



Men's 2023 Team Roster

Name	Yr.	Hometown (Last School)
Brayden Burnett	So.	Cedar Falls, Iowa (Cedar Falls HS)
Ian Geisler	Jr.	Lake in the Hills, Ill. (Huntley HS)
Nate Harbert	So.	Highlands Ranch, Colo. (Mountain Vista HS)
Carson Houg	So.	Urbandale, Iowa (Des Moines Christian HS)
Aidan King	Sr.	St. Charles, Ill. (East HS)
Luke Knepp	Fr.	Bettendorf, Iowa (Pleasant Valley HS)
Hayden Kuhn	So.	Marion, Iowa (Linn-Mar HS)
Flynn Milligan	Fr.	West Des Moines, Iowa (Dowling Catholic HS)
Max Murphy	Sr.	Bettendorf, Iowa (Pleasant Valley HS)
Eli Naumann	So.	Peosta, Iowa (Western Dubuque HS)
Jack Pendergast	Sr.	Cedar Rapids, Iowa (Prairie HS)
Will Ryan.....	So.	Waukee, Iowa (Dowling Catholic HS)
Miles Sheppard.....	So.	Keokuk, Iowa (Warsaw, Ill. HS)
Miles Wilson.....	Fr.	Cedar Rapids, Iowa (Kennedy HS)
Yohana Yual	Jr.	Des Moines, Iowa (Johnston HS)

Women's 2023 Team Roster

Name	Yr.	Hometown (Last School)
Amber Aesoph.....	Sr.	Sioux City, Iowa (Bishop Heelan Catholic HS)
Jalyssa Blazek.....	So.	Lawler, Iowa (Turkey Valley HS)
Alli Bookin-Nobisch	Sr.	Ottumwa, Iowa (Ottumwa HS)
Grace Bookin-Nosbisch	Sr.	Ottumwa, Iowa (Ottumwa HS)
Rowan Boulter.....	So.	Iowa City, Iowa (City HS)
Gabby Cortez	So.	Cedar Rapids, Iowa (Prairie HS)
Claire Edmondson	Sr.	Dubuque, Iowa (Senior HS)
Bryce Gidel	Sr.	Humoldt, Iowa (Humboldt HS)
Cameron Kalaway.....	Fr.	Mount Prospect, Ill. (Prospect HS)
Clare Kelly.....	Fr.	Van Meter, Iowa (Van Meter HS)
Kaitlin Knape.....	Jr.	Tecumseh, Mich. (Tecumseh HS)
Brooke McKee	Sr.	Johnston, Iowa (Johnston HS)
Lauren McMahon.....	Jr.	Ankeny, Iowa (Ankeny HS)
Katie Moore.....	Sr.	Olathe, Kan. (St. James Academy)
Clare Pitcher	Sr.	Franklin, Wis. (Franklin HS)
Ellie Rathe.....	So.	La Porte City, Iowa (Union HS)
Ava Rush	Fr.	Atlantic, Iowa (Atlantic HS)
Abby Ryon	Sr.	Mt. Pleasant, Iowa (Mt. Pleasant HS)
Miriam Sandeen	Jr.	Eden Prairie, Minn. (Eden Prairie HS)
Lilian Schmidt	Jr.	Dubuque, Iowa (Senior HS)
Audra Soderlind.....	Fr.	Oswego, Ill. (Oswego HS)
Aleah Tenpas	So.	Johnston, Iowa (Johnson HS)
Kelli Tosic	Sr.	Grayslake, Ill. (North HS)
Ellie Twedt	Sr.	Elkhart, Iowa (Ballard HS)

Coaching & Staff Information

Cross Country Head Coach (Yrs. at Iowa) Randy Hasenbank (7th)
 Alma Mater Wichita State
 Email Address..... randy-hasenbank@uiowa.edu

Men's Cross Country Team Quick Facts

2022 Big Ten Championship Finish (Pts.):..... 7th (225)
 2022 NCAA Regional Finish (Pts.): 17th (454)
 NCAA Qualifiers Returning/Lost 0/0
 All-Region Returning/Lost: 0/0

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:..... 65 student-athletes, 153 honors

Women's Cross Country Team Quick Facts

2022 Big Ten Championship Finish (Pts.):..... 12th (402)
 2022 NCAA Regional Finish (Pts.): 14th (403)
 NCAA Qualifiers Returning/Lost 0/0
 All-Region Returning/Lost: 0/0

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:..... 127 student-athletes, 251 honors

Men's Season Bests

Athlete	6,000 Meters	8,000 Meters	10,000 Meters
Brayden Burnett	19:49.7	25:41.2	-
Ian Geisler	18:39.2	24:46.8	31:35.2
Nathan Harbert	19:31.2	26:02.8	-
Isaac Hartman	20:12.5	25:46.7	-
Carson Houg	19:11.2	25:49.4	-
Aidan King	18:47.6	25:14.8	31:16.2
Hayden Kuhn	18:55.0	25:10.9	-
Kal Lewis	20:07.7	25:32.4	-
Max Murphy	18:19.1	23:44.7	-
Eli Naumann	19:09.8	25:39.7	-
Jack Pendergast	18:43.5	25:06.4	31:53.2
Will Ryan	18:53.4	25:34.0	-
Miles Sheppard	18:46.4	24:49.8	31:15.7
Konnor Sommer	18:59.2	24:37.7	30:48.4
Nick Trattner	18:18.3	23:56.8	30:57.3
Eli Ward	20:56.9	26:29.4	-
Yohana Yual	19:02.8	24:59.0	31:55.9

