



Nov. 11, 2022

# IOWA

# Cross Country 2022 Notebook



CROSS COUNTRY CONTACT: JOHN LEO | EMAIL: JOHN-LEO@UIOWA.EDU | Phone: 319-335-9411 | hawkeyesports.com

## 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.)	M:7th/W:14th
Nov. 11	NCAA Midwest Regional (Columbia, Mo.)	11:00 a.m.
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.

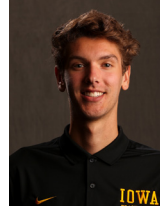
Live Results: [bit.ly/3oe0MM](https://bit.ly/3oe0MM)



## HAWKEYES TO WATCH



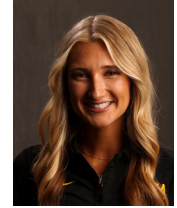
**Nick Trattner**  
10K PR: 31:56.9  
(\*21 MW Regional)



**Konnor Sommer**  
10K PR: 33:17.8  
(\*21 MW Regional)



**Emma Gordon**  
6K PR: 20:53.6  
(\*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 continue postseason competition with the NCAA Midwest Regional this Friday. The Hawkeyes return to Columbia, Missouri and a course they competed at during the Gans Creek Classic in September. The event is hosted by the University of Missouri and will be held at the Gans Creek Cross Country Course. The women's 6,000-meter race begins at 11 a.m. CT, while the men's 10,000-meter race kicks off at 12:00 p.m. Live results will be found at PT Timing.

### THE COURSE

The home of the Mizzou men's and women's cross country teams, the Gans Creek Cross Country Course opened on September 27, 2019 with the Gans Creek Classic. Located on the south side of Columbia, the 320-acre park is a state-of-the-art facility which will help attract state, regional and national meets to the area. The course was the host of the 2021 SEC Championships. It features a 500-meter starting chute, irrigated 10-meter wide grass surface, and a permanent start/finish line.

### IN THE RANKINGS

The University of Iowa men's cross country team is ranked No. 11 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. 10. 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. 13 in the latest USTFCCCA Midwest Region poll. The Hawkeyes join Illinois, Minnesota, Nebraska and Northwestern in the top 15. All Big Ten teams are ranked within their respective regions.

### LAST TIME OUT..

University of Iowa men's and women's cross country returned to the U-M Golf Course to compete at the Big Ten Championships on Oct. 28. Senior Emma Gordon led the Hawkeye women, while junior Nick Trattner paced the Hawkeye men. The women's 6,000-meter race kicked off the event in Ann Arbor, as Gordon finished first for the Hawkeyes in 21:38.7. Sophomores Brooke McKee and Kelli Tosic finished next for Iowa, crossing the line in 22:01.3 and 22:13.1, respectively. Senior Maddie Block (22:17.2) and sophomore Amber Aesoph (22:31.2) rounded out the top five for Iowa. The women finished 14th as a team, earning 402 points, an average time of 22:08.3 and a spread of 2:03.

The men's 8,000-meter race followed with Trattner pacing the Hawkeyes with a time of 24:54.6 and a 29th-place finish. Freshman Max Murphy also finished in the top 40, clocking a time of 24:58.8. Senior Konnor Sommer earned a top five Hawkeye finish for the third time this season, crossing the line in 25:21.7. Sophomore Jack Pendergast (25:35.6) and freshman Miles Sheppard (25:36.7) wrapped up the scoring for the team. The Iowa men finished seventh out of 12, earning 225 points and an average time of 25:17.5.



### LOOKING AHEAD

Following this week's NCAA Midwest Regional 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-Greene 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 Cross Country Championships in Stillwater, Okla. on November 19.

### 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](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	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 Iton	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 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. **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. 21 | Illini Open | 8K

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

### Oct. 28 | B1G Championships | 8K | 7th Place | 225 points

29. Nick Trattner .....	24:54.6
37. Max Murphy .....	24:58.8
57. Konnor Sommer .....	25:21.7
68. Jack Pendergast .....	25:35.6
70. Miles Sheppard .....	25:36.7

## 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

### 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. 21 | 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

### Oct. 28 | B1G Championships | 6K | 14th Place | 402 points

67. Emma Gordon .....	21:38.7
88. Brooke McKee .....	22:01.3
102. Kelli Totic .....	22:13.1
104. Maddie Block .....	22:17.2
114. Amber Aesoph .....	22:31.2