

Iowa Cross Country

Big Ten Championships

November 1, 2024 | Champaign, Illinois

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2024 IOWA CROSS COUNTRY SCHEDULE

Date	Meet	Results
Aug. 30	Hawkeye Invite (Iowa City, Iowa)	M: 3rd W: 2nd
Sept. 13	Big Ten Preview (Champaign, Ill.)	M: 7th W: 5th
Sept. 27	Gans Creek Classic (Columbia, Mo.)	M: 13th W: 12th
Oct. 18	Bradley Pink Classic (Peoria, Ill.)	M: 3rd W: 10th
Nov. 1	Big Ten Championships (Champaign, Ill.)	10:35 am
Nov. 15	NCAA Midwest Regional (Peoria, Ill.)	TBA
Nov. 23	NCAA Championships (Madison, Wis.)	TBA

IOWA COACHING STAFF

Joey Woody

Director of Track & Field/Cross Country

Randy Hasenbank

Associate Head Coach for Cross Country
Assistant Track & Field Coach

Jason Wakenight

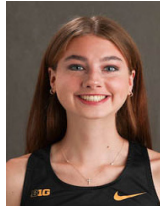
Assistant Coach, Director of Recruiting

HOW TO FOLLOW

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



HAWKEYES TO WATCH



Miriam Sandeen
Iowa's top finisher at
Bradley Pink Classic



Amber Aesoph
6k PR: 21:10.0



Carson Houg
8k PR: 24:35.3



Brayden Burnett
Iowa's top finisher at
Bradley Pink Classic

THIS WEEK

University of Iowa men's and women's cross country begins postseason competition with the Big Ten Championships in Champaign, Illinois, on Nov. 1. The Big Ten Championships are hosted by the University of Illinois and held at the Orange and Blue Golf Course. The women's 6,000-meter race begins at 10:35 a.m. (CT), with the men's 8,000-meter race to follow at 11:35.

LAST TIME OUT

The University of Iowa men's and women's cross country teams concluded their regular season on Oct. 18, with six Hawkeyes setting personal records at the Bradley Pink Classic. The men placed third overall with 165 points, while the women finished tenth with 275 points.

WOMEN'S TOP RUNNERS

Miriam Sandeen is the leading runner for Iowa in the 2024 regular season. The senior from Eden Prairie, Minnesota, has been Iowa's top finisher in the Hawkeye Invite, Big Ten Preview and the Bradley Pink Classic. Freshman Elena Torres finished as Iowa's top runner at the Gans Creek Classic. Senior Amber Aesoph and junior Rowan Boulter combined to score for all of Iowa's 2024 regular season races.

MEN'S TOP RUNNERS

Juniors Will Ryan, Miles Sheppard, Brayden Burnett, and Carson Houg have been Iowa's point scorers this season. Ryan was named to the Big Ten's Preseason Watch List. Sophomore Miles Wilson has been a consistent top-five runner for Iowa in every meet for the 2024 season.

LAST TIME HERE

The Hawkeyes had a previous look at the Blue and Orange Cross Country Course at the Big Ten Preview on Sept. 13. The women's team finished fifth with 140 points, led by Miriam Sandeen in 22nd (21:13.2). Amber Aesoph, Elena Torres, Hillary Trainor, and Rowan Boulter rounded out Iowa's top five. The men's team placed seventh with 178 points. Miles Wilson paced the Hawkeyes with a 19th-place finish (24:06.2), followed by Miles Sheppard, Kyle Montgomery, Ethan Eichhorn and Hayden Kuhn.

HAWKEYE NEWCOMERS

Iowa's freshman class has made a significant impact this season. On the women's side, Elena Torres has been recognized twice as Big Ten Freshman of the Week, earning the honor for her performances at the Big Ten Preview and Gans Creek Classic. She was also named Iowa's September Woman Athlete of the Month. Additionally, **Marissa Long** and Hillary Trainor have consistently placed among Iowa's top five runners in the team's first two races. The men's team has also seen strong performances from its freshmen. Kyle Montgomery and Ethan Eichhorn have been key contributors, finishing among Iowa's top five at multiple meets. Montgomery excelled at the Hawkeye Invite, Gans Creek Classic, and Bradley Pink Classic, while Eichhorn secured top-five finishes at the Hawkeye Invite, Big Ten Preview, and Bradley Pink Classic.

LOCAL FOCUS

Of the 31 athletes on the Hawkeyes' cross country team, 23 hail from the state of Iowa. Ian Geisler, Cameron Kalaway and **Audra Soderlind** come to the Hawkeye State from Illinois. Two Hawkeyes - Marissa Long and Miriam Sandeen - are Minnesota natives. Armaan Chopra (Virginia), Kyle Montgomery (Indiana) and Elena Torres (Colorado) represent their respective states in 2024.

FAST START

The University of Iowa cross country team kicked off its 2024 season at the Hawkeye Invite at the Ashton Cross Country Course. The women took second with 39 points in the 4,000-meter race and the men got third with 79 points in the 6,000-meter race. The women finished the evening with three top-10 finishes. Senior Miriam Sandeen and junior Rowan Boutler both set personal records at 14:20.4 and 14:41.5, respectively.