Women's Season Bests

Athlete	4,000 Meters	5,000 Meters	6,000 Meters
Amber Aesoph	14:50.3	-	21:59.9
Ana Barroso	15:38.8	18:37.5	22:55.1
Jalyssa Blazek	14:51.0	-	21:45.0
Maddie Block	14:40.3	-	21:49.4
Alli Bookin-Nosbisch	15:00.4	-	-
Grace Bookin-Nosbisch	15:18.8	-	-
Rowan Boulter	15:19.9	-	22:42.2
Claire Edmondson	15:34.2	-	22:57.9
Laney Fitzpatrick	17:01.0	-	-
Bryce Gidel	16:55.2	20:49.4	24:47.1
Emma Gordon	14:12.9	-	20:37.1
Maggie Gutwein	15:43.3	-	23:49.0
Kaitlin Knappe	15:59.0	19:26.9	21:20.6
Brooke McKee	15:05.0	-	21:20.6
Katie Moore	15:25.8	-	-
Clare Pitcher	15:06.4	-	-
Micah Poellet	14:53.8	-	23:40.8
Abby Ryon	15:05.8	-	22:18.4
Lillian Schmidt	14:54.3	-	-
Chloe Skidmore	15:28.3	-	24:53.2
Sam Strauss	17:09.9	21:25.3	-
Aleah Tenpas	15:58.1	19:34.6	23:18.8
Kelli Tosic	14:38.3	-	21:31.3
Ellie Twedt	15:11.6	-	21:47.4



Hawkeye Invite

September 2 - Iowa City, Iowa

6,000 meters - 1st/3 teams - 21 points

Individual Results

Place	Name	Time
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
10.	Yohana Yual	19:02.8
11.	Jack Pendergast	18:46.7
13.	Eli Naumann	19:05.2
14.	Carson Houg	19:11.2
16.	Konnor Sommer	19:12.3
19.	Nathan Harbert	19:31.2
22.	Brayden Burnett	19:49.7
25.	Kal Lewis	20:07.7
30.	Eli Ward	20:56.9

Big Ten Preview

September 9 - Ann Arbor, Mich.

6,000 meters - 3rd/6 teams - 75 points

Individual Results

Place	Name	Time
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
38.	Konnor Sommer	18:59.2
44.	Aidan King	19:05.6
46.	Will Ryan	19:15.4
50.	Carson Houg	19:23.4
52.	Hayden Kuhn	19:26.5
54.	Yohana Yual	19:28.8
67.	Isaac Hartman	20:12.5

Redbird Invite

September 16 - Normal, Ill.

8,000 meters - 7th/7 teams - 179 points

Individual Results

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

Gans Creek Classic

September 30 - Columbia, Mo.

8,000 meters - 6th/22 teams - 188 points

Individual Results

Place	Name	Time
4.	Max Murphy	23:44.7
12.	Nick Trattner	23:56.8
50.	Konnor Sommer	24:37.7
67.	Ian Geisler	24:46.8
71.	Miles Sheppard	24:49.8
83.	Yohana Yual	24:59.0
91.	Jack Pendergast	25:06.4
96.	Hayden Kuhn	25:10.9
104.	Aidan King	25:14.8
126.	Kal Lewis	25:32.4
130.	Will Ryan	25:34.0
140.	Eli Naumann	25:39.7
143.	Brayden Burnett	25:41.2
150.	Isaac Hartman	25:46.7
163.	Carson Houg	26:00.6
185.	Eli Ward	26:29.4
209.	Nathan Harbert	27:22.3

Weis Crockett Invite

October 15 - Stillwater, Okla.

8,000 meters - 17th/27 teams - 426 points

Individual Results

Place	Name	Time
39.	Nick Trattner	24:25.0
65.	Max Murphy	24:42.9
104.	Miles Sheppard	25:09.7
109.	Konnor Sommer	25:13.7
137.	Hayden Kuhn	25:28.3
157.	Jack Pendergast	25:41.4
172.	Yohana Yual	25:49.2
178.	Kal Lewis	25:54.0
186.	Ian Geisler	26:01.6
187.	Aidan King	26:01.9
196.	Will Ryan	26:08.4

Illini Open

October 21 - Champaign, Ill.

8,000 meters - No team score

Individual Results

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

Big Ten Championships

October 28 - Ann Arbor, Mich.

5.2 Miles - 7th/12 teams - 225 points

Team Results

Place	Team	Points
1.	Wisconsin	25
2.	Michigan	57
3.	Indiana	89
4.	Michigan State	89
5.	Purdue	156
6.	Illinois	161
7.	Iowa	225
8.	Ohio State	232
9.	Penn State	262
10.	Minnesota	295
11.	Nebraska	296
12.	Rutgers	345

Individual Results

Place	Name	Time
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
83.	Aidan King	25:51.0
93.	Ian Geisler	26:01.3
100.	Kal Lewis	26:13.2
108.	Will Ryan	26:25.3
112.	Yohana Yual	26:46.3
120.	Hayden Kuhn	25:56.7
123.	Carson Houg	28:40.6

NCAA Midwest Regional

November 11 - Columbia, Mo.

