



Oct. 28, 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.)	M: 3rd/W: 6th
Sept. 16	Redbird Invite (Normal, Ill.)	M: 7th/W: 6th
Sept. 30	Gans Creek Classic (Columbia, Mo.)	M: 6th/W: 7th
Oct. 15	Weis-Crockett Invite (Stillwater, Okla.)	M:17th/W:17th
Oct. 21	Illini Open (Champaign, Ill.)	W:6th
Oct. 28	Big Ten Championships (Ann Arbor, Mich.)	9:45am
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](https://twitter.com/iowa_XC_TF) and online at hawkeyesports.com/tracklive.

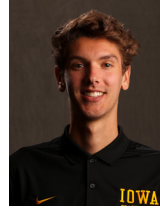
Live Results: bit.ly/3oe0MM



HAWKEYES TO WATCH



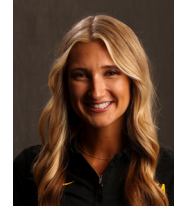
Nick Trattner
8K PR: 23:56.8
(*22 Gans Creek)



Konnor Sommer
8K PR: 24:37.7
(*22 Gans Creek)



Maddie Block
6K PR: 21:49.4
(*22 Gans Creek)



Brooke McKee
6K PR: 21:20.6
(*22 Gans Creek)

THIS WEEK

The University of Iowa men's and women's cross country teams begin postseason competition with the B1G Championships this Friday. The Hawkeyes return to Ann Arbor, a course they competed at during the Big Ten Preview in September. The event is hosted by the University of Michigan and will be held at the UM Golf Course. The women's 6,000-meter race begins at 9:45 a.m. CT, while the men's 8,000-meter race kicks off at 10:45 a.m. Live results will be found at PT Timing.

THE COURSE

The cross country course follows the University of Michigan golf course's rolling terrain, traversing nearly all of the 18 holes at some point. The races begin on the fairway of the first hole and are highlighted by a climb up the 10th fairway that is negotiated twice by the women, and three times by the men. After the out-and-back first mile on the east side of the course, the women and men negotiate the main 1.5 mile loop once and twice respectively before finishing on the finishing one mile loop. The women's 6,000-meter and men's 8,000-meter races conclude between the first and ninth holes.

IN THE RANKINGS

The University of Iowa men's cross country team is ranked No. 12 in the latest USTFCCCA Midwest Region poll. The Hawkeyes are the second-highest ranked Big Ten team in the Midwest top 15, with Illinois ranked No. 7. Minnesota is the only other Big Ten team ranked in the region, coming in at No. 15. 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 moved up one spot and is now ranked No. 13 in the latest USTFCCCA Midwest Region poll. The Hawkeyes join Illinois, Minnesota, Nebraska and Northwestern in the top 15. Iowa is one of 12 Big Ten teams ranked in their respective regions including Illinois, Indiana, Michigan, Michigan State, Minnesota, Nebraska, Northwestern, Ohio State, Penn State, Purdue and Wisconsin.

LAST TIME OUT...

University of Iowa men's and women's cross country closed their regular season Friday afternoon at the Illini Open. Freshman Ana Barroso paced the women's 5,000-meter race for Iowa, while freshman Carson Houg led the Hawkeye men in the 8,000-meter event.

The women's 5,000-meter race kicked off the afternoon in Champaign, with Barroso clocking a top 10 overall finish (18:37.5). Sophomore Kaitlin Knape (19:26.9) and freshman Aleah Tenpas (19:34.6) finished in the top 30 overall with their performances. Junior Bryce Gidel (20:49.4) and sophomore Sam Strauss (21:25.3) rounded out the top five for Iowa. Iowa finished in sixth place as a team, earning 125 points, an average of 19:58, and a spread of 2:47. Wisconsin won the team title with 17 points.

In the men's 8,000-meter race, freshman Carson Houg led the Hawkeyes with a top 15 finish and personal best of 25:49.4. Fellow freshman Isaac Hartman crossed the line in 28:02.5 in the regular season finale.



