



Nov. 10, 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 Midwest Regional 10:30 a.m. (Stillwater, Okla.)	
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

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.



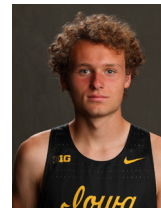
HAWKEYES TO WATCH



Amber Aesoph
6K PR: 21:49.3



Jalyssa Blazek
6K PR: 21:45.0



Max Murphy
Competing in his first
NCAA MW Regional



Aidan King
10K PR: 31:16.2

THIS WEEK

University of Iowa men's and women's cross country heads to Stillwater, Oklahoma, for the NCAA Midwest Regional on Nov. 10. Oklahoma State University will host the event at the Greiner Family OSU Cross Country Course. The women's 6,000-meter race begins at 10:30 a.m. (CT), with the men's 10,000-meters to follow at 11:30.

NCAA QUALIFICATION

The top two teams in each regional earn automatic qualification to the NCAA Championships. 13 at-large teams are selected, while only two individual at-larges advance. The first four finishers not from an automatic qualifying or at-large team will advance to the NCAA Championships.

2022 MIDWEST REGIONAL

The Hawkeye women placed 14th out of 33 teams at last season's Midwest Regional meet in Columbia, Missouri. The team was paced by an 18th-place finish from Emma Gordon, who became the third Hawkeye in the last 10 seasons to finish in the top 20 at the NCAA Midwest Regional. Current Hawkeyes Kelli Tosic and Amber Aesoph also scored for the team. The men placed 17th out of 27 in the 10k. Jack Pendergast, Aidan King and Ian Geisler scored for the team last year and will compete in their third career regional race.

LAST TIME OUT

The Hawkeyes opened postseason competition on Oct. 27 at the Big Ten Championships in Madison, Wisconsin. The men's team finished 10th overall. Junior Max Murphy was Iowa's leader, crossing the line in 25:21.3 – good for 34th overall. Senior Jack Pendergast scored for the fourth time this season, finishing in 26:01.1. Sophomore Brayden Burnett clocked a 26:03.7 to finish third amongst Hawkeye runners – the highest placement of his career. On the women's side, the Hawkeyes placed 14th in the 6,000-meter race. Senior Abby Ryon led the charge for Iowa for the first time this season, posting a 22:49.3 mark. Fellow senior Amber Aesoph was right behind her and crossed the line in 22:52.7. Sophomore Jalyssa Blazek made her Big Ten Championship debut and finished in 22:57.6.



WOMEN'S TOP RUNNERS

The Hawkeye women are led by the veteran core of Amber Aesoph, Brooke McKee, Abby Ryon and Kelli Tasic. Ryon led the team at the Big Ten Championships with her 22:49.3 mark. Aesoph paced the women for the third time this season at the Bradley Pink Classic on Oct. 13. Jalyssa Blazek was Iowa's top finisher for the first time in her career at the Joe Piane Invite on Sept. 29. 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 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. He was Iowa's top finisher at the Big Ten Championships on Oct. 27. 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 has been 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).

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

Pending qualification, the Hawkeyes prepare for the NCAA Championships in Charlottesville, Virginia, on Nov. 18.

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 Tasic	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
8. Ian Geisler 18:17 2023 Hawkeye Invite
9. Eric MacTaggart 18:18 2005 Hawkeye Invite
10. 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
7. Lauren Hardesty 10:21 2010 Hawkeye Invite
8. 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
5. 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
9. 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

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