



Nov. 28, 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.)	M: 11th W: 11th
Oct. 27	B1G Championships (Madison, Wis.)	M: 10th W: 14th
Nov. 10	NCAA Regional (Stillwater, Okla.)	M: 12th W: 19th
Nov. 18	NCAA Championships (Charlottesville, Va.)	Murphy: 69th

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

HOW TO FOLLOW

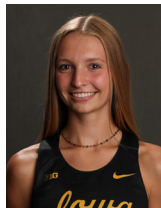
Results are posted on the Iowa cross country X account: @iowa XC_TF and online at hawkeyesports.com/tracklive.



HAWKEYE STANDOUTS



Amber Aesoph
Top Iowa finisher
in four races



Jalyssa Blazek
Scored in five
races in '23



Max Murphy
NCAA qualifier
6K school record
holder



Jack Pendergast
Scored in five races
in '23

2023 NCAA CHAMPIONSHIPS

Junior Max Murphy placed 69th at the NCAA Championships in Charlottesville, Virginia, with a 30:13.9 personal best in the 10,000-meter race. Murphy's time moved him to fifth in program history. The Bettendorf, Iowa, native was Iowa's first NCAA qualifier since 2019. Murphy's finish is the highest since 2010, when Jeff Thode placed 30th. Murphy saved his best race for last, with an average 1,000-meter split of 2:57.4. As he has done all season, the Hawkeye junior kept pace and climbed toward the front of the pack with each passing split. Out of 236 runners, Murphy broke into the top 100 at the 6K mark and continued to push forward to his personal best finish.

2023 MIDWEST REGIONAL

Bettendorf, Iowa, native Max Murphy qualified for the NCAA Championships with a ninth-place finish and a 30:27.6 mark at the NCAA Midwest Regional in Stillwater, Oklahoma, on Nov. 10. As a team, the Hawkeyes placed 12th with 368 points. Seniors Aidan King and Jack Pendergast turned in strong performances in their finale wearing the black and gold. King's 32:14.3 was good for 74th overall, while Pendergast took 82nd with his 32:24.0. Sophomore Brayden Burnett finished his impressive season, scoring once again for the team with a 32:27.0. Senior Ian Geisler rounded out the top five for Iowa with his 32:51.4 mark. The women's 6,000-meter race kicked off the meet with the Hawkeye women taking 19th-place overall out of 32 teams. Senior Amber Aesoph led the squad for the fourth time this season, clocking a 21:54.6 and finishing 61st overall. Fellow senior Kelli Tosic placed second among Hawkeyes, crossing the line in 22:22.3. Sophomore Jalyssa Blazek made her regional debut and scored with a time of 22:25.8. Senior Abby Ryon (22:31.7) and sophomore Aleah Tenpas (22:46.6 – PR) wrapped up the top five for Iowa.

MAIN STAGE MAX

Junior Max Murphy wrapped up a record-setting cross country campaign on Nov. 18, placing 69th at the NCAA Championships and moving to fifth all-time in program history in the 10K. He began his season by setting the new 6,000-meter school record (17:57.7) on Sept. 1 at the Hawkeye Invite. Murphy led the team at the Hawkeye Invite, Joe Piane Invite, B1G Championships and the NCAA Midwest Regional.



WOMEN'S TOP RUNNERS

The Hawkeye women were led by the veteran core of Amber Aesoph, Brooke McKee, Abby Ryon and Kelli Tosic. Aesoph paced the Hawkeyes at the Hawkeye Invite, Badger Classic, Bradley Pink Classic and the NCAA Midwest Regional. Ryon led the team at the Big Ten Championships with her 22:49.3 mark. Jalyssa Blazek was Iowa's top finisher for the first time in her career at the Joe Piane Invite on Sept. 29 and scored in four additional races. Aesoph, Blazek, McKee, Aleah Tenpas and Clare Kelly led the Hawkeyes at the Badger Classic on Sept. 9. The same group scored for Iowa at the Hawkeye Invite.

