



**Men's 2024 Team Roster**

<b>Name</b>	<b>Yr.</b>	<b>Hometown (Last School)</b>
Brayden Burnett	Jr.	Cedar Falls, Iowa (Cedar Falls HS)
Armaan Chopra	Fr.	Virginia Beach, Va. (Princess Anne HS)
Ethan Eichhorn	Fr.	Council Bluffs, Iowa (Lewis Central HS)
Ian Geisler	Sr.	Lake in the Hills, Ill. (Huntley HS)
Carson Houg	Jr.	Urbandale, Iowa (Des Moines Christian HS)
Luke Knepp	So.	Bettendorf, Iowa (Pleasant Valley HS)
Hayden Kuhn	Jr.	Marion, Iowa (Linn-Mar HS)
Flynn Milligan	So.	West Des Moines, Iowa (Dowling Catholic HS)
Kyle Montgomery	Fr.	Greenwood, Ind. (Center Grove HS)
Eli Naumann	Jr.	Peosta, Iowa (Western Dubuque HS)
Will Ryan	Jr.	Waukee, Iowa (Dowling Catholic HS)
Miles Sheppard	Jr.	Keokuk, Iowa (Warsaw, Ill. HS)
Miles Wilson	So.	Cedar Rapids, Iowa (Kennedy HS)
Yohana Yual	Sr.	Des Moines, Iowa (Johnston HS)

**Women's 2024 Team Roster**

<b>Name</b>	<b>Yr.</b>	<b>Hometown (Last School)</b>
Amber Aesoph	Gr.	Sioux City, Iowa (Bishop Heelan Catholic HS)
Jalyssa Blazek	Jr.	Lawler, Iowa (Turkey Valley HS)
Rowan Boulter	Jr.	Iowa City, Iowa (City HS)
Julia Gehl	Fr.	Dubuque, Iowa (Hempstead HS)
Cameron Kalaway	So.	Mount Prospect, Ill. (Prospect HS)
Lara Kallum	Gr.	Dallas Center, Iowa (Simpson College)
Clare Kelly	So.	Van Meter, Iowa (Van Meter HS)
Marissa Long	Fr.	Chanhassen, Minn. (Chanhassen HS)
Ellie Rathe	Jr.	La Porte City, Iowa (Union HS)
Abby Ryon	Gr.	Mt. Pleasant, Iowa (Mt. Pleasant HS)
Miriam Sandeen	Sr.	Eden Prairie, Minn. (Eden Prairie HS)
Lillian Schmidt	Sr.	Dubuque, Iowa (Senior HS)
Audra Soderlind	So.	Oswego, Ill. (Oswego HS)
Aleah Tenpas	Jr.	Johnston, Iowa (Johnson HS)
Elena Torres	Fr.	Loveland, Colo. (Loveland HS)
Hillary Trainor	Fr.	Sumner, Iowa (Sumner-Fredricksburg HS)

**Coaching & Staff Information**

Cross Country Head Coach (Yrs. at Iowa) ..... Randy Hasenbank (8th)  
 Alma Mater ..... Wichita State  
 Email Address ..... randy-hasenbank@uiowa.edu

**Men's Cross Country Team Quick Facts**

2023 Big Ten Championship Finish (Pts.):.....10th (258)  
 2023 NCAA Regional Finish (Pts.): ..... 12th (368)  
 NCAA Qualifiers:..... 1  
 All-Region Honorees:..... 1

**Men's Cross Country Historical Quick Facts**

Highest Big Ten Championships Team Place (Yrs.):..... 1st (1961, 1966)  
 Highest NCAA Regional Team Place (Pts., Yr.):..... 1st (79, 2002)  
 Highest NCAA Championships Team Place (Yr.):..... 2nd (1955)  
 NCAA Champions: ..... 1 - Deacon Jones, 1955  
 All-Americans: ..... 5 student-athletes, 7 honors  
 NCAA Regional Champions:..... 1 - Micah VanDenend, 2006  
 All-Region Honorees:..... 22 student-athletes, 45 honors  
 Big Ten Champions: ..... 6 student-athletes, 9 titles  
 All-Big Ten Honorees: ..... 9 student-athletes, 12 honors  
 Academic All-Big Ten Honorees:..... 71 student-athletes, 162 honors

**Women's Cross Country Team Quick Facts**

2023 Big Ten Championship Finish (Pts.):.....14th (355)  
 2023 NCAA Regional Finish (Pts.): ..... 19th (495)  
 NCAA Qualifiers:..... 0  
 All-Region Honorees:..... 0

**Women's Cross Country Historical Quick Facts**

Highest Big Ten Championships Team Place (Pts., Yr.):... 1st (74, 1982)  
 Highest NCAA Regional Team Place (Pts., Yr.):.....3rd (118, 2006)  
 Highest NCAA Championships Team Place (Yr.).....3rd (111, 2007)  
 Highest NCAA District Champ's Team Place (Yr.): ..... 2nd (1986, 1991)  
 Highest NCAA Championships Team Place (Pts., Yr.):...8th (249, 1982)  
 All-Americans: ..... 11 student-athletes, 14 honors  
 NCAA Regional Champions:..... 2 student-athletes, 3 honors  
 All-Region Honorees:..... 14 student-athletes, 19 honors  
 Big Ten Champions: ..... 2 - Tracy Dahl, 1992; Diane Nukuri, 2007  
 All-Big Ten Honorees: ..... 14 student-athletes, 19 honors  
 Academic All-Big Ten Honorees:..... 127 student-athletes, 269 honors



# Cross Country 2023 Season Bests

## Men's Season Bests

Athlete	6,000 Meters	8,000 Meters	5 Miles	10,000 Meters
Brayden Burnett	18:33.1	25:39.6	25:17.0	32:27.0
Ian Geisler	18:17.6	25:22.10	25:34.8	32:51.4
Nate Harbert	18:43.8	25:31.50	26:16.4	-
Carson Houg	18:46.9	26:03.5	25:33.2	-
Aidan King	18:35.2	25:18.00	25:22.0	32:14.8
Luke Knepp	18:33.7	25:25.00	26:17.4	-
Hayden Kuhn	18:05.4	25:02.5	-	-
Flynn Milligan	18:40.0	26:00.4	-	-
Max Murphy	17:57.3	25:21.3	23:56.4	30:13.9
Jack Pendergast	-	25:04.40	25:00.8	32:24.0
Will Ryan	18:17.4	25:20.4	25:22.8	-
Miles Sheppard	18:07.4	24:38.3	24:55.6	-
Miles Wilson	18:21.1	25:20.6	25:04.2	33:11.4
Yohana Yual	18:54.2	26:13.90	26:32.2	-

## Women's Season Bests

Athlete	4,000 Meters	5,000 Meters	6,000 Meters
Amber Aesoph	14:19.3	17:59.4	21:49.30
Jalyssa Blazek	14:34.6	17:56.2	22:25.9
Alli Bookin-Nosbisch	-	18:01.4	22:00.70
Grace Bookin-Nosbisch	14:41.2	18:04.2	23:42.2
Rowan Boulter	14:58.5	20:02.4	22:54.00
Gabby Cortez	15:42.8	-	-
Bryce Gidel	15:45.6	-	-
Cameron Kalaway	14:42.8	18:23.4	22:26.30
Clare Kelly	14:40.0	18:53.1	22:41.00
Kaitlin Knappe	-	-	24:17.30
Brooke McKee	14:35.5	18:31.1	24:27.8
Lauren McMahon	15:36.2	-	24:25.10
Katie Moore	14:57.3	-	23:06.10
Clare Pitcher	16:16.1	-	25:12.6
Ellie Rathe	15:08.5	20:24.9	-
Ava Rush	15:40.5	-	25:29.3
Abby Ryon	14:45.6	18:10.6	22:07.40
Audra Soderlind	14:52.9	18:38.7	23:37.90
Aleah Tenpas	14:36.0	18:06.3	22:46.6
Kelli Totic	-	18:48.4	22:22.3
Ellie Twedt	15:12.0	20:26.6	22:55.90