10,000 Meters - 17th/27 teams - 454 points

Team Results

Place	Team (Top 10 Plus Iowa)	Points
1.	Tulsa	49
2.	Oklahoma State	49
3.	Iowa State	73
4.	Loyola (Ill.)	156
5.	Wichita State	184
6.	South Dakota State	204
7.	Illinois	257
8.	Bradley	271
9.	Minnesota	283
10.	Drake	320
17.	Iowa	454

Individual Results

Place	Athlete	Time
68.	Konnor Sommer	30:48.4
74.	Nick Trattner	30:57.3
98.	Miles Sheppard	31:15.7
99.	Aidan King	31:16.2
122.	Ian Geisler	31:35.2
142.	Jack Pendergast	31:53.2
145.	Yohana Yual	31:55.9



Hawkeye Invitational

September 2 - Iowa City, Iowa

4,000 meters - 1st/2 teams - 15 points

Individual Results

Place	Name	Time
1.	Emma Gordon	14:12.9
2.	Kelli Tosic	14:38.3
3.	Maddie Block	14:40.3
4.	Amber Aesoph	14:50.3
5.	Jalyssa Blazek	14:51.0
6.	Micah Poellet	14:53.8
7.	Lillian Schmidt	14:54.3
8.	Alli Bookin-Nosbisch	14:50.6
9.	Brooke McKee	15:05.0
10.	Abby Ryon	15:05.8
11.	Clare Pitcher	15:06.4
12.	Ellie Twedt	15:11.6
13.	Grace Bookin-Nosbisch	15:18.8
14.	Rowan Boulter	15:19.9
15.	Katie Moore	15:25.8
16.	Chloe Skidmore	15:28.3
18.	Claire Edmondson	15:34.2
20.	Ana Barroso	15:00.4
22.	Maggie Gutwein	15:43.3
31.	Aleah Tenpas	15:58.1
32.	Kaitlin Knape	15:59.0
39.	Bryce Gidel	16:55.2
40.	Laney Fitzpatrick	17:01.0
41.	Sam Strauss	17:09.9

Big Ten Preview

September 9 - Ann Arbor, Mich.

6,000 meters - 6th/6 teams - 147 points

Individual Results

Place	Name	Time
16.	Emma Gordon	21:44.5
32.	Kelli Tosic	22:20.5
33.	Jalyssa Blazek	22:24.0
41.	Maddie Block	22:48.0
45.	Brooke McKee	22:51.9
60.	Ellie Twedt	23:14.2
61.	Rowan Boulter	23:15.8
63.	Abby Ryon	23:30.0
64.	Amber Aesoph	23:35.9
65.	Micah Poellet	23:40.8
73.	Claire Edmondson	23:58.2

Redbird Invite

September 16 - Normal, Ill.

6,000 meters - 6th/9 teams - 185 points

Individual Results

Place	Name	Time
22.	Ana Barroso	22:55.1
39.	Maggie Gutwein	23:49.0
45.	Kaitlin Knape	24:07.1
53.	Aleah Tenpas	24:27.0
56.	Chloe Skidmore	24:53.2

Gans Creek Classic

September 30 - Columbia, Mo.

6,000 meters - 7th/24 teams - 204 points

Individual Results

Place	Name	Time
14.	Emma Gordon	20:53.5
34.	Brooke McKee	21:20.6
42.	Kelli Tosic	21:31.3
61.	Jalyssa Blazek	21:45.0
66.	Maddie Block	21:49.4
99.	Abby Ryon	22:18.4
113.	Ellie Twedt	22:26.3
123.	Amber Aesoph	22:39.5
126.	Rowan Boulter	22:42.5
142.	Claire Edmondson	22:57.9
160.	Aleah Tenpas	23:18.8
165.	Ana Barroso	23:25.4
184.	Kaitlin Knape	23:49.6
206.	Bryce Gidel	24:47.1

Weis Crockett Invite

October 15 - Stillwater, Okla.

6,000 meters - 17th/26 teams - 417 points

Individual Results

33.	Emma Gordon	21:33.5
79.	Brooke McKee	22:10.4
90.	Kelli Tosic	22:18.1
124.	Amber Aesoph	22:44.0
134.	Ellie Twedt	22:51.4
135.	Jalyssa Blazek	22:52.3
142.	Maddie Block	22:55.4
149.	Rowan Boulter	23:00.3
161.	Abby Ryon	23:09.8
200.	Claire Edmondson	24:07.7

Illini Open

October 21 - Champaign, Ill.

5,000 meters - No team score

Individual Results

Place	Name	Time
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

Big Ten Championships

October 28 - Ann Arbor, Mich.

6,000 Meters - 14th/14 teams - 402 points

Team Results

Place	Team	Points
1.	Michigan State	78
2.	Michigan	86
3.	Wisconsin	94
4.	Ohio State	104
5.	Northwestern	116
6.	Penn State	159
7.	Indiana	162
8.	Minnesota	202
9.	Illinois	210
10.	Nebraska	273
11.	Purdue	295
12.	Rutgers	301
13.	Maryland	399
14.	Iowa	402

Individual Results

Place	Name	Time
67.	Emma Gordon	21:38.7
88.	Brooke McKee	22:01.3
102.	Kelli Tosic	22:13.1
104.	Maddie Block	22:17.2
114.	Amber Aesoph	22:31.2
124.	Ellie Twedt	22:51.1
129.	Rowan Boulter	22:58.4
133.	Abby Ryon	23:01.5
141.	Claire Edmondson	23:34.8
142.	Ana Barroso	23:42.0

NCAA Midwest Regional

November 11 - Columbia, Mo.