MEN'S TOP RUNNERS

Iowa's men's team was led by star junior Max Murphy, who holds three top-10 times in program history. Murphy owns the school record in the 6,000-meters (17:57.7), ranks sixth in the 8,000-meters (23:44) and fifth in the 10,000-meters (30:13). Murphy qualified for NCAA Championships on Nov. 18 and placed 69th overall (30:13.9). He qualified for the NCAA Championships with a ninth-place finish at the Midwest Regional in Stillwater, Oklahoma on Nov. 10. Murphy was Iowa's top finisher at the Big Ten Championships on Oct. 27. Senior Jack Pendergast led the men's team at the Bradley Pink Classic on Oct. 13. At the Badger Classic on Sept. 9, Miles Sheppard led the Hawkeyes to a fifth-place finish. Hayden Kuhn, Will Ryan and Sheppard impressed at the Hawkeye Invite, setting career bests and entering the top-10 all-time list at Iowa. Freshman Miles Wilson was a point scorer in three of four races this season.

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).

NEXT UP FOR THE HAWKEYES

The Hawkeyes prepare for the start of their indoor track and field season. Iowa opens at the Sharon Colyear-Danville Opener on Dec. 2 in Boston, Massachusetts. The Hawkeyes host the Jimmy Grant Alumni Invitational at the Hawkeye Indoor Track Facility on Dec. 9.

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 X (@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. **Max Murphy**..... 30:13 at 2023 NCAA Champs
6. Jesse Luciano 30:17 at 2008 NCAA Champs
7. Micah VanDenend 30:26 at 2002 NCAA Regional
8. Kevin Herd 30:28 1993
9. Joe Welter 30:28 at 2002 NCAA Regional
10. Brandon Cooley 30:29 at 2017 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

Oct. 13 | Bradley Pink Classic | 8K | 11th Place | 333 points

41. Jack Pendergast 25:04.4
60. Aidan King 25:18.0, PR
67. Ian Geisler 25:22.1
82. Miles Wilson 25:28.9
87. Will Ryan 25:33.0

Oct. 27 | Big Ten Championships | 8K | 10th Place | 258 points

34. Max Murphy 25:21.3
61. Jack Pendergast 26:01.1
65. Brayden Burnett 26:03.7
70. Ian Geisler 26:09.8
72. Will Ryan 26:11.3

Nov. 10 | NCAA Midwest Regional | 10K | 12th Place | 368 points

9. Max Murphy 30:27.6, NCAA qualifier, 7th all-time
74. Aidan King 32:14.3
82. Jack Pendergast 32:24.0
89. Brayden Burnett 32:27.0
115. Ian Geisler 32:51.4

Nov. 18 | NCAA Championships | 10K

69. Max Murphy 30:13.9, PR, 5th all-time

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. Allie 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. Allie Bookin-Nosbisch 18:01.4, PR
83. Grace Bookin-Nosbisch 18:04.2
89. Aleah Tenpas 18:06.3, PR

Oct. 13 | Bradley Pink Classic | 6K | 11th Place | 306 points

30. Amber Aesoph 21:49.3, PR
43. Allie Bookin-Nosbisch 22:00.7, PR
53. Abby Ryon 22:07.4, PR
75. Cameron Kalaway 22:26.3
118. Brooke McKee 22:51.3

Oct. 27 | Big Ten Championships | 6K | 14th Place | 355 points

68. Abby Ryon 22:49.3
72. Amber Aesoph 22:52.7
80. Jalyssa Blazek 22:57.6
89. Allie Bookin-Nosbisch 23:10.4
104. Aleah Tenpas 23:33.1

Nov. 10 | NCAA Midwest Regional | 6K | 19th Place | 495 points

61. Amber Aesoph 21:54.6
97. Kelli Tomic 22:22.3
101. Jalyssa Blazek 22:25.8
110. Abby Ryon 22:31.7
126. Aleah Tenpas 22:46.6, PR