### Hawkeye Invite

September 1 - Iowa City, Iowa  
6,000 meters - 1st/5 teams - 17 points

#### Individual Results

Place	Name	Time
1.	Max Murphy	17:57.3*
2.	Hayden Kuhn	18:05.4
3.	Miles Sheppard	18:07.4
5.	Will Ryan	18:17.4
6.	Ian Geisler	18:17.6
8.	Miles Wilson	18:21.1
13.	Brayden Burnett	18:33.1
14.	Luke Knepp	18:33.7
15.	Aidan King	18:35.2
19.	Flynn Milligan	18:40.0
20.	Nate Harbert	18:43.8
21.	Carson Houg	18:46.9
24.	Yohana Yual	18:54.2

### Badger Classic

September 9 - Madison, Wis.  
8,000 meters - 5th/6 teams - 98 points

#### Individual Results

Place	Name	Time
9.	Miles Sheppard	24:38.3
17.	Hayden Kuhn	25:02.5
21.	Jack Pendergast	25:10.1
25.	Will Ryan	25:20.5
26.	Miles Wilson	25:20.6
34.	Brayden Burnett	25:39.6
37.	Ian Geisler	25:45.0
42.	Flynn Milligan	26:00.4
43.	Luke Knepp	26:02.1
51.	Aidan King	26:20.7
53.	Nate Harbert	26:38.4

### Joe Piane Invite

September 29 - South Bend, Ind.  
Five-Mile - 17th/18 teams - 400 points

#### Individual Results

Place	Name	Time
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
117.	Aidan King	25:22.0
118.	Will Ryan	25:22.8
126.	Carson Houg	25:33.2
127.	Ian Geisler	25:34.8

#### Open Results

39.	Nate Harbert	26:16.4
40.	Luke Knepp	26:17.4
44.	Yohana Yual	26:32.2

### Bradley Pink Classic

October 13 - Peoria, Ill.  
8,000 meters - 11th/29 teams - 340 points

#### Individual Results

Place	Name	Time
41.	Jack Pendergast	25:04.4
60.	Aidan King	25:18.0
67.	Ian Geisler	25:22.1
82.	Miles Wilson	25:28.9
87.	Will Ryan	25:33.0
89.	Miles Sheppard	25:36.2
105.	Brayden Burnett	25:46.3
190.	Carson Houg	26:57.5

#### Open Results

5.	Luke Knepp	25:25.0
8.	Nate Harbert	25:31.5
32.	Yohana Yual	26:13.9

### BIG Championships

October 27 - Madison, Wis.  
8,000 meters - 10th/12 teams - 258 points

#### Team Results

Place	Team	Points
1.	Wisconsin	19
2.	Michigan	63
3.	Michigan State	86
4.	Purdue	115
5.	Illinois	133
6.	Penn State	166
7.	Ohio State	200
8.	Indiana	207
9.	Minnesota	246
10.	Iowa	258
11.	Rutgers	333
12.	Nebraska	351

#### Individual Results

Place	Name	Time
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
73.	Aidan King	26:12.7
80.	Luke Knepp	26:24.3
85.	Miles Wilson	26:29.1
101.	Carson Houg	26:49.8
115.	Yohana Yual	27:12.0
121.	Nate Harbert	27:43.9

### NCAA Midwest Regional

November 10 - Stillwater, Okla.  
10,000 Meters - 12th/28 teams - 368 points

#### Team Results

Place	Team (Top 10 Plus Iowa)	Points
1.	Oklahoma State	19
2.	Iowa State	56
3.	Tulsa	131
4.	Loyola (Chicago)	131
5.	South Dakota State	196
6.	Illinois	205
7.	Drake	250
8.	Bradley	320
9.	Kansas	322
10.	Wichita State	340
12.	Iowa	368

#### Individual Results

Place	Athlete	Time
9.	Max Murphy	30:27.6
74.	Aidan King	32:14.3
82.	Jack Pendergast	32:24.0
89.	Brayden Burnett	32:27.0
115.	Ian Geisler	32:51.4
120.	Will Ryan	32:53.7
140.	Miles Wilson	33:11.4

### NCAA Championships

November 18 - Charlottesville, Va.  
10,000 Meters

#### Individual Results

Place	Athlete	Time
69.	Max Murphy	30:13.9



# Cross Country 2023 Women's Season Review

## Hawkeye Invitational

September 1 - Iowa City, Iowa  
4,000 meters - 2nd/4 teams - 37 points

### Individual Results

Place	Name	Time
3.	Amber Aesoph	14:19.3
7.	Jalyssa Blazek	14:34.6
8.	Brooke McKee	14:35.5
9.	Aleah Tenpas	14:36.0
10.	Clare Kelly	14:40.0
11.	Grace Bookin-Nosbisch	14:41.2
13.	Cameron Kalaway	14:42.8
14.	Abby Ryon	14:45.6
18.	Audra Soderlind	14:52.9
21.	Katie Moore	14:57.3
22.	Rowan Boulter	14:58.5
26.	Ellie Rathe	15:08.5
28.	Ellie Twedt	15:12.0
35.	Lauren McMahan	15:36.2
36.	Ava Rush	15:40.5
37.	Gabby Cortez	15:42.8
38.	Bryce Gidel	15:45.6
44.	Clare Pitcher	16:16.1

## Badger Classic

September 9 - Madison, Wis  
5,000 meters - 6th/7 teams - 164 points

### Individual Results

Place	Name	Time
35.	Amber Aesoph	19:09.3
45.	Jalyssa Blazek	19:31.1
46.	Aleah Tenpas	19:32.3
52.	Clare Kelly	19:40.2
60.	Brooke McKee	19:49.2
63.	Abby Ryon	19:54.2
66.	Rowan Boulter	20:02.4
68.	Audra Soderlind	20:06.9
69.	Cameron Kalaway	20:14.0
71.	Ellie Rathe	20:24.9
72.	Ellie Twedt	20:26.7

## Redbird Invite

September 15 - Normal, Ill.  
6,000 meters

### Individual Results

Place	Name	Time
19.	Alli Bookin-Nosbisch	22:41.8
77.	Clare Pitcher	25:12.6
80.	Ava Rush	25:29.3

## Joe Piane Invite

September 29 - South Bend, Ind.  
6,000 meters - 15th/17 teams - 381 points

### Individual Results

Place	Name	Time
70.	Jalyssa Blazek	17:56.2
73.	Amber Aesoph	17:59.4
77.	Alli Bookin-Nosbisch	18:01.4
83.	Grace Bookin-Nosbisch	18:04.2
89.	Aleah Tenpas	18:06.3
97.	Abby Ryon	18:10.6
113.	Brooke McKee	18:31.1
120.	Clare Kelly	18:53.1

### Open Results

28.	Cameron Kalaway	18:23.4
33.	Audra Soderlind	18:38.7
39.	Kelli Tasic	18:48.4
84.	Rowan Boulter	20:20.4

## Bradley Pink Classic

October 13 - Peoria, Ill.  
6,000 meters - 11th/32 teams - 306 points

### Individual Results

Place	Name	Time
30.	Amber Aesoph	21:49.3
43.	Alli Bookin-Nosbisch	22:00.7
53.	Abby Ryon	22:07.4
75.	Cameron Kalaway	22:26.3
118.	Brooke McKee	22:51.3
128.	Aleah Tenpas	22:55.8
184.	Audra Soderlind	23:37.9