6,000 Meters - 14th/33 teams - 403 points

Team Results

Place	Team (Top 10 Plus Iowa)	Points
1.	Oklahoma State	58
2.	Northwestern	88
3.	Bradley	99
4.	Iowa State	115
5.	Minnesota	137
6.	Illinois	176
7.	Tulsa	182
8.	Loyola (Ill.)	235
9.	Missouri	349
10.	South Dakota State	387
14.	Iowa	403

Individual Results

Place	Athlete	Time
18.	Emma Gordon	20:37.1
75.	Kelli Tosic	21:33.1
87.	Brooke McKee	21:40.1
100.	Ellie Twedt	21:47.4
124.	Amber Aesoph	21:59.9
134.	Maddie Block	22:11.4
162.	Rowan Boulter	22:42.2



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 B1G Preview
6. Daniel Murphy 18:19 2019 Hawkeye Invite
Max Murphy 18:19 2022 B1G Preview
8. Jeff Thode 18:21 2009 Hawkeye Invite
9. Luke Sampson 18:22 2019 Hawkeye Invite
10. Dan Haut 18:24 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. **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 Champs
10. Nathan Mylenek 23:53 at 2019 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 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

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 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. Emma Gordon 20:37 at 2022 NCAA Regional
9. McKenzie Melander 20:41 at 2011 Big Ten Champs
10. Megan Ranegar 20:43 at 2012 NCAA Champs



Cross Country National & Regional Champions & Honorees



Meghan Armstrong



Jennifer Brower



Tracy Dahl



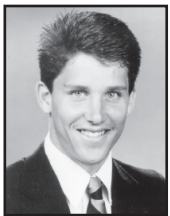
Nan Doak



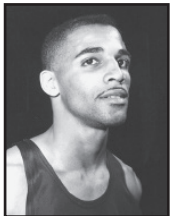
Renee Doyle



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

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, 2019
Nick Nordheim..... 1998-99, 2001
Jared Pittman..... 1997
Brian Rae..... 2003
Tony Rakaric..... 2002, 2004
Adam Roche..... 2004-05
Paul Sarris..... 1998-99
Chad Schwitters..... 1998
Reed Steele..... 1998

NCAA Men's All-Region Team (Continued)

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 Wiczorek.....	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
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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
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Women's

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

Ben Anderson	2015-16
Sam Bailin	2008
Mark Battista	2010
Brendan Camplin	2009
Brandon Cooley	2017-18
Nate Ferree.....	2013
Anthony Gregorio	2014
Noah Healy	2019, 2021
Aidan King	2020
Cameron Rieger.....	2011
Miles Sheppard.....	2022
Ben Witt	2012

Women's

Brooke Eilers.....	2009
Kelsey Hart	2010
Anna Hostetler	2018
Shannon Maser	2013
Brooke McKee	2022
Carolyn Newhouse	2014
Sarah Spencer Perry	2008
Elyse Prescott	2019
Mareike Schrulle.....	2011-12
Kelli Tosic	2020
Ellie Twedt	2022
Madison Waymire	2015, 2017
Tess Wilberding	2016

USTFCCCA Academic Team

Men's

2007, 2008, 2010, 2014, 2015, 2017, 2018, 2019
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Women's

1995, 1997, 1999, 2000, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019
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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
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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
Jeff Roberts	2021
Luke Sampson	2018-19
Karson Sommer	2017-18, 2020
Konnor Sommer	2020-22
Luke Sampson	2019

Women's

Katie Adams	2014-15
Logan Akason	2021
Mary Arch	2020
Maddie Block	2022
Alli Bookin-Nosbisch	2021-22
Grace Bookin-Nosbisch	2022
Ashley Espinosa	2018-19
Marta Bote Gonzalez	2016-17
Emma Gordon	2021
Fionna Fallon	2008
Laney Fitzpatrick	2022
Kelsey Hart	2011
Mallory King	2021
Kaitlin Knappe	2022
Jessica McKee	2020-21
McKenzie Melander	2011
Katie Moore	2021
Elizabeth Niedert	2017
Lauren Opatrny	2017
Clare Pitcher	2021
Lena Placzek	2012
Abby Ryon	2022
Lillian Schmidt	2022
Marieke Schrulle	2012
Andrea Shine	2017-19
Gabby Skopec	2021
Sam Strauss	2022
Addie Swanson	2019
Jocelyn Todd	2012-15
Kelli Tosic	2021-22
Ellie Twedt	2021-22
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
Ian Geisler	2021-22
Matt Gerard	1992-94
Anthony Gregorio	2014-16
Isaac Hartman	2022
Blake Hayden	2022
Dan Haut	2002, 2004-05
Noah Healy	2018-20
Kevin Herd	1990, 1992-93
Daniel Huff	2015
Alan Jackson	2005
Chase Kadlec	2009-11
Aidan King	2021-22
Daniel Klysh	2021-22
Kal Lewis	2021
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
Max Murphy	2021-22
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, 2020-21
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, 2021-22
Dan Soto	2016, 2018
Stetson Steele	1996-98
Adam Thomas	2001
Nick Trattner	2020-22
Eli Ward	2021
Andy Weise	1986
Michael Westphal	2017
David White	1990-91
Ben Witt	2012-14
Yohana Yual	2022

