



Sept. 21, 2019

IOWA

Cross Country 2019 Notebook



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2019 IOWA CROSS COUNTRY SCHEDULE

Date	Meet
Sept. 6	Hawkeye Invitational (Iowa City, Iowa)
Sept. 21	Woody Greeno Invite (Lincoln, Neb.)
Oct. 4	Notre Dame Invite (South Bend, Ind.)
Oct. 19	Pre-Nationals (Terre Haute, Ind.)
Nov. 3	Big Ten Championships (Lincoln, Neb.)
Nov. 15	NCAA Regionals (Peoria, Ill.)
Nov. 23	NCAA Championships (Madison, Wis.)

IOWA COACHING STAFF

- Joey Woody**
Director of Track & Field
- Randy Hasenbank**
Associate Head Cross Country
Assistant Track & Field Coach
- Clive Roberts**
Associate Head Coach
- Jason Wakenight**
Assistant Coach, Director of Recruiting
- Eric Werskey**
Assistant Coach/Throws
- Paige Knodle**
Assistant Coach
- Kate Wakenight**
Director of Operations



HAWKEYES TO WATCH



Nathan Mylenek
8K PR: 24:00 (2018)



Brandon Cooley
8K PR: 24:36 (2018)



Megan Schott
5K PR: 17:28 (2018)



Anna Hostetler
5K PR: 17:42 (2018)

THIS WEEK

The University of Iowa men's and women's cross country teams travel to Lincoln, Nebraska to compete at the Woody Greeno Invite on Saturday. The Hawkeyes compete at Mahoney Park Golf Course, hosted by NWU and The University of Nebraska. The women's 5,000-meter race begins at 9 a.m. (CT). The men's 8,000 meters begins at 9:45 a.m. Admission for spectators will be \$5.

MAHONEY PARK GOLF COURSE

Home course to the Huskers, the Mahoney Golf Course will host its 30th annual Greeno/Dirksen Invitational on Saturday. The Big Ten Cross Country Championship was held on the course in 2018. The course received great reviews from runners and coaches. Mahoney contains great footing with long straightaways and rolling terrain.

HOW TO FOLLOW

Results are posted on the Iowa cross country Twitter account: [@Iowa XC_TF](#) and online at [nwusports.com](#) or [huskers.com](#).

HAWKEYES START STRONG

The University of Iowa men's and women's cross country team placed first overall at the Hawkeye Invitational on Sept. 6. With several athletes breaking their personal bests, the men had three runners join the all-time top-10 list. Nathan Mylenek jumped to the third all-time spot in the 6,000 meters, running a 18:16 at the 2019 Hawkeye Invitational. Senior Daniel Murphy (5th), senior Luke Sampson (7), and sophomore Spencer Smith (9) all join the ranks of the Men's Top 10 All-Time Best Performers in the 6,000 Meters on Sept. 6 at the Hawkeye Invitational.

IN THE RANKINGS

The women rank ninth in the USTFCCA Week 1 polls behind fellow Big Ten teams Minnesota (3), Illinois (4), and Northwestern (5). The men jump up to sixth in the poll. Only Minnesota (4) ranks higher among Big Ten schools. The men climbed three spots from the preseason rankings.



MYLENENK NAMED BIG TEN ATHLETE OF THE WEEK

After leading Iowa to a first-place finish at the Hawkeye Invitational on Sept. 6, Mylenek was named Big Ten Athlete of the Week. The Big Ten weekly honor is the first of Mylenek’s career, and the first by a Hawkeye men’s cross country runner since Jeff Thode won the award in 2010.

MEN’S TOP RUNNERS

Senior Nathan Mylenek returns to the Woody Greeno Invitational as the top Hawkeye competitor from the Hawkeye Invitational. Mylenek finished second overall and climbed to the third all-time top-10 spot. Mylenek is Iowa’s top returner from the 2018 Woody Greeno Invite. He placed sixth 25:08.6. Senior Brandon Cooley placed 12th at the Woody Greeno with a career best (25:33) in the 8,000 meters. The men placed second out of nine teams.

