



Sept. 29, 2023

# IOWA

# Cross Country 2023 Notebook



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## 2023 IOWA CROSS COUNTRY SCHEDULE

Date	Meet	Results
Sept. 1	Hawkeye Invite (Iowa City, Iowa)	M: 1st   W: 2nd
Sept. 9	Badger Classic (Madison, Wis.)	M: 5th   W: 6th
Sept. 15	Redbird Invite (Normal, Ill.)	Complete
<b>Sept. 29</b>	<b>Joe Piane Invite (South Bend, Ind.)</b>	<b>9:30 a.m.</b>
Oct. 13	Bradley Pink Classic (Peoria, Ill.)	1:30 p.m.
Oct. 27	Big Ten Championships (Madison, Wis.)	10:45 a.m.
Nov. 10	NCAA Midwest Regional (Stillwater, Okla.)	TBA
Nov. 18	NCAA Championships (Charlottesville, Va.)	TBA

## IOWA COACHING STAFF

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

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

**Shayla Houlihan**  
Assistant Coach  
Assistant Director of Operations

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

**Hannah Sieperda**  
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](https://hawkeyesports.com/tracklive).



## HAWKEYES TO WATCH



Amber Aesoph  
5K PR: 19:09.3



Jalyssa Blazek  
5K PR: 19:31.1



Max Murphy  
8K PR: 23:44.8



Will Ryan  
8K PR: 25:20.5

## THIS WEEK

University of Iowa men's and women's cross country heads to the Joe Piane Invite in South Bend, Indiana, on Friday morning. 39 teams will compete at this year's event. The Joe Piane Invite will feature six total races, including the 5,000-meter race for the women beginning at 9:30 a.m. (CT) and the men's five-mile (8,046 meters) race at 10:15 a.m.

## LAST TIME OUT

University of Iowa men's and women's cross country continued its season with the Badger Classic in Madison, Wisconsin, on Sept. 9. The men's team earned 98 points and fifth place in the 8,000-meter race, while the women finished in sixth place with 164 points in the 5,000-meter event. The Iowa men were led by sophomore Miles Sheppard, who sped to a career best 24:38.3 to finish ninth overall. On the women's side, senior Amber Aesoph led the Hawkeyes for the second-consecutive race, clocking a 19:09.3.

The Hawkeyes sent a small group to the Redbird Invite in Normal, Illinois, on Sept. 15. Alli Bookin-Nosbisch set a new career best in the 6,000-meter race with a 19th-place finish of 22:41.8.

## WOMEN'S TOP RUNNERS

The Hawkeye women are led by the veteran core of Amber Aesoph, Brooke McKee, Abby Ryon and Kelli Tasic. Tasic was a top three Hawkeye finisher in each of the races she competed in during the 2022 season, while McKee and Aesoph made their way to the top. Aesoph was the top Iowa finisher at the 2023 Hawkeye Invite, while Jalyssa Blazek, McKee, Aleah Tenpas and Clare Kelly rounded out the top five. The same group led the Hawkeyes at the Badger Classic on Sept. 9. Miriam Sandeen, Rowan Boulter and Ellie Rathe had strong summers and look to break into the top of Iowa's lineup. The women's squad is balanced with competitive underclassman, including Blazek and Tenpas, and the freshman trio of Kelly, Cameron Kalaway and Audra Soderlind.



### MEN'S TOP RUNNERS

Iowa's men's team is led by star junior Max Murphy, who holds two top-10 times in program history. Murphy owns the school record in the 6,000-meter (17:57.7) and ranks sixth in the 8,000-meter (23:44) race. Behind Murphy, the upperclassmen unit of Ian Geisler, Aidan King, Jack Pendergast and Yohana Yual are aiming for a pack mentality in the lineup. Hayden Kuhn, Will Ryan and Miles Sheppard impressed at the Hawkeye Invite, setting career bests and entering the top-10 all-time list at Iowa. Sheppard closed an impressive freshman campaign as Iowa's fifth finisher at the Big Ten Championships in 2022. At the Badger Classic on Sept. 9, Sheppard led the Hawkeyes to a fifth-place finish, clocking a career best 24:38.3 in the 8,000-meter race.

### FAST START

Junior Max Murphy kicked off the 2023 cross country season in record-setting fashion at the Hawkeye Invite, shattering the program's six-year 6,000-meter record, previously held by Ian Eklin. Murphy's 17:57.7 broke the school's top mark by nearly 13 seconds. Previously, the Hawkeye star had ranked sixth all-time in school history, before the 22-second personal best set at the Ashton Cross Country Course. Four more Hawkeyes moved up the program record list: Hayden Kuhn (18:05.4 - 2nd), Miles Sheppard (18:07.4 - 3rd), Will Ryan (18:17.4 - 7th), and Ian Geisler (18:17.6 - 8th).

### HAWKEYE NEWCOMERS

The University of Iowa cross country team added seven student-athletes to its 2023 roster. Three men join the Hawkeyes: Luke Knepp, Flynn Milligan and Miles Wilson. On the women's side, the four newcomers include Cameron Kalaway, Clare Kelly, Ava Rush and Audra Soderlind.

### HAWKEYE STATE

Of the 29 women on Iowa's roster, 21 hail from the Hawkeye State. Six additional states are represented, including Illinois (3), Kansas, Michigan, Minnesota, Texas and Wisconsin. On the men's side, 12 of the 15 members are from Iowa. Illinois is represented by two student-athletes, while Colorado is the home to one Hawkeye.

### NEXT UP FOR THE HAWKEYES

The Hawkeyes return to action on Friday, Oct. 13, at the Bradley Pink Classic in Peoria, Illinois. Competition begins at 1:30 p.m.