Women's

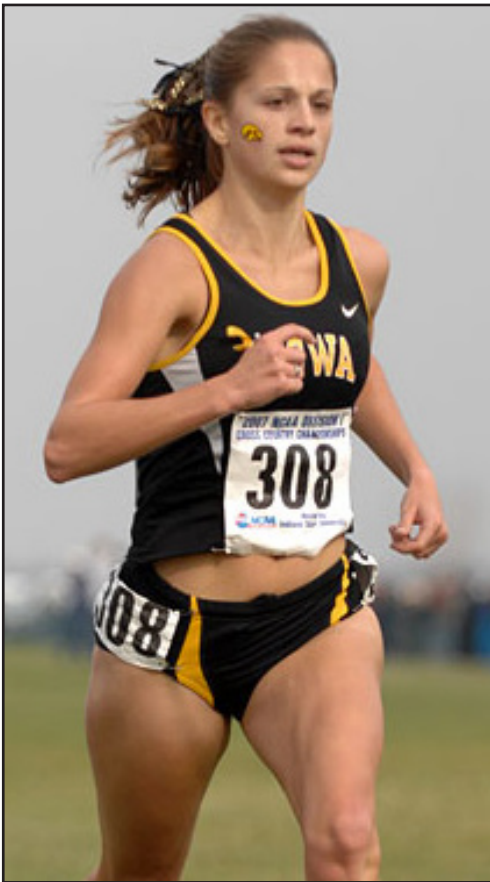
Katie Adams	2014
Amber Aesoph	2021-22
Logan Akason	2019-21
Krista Anderson	2006-07
Lindsay Anderson	2009-10
Mary Arch	2018-20
Sarah Arens	2000, 2002-03
Meghan Armstrong	2005-07
Atalie Barber	2001, 2003
Holly Barnes	1992
Briana Benning	1994-97
Danielle Berndt	2010-11
Allison Billhardt	2005
Kerri Blackstone	1996
Maddie Block	2022
Alli Bookin-Nosbisch	2021-22
Grace Bookin-Nosbisch	2021-22
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
Claire Edmondson	2021-22
Brooke Eilers	2009-11
Katie Ellis	2007, 2009-10
Molly Esche	2005-07
Ashley Espinosa	2016-18
Fionna Fallon	2008-10
Laney Fitzpatrick	2022
Shawn Fleck	1995
Betsy Flood	2009-11
Bryce Gidel	2021-22
Alienor Gilchrist	1997
Emma Gordon	2019-22



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	2017-21
Tricia Kiraly	1988
Natalie Kleinfelter.....	1993-94
Kaitlin Knapc.....	2022
Christine Kotarba.....	2004, 2007
Leah Kralovetz	2020, 2022
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
Brooke McKee	2021-22
Jessica McKee.....	2019-21
Amy McRell.....	1991-92
McKenzie Melander	2009-11
Georgia Millward.....	2001-03
Jennifer Moore.....	1987-89
Katie Moore.....	2021-22
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
Clare Pitcher	2021-22
Lena Placzek	2012-13
Micah Poellet.....	2022
Rachel Price	2013
Megan Ranegar	2010-12
Katherin Rehn.....	2011
Wren Renquist.....	2018-21
Ericka Roberts.....	2000-02
Hannah Roeder.....	2009-10
Abby Ryon	2021-22
Janeth Salazar.....	1987
Christine Salsberry.....	1990-93

Miriam Sandeen	2022
Tia Saunders	2018-20
Jill Scheibel	1996
Jessica Schmidt.....	2007
Kristi Schmidt.....	1999
Lillian Schmidt	2022
Kim Schneckloth.....	1986-89
Jennifer Schoonover.....	1994
Megan Schott.....	2019
Mareike Schrulle.....	2012
Anna Shearer	1999-2000
Andrea Shine	2016-18
Chloe Skidmore	2022
Gabby Skopec	2020-21
Michelle Sokol	2002, 2004
Jenny Spangler.....	1985
Laura Spencer.....	2004
Shannon Stanley.....	2004
Tina Stec	1991-93
Sam Strauss	2022
Sherri Suppelsa.....	1986
Patty Teggatz.....	2020
Jocelyn Todd	2012-14
Kelli Tomic	2021-22
Ellie Twedt	2021-22
Kathryn Vortherms	2022
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



Meghan Armstrong was a five-time All-American in cross country and track for the Hawkeyes from 2005-08. A five-time all-region honor in cross country and track, she won Big Ten titles in the 3,000 meters and 10,000 meters in 2008. She still holds the school record in the 1,500 meters. Armstrong was a three-time Academic All-Big Ten honoree and was named to the USTFCCA All-Academic team twice.

