



Oct. 13, 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
Sept. 29	Joe Piane Invite (South Bend, Ind.)	M: 17th W: 15th
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.)	10:30 a.m.
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

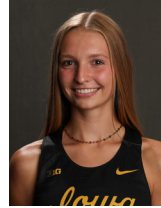
Results are posted on the Iowa cross country Twitter account: @Iowa_XC_TF and online at hawkeyesports.com/tracklive.



HAWKEYES TO WATCH



Amber Aesoph
6K PR: 21:59.9



Jalyssa Blazek
6K PR: 21:45.0



Max Murphy
8K PR: 23:44.8



Miles Sheppard
8K PR: 24:38.3

THIS WEEK

University of Iowa men's and women's cross country wraps up its regular season at the Bradley Pink Classic in Peoria, Illinois, on Friday, Oct. 13. The men's 8,000-meter race begins at 1:30 p.m. (CT), with the women's 6,000-meter race to follow at 2:15 p.m.

LAST TIME OUT

University of Iowa men's and women's cross country traveled to the Joe Piane Notre Dame Invite in South Bend, Indiana, on Sept. 29. Competing for the first time since Sept. 1, junior Max Murphy paced the Hawkeye men with a top-20 finish, coming in at 23:56.8 in the five-mile race. Sophomore Miles Sheppard continued his strong season with a 24:55.6 finish, while senior Jack Pendergast clocked a 25:00.8. The men's team placed 17th and scored 400 points. Out of eight Iowa runners on the women's side, six set personal bests. Sophomore Jalyssa Blazek was Iowa's top finisher for the first time in her career, crossing the line in 17:56.2 and crushing her previous best by over 90 seconds. The women's team finished 15th overall with 381 points.

WOMEN'S TOP RUNNERS

The Hawkeye women are led by the veteran core of Amber Aesoph, Brooke McKee, Abby Ryon and Kelli Totic. Jalyssa Blazek was the top Iowa finisher for the first time in her career at the Joe Piane Invite on Sept. 29. Totic was a top three Hawkeye finisher in each of the races she competed in during the 2022 season. The senior debuted her 2023 campaign in the open 5,000-meter race at the Joe Piane Invite. Aesoph, Blazek, McKee, Aleah Tenpas and Clare Kelly led the Hawkeyes at the Badger Classic on Sept. 9. The same group led Iowa at the Hawkeye Invite. Miriam Sandeen, Rowan Boulter and Ellie Rathe 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. 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. 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.

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 prepare for postseason competition with the Big Ten Championships in Madison, Wisconsin, on Friday, Oct. 27.

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.

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 Knape	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

Sept. 29 | Joe Piane Invite | 5-Mile | 17th Place | 400 points

20. Max Murphy 23:56.4
89. Miles Sheppard 24:55.6
95. Jack Pendergast 25:00.8
99. Miles Wilson 25:04.2
111. Brayden Burnett 25:17.0

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

Sept. 29 | Joe Piane Invite | 5K | 15th Place | 381 points

70. Jalyssa Blazek 17:56.2, PR
73. Amber Aesoph 17:59.4, PR
77. Alli Bookin-Nosbisch 18:01.4, PR
83. Grace Bookin-Nosbisch 18:04.2
89. Aleah Tenpas 18:06.3, PR