LOOKING AHEAD

Following this week's Big Ten Championship, the NCAA Midwest Regional will take place Nov. 11 back in Columbia, Missouri. The 2022 NCAA Cross Country Championships will be back at the OSU Cross Country Course in Stillwater, Oklahoma. 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

Junior 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. This year, he has been a top two Hawkeye finisher in all three races he has competed in. Sophomore Max Murphy has returned and through three races, has landed on the top 10 all-time best performers list for both the 6K and 8K. 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).

WOMEN'S TOP RUNNERS

Senior Emma Gordon was one of four Hawkeyes to compete in all six races in 2021. Gordon has competed in three races this year, pacing the Hawkeyes in each of them. Junior Kelli Tasic returns for her third season with the Hawkeyes. Tasic has been a top three finisher for Iowa in each of her three races this year. 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). Junior Amber Aesoph posted a season-best 6K time at the 2021 NCAA Midwest Regional (22:21.20). Freshman Jalyssa Blazek has posted top five finishes in each of her three races this fall.

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 prepare for the NCAA Midwest Regional in Columbia, Missouri on November 11.

LINK UP WITH THE HAWKEYES

For an inside look at the Iowa cross country program and to access exclusive coverage, follow the University of Iowa Cross Country and Track & Field team on Facebook, 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.	Minnertonka, Minn.
Carson Houg	Fr.	Urbandale, Iowa
Aidan King	So.	St. Charles, Ill.
Daniel Klysh	Jr.	Elmhurst, Ill.
Hayden Kuhn	Fr.	Marion, Iowa
Kal Lewis	Jr.	Shelter Island, N.Y.
Max Murphy	So.	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	Jr.	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
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. **Max Murphy 23:44 at 2022 Gans Creek Classic**
7. Tommy Tate 23:46 at 2008 Auburn Invite
8. Mark Battista 23:48 at 2008 Auburn Invite
9. Kevin Lewis 23:52 at 2014 Big Ten Champ's
10. Nathan Mylenek 23:53 at 2019 NCAA Pre-Nationals

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. **Emma Gordon 20:53 at 2022 Gans Creek Classic**



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

Sept. 16 | Redbird Invite | 8K | 7th Place | 179 points

27.	Nathan Harbert	26:02.8
34.	Elijah Naumann	26:15.4
37.	Kal Lewis	26:22.7
40.	Brayden Burnett	26:33.0
64.	Eli Ward	28:12.0

Sept. 30 | Gans Creek Classic | 8K | 6th Place | 188 points

4.	Max Murphy	23:44.8
12.	Nick Trattner	23:56.8
50.	Konnor Sommer	24:37.7
67.	Ian Geisler	24:46.8
71.	Miles Sheppard	24:49.8

Oct. 15 | Weis-Crockett Invite | 8K | 17th Place | 426 points

39.	Nick Trattner	24:25.0
65.	Max Murphy	24:42.9
104.	Miles Sheppard	25:09.7
109.	Konnor Sommer	25:13.8
137.	Hayden Kuhn	25:28.3

Oct. 15 | Illini Open | 8K

15.	Carson Houg	25:49.4
37.	Isaac Hartman	28:02.5

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

Sept. 16 | Redbird Invite | 6K | 6th Place | 185 points

22.	Ana Barroso	22:55.1
39.	Maggie Gutwein	23:47.9
45.	Kaitlin Knape	24:07.1
53.	Aleah Tenpas	24:27.0
56.	Chloe Skidmore	24:53.2

Sept. 30 | Gans Creek Classic | 6K | 7th Place | 204 points

14.	Emma Gordon	20:53.6
34.	Brooke McKee	21:20.6
42.	Kelli Totic	21:31.3
61.	Jalyssa Blazek	21:45.0
66.	Maddie Block	21:49.4

Oct. 15 | Weis-Crockett Invite | 6K | 17th Place | 417 points

33.	Emma Gordon	21:33.5
79.	Brooke McKee	22:10.4
90.	Kelli Totic	22:18.2
124.	Amber Aesoph	22:44.0
134.	Ellie Twedt	22:51.4

Oct. 15 | Illini Open | 5K | 6th Place | 125 points

8.	Ana Barroso	18:37.5
28.	Kaitlin Knape	19:26.9
29.	Aleah Tenpas	19:34.6
40.	Bryce Gidel	20:49.4
43.	Sam Strauss	21:25.3