Albrecht, L.J. 1988-90	Dunsworth, Ira W. 1954-56	Hindt, William..... 1913-15	Keil, Richard L. 1941-42
Albright, Robert1941	Eastland, Dave 1968-71	Hinrich, Joel H..... 1940-41	Keller, Keith..... 1947-48
Allen, Shaun..... 1998-01	Ebert, Leroy 1952-54	Holland, Stephen..... 1971-72	Kelly, Thomas..... 1928-30
Anderson, Ben 2013-16	Eckhardt, Gerald1944	Hollatz, Troy.....1993	Kent, Jeff..... 2004-06
Arbanas, Will2021	Edwards, James1978	Holmes, Nick..... 2009, 2011-12	King, Aidan 2020-22
Ashton, George C..... 1921-22	Eklin, Ian 2015-18	Hotz, William 1906-08	Kitt, Roland 1966-69
Ashton, James Ed..... 1962-63	Esche, Matt..... 2002-05	Houg, Carson2022	Klysh, Daniel2021
Ashton, William.....1960	Everingham, Will1928	Huff, Daniel.....2014	Knoedel, James J..... 1970-71
Atkins, Bobby..... 1999-2000	Everman, Wayne..... 1954-55	Hunn, Leonard E. 1925-28	Kramer, Larry 1961-64
Bailin, Sam 2007-08, 2010	Fanthouser, John1942	Hunter, William..... 1914-15	Kruse, Arthur 1919-20
Baker, Lawrence.....1961	Fearing, Ken 1959-62	Hymon, W. Paul 1912-13	Kuhn, Hayden2022
Bakker, Mike ... 1994-95, 1997-98	Feeldy, Chad 1994-96	Ingram, Robert2007	Kurth, Steve 1995-97
Barron, Ben.....2003	Ferguson, Richard..... 1951-55	Jackson, Alan2005	Labond, Curtis 1966-68
Battista, Mark 2007-10	Ferree, Nate..... 2013-16	Jacobs, Evan.....2017	Lainson, Bernard1951
Bender, Arnold N.1924	Ferree, Tom 1978-80	Jamison, Orlin.....1916	Langer, Dave1979
Benjerdes, T.D.....1920	Fischer, Gary W. 1960-63	Jans, Paul A. 1910-11	Layne, Michael 1997-99
Betz, Robert LE1943	Fishba, Ugh H. RI1949	Jeffers, Clyde..... 1904-05	Lewis, Bernard.....1945
Betz, Leighton A.....1959	Flage, David 1933-34	Jensen, Chris.....2003	Lewis, H. Mount 1909-11
Biderman, Mike2001	Fletcher, Robert Ash 1956-59	Jensen, Richard..... 1968-70	Lewis, Kal 2021-22
Brady, Frank H. 1927-28	Foster, Richard1922	Jones, Charles N, 1955-58	Lewis, Kevin 2011-14
Brandenberg, H. 1921	Fourman, Sam2014	Jones, Douglas H.....1968	Lillwitz, Tim..... 1999-2000
Brandt, Jon Michael..... 2010-12	Frazier, Carl..... 1966-69	Kadlec, Chase..... 2008-11	Lindeman, James1977
Branigan, Bill.....1992	Frazier, Harry1956	Keatinge, Murray..... 1954-56	Lister, Donald..... 1914-15
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, William1944	Gale, Sean.....1992-94		
Burnett, Brayden2022	Gardarsson, Daniel 2015-17		
Bush, Warren L. 1968	Gardner, Russell.....1928		
Butler, Matt2013	Gee, George.....1916		
Bye, Bill E. 1949	Geisler, Ian 2021-22		
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, Joe1949		
Clark, John Jay 1969-73	Gschwendtner, Jack2021		
Clarke, Eric Lloyd 1957-58	Hakes, Montague1928		
Clarke, George W. 1962-63	Hanson, Mark1995		
Coffie, Harry E. 1927	Harbert, Nathan2022		
Collins, John.....1949	Hartman, Isaac2022		
Cook, Dale 1912	Hartmann, H.W. 1915-16		
Cooley, Brandon 2016-19	Hass, Edward 1934-35		
Copeland, Jack..... 1948-49	Hassen, Galen.....1951		
Corey, Trent 1997-2001	Hausler, Leland 1916-17		
Criswell, John W..... 1969-71	Haut, Dan 2001-02, 2004-05		
Cue, John L. 1927	Hayden, Blake 2021-22		
Cutler, Allan J.1942	Healy, Noah 2017-19, 2021		
Davis, S. Jack..... 1949-51	Henderson, Robert 1933-34		
Delashmutt, Ed 1979-81	Herd, Kevin J. 1989-94		
Docherty, Kevin 2013-16	Hermeier, Raymond..... 1957-59		
Docherty, James 1974-76	Hermeier, Richard..... 1955-59		
Donovan, James1995	Hesse-Withbroe, Bailey.... 2015-18		
Dotseth, Frank..... 1958-59	Hill, Colin2021		
Drew, John.....1957	Hill, Jack L. 1957-60		
Duggan, Earle 1949-52			



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.



Lloyd, Ben.....	2002-03	Meyer, David.....	1941
Loechel, Thomas.....	1970-73	Miller, Fred.....	1921
Lord, Richard.....	1943	Mitvalsky, Richard.....	1932
Luciano, Jesse.....	2006-09	Moeller, Sean.....	1998-2001
Lyle, James.....	1936-38	Moenck, Heath.....	2007
Lyle, Ralph.....	1957-58	Moldenhauer, Way.....	1954
MacDonald, Peter.....	1964-66	Morch, Herbert O.....	1951-53
MacTaggart, Bruce.....	2008	Morris, Andy.....	1997-2000
MacTaggart, Eric..	2004-06, 2008	Morrissey, Steve.....	1991-92
Maiden, Sydner.....	1945	Murphy, W. H.....	1944-45
Mak, Leo.....	1913	Murphy, Daniel.....	2016-19
Marasco, Frank.....	1917-18	Murphy, Max.....	2020, 2022
Marshall, Steve.....	1991-93	Murray, Harold H.....	1920-21
Mawe, William.....	1960	Murray, Jack A.....	1944-45
McCabe, Dennis.....	1969	Mylenek, Nathan.....	2016-19
McCllanahan, Rich.....	1946-48	Napier, Andy.....	2005-08
McDermott, Eric.....	2000	Naumann, Eli.....	2022
McDowell, Peter.....	1993-94	Naylor, Myrel.....	1930
McElroy, Robert.....	1933	Nelson, Paul H.....	1935
Melchert, Michael	2014-16, 2018	Nelson, Robert.....	1936
Melnick, Sidney.....	1934	Nie, Bruce.....	1988-89
Messer, Kenneth.....	1964-65	Nordheim, Nick.....	1998-2001

