-Nosbisch	Jr.	Ottumwa, Iowa
Rowan Boulter	Fr.	Iowa City, Iowa
Gabby Cortez	Fr.	Cedar Rapids, Iowa
Claire Edmonson	Jr.	Dubuque, Iowa
Laney Fitzpatrick	So.	Davenport, Iowa
Bryce Gidel	Jr.	Humboldt, Iowa
Emma Gordon	Sr.	Ankeny, Iowa
Maggie Gutwein	Sr.	Monticello, Ind.
Jaiden Itson	So.	Houston, Texas
Lily Johannes	Fr.	Cedar Rapids, Iowa
Kaitlin Knappe	So.	Tecumseh, Mich.
Leah Kralovetz	Jr.	Denmark, Wis.
Brooke McKee	Jr.	Johnston, Iowa
Lauren McMahon	So.	Ankeny, Iowa
Katie Moore	Jr.	Olathe, Kan.
Clare Pitcher	Jr.	Franklin, Wis.
Micah Poellet	So.	Cedar Rapids, Iowa
Ellie Rathe	Fr.	La Porte City, Iowa
Abby Ryan	Jr.	Mount Pleasant, Iowa
Miriam Sandeen	So.	Eden Prairie, Minn.
Lillian Schmidt	So.	Dubuque, Iowa
Chloe Skidmore	So.	Marion, Iowa
Sam Strauss	So.	Johnston, Iowa
Aleah Tenpas	Fr.	Johnston, Iowa
Kelli Tasic	Jr.	Grayslake, Ill.
Ellie Twedt	Jr.	Elkhart, Iowa
Kathryn Vortherms	RSFr.	Ankeny, Iowa

## Ashton Cross Country Course

The University of Iowa men's and women's cross country team's home for training and competition is the Ashton Cross Country Course. Located west of the Finkbine Golf Course, the course first opened in 2003 and has hosted the 2014 Big Ten Championships and 2016 NCAA Regional. The course boasts a rolling terrain with outstanding rhythm for running, and offers the ability to race from 3K to 10K around a layout that enables spectators to view the race from start to finish.



## 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  
**Nick Trattner ..... 18:18 ..... 2022 Big Ten Preview**
6. Daniel Murphy ..... 18:19 ..... 2019 Hawkeye Invite  
**Max Murphy ..... 18:19 ..... 2022 Big Ten Preview**
8. Jeff Thode ..... 18:21 ..... 2009 Hawkeye Invite
9. Luke Sampson ..... 18:22 ..... 2019 Hawkeye Invite  
Nick Trattner ..... 18:22 ..... 2021 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. Nathan Mylenek ..... 23:53 ..... at 2019 NCAA 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 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

Wesley Kiptoo, Iowa State - NCAA Regional - 11/12/21 ..... 30:17

## 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



## 2022 Men's Team Results & Scorers

### Sept. 2 | Hawkeye Invite | 6K | 1st Place | 21 points

3. Miles Sheppard .....18:46.4
4. Aidan King .....18:47.6
5. Will Ryan .....18:53.4
6. Hayden Kuhn .....18:55.0
8. Ian Geisler .....18:57.8

### Sept. 9 | Big Ten Preview | 6K | 3rd Place | 75 points

8. Nick Trattner .....18:18.3
9. Max Murphy .....18:19.1
20. Ian Geisler .....18:39.2
24. Jack Pendergast .....18:43.5
36. Miles Sheppard .....18:53.7

## 2022 Women's Team Results & Scorers

### Sept. 2 | Hawkeye Invite | 4K | 1st Place | 15 points

1. Emma Gordon .....14:12.9
2. Kelli Totic .....14:38.3
3. Maddie Block .....14:40.3
4. Amber Aesoph .....14:50.3
5. Jalyssa Blazek .....14:51.0

### Sept. 9 | Big Ten Preview | 6K | 6th Place | 147 points

16. Emma Gordon .....14:12.9
32. Kelli Totic .....14:38.3
33. Jalyssa Blazek .....22:24.1
41. Maddie Block .....22:48.0
45. Brooke McKee .....22:51.9