



### 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