Novotny, David.....	1994-95
Oxley, John R.....	1946-47
Paul, James.....	2008-10
Paul, Joe.....	1976-77
Payne, Arthur.....	1922-23
Pendergast, Jack.....	2020-22
Pershing, Steve.....	1975-77
Peters, Chris.....	1995
Phelps, Harold R.....	1923-25
Pinkerton, Volne.....	1928
Pirkel, Jeff.....	1982-83, 1985-86
Pittman, Jared.....	1994-98
Pleskac, Tim.....	1998-2000
Pratt, Raymond O.....	1934, 1936
Presteman, Gregory.....	1978
Price, Bradley D.....	1979-81
Price, Brook.....	2014
Prince, Earl S.....	1942
Pristine, Leonard.....	1921
Purvis, Donald L.....	1936
Rae, Brian.....	2002-05
Rakaric, Tony.....	2001-04
Reid, Morrison.....	1971-72
Renaud, Jay.....	2007-09
Rerko, Rodney.....	1992-95
Reyes, William A.....	1964-65
Rieger, Cameron.....	2011-12
Ristine, Leonard.....	1920-21
Roberts, Jeff.....	2017-19, 2021
Roche, Adam.....	2003-05
Roehl, Mark.....	1991-93
Roller, Robert J.....	1970
Roseman, Garry.....	1990-93
Rosenberg, Norman.....	1931-32
Ryan, Will.....	2022
Sampson, Luke.....	2016-19
Santino, William.....	1974-76
Sarris, Paul.....	1997-2000
Saur, Wayne.....	1974
Schlotzhauer, Blake.....	2005-06
Schutman, Ben.....	2000
Schum, Robert L.....	1969-71
Schwitters, Chad.....	1995-99
Seashore, Robert.....	1922
Selsor, Evan.....	2011
Sampson, Luke.....	2017
Shaffer, Quentin.....	2013
Shaw, Robert J.....	1914
Sheets, Lawrence.....	1963-64
Sheldon, Jay A.....	1972, 1974-75
Sheldon, John H.....	1922
Sheppard, Miles.....	2022
Sitko, John.....	1934
Slater, Albert L.....	1943-44
Slingsby, Tim.....	1988-89
Smith, Andrew.....	2010
Smith, N.E.....	1912

Smith, Spencer.....	2018-20
Snook, William H.....	1949
Soltys, Taylor.....	2012, 2015
Sommer, Karson.....	2016-19
Sommer, Konnor.....	2018-19, 2021-22
Soto, Daniel.....	2015-18
Speers, Maurice.....	1925-26
Stark, Maurie.....	1942
Steele, Ryan.....	1998-99
Steele, Stetson.....	1995-99
Steffen, Mark A.....	1970-72
Steinberg, Albert.....	1911
Stevenson, Gerold.....	1941
Stiller, Martin.....	1936
Stone, Gerald L.....	1950
Sumner, M.L.....	1912-13
Swift, Mark.....	1974
Swisher, Michael.....	1972
Szabo, Steve.....	1966-68
Tate, Tommy.....	2006-09
Terbell, Floyd O.....	1924
Tice, Robert W.....	1971
Thode, Jeff.....	2009-11
Thomas, Adam.....	1998-01
Tiernan, Stephen.....	1964
Trainor, Dan.....	2001-03
Traphagen, Stephen.....	2002-03
Trattner, Nick.....	2019, 2021-22
Trimble, Bruce W.....	1957-59
Trimble, Ralph.....	1960-62
Tucker, Jim.....	1959-61
Tupper, Richard.....	1947-48
Vacik, George J.....	1940
Vanatta, Lyell.....	1930
Vanderwilt, Robert.....	1943
VanDenend, Micah.....	2002, 2004-06
Vonahsen, Virgil.....	1950-52
Walker, Leland C.....	1963
Ward, Eli.....	2021-22
Webster, Alex.....	2005
Welt, Donald.....	1941
Welter, Joe.....	2000-02
Westphal, Michael.....	2017
Wheeler, Ted S.....	1951-52, 1955
Wickey, Howard.....	1929-30
Wieczorek, Lawrence.....	1965-67
Wilfong, Caleb.....	2012-13
Wilkes, Quenten.....	1956
Williams, Derrick.....	1963
Wisgerhof, Max V.....	1934
Witt, Ben.....	2011-14
Workman, Robert.....	1941-42
Wren, Richard T.....	1946
Yual, Yohana.....	2022
Young, Nick.....	2011
Zacher, Eugene R.....	1922
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.

Adams, Katie.....2013-14
 Aesoph, Amber.....2021-22
 Anderson, Krista2006-07
 Anderson, Lindsay2008-09
 Andrews, Karen1978-80
 Arch, Mary.....2017-19
 Arens, Sarah 1999-2000, 2002-03
 Armstrong, Meghan2004-07
 Ballweg, Rachel 1997
 Barber, Atalie2000-03
 Barroso, Ana 2022
 Beattie, Kayla 2011
 Benning, Briana1993-96
 Benson, Nicole.....2011-12

Berndt, Danielle....2008, 2010-11
 Billhart, Allison 2005
 Blazek, Jalyssa 2022
 Block, Maddie.....2021-22
 Blossfeld, Suzanne1978-79
 Boddicker, Bev1977-80
 Boland, Erin1991-94
 Bookin-Nosbisch, Alli.....2021-22
 Bookin-Nosbisch, Grace .2021-22
 Bote Gonzalez, Marta.....2014-17
 Boutler, Rowan 2022
 Breen, Kelly.....2015-16
 Brower, Jennifer.....1988-91
 Brown, Nicole1994-96

Bruns, Courtney..... 2015
 Bryja, Ashley2018-19
 Burke, Jolly2006-07
 Butler, Katie1999-2000
 Capista, Jenni.....2001, 2003-04
 Carver, Maddie2017-18
 Chapple, Nikki.....2003-05
 Chow, Sophia 2000
 Coleman, Becky1993-96
 Connolly, Michelle 1977
 Cortez, Gabby 2022
 Dahl, Tracy1989-92
 Daniel, Megan 1993
 Davis, Eileen1978-79
 Deluca, Sarah C. Abel.....1979-81
 Dixon, Pamela 1978
 Doak (Davis), Nan1980-84
 Dobrowolski, Anne1981-85
 Docherty, Jennie 2006, 2009
 Donlon, Katie2001-03
 Doyle, Renee1985-88
 Drapcho, Rosemary1978-81
 Dresselhaus, Ann1978-80
 Drulis, Julie1997-98
 Dunlop, Amy1977-79
 Dupuis, Claire 2016
 Edmondson, Claire 2022
 Eilers, Brooke.....2008-11
 Ellis, Katie2006-07, 2009
 Esche, Molly2004-07
 Espinosa, Ashley2016-18
 Fallon, Fionna2008-09
 Feltes, Teresa1977-78
 Fitzpatrick, Laney.....2021-22
 Fleck, Shawn1993-95
 Flood, Betsy2008-11
 Flynn, Erin.....1978-82
 Freund, Kay.....1978-81
 Gidel, Bryce2021-22
 Gilchrist, Alienor.....1996-97
 Gordon, Emma2018-22
 Gordon, Lisa 2012
 Gorman, Keelin..... 2011
 Griffin, Maggie.....1996-99
 Gripp, Sue 1977
 Gutwein, Maggie 2019, 2022
 Haefke, Kristen1997-98
 Hamilton, Jana1979-80
 Hardesty, Amanda2007-10
 Hardesty, Lauren.....2007-10
 Hart, Kelsey2009-12
 Hawks, Rachel 2006
 Hedlund, Laurie1977-78
 Hentges, Leah..... 1999
 Hoehle, Zanetta1978-81
 Hollensbe, Julie2016-17
 Hoeman, Carissa..... 1998