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

## 2023 ROSTER

### Men

Brayden Burnett	So.	Cedar Falls, Iowa
Ian Geisler	Jr.	Lake in the Hills, Ill.
Nate Harbert	So.	Highlands Ranch, Co.
Carson Houg	So.	Urbandale, Iowa
Aidan King	Jr.	St. Charles, Ill.
Luke Knepp	Fr.	Bettendorf, Iowa
Hayden Kuhn	So.	Marion, Iowa
Flynn Milligan	Fr.	Des Moines, Iowa
Max Murphy	Jr.	Bettendorf, Iowa
Eli Naumann	So.	Peosta, Iowa
Jack Pendergast	Sr.	Cedar Rapids, Iowa
Will Ryan	So.	Waukee, Iowa
Miles Sheppard	So.	Keokuk, Iowa
Miles Wilson	Fr.	Cedar Rapids, Iowa
Yohana Yual	Jr.	Des Moines, Iowa

### Women

Amber Aesoph	Sr.	Sioux City, Iowa
Jalyssa Blazek	So.	Lawler, Iowa
Alli Bookin-Nosbisch	Sr.	Ottumwa, Iowa
Grace Bookin-Nosbisch	Sr.	Ottumwa, Iowa
Rowan Boulter	So.	Iowa City, Iowa
Gabby Cortez	So.	Cedar Rapids, Iowa
Claire Edmonson	Sr.	Dubuque, Iowa
Laney Fitzpatrick	Jr.	Davenport, Iowa
Bryce Gidel	Sr.	Humboldt, Iowa
Jaiden Itson	Jr.	Houston, Texas
Lily Johannes	So.	Cedar Rapids, Iowa
Cameron Kalaway	Fr.	Mount Prospect, Ill.
Clare Kelly	Fr.	Van Meter, Iowa
Kaitlin Knappe	Jr.	Tecumseh, Mich.
Brooke McKee	Sr.	Johnston, Iowa
Lauren McMahon	Jr.	Ankeny, Iowa
Katie Moore	Sr.	Olathe, Kan.
Clare Pitcher	Sr.	Franklin, Wis.
Micah Poellet	Jr.	Cedar Rapids, Iowa
Ellie Rathe	So.	La Porte City, Iowa
Ava Rush	Fr.	Atlantic, Iowa
Abby Ryon	Sr.	Mount Pleasant, Iowa
Miriam Sandeen	Jr.	Eden Prairie, Minn.
Lillian Schmidt	Jr.	Dubuque, Iowa
Audra Soderlind	Fr.	Oswego, Ill.
Aleah Tenpas	So.	Johnston, Iowa
Kelli Tosic	Sr.	Grayslake, Ill.
Ellie Twedt	Sr.	Elkhart, Iowa
Kathryn Vortherms	RSSo.	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. **Max Murphy**..... 17:57 ..... 2023 Hawkeye Invite
2. **Hayden Kuhn** ..... 18:05 ..... 2023 Hawkeye Invite
3. **Miles Sheppard**..... 18:07 ..... 2023 Hawkeye Invite
4. Ian Eklin ..... 18:10 ..... 2017 Hawkeye Invite
5. Michael Melchert ..... 18:12 ..... 2016 Hawkeye Invite
6. Nathan Mylenek ..... 18:16 ..... 2019 Hawkeye Invite
7. **Will Ryan** ..... 18:17 ..... 2023 Hawkeye Invite
- Ian Geisler** ..... 18:17 ..... 2023 Hawkeye Invite
9. Eric MacTaggart ..... 18:18 ..... 2005 Hawkeye Invite
- Nick Trattner ..... 18:18 ..... 2022 Big Ten Preview

### 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. Andrea Shine ..... 20:35 ..... at 2018 B1G Champs
8. Emma Gordon ..... 20:37 ..... at 2022 NCAA Regional
9. McKenzie Melander ..... 20:41 ..... at 2011 Big Ten Champ's
10. Megan Ranegar ..... 20:43 ..... at 2012 NCAA Champ's



## 2023 Men's Team Results & Scorers

### Sept. 1 | Hawkeye Invite | 6K | 1st Place | 17 points

1. Max Murphy ..... 17:57.3, school record
2. Hayden Kuhn ..... 18:05.4, 2nd all-time
3. Miles Sheppard ..... 18:07.4, 3rd all-time
5. Will Ryan ..... 18:17.4, 7th all-time
6. Ian Geisler ..... 18:17.6, 8th all-time

### Sept. 9 | Badger Classic | 8K | 5th Place | 98 points

9. Miles Sheppard ..... 24:38.3, PR
17. Hayden Kuhn ..... 25:02.5, PR
21. Jack Pendergast ..... 25:10.1
25. Will Ryan ..... 25:20.5, PR
26. Miles Wilson ..... 25:20.6

## 2023 Women's Team Results & Scorers

### Sept. 1 | Hawkeye Invite | 4K | 2nd Place | 37 points

3. Amber Aesoph ..... 14:19.3, PR
7. Jalyssa Blazek ..... 14:34.6, PR
8. Brooke McKee ..... 14:35.5, PR
9. Aleah Tenpas ..... 14:36.0, PR
10. Clare Kelly ..... 14:40.0

### Sept. 9 | Badger Classic | 5K | 6th Place | 164 points

35. Amber Aesoph ..... 19:09.3
45. Jalyssa Blazek ..... 19:31.1
46. Aleah Tenpas ..... 19:32.3, PR
52. Clare Kelly ..... 19:40.2
60. Brooke McKee ..... 19:49.2

### Sept. 15 | Redbird Invite | 6K

19. Alli Bookin-Nosbisch ..... 22:41.8, PR
77. Clare Pitcher ..... 25:12.6
80. Ava Rush ..... 25:29.3