



Sept. 9, 2022

IOWA

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.)	8:30 a.m.
Sept. 16	Redbird Invite (Normal, Ill.)	TBA
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



HAWKEYES TO WATCH



Nick Trattner
6K PR: 18:22.1



Miles Sheppard
6K PR: 18:46.4



Maddie Block
6K PR: 22:56.9



Emma Gordon
6K PR: 21:36.2

THIS WEEK

The University of Iowa men's and women's cross country teams hit the road for the first time this season, traveling to Ann Arbor, Michigan on Friday for the Big Ten Preview. The meet is hosted by Michigan at the U-M Golf Course. The women's 6,000-meter race begins at 8:30am CT, while the men's 6,000-meter race starts at 9:15am CT. Live results will be found at pttiming.com.

IN THE RANKINGS

The University of Iowa men's cross country team is ranked No. 14 in the USTFCCA Midwest Region preseason polls. The Hawkeyes are one of three Big Ten teams ranked in the Midwest top 15, including No. 4 Minnesota and No. 15 Illinois. Seven additional Big Ten teams are ranked in their respective regions, including Wisconsin, Michigan State, Michigan, Indiana, Purdue, Ohio State, and Penn State.

The University of Iowa women's cross country team is ranked No. 14 in the USTFCCA Midwest Region preseason polls. The Hawkeyes are one of five Big Ten teams ranked in the Midwest top 15, including No. 2 Illinois, No. 4 Northwestern, No. 5 Minnesota, and No. 11 Nebraska. The remaining nine Big Ten teams are also ranked in their respective regions.

LAST TIME OUT...

The University of Iowa cross country teams opened their season with a sweep of the competition at the 2022 Hawkeye Invite at the Ashton Cross Country Course.

In the women's 4,000-meter race, Iowa used nine PRs and had the top five finishers to claim the victory with 15 points. Senior Emma Gordon led the way with a PR of 14:12.9. Junior Kelli Tosic finished second with a time of 14:38.3, while senior Maddie Block came in with a PR of 14:40.3. Junior Amber Aesoph (14:50.3) and freshman Jalyssa Blazek (14:51.0) rounded out the perfect top five finishers for the Hawkeyes.

On the men's side, the Hawkeyes claimed the title with 21 points in the 6,000-meter race. Iowa had three finishers inside the top five and six within the top 10. Freshman Miles Sheppard made his debut and led the Iowa finishers with a time of 18:46.4, good for third overall. Junior Aidan King was right behind in fourth with a PR of 18:47.6. Freshman Will Ryan rounded out the top five with a time of 18:53.4. Freshman Hayden Kuhn and Sophomore Ian Geisler wrapped up Iowa's top five with times of 18:55.0 and 18:57.8, respectively. Sophomore Eli Ward set a PR with a time of 20:56.9.

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. This week's Big Ten Preview in Ann Arbor will give the Hawkeyes a look at the course for the Big Ten Championships (October 28). 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 B1G 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 Normal, Illinois, to compete at the Redbird Invite on Friday, September 16th.

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.

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 Knape	So.	Tecumseh, Mich.
Leah Kralovetz	Jr.	Denmark, Wis.
Brooke McKee	Jr.	Johnston, Iowa
Lauren McMahan	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
5. Daniel Murphy 18:19 2019 Hawkeye Invite
6. Jeff Thode 18:21 2009 Hawkeye Invite
7. Luke Sampson 18:22 2019 Hawkeye Invite
Nick Trattner 18:22 2021 Hawkeye Invite
9. Dan Haut 18:24 2005 Hawkeye Invite
10. Spencer Smith 18:25 2019 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

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