### Open Results

6.	Kelli Tasic	22:36.4
7.	Clare Kelly	22:41.0
13.	Rowan Boulter	22:54.0
14.	Ellie Twedt	22:55.9
20.	Katie Moore	23:06.1
58.	Kaitlin Knappe	24:17.3
62.	Lauren McMahan	24:25.1

## B1G Championships

October 27 - Madison, Wis.  
6,000 meters - 14th/14 teams - 355 points

### Team Results

Place	Team	Points
1.	Michigan State	46
2.	Wisconsin	81
3.	Michigan	102
4.	Penn State	136
5.	Ohio State	154
6.	Northwestern	156
7.	Nebraska	193
8.	Illinois	201
9.	Minnesota	252
10.	Maryland	278
11.	Indiana	286
12.	Purdue	290
13.	Rutgers	307
14.	Iowa	355

### Individual Results

Place	Name	Time
68.	Abby Ryon	22:49.3
72.	Amber Aesoph	22:52.7
80.	Jalyssa Blazek	22:57.6
89.	Alli Bookin-Nosbisch	23:10.4
104.	Aleah Tenpas	23:33.1
108.	Grace Bookin-Nosbisch	23:42.2
111.	Rowan Boulter	23:46.3
116.	Cameron Kalaway	23:52.6
118.	Kelli Tasic	23:53.0
132.	Ellie Twedt	24:08.6
140.	Brooke McKee	24:27.8
148.	Audra Soderlind	25:00.9

## NCAA Midwest Regional

November 10 - Stillwater, Okla.  
6,000 Meters - 19th/32 teams - 495 points

### Team Results

Place	Team (Top 8 Plus Iowa)	Points
1.	Oklahoma State	30
2.	Iowa State	75
3.	Northwestern	155
4.	Minnesota	184
5.	Kansas State	241
6.	Bradley	265
7.	Nebraska	267
8.	South Dakota	289
19.	Iowa	495

### Individual Results

Place	Athlete	Time
61.	Amber Aesoph	21:54.6
97.	Kelli Tasic	22:22.3
101.	Jalyssa Blazek	22:25.8
110.	Abby Ryon	22:31.7
126.	Aleah Tenpas	22:46.6
167.	Rowan Boulter	23:28.6
182.	Cameron Kalaway	23:49.8



**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 Champs
10. Nathan Mylenek..... 23:53 .....at 2019 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 Champ's - 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 Champ's - 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 .....2018 Hawkeye Invite

**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 Champs
5. Jolly Burke ..... 16:33 .....at 2007 Auburn Invite
6. Jenny Spangler ..... 16:34 .....at 1983 Big Ten Champs
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 Champs
2. Mareike Schrulle..... 19:43 .....at 2012 NCAA Champs
3. Racheal Marchand..... 19:54 .....at 2008 NCAA Champs
4. Meghan Armstrong ..... 20:07 .....at 2007 NCAA Regional
5. Jolly Burke ..... 20:20 .....at 2007 Big Ten Champs
6. Betsy Flood..... 20:22 .....at 2010 NCAA Regional
7. Andrea Shine ..... 20:35 .....at 2018 Big Ten Champs
8. Emma Gordon ..... 20:37 .....at 2022 NCAA Regional
9. McKenzie Melander .... 20:41 .....at 2011 Big Ten Champs
10. Megan Ranegar ..... 20:43 .....at 2012 NCAA Champs



# Cross Country National & Regional Champions & Honorees



Meaghan Armstrong



Jennifer Brower



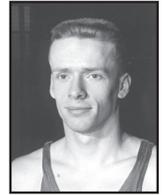
Tracy Dahl



Nan Doak



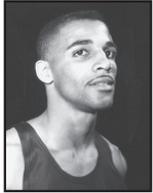
Renee Doyle



Rich Ferguson



Kevin Herd



Deacon Jones



Jeanne Kruckeberg



Racheal Marchand



Max Murphy



Diane Nukuri



Mareike Schrulle



Jenny Spangler



Stetson Steele



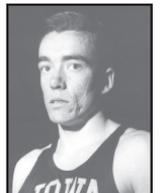
Jeff Thode



Micah VanDenend



Ted Wheeler



Larry Wiczorek

## NCAA Champion

Deacon Jones..... 1955

## All-Americans

### Men's

Kevin Herd..... 1992-93  
Deacon Jones..... 1955  
Stetson Steele..... 1998  
Jeff Thode..... 2010  
Ted Wheeler..... 1952  
Larry Wiczorek..... 1966-67

### Women's

Meaghan Armstrong..... 2007  
Jennifer Brower..... 1991  
Tracy Dahl..... 1991-92  
Nan Doak..... 1980, 1982-83  
Renee Doyle..... 1986  
Jeanne Kruckeberg..... 1990  
Racheal Marchand..... 2006, 2008  
Diane Nukuri..... 2006-07  
Mareike Schrulle..... 2012  
Jenny Spangler..... 1983

## Honda Sports Awards Nominee

Nan Doak..... 1983  
Diane Nukuri..... 2007

## NCAA Regional Champion & Athlete of the Year

### Men's

Micah VanDenend..... 2006

### Women's

Diane Nukuri..... 2006-07  
Racheal Marchand..... 2008

## NCAA All-Region Team

### Men's

Mark Battista..... 2009  
Trent Corey..... 1997, 2001  
Matt Esche..... 2002-05  
Dan Haut..... 2002, 2004-05  
Nick Holmes..... 2011  
Kevin Lewis..... 2013-14  
Jesse Luciano..... 2007-08  
Eric MacTaggart..... 2005-06, 2008  
Nathan Mylenek..... 2018, 2019  
Max Murphy..... 2023  
Nick Nordheim..... 1998-99, 2001  
Jared Pittman..... 1997  
Brian Rae..... 2003  
Tony Rakaric..... 2002, 2004  
Adam Roche..... 2004-05  
Paul Sarris..... 1998-99  
Chad Schwitters..... 1998  
Reed Steele..... 1998

## NCAA Men's All-Region Team (Continued)

Stetson Steele..... 1997-98  
Jeff Thode..... 2009-11  
Micah VanDenend..... 2002, 2005-06  
Joe Welter..... 2001-02

### Women's

Sarah Arens..... 2003  
Meaghan Armstrong..... 2005-07  
Kayla Beattie..... 2011  
Jolly Burke..... 2007  
Nikki Chapple..... 2004  
Brooke Eilers..... 2009  
Betsy Flood..... 2010  
Leah Kralovetz..... 2019  
Racheal Marchand..... 2005-06, 2008  
McKenzie Melander..... 2011  
Diane Nukuri..... 2006-07  
Megan Ranegar..... 2012  
Andrea Shine..... 2017  
Mareike Schrulle..... 2012  
Sarah Spencer Perry..... 2008



**Big Ten Champions**

**Men's**

Rich Ferguson ..... 1952-53  
 Jock Hunn ..... 1926  
 Deacon Jones ..... 1958  
 H.R. Phelps ..... 1923-24  
 James Tucker ..... 1961  
 Larry Wiczorek ..... 1966-67

**Women's**

Tracy Dahl ..... 1992  
 Diane Nukuri ..... 2007

**Big Ten Athlete of the Year**

**Women's**

Tracy Dahl ..... 1992  
 Diane Nukuri ..... 2007

**Big Ten Women's Coach of the Year**

Jerry Hassard ..... 1989

**Big Ten Men's Freshman of the Year**

Jared Pittman ..... 1993  
 Reed Steele ..... 1998

**All-Big Ten Honorees**

**Men's**

Kevin Lewis ..... 2014  
 Jesse Luciano ..... 2008-09  
 Eric MacTaggart ..... 2006  
 Nathan Mylenek ..... 2018-19  
 Brian Rae ..... 2003  
 Tony Rakaric ..... 2003  
 Chad Schwitters ..... 1997  
 Stetson Steele ..... 1996  
 Jeff Thode ..... 2010  
 Micah VanDenend ..... 2004, 2006