Hoskins, Tami.....1987-91
 Hostetler, Anna..... 2018
 Houston, Marlie.....2016
 Jeppson, Maren2017
 Johnson, Jennifer.....1990-93
 Jones, Alana..... 2013, 2015
 Kiciak, Jennifer.....1995-96
 King, Mallory 2021
 Kintzel, Denise1977-78
 Kleinfelter, Natalie1993-95
 Knape, Kaitlin.....2021-22
 Kotarba, Christine..... 2004, 2007
 Kralovetz, Leah 2019
 Krekeler, Rebecca Ann1978-79
 Kruckeberg, Jeanne1987-89
 Kruck, Kim.....1994
 Kubitz, Christine ...1995-96, 1998
 Laesch, Jackie 2011
 Lahann, Michelle1999-2002
 Lambrecht, Carol1977-78
 Latham, Kylie2018-19
 Lessard, Megan 2009
 Lubber, 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, Grace2018-19
 McDowell, Tina.....1991-94
 McKee, Brooke2021-22
 McKee, Jessica.....2018-19, 2021
 McMahan, Lauren 2021
 Melander, McKenzie.....2009-11
 Millward, Georgia.....2000-03
 Mims, Susan1977-80
 Mitchell, Elizabeth1978-79
 Moore, Katie 2022
 Murphy, Amy1998-99
 Murray, Megan 1998
 Nelson, Major Sue1977-78
 Newbrough, Haley.....1996-97
 Newhouse, Carolyn2014-15
 Neustrom, Kara.....2014-17
 Niedert, Elizabeth.....2014-17
 Nukuri, Diane.....2006-07
 Oltman, Valerie..... 1998
 Opatrny, Lauren2016-17
 Pare, Anne 1996
 Pauling, Kiersten1993-96
 Pearson, Laura 2004
 Perry, Sarah Spencer..... 2008
 Pitcher, Clare 2021-22
 Placzek, Lena2012-13
 Poellet, Micah..... 2022
 Prescott, Elyse 2019



Nan Doak was Iowa's first cross country All-American, earning a total of three honors (1980, 1982-83).



Price, Rachel 2013	Schaefer, Chrissy 2006	Sokol, Michelle 2001-02, 2004	Twedt, Ellie 2021-22
Quigley, Kristina 1999	Scheibel, Jill 1995-98	Spangler, Jenny 1981-83	Vandervoort, Martha 1991-94
Ranegar, Megan 2010-12	Schleusner, Mary 2010	Sparks, Staci 1993	Van Dyk, Elzerie 2018
Rehn, Katherin 2010-11	Schmidt, Jessica 2004-07	Spencer, Laura 2004	Vitense, Mandi 1996-98
Renquist, Wren 2017-19, 2021	Schmidt, Kristi 1998-99	Stanley, Shannon 2003-06	Von Muenster, Shannon 2001
Roberts, Ericka 1999-2002	Schmidt, Lillian 2022	Stec, Tina 1990-93	Waymire, Madison 2015-17
Roeder, Hannah 2008-09	Schoonover, Jennifer 1993	Strauss, Sam 2021-22	Weber, Macie 2017-19
Roehl, Becky 1994-97	Schott, Megan 2018-19	Swartzrock, Diane 1978-80	Wilberding, Tess 2013-16
Ruffcorn, Ann 1999	Schrulle, Mareike 2011-12	Teggatz, Patty 2018-19	Winke, Jordan 2018-19
Ryon, Abby 2021-22	Shearer, Anna 1998	Tenpas, Aleah 2022	Williams, Julie 1979-81
Salazar, Nina 1998	Shine, Andrea 2015-18	Thompson, Becca 1999-00, 2002	Zishka, Samantha 2013-14
Saliba, Cindy 2012	Sims, Sharon 1977-78	Todd, Jocelyn 2012-14	
Salsberry, Christine 1991-93	Skidmore, Chloe 2022	Todd, Stephanie 1977-80	
Sandeen, Miriam 2021	Skopec, Gabby 2020-21	Tosic, Kelli 2020-21	



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.



Diane Nukuri (2006-08) was a three-time All-American, two-time NCAA Midwest Region Cross Country Champion and Female Athlete of the Year and the 2008 University of Iowa Female Athlete of the Year. She set school records in eight events, and holds the Ashton Course marks in the 3,000 and 4,000 meters. She won the 2007 Big Ten cross country title, earning Big Ten Women's Cross Country Athlete of the Year honors. She also won the 2007 Drake Relays 5,000 meters. A 2007 Honda Sports Award finalist, she received the 2008 Wilma Rudolph award.