

Iowa Cross Country

Hawkeye Invite

August 30, 2024 | Iowa City, Iowa

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2024 IOWA CROSS COUNTRY SCHEDULE

Date	Meet	Results
Aug. 30	Hawkeye Invite (Iowa City, Iowa)	6 p.m.
Sept. 13	Big Ten Preview (Champaign, Ill.)	5 p.m.
Sept. 27	Gans Creek Classic (Columbia, Mo.)	8 a.m.
Oct. 18	Bradley Pink Classic (Peoria, Ill.)	1:30 p.m.
Oct. 19	Pre-National Meet (Madison, Wis.)	10 a.m.
Nov. 1	Big Ten Championships (Champaign, Ill.)	TBA
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: @iowaxc_tf and online at hawkeyesports.com/tracklive.



HAWKEYES TO WATCH



Amber Aesoph
Top Iowa finisher
in four races in '23



Miriam Sandeen
2024 Big Ten
Preseason Watch List



Brayden Burnett
6K PR: 18:33.1



Will Ryan
2024 Big Ten
Preseason Watch list

THIS WEEK

University of Iowa cross country begins its 2024 season, hosting the Hawkeye Invite on Friday evening. The Hawkeyes welcome Bradley, Illinois State, Iowa Central and Iowa Western to the Ashton Cross Country Course. The women's 4,000-meter race begins at 6 p.m. (CT) and the men's 6,000-meter race to follow at 6:45. Admission is free.

ASHTON CROSS COUNTRY COURSE

Located west of the Finkbine Golf Course, the home of Iowa Cross Country first opened in 2003 and has hosted the 2014 Big Ten Championships and 2016 and 2021 NCAA Regionals. The women's 4K course record is 13:14, set by Iowa's Diane Nukuri in 2007. The 6K course record is 17:49, set in 2017.

WOMEN'S TOP RUNNERS

Amber Aesoph is the leading returner for Iowa in 2024. The senior from Sioux City was Iowa's top finisher in four of seven meets last season. Returning upperclassmen Jalyssa Blazek, Abby Ryon and Aleah Tenpas combined to score on 13 occasions in 2023. Cameron Kalaway and Clare Kelly also scored for the Hawkeyes a season ago. Miriam Sandeen was named to the Big Ten's Preseason Watch List.

MEN'S TOP RUNNERS

The Hawkeyes enter 2024 with a veteran core of experienced runners. Seniors Ian Geisler and Yohana Yual and juniors Brayden Burnett, Carson Houg, Hayden Kuhn, Will Ryan and Miles Sheppard return as point scorers from the previous season. Ryan was named to the Big Ten's Preseason Watch List. The sophomore trio of Luke Knepp, Flynn Milligan and Miles Wilson look to push and breakthrough to the top five.

HAWKEYE NEWCOMERS

Iowa welcomes nine newcomers to the 2024 roster. Freshmen Armaan Chopra, Ethan Eichhorn, Kyle Montgomery and Jaxson Plumb join the men's team this fall. The women's team adds four freshmen and one graduate transfer. Lara Kallem transfers in from Simpson College. Freshmen Julia Gehl, Marissa Long, Elena Torres and Hillary Trainor make up the newest core of underclassmen.

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

Iowa kicked off the 2023 cross country season in record-setting fashion at the Hawkeye Invite, with Max Murphy shattering the program's six-year 6,000-meter record. 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).

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.

NEXT UP FOR THE HAWKEYES

The Hawkeyes get a look at the Big Ten Championships course, traveling to Champaign, Illinois, for the Big Ten Preview on Sept. 13.

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**
- 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 Kuhn18:05.4, 2nd all-time
3. Miles Sheppard18:07.4, 3rd all-time
5. Will Ryan18:17.4, 7th all-time
6. Ian Geisler18:17.6, 8th all-time

Sept. 9 | Badger Classic | 8K | 5th Place | 98 points

9. Miles Sheppard24:38.3, PR
17. Hayden Kuhn25:02.5, PR
21. Jack Pendergast25:10.1
25. Will Ryan25:20.5, 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 Sheppard24:55.6
95. Jack Pendergast25:00.8
99. Miles Wilson.....25:04.2
111. Brayden Burnett25:17.0

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

41. Jack Pendergast25:04.4
60. Aidan King25:18.0, PR
67. Ian Geisler25:22.1
82. Miles Wilson.....25:28.9
87. Will Ryan25:33.0

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

34. Max Murphy.....25:21.3
61. Jack Pendergast26:01.1
65. Brayden Burnett26:03.7
70. Ian Geisler26:09.8
72. Will Ryan26:11.3

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

9. Max Murphy.....30:27.6, NCAA qualifier, 7th all-time
74. Aidan King32:14.3
82. Jack Pendergast32:24.0
89. Brayden Burnett32:27.0
115. Ian Geisler32:51.4

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 McKee14:35.5, PR
9. Aleah Tenpas14:36.0, 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 Tenpas19:32.3, PR
52. Clare Kelly.....19:40.2
60. Brooke McKee19:49.2

Sept. 15 | Redbird Invite | 6K

19. Alli Bookin-Nosbisch.....22:41.8, PR
77. Clare Pitcher25:12.6
80. Ava Rush.....25:29.3

Sept. 29 | Joe Piane Invite | 5K | 15th Place | 381 points

70. Jalyssa Blazek17:56.2, PR
73. Amber Aesoph.....17:59.4, PR
77. Alli Bookin-Nosbisch.....18:01.4, PR
83. Grace Bookin-Nosbisch18:04.2
89. Aleah Tenpas18:06.3, PR

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

30. Amber Aesoph.....21:49.3, PR
43. Alli Bookin-Nosbisch.....22:00.7, PR
53. Abby Ryon22:07.4, PR
75. Cameron Kalaway.....22:26.3
118. Brooke McKee22:51.3

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

68. Abby Ryon22:49.3
72. Amber Aesoph.....22:52.7
80. Jalyssa Blazek22:57.6
89. Alli Bookin-Nosbisch.....23:10.4
104. Aleah Tenpas23:33.1

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

61. Amber Aesoph.....21:54.6
97. Kelli Totic22:22.3
101. Jalyssa Blazek22:25.8
110. Abby Ryon22:31.7
126. Aleah Tenpas22:46.6, PR