**Women's**

Meghan Armstrong ..... 2006-07  
 Erin Boland ..... 1994  
 Jennifer Brower ..... 1991  
 Jolly Burke ..... 2007  
 Tracy Dahl ..... 1991-92  
 Renee Doyle ..... 1986-88  
 Betsy Flood ..... 2010  
 Tami Hoskins ..... 1989  
 Jennifer Johnson ..... 1991  
 Jeanne Kruckeberg ..... 1989  
 Racheal Marchand ..... 2006, 2008  
 McKenzie Melander ..... 2011  
 Diane Nukuri ..... 2007  
 Mareike Schrulle ..... 2012

**Big Ten Athlete of the Month**

**Men's**

Kevin Herd ..... September 1992

**Women's**

Tracy Dahl ... Sept. 1990, Oct. 1992, Nov. 1992

**Big Ten Athlete of the Week**

**Men's**

Trent Corey ..... Sept. 11, 2001  
 Matt Esche ..... Sept. 7, 2004  
 Jesse Luciano ..... Oct. 7, 2008  
 Eric MacTaggart ..... Sept. 6, 2005  
 Nathan Mylenek ..... Sept. 11, 2019  
 Jeff Thode ..... Oct. 19, 2010  
 Micah VanDenend ..... Sept. 17, 2002

**Women's**

Sarah Arens ..... Sept. 3, 2003  
 Meghan Armstrong ..... Sept. 6, 2005  
 Kayla Beattie ..... Sept. 11, 2012  
 Betsy Flood ..... Sept. 8, 2009  
 Lauren Hardesty ..... Sept. 7, 2010  
 Racheal Marchand ..... Oct. 7, 2008  
 Diane Nukuri ..... Sept. 18, 2007  
 Diane Nukuri ..... Oct. 2, 2007  
 Diane Nukuri ..... Oct. 16, 2007  
 Mareike Schrulle ..... Oct. 16, 2012

**Big Ten Sportsmanship Award**

**Men's**

Ben Anderson ..... 2015-16  
 Sam Bailin ..... 2008  
 Mark Battista ..... 2010  
 Brayden Burnett ..... 2023  
 Brendan Camplin ..... 2009  
 Brandon Cooley ..... 2017-18  
 Nate Ferree ..... 2013  
 Anthony Gregorio ..... 2014  
 Noah Healy ..... 2019, 2021  
 Aidan King ..... 2020  
 Cameron Rieger ..... 2011  
 Miles Sheppard ..... 2022  
 Ben Witt ..... 2012

**Women's**

Brooke Eilers ..... 2009  
 Kelsey Hart ..... 2010  
 Anna Hostetler ..... 2018  
 Shannon Maser ..... 2013  
 Brooke McKee ..... 2022  
 Carolyn Newhouse ..... 2014  
 Sarah Spencer Perry ..... 2008  
 Elyse Prescott ..... 2019  
 Mareike Schrulle ..... 2011-12  
 Aleah Tenpas ..... 2023  
 Kelli Tosic ..... 2020  
 Ellie Twedt ..... 2022  
 Madison Waymire ..... 2015, 2017  
 Tess Wilberding ..... 2016

**USTFCCCA Academic Team**

**Men's**

2007, 2008, 2010, 2014, 2015, 2017, 2018, 2019

**Women's**

1995, 1997, 1999, 2000, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019

**USTFCCCA All-Academic Honorees**

**Men's**

Dan Haut ..... 2004  
 Kevin Herd ..... 1993  
 Kevin Lewis ..... 2013  
 Jesse Luciano ..... 2007-08  
 Chad Schwitters ..... 1998  
 Stetson Steele ..... 1998

**Women's**

Meghan Armstrong ..... 2004-05  
 Sarah Arens ..... 2004  
 Brooke Eilers ..... 2009  
 Megan Ranegar ..... 2012  
 Mareike Schrulle ..... 2012  
 Andrea Shine ..... 2017  
 Leah Kravolitz ..... 2019

**CoSIDA Academic All-American**

Chad Schwitters ..... 1997

**CoSIDA Academic All-District**

Kevin Herd ..... 1990, 1992-93  
 Stetson Steele ..... 1996, 1998



**Big Ten Distinguished Scholars**

**Men's**

Sam Bailin .....	2008
Dan Gardarsson .....	2017
Anthony Gregorio .....	2016
Kevin Lewis .....	2013
Jeff Roberts .....	2021
Luke Sampson .....	2018-19
Karson Sommer .....	2017-18, 2020
Konnor Sommer .....	2020-22
Luke Sampson .....	2019

**Women's**

Katie Adams .....	2014-15
Logan Akason .....	2021
Mary Arch .....	2020
Maddie Block .....	2022
Alli Bookin-Nosbisch .....	2021-22
Grace Bookin-Nosbisch .....	2022
Ashley Espinosa .....	2018-19
Marta Bote Gonzalez .....	2016-17
Emma Gordon .....	2021
Fionna Fallon .....	2008
Laney Fitzpatrick .....	2022
Kelsey Hart .....	2011
Mallory King .....	2021
Kaitlin Knappe .....	2022
Jessica McKee .....	2020-21
McKenzie Melander .....	2011
Katie Moore .....	2021
Elizabeth Niedert .....	2017
Lauren Opatrny .....	2017
Clare Pitcher .....	2021
Lena Placzek .....	2012
Abby Ryon .....	2022
Lillian Schmidt .....	2022
Marieke Schrulle .....	2012
Andrea Shine .....	2017-19
Gabby Skopec .....	2021
Sam Strauss .....	2022
Addie Swanson .....	2019
Jocelyn Todd .....	2012-15
Kelli Totic .....	2021-22
Ellie Twedt .....	2021-22
Madison Waymire .....	2017
Lindsay Welker .....	2017-19, 2021
Wren Renquist .....	2020
Macie Weber .....	2020
Ally Weum .....	2021
Samantha Zishka .....	2014

**Academic All-Big Ten**

**Men's**

L.J. Albrecht .....	1988-90
Ravi B'Have .....	1994, 1996
Sam Bailin .....	2008, 2010
Mike Biderman .....	2001
Bill Branigan .....	1992
David Brown .....	1987-90
Brayden Burnett .....	2023
Matt Butler .....	2013
Brendan Camplin .....	2007-10
Brandon Cooley .....	2017-19
Trent Corey .....	2000-01
Kevin Docherty .....	2014-16
Ian Eklin .....	2016-18
Nate Ferree .....	2013-16
Daniel Gardarsson .....	2015-17
Ian Geisler .....	2021-22
Matt Gerard .....	1992-94
Anthony Gregorio .....	2014-16
Nate Harbert .....	2023
Isaac Hartman .....	2022
Blake Hayden .....	2022
Dan Haut .....	2002, 2004-05
Noah Healy .....	2018-20
Kevin Herd .....	1990, 1992-93
Carson Houg .....	2023
Daniel Huff .....	2015
Alan Jackson .....	2005
Chase Kadlec .....	2009-11
Aidan King .....	2021-23
Daniel Klysh .....	2021-22
Hayden Kuhn .....	2023
Kal Lewis .....	2021
Kevin Lewis .....	2012-14
Ben Lloyd .....	2002-03
Jesse Luciano .....	2007-10
Eric MacTaggart .....	2005-06, 2008
Steve Marshall .....	1991-93
Pete McDowell .....	1993-94
Sean Moeller .....	1998-99, 2001
Andy Morris .....	1997, 1999
Steve Morrissey .....	1990-91
Daniel Murphy .....	2019
Max Murphy .....	2021-23
Andy Napier .....	2005-08
James Paul .....	2008-10
Jared Pittman .....	1995-96
Tim Pleskac .....	1998-99
Jay Renaud .....	2007-10
Cameron Rieger .....	2011-12
Jeff Roberts .....	2018, 2020-21
Marc Roehl .....	1991-94
Will Ryan .....	2023
Luke Sampson .....	2017-19
Paul Sarris .....	1997