WOMEN’S TOP RUNNERS

Senior Megan Schott finished fourth overall at the Hawkeye Invitational with a time of 14:14 in the 4,000 meters. Looking towards Saturday, Schott is the Hawkeyes top women’s returner, placing 16th at the 2018 Woody Greeno Invite. Sophomore Anna Hostetler competes for her second time at the invite. She finished 21st in 2018. The women placed third overall out of 12 teams.

HAWKEYE NEWCOMERS

Six new athletes ran at the Hawkeye Invitational on Sept. 6. Freshmen Reece Smith and Nick Trattner placed in the top 30. Freshman Leah Kralovetz finished in 14:17 for fourth overall, making her the Hawkeye’s second top women’s finisher.

NEXT UP FOR THE HAWKEYES

The Hawkeyes head to South Bend, Indiana to compete at the Notre Dame Invitational on Oct. 4 at 12 p.m.

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 @IowaXC_TF on Twitter.

2019 ROSTER

Men

Brandon Cooley	Sr.	Bettendorf, Iowa
Noah Healy	Jr.	Frankfort, Ill.
Daniel Murphy	Sr.	Marion, Iowa
Nathan Mylenek	Sr.	Clarkston, Mich.
Jeff Roberts	Jr.	River Vale, N.J.
Luke Sampson	Sr.	Little Chute, Wis.
Brendan Scott	Fr.	Bettendorf, Iowa
Reece Smith	Fr.	Garner, Iowa
Spencer Smith	So.	Chicago, Ill.
Karson Sommer	Sr.	Bettendorf, Iowa
Konnor Sommer	So.	Bettendorf, Iowa
Nick Trattner	Fr.	Naperville, Ill.

Women

Logan Akason	So.	Waukee, Iowa
Mary Arch	Jr.	Iowa City, Iowa
Taylor Arco	Sr.	Mission Viejo, Calif.
Ashley Bryja	Jr.	Chicago, Ill.
Emma Gordan	So.	Ankeny, Iowa
Maggie Gutwein	Fr.	Monticello, Ind.
Anna Hostetler	So.	Parnell, Iowa
Mallory King	Sr.	Davenport, Iowa
Leah Kralovetz	Fr.	Denmark, Wis.
Kylie Latham	So.	Ottumwa, Iowa
Grace McCabe	So.	Clarendon Hills, Ill.
Jessica McKee	So.	Johnston, Iowa
Elyse Prescott	Jr.	Urbandale, Iowa
Wren Renquist	Jr.	Okinawa, Japan
Madeline Rhomberg	Fr.	Cascade, Iowa
Tia Saunders	Sr.	Iowa City, Iowa
Megan Schott	Sr.	Des Moines, Iowa
Gabby Skopec	Jr.	Coralville, Iowa
Patty Teggatz	So.	Hampton, Iowa
Sidney Vancil	So.	Clive, Iowa
Macie Weber	Jr.	Cascade, Iowa
Lindsay Welker	Jr.	Terre Haute, Ind.
Aly Weum	So.	Stoughton, Wis.
Jordan Winke	So.	Albia, Iowa



Men's Top 10 All-Time Best Performers

6,000 Meters

1. Ian Eklin..... 18:102017 Hawkeye Invite
2. Michael Melchert..... 18:122016 Hawkeye Invite
3. **Nathan Mylenek..... 18:16 2019 Hawkeye Invite**
4. Eric MacTaggart 18:182005 Hawkeye Invite
5. **Daniel Murphy..... 18:19 2019 Hawkeye Invite**
6. Jeff Thode..... 18:212009 Hawkeye Invite
7. **Luke Sampson 18:22 2019 Hawkeye Invite**
8. Dan Haut 18:242005 Hawkeye Invite
9. **Spencer Smith 18:25 2019 Hawkeye Invite**
10. Jeff Kent 18:272005 Hawkeye Invite