NEXT UP FOR THE HAWKEYES

The Hawkeyes will head to the NCAA Midwest Regional in Peoria, Illinois, on Nov. 15.

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.

2024 ROSTER

Men

Brayden Burnett	Jr.	Cedar Falls, Iowa
Armaan Chopra	Fr.	Virginia Beach, Va.
Ethan Eichhorn	Fr.	Council Bluffs, Iowa
Ian Geisler	Sr.	Lake in the Hills, Ill.
Carson Houg	Jr.	Urbandale, Iowa
Luke Knepp	So.	Bettendorf, Iowa
Hayden Kuhn	Jr.	Marion, Iowa
Flynn Milligan	So.	Des Moines, Iowa
Kyle Montgomery	Fr.	Greenwood, Ind.
Eli Naumann	Jr.	Peosta, Iowa
Jaxson Plumb	Fr.	Des Moines, Iowa
Will Ryan	Jr.	Waukee, Iowa
Miles Sheppard	Jr.	Keokuk, Iowa
Miles Wilson	So.	Cedar Rapids, Iowa
Yohana Yual	Sr.	Des Moines, Iowa

Women

Amber Aesoph	Gr.	Sioux City, Iowa
Jalyssa Blazek	Jr.	Lawler, Iowa
Rowan Boulter	Jr.	Iowa City, Iowa
Julia Gehl	Fr.	Dubuque, Iowa
Cameron Kalaway	So.	Mount Prospect, Ill.
Lara Kallem	Gr.	Dallas Center, Iowa
Clare Kelly	So.	Van Meter, Iowa
Marissa Long	Fr.	Chanhassen, Minn.
Ellie Rathe	So.	La Porte City, Iowa
Abby Ryon	Gr.	Mount Pleasant, Iowa
Miriam Sandeen	Sr.	Eden Prairie, Minn.
Lillian Schmidt	Sr.	Dubuque, Iowa
Audra Soderlind	So.	Oswego, Ill.
Aleah Tenpas	Jr.	Johnston, Iowa
Elena Torres	Fr.	Loveland, Colo.
Hillary Trainor	Fr.	Sumner, 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. 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
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

2024 Men's Team Results & Scorers

Aug. 30 | Hawkeye Invite | 6K | 3rd Place | 75 points

- 10. Will Ryan 18:24.8
- 12. Kyle Montgomery 18:29.9
- 16. Ethan Eichhorn 18:39.4
- 17. Miles Sheppard 18:40.7
- 20. Carson Houg 18:49.8

Sep. 13 | Big Ten Preview | 8K | 7th Place | 178 points

- 19. Miles Wilson 24:06.2, PR
- 40. Miles Sheppard 24:36.0, PR
- 41. Kyle Montgomery 24:36.4
- 44. Ethan Eichhorn 24:43.2
- 46. Hayden Kuhn 24:46.7, PR

Sep. 27 | Gans Creek Classic | 8K | 13th Place | 368 points

- 43. Brayden Burnett 23:59.7, PR
- 49. Will Ryan 24:05.4, PR
- 56. Miles Wilson 24:11.8
- 107. Miles Sheppard 24:40.4
- 130. Kyle Montgomery 24:47.3

Oct. 18 | Bradley Pink Classic | 8K | 3rd Place | 165 points

- 29. Brayden Burnett 24:20.5
- 34. Miles Wilson 24:24.2
- 49. Carson Houg 24:35.3, PR
- 50. Will Ryan 24:36.0
- 53. Ethan Eichhorn 24:38.0, PR

2024 Women's Team Results & Scorers

Aug. 30 | Hawkeye Invite | 4K | 2nd Place | 39 points

- 4. Miriam Sandeen 14:20.4, PR
- 5. Elena Torres 14:21.6
- 7. Amber Aesoph 14:30.6
- 11. Rowan Boulter 14:41.5, PR
- 12. Marissa Long 14:43.7

Sep. 13 | Big Ten Preview | 6K | 5th Place | 140 points

- 22. Miriam Sandeen 21:13.2, PR
- 24. Amber Aesoph 21:17.5, PR
- 27. Elena Torres 21:23.1
- 31. Hillary Trainor 21:29.4
- 39. Rowan Boulter 21:47.4, PR

Sep. 27 | Gans Creek Classic | 6K | 12th Place | 422 points

- 51. Elena Torres 21:07.4, PR
- 82. Miriam Sandeen 21:27.3
- 97. Amber Aesoph 21:33.9
- 102. Hillary Trainor 21:35.6
- 127. Rowan Boulter 21:49.3

Oct. 18 | Bradley Pink Classic | 6K | 10th Place | 275 points

- 30. Miriam Sandeen 21:05.6, PR
- 35. Amber Aesoph 21:10.0, PR
- 44. Elena Torres 21:18.2
- 84. Jalyssa Blazek 21:46.9
- 90. Rowan Boulter 21:53.8