Blake Schlotzhauer .....	2006
Chad Schwitters .....	1995-98
Miles Sheppard .....	2023
Spencer Smith .....	2020
Taylor Soltys .....	2014-15
Karson Sommer .....	2017-20
Konnor Sommer .....	2019, 2021-22
Dan Soto .....	2016, 2018
Stetson Steele .....	1996-98
Adam Thomas .....	2001
Nick Trattner .....	2020-22
Eli Ward .....	2021
Andy Weise .....	1986
Michael Westphal .....	2017
David White .....	1990-91
Ben Witt .....	2012-14
Yohana Yual .....	2022-23

**Women's**

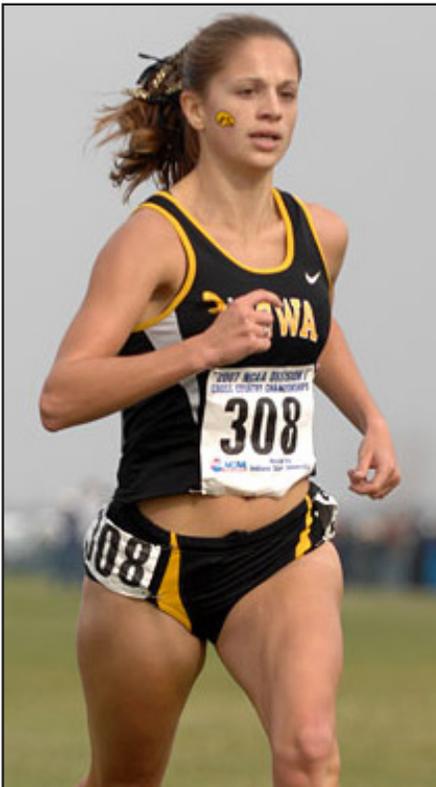
Katie Adams .....	2014
Amber Aesoph .....	2021-23
Logan Akason .....	2019-21
Krista Anderson .....	2006-07
Lindsay Anderson .....	2009-10
Mary Arch .....	2018-20
Sarah Arens .....	2000, 2002-03
Meghan Armstrong .....	2005-07
Atalie Barber .....	2001, 2003
Holly Barnes .....	1992
Briana Benning .....	1994-97
Danielle Berndt .....	2010-11
Allison Billhardt .....	2005
Kerri Blackstone .....	1996
Jalyssa Blazek .....	2023
Maddie Block .....	2022
Alli Bookin-Nosbisch .....	2021-23
Grace Bookin-Nosbisch .....	2021-23
Marta Bote Gonzalez .....	2015-17
Rowan Boutler .....	2023
Kelly Breen .....	2014-16
Jennifer Brower .....	1989-91
Courtney Bruns .....	2015-16
Ashley Bryja .....	2019-20
Jolly Burke .....	2007
Katie Butler .....	2000
Jenni Capista .....	2003-04
Maddie Carver .....	2018
Gabby Cortez .....	2023
Megan Daniel .....	1994
Amber Decker .....	2017
Jennie Docherty .....	2006, 2009-10
Katie Donlon .....	2005
Claire Dupuis .....	2017
Claire Edmondson .....	2021-23
Brooke Eilers .....	2009-11
Katie Ellis .....	2007, 2009-10



Molly Esche .....	2005-07
Ashley Espinosa .....	2016-18
Fionna Fallon .....	2008-10
Laney Fitzpatrick .....	2022
Shawn Fleck .....	1995
Betsy Flood .....	2009-11
Bryce Gidel .....	2021-22
Alienor Gilchrist .....	1997
Emma Gordon .....	2019-22
Lisa Gordon .....	2014
Keelin Gorman .....	2011
Kristin Haefke .....	1998
Amanda Hardesty .....	2010
Kelsey Hart .....	2010-12
Rachel Hawks .....	2006-07
Julie Hollensbe .....	2017
Anna Hostetler .....	2019
Jennifer Johnson .....	1991-93

Patricia Jones .....	1991
Jennifer Kiciak .....	1996-97
Mallory King .....	2017-21
Tricia Kiraly .....	1988
Natalie Kleinfelter .....	1993-94
Kaitlin Knappe .....	2022-23
Christine Kotarba .....	2004, 2007
Leah Kralovetz .....	2020, 2022
Jeanne Kruckeberg .....	1987-89
Kimberly Kruk .....	1994
Michelle Lahann .....	2000-02
Jackie Laesch .....	2011
Kylie Latham .....	2019-20
Jennifer Lisy .....	1992
Shannon Maser .....	2012-13
Grace McCabe .....	2019-20
Brooke McKee .....	2021-23
Jessica McKee .....	2019-21
Lauren McMahan .....	2023
Amy McRell .....	1991-92
McKenzie Melander .....	2009-11
Georgia Millward .....	2001-03
Jennifer Moore .....	1987-89
Katie Moore .....	2021-23
Amy Murphy .....	1999
Sarah Murray .....	1993
Haley Newbrough .....	1997
Carolyn Newhouse .....	2014
Elizabeth Niedert .....	2016-17
Kara Neustrom .....	2017
Val Oltman .....	1999
Lauren Opatrny .....	2016-17
Kiersten Pauling .....	1994-96
Clare Pitcher .....	2021-23
Lena Placzek .....	2012-13
Micah Poellet .....	2022
Rachel Price .....	2013
Megan Ranegar .....	2010-12
Ellie Rathe .....	2023
Katherin Rehn .....	2011
Wren Renquist .....	2018-21
Ericka Roberts .....	2000-02
Hannah Roeder .....	2009-10

Abby Ryon .....	2021-23
Janeth Salazar .....	1987
Christine Salsberry .....	1990-93
Miriam Sandeen .....	2022-23
Tia Saunders .....	2018-20
Jill Scheibel .....	1996
Jessica Schmidt .....	2007
Kristi Schmidt .....	1999
Lillian Schmidt .....	2022-23
Kim Schneckloth .....	1986-89
Jennifer Schoonover .....	1994
Megan Schott .....	2019
Mareike Schrulle .....	2012
Anna Shearer .....	1999-2000
Andrea Shine .....	2016-18
Chloe Skidmore .....	2022
Gabby Skopec .....	2020-21
Michelle Sokol .....	2002, 2004
Jenny Spangler .....	1985
Laura Spencer .....	2004
Shannon Stanley .....	2004
Tina Stec .....	1991-93
Sam Strauss .....	2022
Sherri Suppelsa .....	1986
Patty Teggatz .....	2020
Jocelyn Todd .....	2012-14
Kelli Tosic .....	2021-23
Ellie Twedt .....	2021-23
Kathryn Vortherms .....	2022
Jamie Voss .....	1992
Madison Waymire .....	2016-17
Macie Weber .....	2018-19
Lindsay Welker .....	2017-20
Aly Weum .....	2018-20
Tess Wilberding .....	2014-16
Jordan Winke .....	2018-19
Samantha Zishka .....	2014



*Meghan Armstrong was a five-time All-American in cross country and track for the Hawkeyes from 2005-08. A five-time all-region honor in cross country and track, she won Big Ten titles in the 3,000 meters and 10,000 meters in 2008. She still holds the school record in the 1,500 meters. Armstrong was a three-time Academic All-Big Ten honoree and was named to the USTFCCA All-Academic team twice.*