8,000 Meters

1. Jesse Luciano..... 23:01at 2008 Auburn Invite
2. Micah VanDenend..... 23:39at 2006 Pre-Nationals
3. Eric MacTaggart 23:24at 2008 Auburn Invite
4. Jeff Thode..... 23:27at 2010 Bradley Classic
5. Sam Bailin..... 23:36at 2008 Auburn Invite
6. Tommy Tate 23:46at 2008 Auburn Invite
7. Mark Battista..... 23:48at 2008 Auburn Invite
8. Kevin Lewis..... 23:52at 2014 Big Ten Champ's
9. Andy Napier 23:56at 2008 Auburn Invite
10. Michael Melchert 23:57at 2015 Big Ten Champ's

10,000 Meters

1. **Nathan Mylenek..... 29:53 at 2017 NCAA Regional**
2. Jeff Thode..... 29:55at 2010 NCAA Regional
3. Daniel Soto 30:04at 2017 NCAA Regional
4. Matt Esche 30:10at 2002 NCAA Regional
5. Jesse Luciano..... 30:17at 2008 NCAA Champ's
6. Micah VanDenend..... 30:26at 2002 NCAA Regional
7. Kevin Herd..... 30:281993
8. Joe Welter 30:28at 2002 NCAA Regional
9. **Brandon Cooley 30:29 at 2017 NCAA Regional**
10. Tony Rakaric..... 30:31at 2002 NCAA Regional

Women's Top 10 All-Time Best Performers

3,000 Meters

1. Diane Nukuri 9:472006 Hawkeye Open
2. Meghan Armstrong 10:012006 Hawkeye Open
3. Brooke Eilers..... 10:152010 Iowa Invite
4. Besty Flood..... 10:182010 Iowa Invite
5. Tess Wilberding 10:202016 Hawkeye Invite
6. Amanda Hardesty..... 10:212009 Hawkeye Invite
- Lauren Hardesty 10:212010 Hawkeye Invite
- Madison Waymire 10:212016 Hawkeye Invite
9. Kelsey Hart 10:222011 Iowa Invite
10. Shannon Stanley..... 10:252006 Hawkeye Open

4,000 Meters

1. Diane Nukuri 13:142007 Hawkeye Open
2. Kayla Beattie..... 13:412012 Toledo Bubble Buster
3. Megan Ranegar 13:452012 Toledo Bubble Buster
4. Meghan Armstrong 13:472007 Hawkeye Open
- Mareike Schrulle..... 13:472012 Toledo Bubble Buster
6. Nicole Benson..... 13:522012 Toledo Bubble Buster
7. Andrea Shine 13:582017 Hawkeye Invite
8. Jolly Burke 14:032007 Hawkeye Open
- Madison Waymire 14:032017 Hawkeye Invite
10. Nikki Chapple 14:092004 Hawkeye Triangular

5,000 Meters

1. Diane Nukuri 15:55at 2007 Auburn Invite
2. Racheal Marchand..... 16:15at 2008 Auburn Invite
3. Meghan Armstrong 16:25at 2007 Auburn Invite
4. Nan Doak..... 16:31at 1983 Big Ten Champ's
5. Jolly Burke 16:33at 2007 Auburn Invite
6. Jenny Spangler 16:34at 1983 Big Ten Champ's
7. Renee Doyle 16:41at 1986 Purdue Invite
8. Tracy Dahl..... 16:42at 1991 Illinois St. Invite
9. Sarah Spencer Perry 16:50at 2008 Auburn Invite
10. Brooke Eilers..... 16:53at 2008 Auburn Invite

6,000 Meters

1. Diane Nukuri 19:37at 2007 NCAA Regional
at 2007 Big Ten Champ's
2. Mareike Schrulle..... 19:43at 2012 NCAA Champ's
3. Racheal Marchand..... 19:54at 2008 NCAA Champ's
4. Meghan Armstrong 20:07at 2007 NCAA Regional
5. Jolly Burke 20:20at 2007 Big Ten Champ's
6. Betsy Flood..... 20:22at 2010 NCAA Regional
7. McKenzie Melander 20:41at 2011 Big Ten Champ's
8. Megan Ranegar 20:43at 2012 NCAA Champ's
9. Andrea Shine 20:46at 2017 NCAA Regional
10. Kayla Beattie..... 20:54at 2011 Wisconsin Invite

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

Antonio Vega, Minnesota - NCAA Regional - 11/12/05..... 30:52