# Cross Country Men's All-Time Letterwinners

Albrecht, L.J. .... 1988-90	Duggan, Earle ..... 1949-52	Hill, Jack L. .... 1957-60	Keil, Richard L. .... 1941-42
Albright, Robert ..... 1941	Dunsworth, Ira W. .... 1954-56	Hindt, William ..... 1913-15	Keller, Keith ..... 1947-48
Allen, Shaun ..... 1998-01	Eastland, Dave ..... 1968-71	Hinrich, Joel H. .... 1940-41	Kelly, Thomas ..... 1928-30
Anderson, Ben ..... 2013-16	Ebert, Leroy ..... 1952-54	Holland, Stephen ..... 1971-72	Kent, Jeff ..... 2004-06
Arbanas, Will ..... 2021	Eckhardt, Gerald ..... 1944	Hollatz, Troy ..... 1993	King, Aidan ..... 2020-23
Ashton, George C. .... 1921-22	Edwards, James ..... 1978	Holmes, Nick ..... 2009, 2011-12	Kitt, Roland ..... 1966-69
Ashton, James Ed ..... 1962-63	Eklin, Ian ..... 2015-18	Hotz, William ..... 1906-08	Klysh, Daniel ..... 2021
Ashton, William ..... 1960	Esche, Matt ..... 2002-05	Houg, Carson ..... 2022-23	Knepp, Luke ..... 2023
Atkins, Bobby ..... 1999-2000	Everingham, Will ..... 1928	Huff, Daniel ..... 2014	Knoedel, James J. .... 1970-71
Bailin, Sam ..... 2007-08, 2010	Everman, Wayne ..... 1954-55	Hunn, Leonard E. .... 1925-28	Kramer, Larry ..... 1961-64
Baker, Lawrence ..... 1961	Fanthouser, John ..... 1942	Hunter, William ..... 1914-15	Kruse, Arthur ..... 1919-20
Bakker, Mike ... 1994-95, 1997-98	Fearing, Ken ..... 1959-62	Hymon, W. Paul ..... 1912-13	Kuhn, Hayden ..... 2022-23
Barron, Ben ..... 2003	Feeldy, Chad ..... 1994-96	Ingram, Robert ..... 2007	Kurth, Steve ..... 1995-97
Battista, Mark ..... 2007-10	Ferguson, Richard ..... 1951-55	Jackson, Alan ..... 2005	Labond, Curtis ..... 1966-68
Bender, Arnold N. .... 1924	Ferree, Nate ..... 2013-16	Jacobs, Evan ..... 2017	Lainson, Bernard ..... 1951
Benjerdas, T.D. .... 1920	Ferree, Tom ..... 1978-80	Jamison, Orlin ..... 1916	Langer, Dave ..... 1979
Bentz, Robert LE ..... 1943	Fischer, Gary W. .... 1960-63	Jans, Paul A. .... 1910-11	Layne, Michael ..... 1997-99
Betz, Leighton A. .... 1959	Fishba, Ugh H. RI ..... 1949	Jeffers, Clyde ..... 1904-05	Lewis, Bernard ..... 1945
Biderman, Mike ..... 2001	Flage, David ..... 1933-34	Jensen, Chris ..... 2003	Lewis, H. Mount ..... 1909-11
Brady, Frank H. .... 1927-28	Fletcher, Robert Ash ..... 1956-59	Jensen, Richard ..... 1968-70	Lewis, Kal ..... 2021-22
Brandenberg, H. .... 1921	Foster, Richard ..... 1922	Jones, Charles N, ..... 1955-58	Lewis, Kevin ..... 2011-14
Brandt, Jon Michael ..... 2010-12	Fourman, Sam ..... 2014	Jones, Douglas H. .... 1968	Lillwitz, Tim ..... 1999-2000
Branigan, Bill ..... 1992	Frazier, Carl ..... 1966-69	Kadlec, Chase ..... 2008-11	Lindeman, James ..... 1977
Brown, David ..... 1987, 1989-90	Frazier, Harry ..... 1956	Keatinge, Murray ..... 1954-56	Lister, Donald ..... 1914-15
Brown, Keith Lav. .... 1948-55	Frazier, William ..... 1961-65		
Brown, Ray Kenne. .... 1979-81	Fritsch, Raymond ..... 1940		
Brubacher, Theod ..... 1964-67	Fudge, Arthur ..... 1951-54		
Burney, William ..... 1944	Furst, Don ..... 1975-76		
Burnett, Brayden ..... 2022-23	Gale, Sean ..... 1992-94		
Bush, Warren L. .... 1968	Gardarsson, Daniel ..... 2015-17		
Butler, Matt ..... 2013	Gardner, Russell ..... 1928		
Bye, Bill E. .... 1949	Gee, George ..... 1916		
Camplin, Brendan ..... 2007-09	Geisler, Ian ..... 2021-23		
Campisi, Leo A. .... 1932-34	Gerard, Matthew ..... 1992-94		
Carlson, Herman ..... 1923	Greenlee, Donald ..... 1959-61		
Carman, Kenneth ..... 1949-50	Greenlee, Ron ..... 1965		
Chaney, Sam ..... 2012-13	Gregorio, Anthony 2012, 2014-16		
Clancy, Thomas R. .... 1974-78	Griffith, Ron ..... 1965-68		
Clark, John Jay ..... 1969-73	Griswold, Joe ..... 1949		
Clarke, Eric Lloyd ..... 1957-58	Gschwendtner, Jack ..... 2021		
Clarke, George W. .... 1962-63	Hakes, Montague ..... 1928		
Coffie, Harry E. .... 1927	Hanson, Mark ..... 1995		
Collins, John ..... 1949	Harbert, Nate ..... 2022-23		
Cook, Dale ..... 1912	Hartman, Isaac ..... 2022		
Cooley, Brandon ..... 2016-19	Hartmann, H.W. .... 1915-16		
Copeland, Jack ..... 1948-49	Hass, Edward ..... 1934-35		
Corey, Trent ..... 1997-2001	Hassen, Galen ..... 1951		
Criswell, John W. .... 1969-71	Hausler, Leland ..... 1916-17		
Cue, John L. .... 1927	Haut, Dan ..... 2001-02, 2004-05		
Cutler, Allan J. .... 1942	Hayden, Blake ..... 2021-22		
Davis, S. Jack ..... 1949-51	Healy, Noah ..... 2017-19, 2021		
Delashmutt, Ed ..... 1979-81	Henderson, Robert ..... 1933-34		
Docherty, Kevin ..... 2013-16	Herd, Kevin J. .... 1989-94		
Docherty, James ..... 1974-76	Hermeier, Raymond ..... 1957-59		
Donovan, James ..... 1995	Hermeier, Richard ..... 1955-59		
Dotseth, Frank ..... 1958-59	Hesse-Withbroe, Bailey .... 2015-18		
Drew, John ..... 1957	Hill, Colin ..... 2021		



*Stetson Steele was a three-time All-American, two-time all-region and six-time academic All-Big Ten honoree in cross country and track from 1996-2000. He holds the school 10,000-meter record, and in 2000 he won the Drake Relays 5,000-meter title and was Iowa's Big Ten Medal of Honor winner.*

# Cross Country Men's All-Time Letterwinners



Lloyd, Ben ..... 2002-03	Miller, Fred .....1921	Oxley, John R. .... 1946-47	Snook, William H. ....1949
Loechel, Thomas..... 1970-73	Milligan, Flynn .....2023	Paul, James ..... 2008-10	Soltys, Taylor.....2012, 2015
Lord, Richard .....1943	Mitvalsky, Richard.....1932	Paul, Joe ..... 1976-77	Sommer, Karson ..... 2016-19
Luciano, Jesse ..... 2006-09	Moeller, Sean..... 1998-2001	Payne, Arthur ..... 1922-23	Sommer, Konnor.2018-19, 2021-22
Lyle, James..... 1936-38	Moenck, Heath .....2007	Pendergast, Jack ..... 2020-23	Soto, Daniel ..... 2015-18
Lyle, Ralph ..... 1957-58	Moldenhauer, Way .....1954	Pershing, Steve ..... 1975-77	Speers, Maurice..... 1925-26
MacDonald, Peter..... 1964-66	Morch, Herbert O. .... 1951-53	Peters, Chris.....1995	Stark, Maurie.....1942
MacTaggart, Bruce.....2008	Morris, Andy..... 1997-2000	Phelps, Harold R. .... 1923-25	Steele, Ryan ..... 1998-99
MacTaggart, Eric.. 2004-06, 2008	Morrissey, Steve ..... 1991-92	Pinkerton, Volne .....1928	Steele, Stetson..... 1995-99
Maiden, Sydner .....1945	Murphy, W. H..... 1944-45	Pirkl, Jeff ..... 1982-83, 1985-86	Steffen, Mark A..... 1970-72
Mak, Leo .....1913	Murphy, Daniel ..... 2016-19	Pittman, Jared ..... 1994-98	Steinberg, Albert .....1911
Marasco, Frank ..... 1917-18	Murphy, Max ..... 2020, 2022-23	Pleskac, Tim ..... 1998-2000	Stevenson, Gerold .....1941
Marshall, Steve ..... 1991-93	Murray, Harold H. .... 1920-21	Pratt, Raymond O. ....1934, 1936	Stiller, Martin.....1936
Mawe, William .....1960	Murray, Jack A. .... 1944-45	Presteman, Gregory .....1978	Stone, Gerald L. ....1950
McCabe, Dennis.....1969	Mylenek, Nathan ..... 2016-19	Price, Bradley D. .... 1979-81	Sumner, M.L. .... 1912-13
McClanahan, Rich ..... 1946-48	Napier, Andy ..... 2005-08	Price, Brook .....2014	Swift, Mark .....1974
McDermott, Eric .....2000	Naumann, Eli ..... 2022-23	Prince, Earl S.....1942	Swisher, Michael.....1972
McDowell, Peter ..... 1993-94	Naylor, Myrel .....1930	Pristine, Leonard .....1921	Szabo, Steve..... 1966-68
McElroy, Robert .....1933	Nelson, Paul H. ....1935	Purvis, Donald L.....1936	Tate, Tommy ..... 2006-09
Melchert, Michael 2014-16, 2018	Nelson, Robert.....1936	Rae, Brian ..... 2002-05	Terbell, Floyd O.....1924
Melnick, Sidney .....1934	Nie, Bruce..... 1988-89	Rakaric, Tony..... 2001-04	Tice, Robert W. ....1971
Messer, Kenneth..... 1964-65	Nordheim, Nick..... 1998-2001	Reid, Morrison..... 1971-72	Thode, Jeff..... 2009-11
Meyer, David.....1941	Novotny, David ..... 1994-95	Renaud, Jay..... 2007-09	Thomas, Adam..... 1998-01
		Rerko, Rodney ..... 1992-95	Tiernan, Stephen .....1964
		Reyes, William A. .... 1964-65	Trainor, Dan ..... 2001-03
		Rieger, Cameron ..... 2011-12	Traphagen, Stephen..... 2002-03
		Ristine, Leonard..... 1920-21	Trattner, Nick ..... 2019, 2021-22
		Roberts, Jeff..... 2017-19, 2021	Trimble, Bruce W. .... 1957-59
		Roche, Adam ..... 2003-05	Trimble, Ralph ..... 1960-62
		Roehl, Mark ..... 1991-93	Tucker, Jim ..... 1959-61
		Roller, Robert J.....1970	Tupper, Richard..... 1947-48
		Roseman, Garry..... 1990-93	Vacik, George J.....1940
		Rosenberg, Norman ..... 1931-32	Vanatta, Lyell .....1930
		Ryan, Will..... 2022-23	Vanderwilt, Robert .....1943
		Sampson, Luke..... 2016-19	VanDenend, Micah 2002, 2004-06
		Santino, William ..... 1974-76	Vonahsen, Virgil..... 1950-52
		Sarris, Paul..... 1997-2000	Walker, Leland C. ....1963
		Saur, Wayne.....1974	Ward, Eli ..... 2021-22
		Schlottzauer, Blake..... 2005-06	Webster, Alex.....2005
		Schutman, Ben .....2000	Welt, Donald.....1941
		Schum, Robert L. .... 1969-71	Welter, Joe..... 2000-02
		Schwitters, Chad..... 1995-99	Westphal, Michael.....2017
		Seashore, Robert .....1922	Wheeler, Ted S..... 1951-52, 1955
		Selsor, Evan .....2011	Wickey, Howard..... 1929-30
		Sampson, Luke.....2017	Wieczorek, Lawrence.... 1965-67
		Shaffer, Quentin.....2013	Wilfong, Caleb ..... 2012-13
		Shaw, Robert J. ....1914	Wilkes, Quenten .....1956
		Sheets, Lawrence..... 1963-64	Williams, Derrick .....1963
		Sheldon, Jay A..... 1972, 1974-75	Wilson, Miles .....2023
		Sheldon, John H.....1922	Wisgerhof, Max V.....1934
		Sheppard, Miles..... 2022-23	Witt, Ben ..... 2011-14
		Sitko, John .....1934	Workman, Robert ..... 1941-42
		Slater, Albert L. .... 1943-44	Wren, Richard T. ....1946
		Slingsby, Tim ..... 1988-89	Yual, Yohana ..... 2022-23
		Smith, Andrew .....2010	Young, Nick.....2011
		Smith, N.E. ....1912	Zacher, Eugene R. ....1922
		Smith, Spencer ..... 2018-20	Zaruba, Arnold J.....1944



*Micah VanDenend won the 2007 Big Ten 10,000-meter outdoor track title and holds the school outdoor 5,000-meter record. He was the 2006 NCAA Midwest Regional Cross Country Meet Champion and Male Athlete of the Year. The four-time all-region honoree competed for Iowa from 2002-07.*



# Cross Country Women's All-Time Letterwinners

Adams, Katie.....2013-14  
 Aesoph, Amber.....2021-23  
 Anderson, Krista .....2006-07  
 Anderson, Lindsay .....2008-09  
 Andrews, Karen .....1978-80  
 Arch, Mary.....2017-19  
 Arens, Sarah 1999-2000, 2002-03  
 Armstrong, Meghan .....2004-07  
 Ballweg, Rachel .....1997  
 Barber, Atalie .....2000-03  
 Barroso, Ana .....2022  
 Beattie, Kayla.....2011  
 Benning, Briana .....1993-96  
 Benson, Nicole.....2011-12

Berndt, Danielle....2008, 2010-11  
 Billhart, Allison .....2005  
 Blazek, Jalyssa.....2022-23  
 Block, Maddie.....2021-22  
 Blossfeld, Suzanne .....1978-79  
 Boddicker, Bev .....1977-80  
 Boland, Erin .....1991-94  
 Bookin-Nosbisch, Alli.....2021-23  
 Bookin-Nosbisch, Grace .2021-23  
 Bote Gonzalez, Marta .....2014-17  
 Boutler, Rowan .....2022-23  
 Breen, Kelly.....2015-16  
 Brower, Jennifer.....1988-91  
 Brown, Nicole .....1994-96

Bruns, Courtney.....2015  
 Bryja, Ashley.....2018-19  
 Burke, Jolly .....2006-07  
 Butler, Katie .....1999-2000  
 Capista, Jenni.....2001, 2003-04  
 Carver, Maddie .....2017-18  
 Chapple, Nikki.....2003-05  
 Chow, Sophia .....2000  
 Coleman, Becky .....1993-96  
 Connelly, Michelle .....1977  
 Cortez, Gabby.....2022-23  
 Dahl, Tracy .....1989-92  
 Daniel, Megan .....1993  
 Davis, Eileen .....1978-79  
 Deluca, Sarah C. Abel.....1979-81  
 Dixon, Pamela .....1978  
 Doak (Davis), Nan .....1980-84  
 Dobrowolski, Anne .....1981-85  
 Docherty, Jennie .....2006, 2009  
 Donlon, Katie .....2001-03  
 Doyle, Renee .....1985-88  
 Drapcho, Rosemary .....1978-81  
 Dresselhaus, Ann.....1978-80  
 Drulis, Julie .....1997-98  
 Dunlop, Amy.....1977-79  
 Dupuis, Claire .....2016  
 Edmondson, Claire .....2022-23  
 Eilers, Brooke.....2008-11  
 Ellis, Katie .....2006-07, 2009  
 Esche, Molly .....2004-07  
 Espinosa, Ashley .....2016-18  
 Fallon, Fionna .....2008-09  
 Feltes, Teresa .....1977-78  
 Fitzpatrick, Laney.....2021-22  
 Fleck, Shawn.....1993-95  
 Flood, Betsy .....2008-11  
 Flynn, Erin.....1978-82  
 Freund, Kay.....1978-81  
 Gidel, Bryce .....2021-22  
 Gilchrist, Alienor.....1996-97  
 Gordon, Emma .....2018-22  
 Gordon, Lisa .....2012  
 Gorman, Keelin.....2011  
 Griffin, Maggie.....1996-99  
 Gripp, Sue.....1977  
 Gutwein, Maggie .....2019, 2022  
 Haefke, Kristen .....1997-98  
 Hamilton, Jana.....1979-80  
 Hardesty, Amanda .....2007-10  
 Hardesty, Lauren.....2007-10  
 Hart, Kelsey .....2009-12  
 Hawks, Rachel .....2006  
 Hedlund, Laurie .....1977-78  
 Hentges, Leah.....1999  
 Hoehle, Zanetta .....1978-81  
 Hollensbe, Julie .....2016-17  
 Hoeman, Carissa.....1998

Hoskins, Tami.....1987-91  
 Hostetler, Anna.....2018  
 Houston, Marlie.....2016  
 Jeppson, Maren.....2017  
 Johnson, Jennifer.....1990-93  
 Jones, Alana.....2013, 2015  
 Kiciak, Jennifer.....1995-96  
 King, Mallory .....2021  
 Kintzel, Denise .....1977-78  
 Kleinfelter, Natalie .....1993-95  
 Knape, Kaitlin.....2021-23  
 Kotarba, Christine.....2004, 2007  
 Kralovetz, Leah .....2019  
 Krekeler, Rebecca Ann ....1978-79  
 Kruckeberg, Jeanne .....1987-89  
 Kruck, Kim.....1994  
 Kubitz, Christine ...1995-96, 1998  
 Laesch, Jackie .....2011  
 Lahann, Michelle .....1999-2002  
 Lambrecht, Carol .....1977-78  
 Latham, Kylie .....2018-19  
 Lessard, Megan .....2009  
 Luber, Hannah .....2010  
 Lund, Yvonne Irene.....1979-80  
 Lynberg, Michele M. Dr. 1977-78  
 Marchand, Racheal 2004-06, 2008  
 Marshall, Sue.....1977  
 Martin, Courtney.....2012-14  
 Maser, Shannon.....2012-13  
 McCabe, Grace .....2018-19  
 McDowell, Tina.....1991-94  
 McKee, Brooke .....2021-23  
 McKee, Jessica.....2018-19, 2021  
 McMahan, Lauren .....2021, 2023  
 Melander, McKenzie.....2009-11  
 Millward, Georgia.....2000-03  
 Mims, Susan .....1977-80  
 Mitchell, Elizabeth .....1978-79  
 Moore, Katie.....2022-23  
 Murphy, Amy .....1998-99  
 Murray, Megan .....1998  
 Nelson, Major Sue .....1977-78  
 Newbrough, Haley.....1996-97  
 Newhouse, Carolyn .....2014-15  
 Neustrom, Kara.....2014-17  
 Niedert, Elizabeth.....2014-17  
 Nukuri, Diane.....2006-07  
 Oltman, Valerie.....1998  
 Opatrny, Lauren.....2016-17  
 Pare, Anne .....1996  
 Pauling, Kiersten.....1993-96  
 Pearson, Laura .....2004  
 Perry, Sarah Spencer.....2008  
 Pitcher, Clare .....2021-23  
 Placzek, Lena .....2012-13  
 Poellet, Micah.....2022  
 Prescott, Elyse .....2019



*Nan Doak was Iowa's first cross country All-American, earning a total of three honors (1980, 1982-83).*

# Cross Country Women's All-Time Letterwinners



Price, Rachel..... 2013	Sandeen, Miriam ..... 2021, 2023	Skopec, Gabby.....2020-21	Tosic, Kelli .....2020-21, 2023
Quigley, Kristina..... 1999	Schaefer, Chrissy..... 2006	Sokol, Michelle ..... 2001-02, 2004	Twedt, Ellie ..... 2021-23
Ranegar, Megan.....2010-12	Scheibel, Jill ..... 1995-98	Spangler, Jenny.....1981-83	Vandervoort, Martha.....1991-94
Rathe, Ellie..... 2023	Schleusner, Mary ..... 2010	Sparks, Staci..... 1993	Van Dyk, Elzerie ..... 2018
Rehn, Katherin.....2010-11	Schmidt, Jessica.....2004-07	Spencer, Laura ..... 2004	Vitense, Mandi ..... 1996-98
Renquist, Wren.....2017-19, 2021	Schmidt, Kristi.....1998-99	Stanley, Shannon .....2003-06	Von Muenster, Shannon ..... 2001
Roberts, Ericka.....1999-2002	Schmidt, Lillian .....2022-23	Stec, Tina ..... 1990-93	Waymire, Madison ..... 2015-17
Roeder, Hannah.....2008-09	Schoonover, Jennifer ..... 1993	Strauss, Sam .....2021-22	Weber, Macie ..... 2017-19
Roehl, Becky .....1994-97	Schott, Megan .....2018-19	Swartzrock, Diane.....1978-80	Wilberding, Tess ..... 2013-16
Ruffcorn, Ann..... 1999	Schrulle, Mareike.....2011-12	Teggatz, Patty.....2018-19	Winke, Jordan.....2018-19
Ryon, Abby ..... 2021-23	Shearer, Anna ..... 1998	Tenpas, Aleah ..... 2022	Williams, Julie.....1979-81
Salazar, Nina ..... 1998	Shine, Andrea .....2015-18	Thompson, Becca .1999-00, 2002	Zishka, Samantha.....2013-14
Saliba, Cindy ..... 2012	Sims, Sharon .....1977-78	Todd, Jocelyn .....2012-14	
Salsberry, Christine.....1991-93	Skidmore, Chloe ..... 2022	Todd, Stephanie.....1977-80	



*Tracy Dahl was Iowa's first Big Ten Cross Country Champion. The two-time All-American (1991-92) won the title and was named Big Ten Female Cross Country Athlete of the Year in 1992.*



*Diane Nukuri (2006-08) was a three-time All-American, two-time NCAA Midwest Region Cross Country Champion and Female Athlete of the Year and the 2008 University of Iowa Female Athlete of the Year. She set school records in eight events, and holds the Ashton Course marks in the 3,000 and 4,000 meters. She won the 2007 Big Ten cross country title, earning Big Ten Women's Cross Country Athlete of the Year honors. She also won the 2007 Drake Relays 5,000 meters. A 2007 Honda Sports Award finalist, she received the 2008 Wilma Rudolph award.*